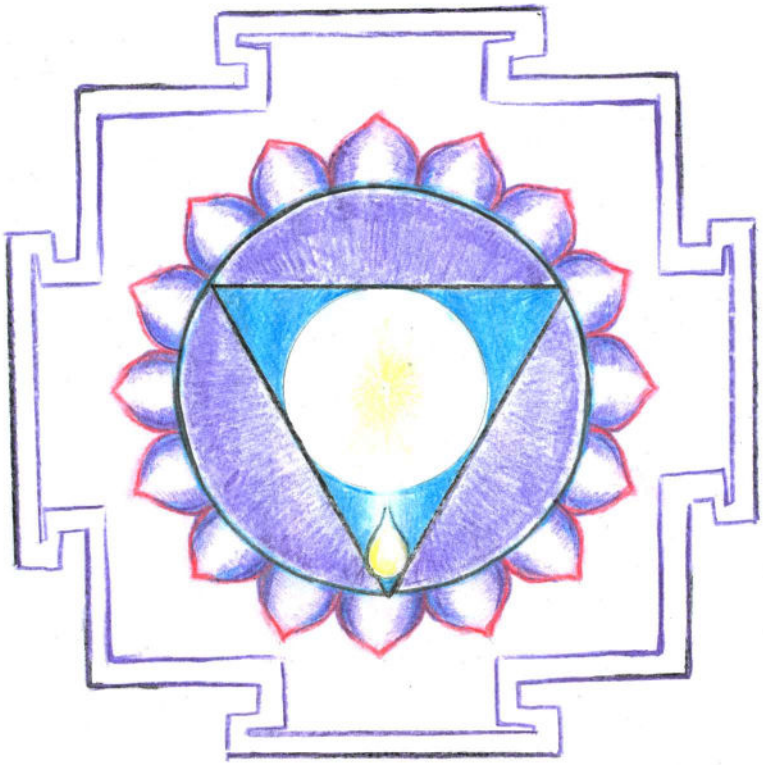
MATSYA KUNDALINI YOGA ACADEMY

KUṆḌALINĪYOGA

KRIYĀ



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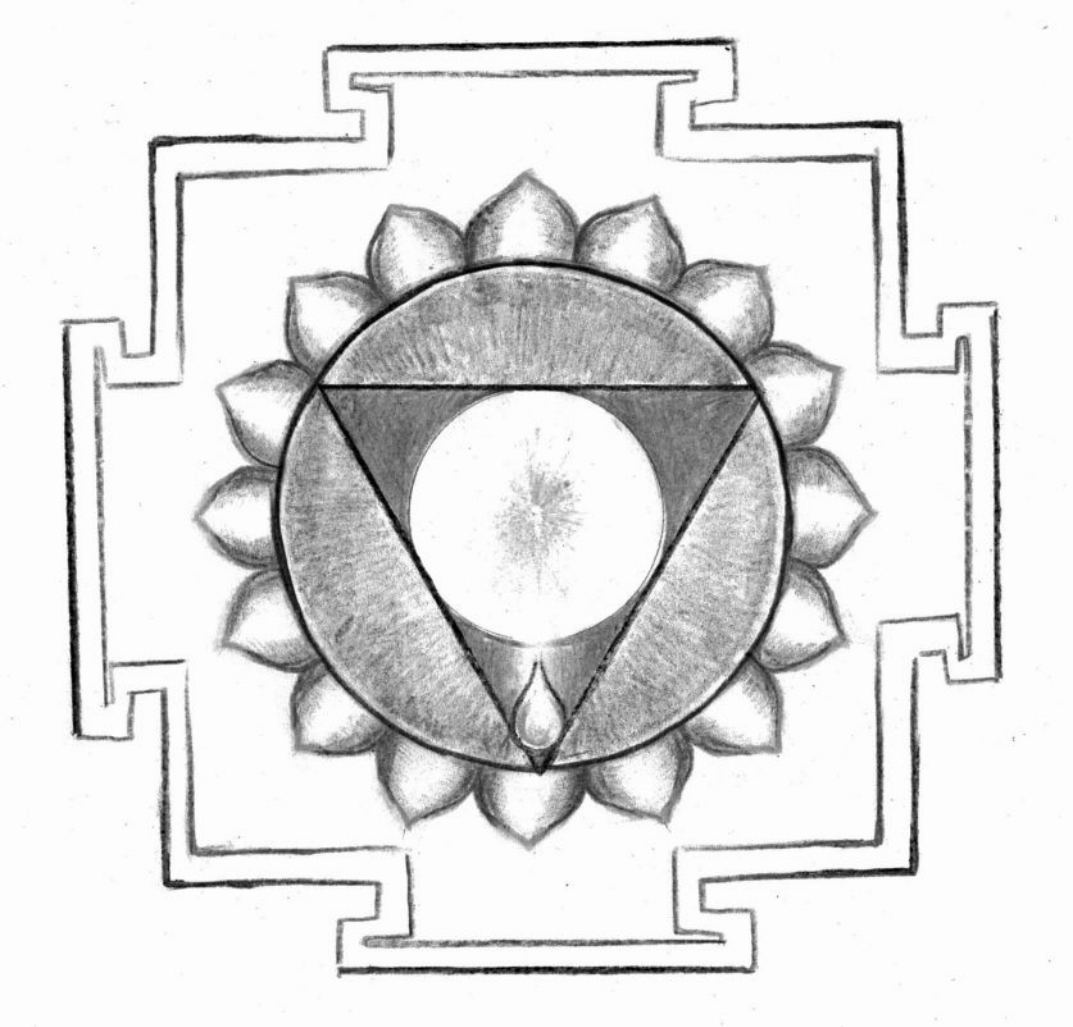


