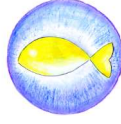
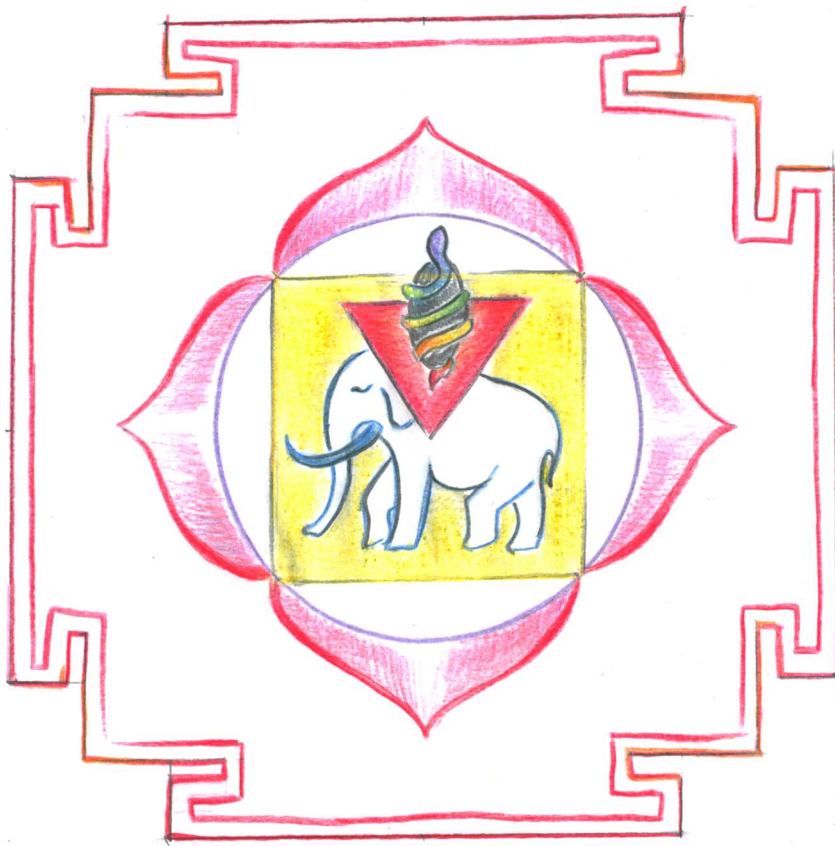


MATSYA KUNDALINI YOGA ACADEMY