VIŚUDDHA KRIYĀ

Viśuddha is spaciousness. It is like the top of a mountain where all is surrounded by the sky. The sky is pure and wide, just like a crystal made from of light. It is superiority, freedom.

Feel this clarity and expand. *"Oṃ Haṃ Ma"* – the eternal city of God

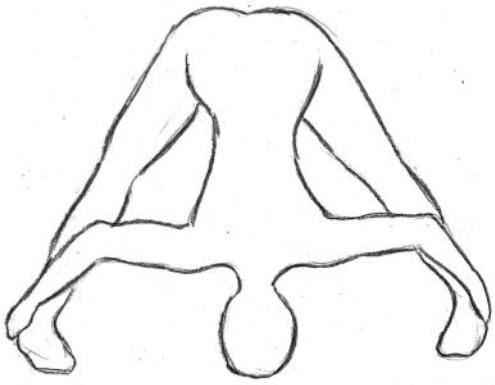
60 – 90 minutes.

Candra namaskāra

Candra is the Moon, *namaskāra* the salutation. Salutations to the Moon, the carrier of wisdom, ruler over the dreams, conquer of the mind. Salutations to the Moon whose nature is the inner most core, who is shiny like silver, glittering like gold. Salutations to the Moon, the family, home, friendship, master over your lives, the tide, love and passion. Salutations to You who you are our best friend.

Be slow in breath and movement, every step in this practice is a contemplation on the nourishing nectar of the moon.

Mūrdhāsana

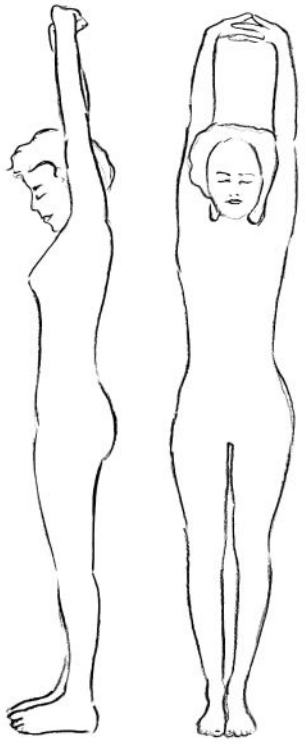


Crown to the ground pose. After *samāsthiti*, step back with one foot. Open your legs wide with your feet parallel. Open your chest, then lean forward and support your body horizontally with your arms over the ground.

Advanced students should put the top of the head on the ground and interlace their fingers behind their back, then balance on their toes. Breathe deeply. Come back to the center.

Practice for 30 – 60 seconds with deep breathing.

Tāḍāsana



Palm tree pose. Close your feet tightly and Interlace your fingers and turn your palms upwards over your head. Stretch up as far as you can and feel yourself balancing the sky on your palms. Breathe deeply, and feel still and tall all the way from your feet to the top your hands. Perform this *Tāḍāsana* in great silence. Venerate that which is greater than you.

Practice for one minute with deep breathing.

Then lower your chin to the chest and compress your throat pit, while doing so you concentrate on the top of your head. Put all your focus on this very top of skull the entrance of the sky.

Start with a deep and slow *bhastrikā* in which you move your belly in and out. Choose the speed so that your lungs can fully fill with air and fully empty. Start with 5 Breaths to begin with. In the end Breath in deeply and hold at least ten seconds while pulling your belly outwards, then exhale and pull your belly inwards like in *uḍḍīyānabandha* to hold the air outside, do this as long as you can, this is called *ajagarī* – the posture of the panther. Inhale and release your hands slowly.

5 – 30 times deep *bhastrikā* and *ajagarī*

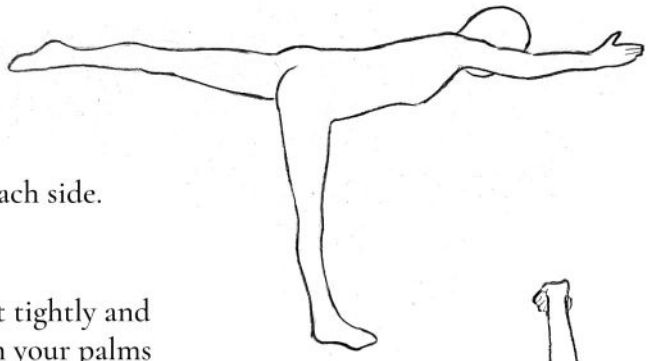
Pādahastāsana

Hands to the feet pose. Bend gently forward, bend your knees. Put your fingers under your toes. Place your belly on your thighs. Breathe. Then gently stretch the knees while keeping the belly on the thighs. Breathe deeply.

Practice until you are completely relaxed.

Ekapādāsana

One foot pose. From *samāsthiti*, raise your arms and interlace your fingers. Breathe in. Breathe out and, from the hip, come forward by shifting your weight on the right leg while extending your arms horizontally over the ground (the left leg also elevated horizontally). Be a straight line. Imagine the energy expanding you into the horizon. Breathe five deep breaths. Then come back to *samāsthiti* and repeat with the other side.



Breathe five deep breaths on each side.

Tāḍāsana

Palm tree pose. Close your feet tightly and Interlace your fingers and turn your palms upwards over your head. Stretch up as far as you can and feel yourself balancing the sky on your palms. Breathe deeply, and feel still and tall all the way from your feet to the top your hands. Perform this *Tāḍāsana* in great silence. Venerate that which is greater than you.

Raise you chin now slowly so that your head may go backwards so to compress your neck. Turn your eyes inwards and look at your eyebrow center with firm concentration that now forms the top of the head.

Start like before with a deep *bhastrikā* and afterwards preform *ajagarī* – the posture of the Panther. Release your hands slowly and inhale.

5-30 times deep bhastrikā and *ajagarī*

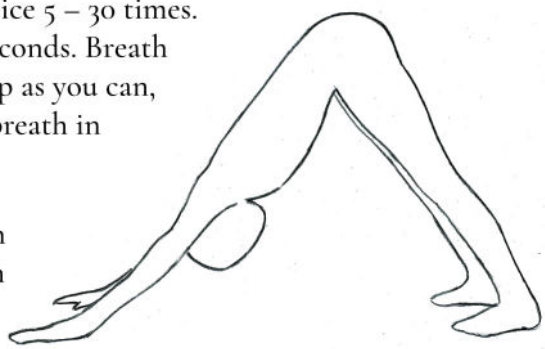
Pādahastāsana

Hands to the feet pose. Bend gently forward, bend your knees. Put your fingers under your toes. Place your belly on your thighs. Breathe. Then gently stretch the knees while keeping the belly on the thighs. Breathe deeply.

Practice until you are completely relaxed.

Parvatāsana

Mountain pose. From *tāḍāsana* move through *pādahastāsana* gently into *parvatāsana*. In *parvatāsana* and take a few deed breaths and then start with a deep *bhastrika* while gazing to the inside. Be slow and deep. Practice 5 – 30 times. Then breath in and hold at least 10 seconds. Breath out and contract the abdomen as deep as you can, empty yourself. This is *ajagarī*. Then breath in and come gently to *advāsana*



Practice with 5 deep breaths and then with gentle *bhastrikā, ajagarī* and then relax in *advāsana,* there remember the sky – "*Oṃ Haṃ Ma*".

Aṣṭāṅga Namaskāra

Eight points salutation pose. Move from *samāsthiti* to *santolāsana*, and from there put your chest, knees and chin on the ground. Feel *Viśuddha* being stimulated. Focus forward over the ground. Use the same breathing as in the previous exercise.

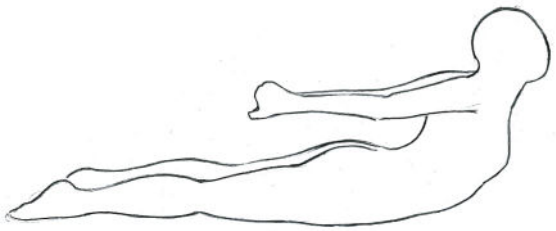
Practice with 5 deep breaths and then with gentle *bhastrikā, ajagarī* and then relax in *advāsana,* there remember the beauty of the mountains – "*Oṃ Haṃ Ma*".

Sarpāsana

Snake pose. From *advāsana* interlace your fingers behind your back. Feel your fist

resting on your sacrum. Close your feet and move upward by expanding the chest. Use the same breathing as in the previous exercise.

Practice with 5 deep breaths, then relax, repeat the exercise another time, in the end come in *advāsana,* there remember the open sky – "*Oṃ Haṃ Ma*".



Advāsana

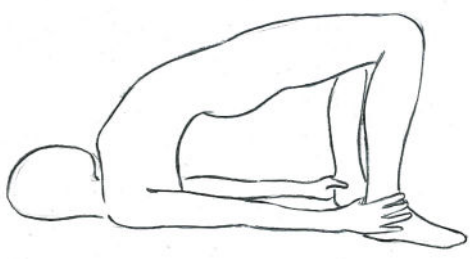
Inverted corpse pose. Move gently into *advāsana* and celebrate this relaxation.

Relax, breath deep, then silently or out loud, vibrate – "*Oṃ Haṃ Ma*".

Kandharāsana.

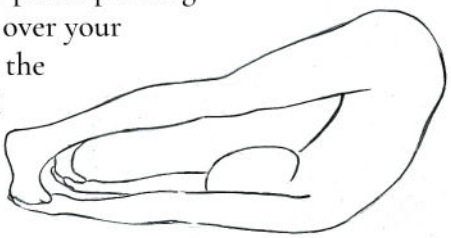
Shoulder pose. Through *parvatāsana* come to be laying down. Bring your feet to your buttocks and hold your ankles in your hands. Come gently into *kandharāsana*. Start moving gently and rhythmically with your breath. Pushing the pelvis upward when you inhale, and lowering it when you exhale. After this dynamic movement perform *ajagarī* then relax with your knees pulled to the chest. In this position vibrate again the sky – "*Oṃ Haṃ Ma*".

Practice for one minute in gentle movement with deep breathing and then with gentle *bhastrikā, ajagarī* and then relax with "*Oṃ Haṃ Ma*".



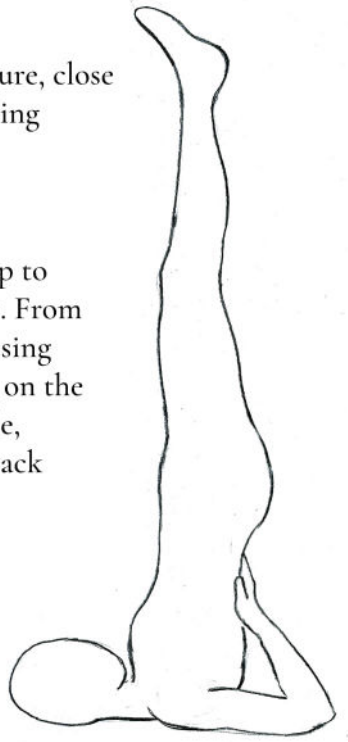
Halāsana

Plow pose. Lay on your back in *śavāsana* and elevate both legs 90 degrees off the ground with your feet touching each other. Support your body with your arms stretched out alongside your body and the palms pressing into the floor, then gently bring your legs over your head. Don't try to force your feet to reach the ground. If this happens, it shall be natural and not forced. Breathe deeply in this position, while concentrating on your breath and stability.



Do this for 30 seconds, when you look inside in this posture, close your eyes, and remember silently – "*Oṃ Haṃ Ma",* vibrating within. Then come to *śavāsana*.

From *śavāsana*, bring your arms over your head with the palms facing upwards. Elevate both legs 90 degrees off the ground with your feet touching each other. Now simply bend the knees slightly and let them slide to your hands so you can hold your toes over your head. Breathe gently, stretch your legs. Avoid straining the neck. Breathe deeply and fully immerse yourself.



Do this for 30 seconds, when you look inside in this posture, close your eyes, and remember silently – "*Oṃ Haṃ Ma",* vibrating within. Then come to *śavāsana*.

Sarvāṅgāsana

Shoulderstand. From *śavāsana*, bring your arms at the hip to support your back, then elevate your knees to your chest. From there, straighten your spine and stabilize your neck. Pressing your upper arms on the ground this will reduce pressure on the neck. Slowly elevate the knees. Then, when you feel stable, elevate both feet until you are aligned. Straighten your back and be alert. Concentrate on the vertical alignment. Imagine from the tip of your toes it flows into the sky – "*Oṃ Haṃ Ma*". Then come to *śavāsana*.

Hold, with deep breathing, for at least 30 seconds.

Pūrṇa Setu Bandhāsana

Deep bridge pose. From *sarvāṅgāsana* come gently into *halāsana* and then bend your legs so that the knees rest beside your head. Rotate your hands 180 degrees outward, so that the thumbs point inward.

Then, gently stretch one leg up and ring it stretched out on the ground below you. Go slowly. When the first leg touches the ground, move the second one to the ground, but move very slowly. Open your chest and breathe deeply.

Stay here for 30 seconds, then lower yourself and stay hugging your knees tightly – "*Oṃ Haṃ Ma*".

Relax here for at least one minute.

Paścimottānāsana

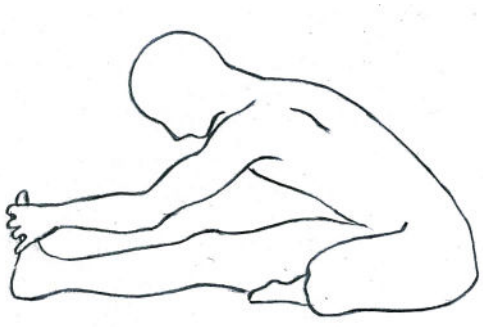
Back stretch. Stretch your back forwards, tuck your chin in and focus again on the top of your head. Become silent, deeply immerse yourself.

One minute with deep breathing, *bhrāmarī,* and "*Oṃ Haṃ Ma*"

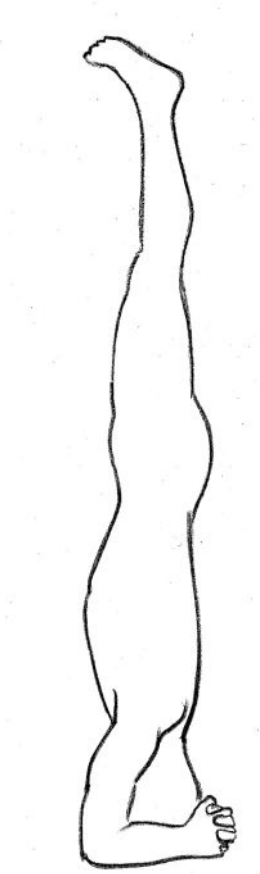
Jānuśirāsana

Head to knee pose. Press the heel against the perineum. Practice five times with deep breathing, and stretch.

One minute with deep breathing, *bhrāmarī,* and "*Oṃ Haṃ Ma*".



Śīrṣāsana



Headstand pose. Come to *vajrāsana* and then forward into *śaśankāsana*. Fold your hands over the back of your head. Slowly, and step by step, follow the classical guide to come into *śīrṣāsana*. Be gentle and slow. Support yourself against the wall if necessary. Please do no more than what you feel safe with. When you come back, relax in *śaśankāsana*.

Perform *śīrṣāsana* for about 30–60 seconds with deep breathing. Mentally repeat "*Oṃ Haṃ Ma*"

Visualization

Sit comfortably in meditation with an open posture, embodying ease and openness. Become aware of your throat and neck, the connection to what is greater than you, encompassing all.

Visualize a shining mountain range. As the last sunbeams of the day fade, the first newborn stars begin to shine. The sky is in a dark blue with a hint of purple. The mountains, reaching high into the sky, have their ice gleaming brightly as night rises.

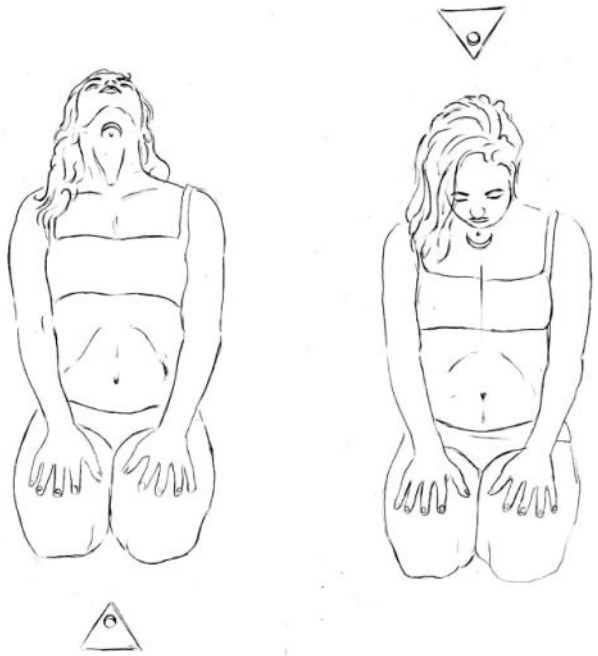
Above these mountains, the great silver disc, akin to the full moon, thrones in the sky. It represents *ākāśa*, the ether, the gateway to what lies beyond. It symbolizes the transformation of fire, where the mind finds its ultimate expanse.

As you breathe, use the victorious *ujjāyī* breath – a breath that sounds like the ocean's roar.

Inhale with *ujjāyī*, visualizing the breath, infused with refreshing silvery light, flowing from that disc into your throat. As you exhale from your throat pit, let your breath return to this eternal silvery disc.

Contemplate this breath deeply, expanding, calming, opening the sky.

Towards the end, envision the radiant *Haṁ* – embodying freedom, final knowing, a centered mind, mastery over the subtle, and the power of true speech. Chant "*Oṃ Haṃ Ma*", silently or aloud, at least three times.



Jālandharabandha

Neck lock. Sit in meditation posture and remain silent. Open your neck to the sky. Feel all that is above. You are in space. You are home.

Do this for at least one minute.

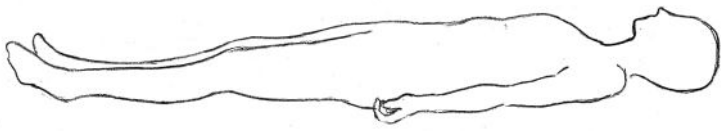
Bīja Nyāsa

Finally, place the seed sounds (*bīja nyāsa*) Maintain your meditation posture, stretching out and fixing your arms. Perform *mūlabandha* at the beginning of each sound.

Śavāsana

Corpse pose. Lay on your back with your palms facing upwards. Contemplate the following:

I am beauty. Complete freedom



Summary

Candra namaskāra	Salutations to the moon
Moordhāsana	Crown to the head pose
Tāḍāsana	Palm tree pose
Pādahastāsana	Hands to feet pose
Eka Pādāsana	One foot (raised) pose
Tāḍāsana	Palm tree pose
Pādahastāsana	Hands to feet pose
Parvatāsana	Mountain pose (downward facing dog)
Aṣṭāṅga Namaskāra	Eight points salutation pose
Sarpāsana	Snake pose
Advāsana	Reversed corpse pose
Kandharāsana.	Shoulder pose
Halāsana	Plow pose
Sarvāṅgāsana	Shoulder stand pose
Pūrṇa Setu Bandhāsana	Full bridge pose
Paścimottānāsana	Back stretch pose
Jānuśirāsana	Head to knee pose
Śīrṣāsana	Headstand
Jālandharabandha	Neck lock
Bīja Nyāsa	Placing the seed sounds
Śavāsana	The corpse pose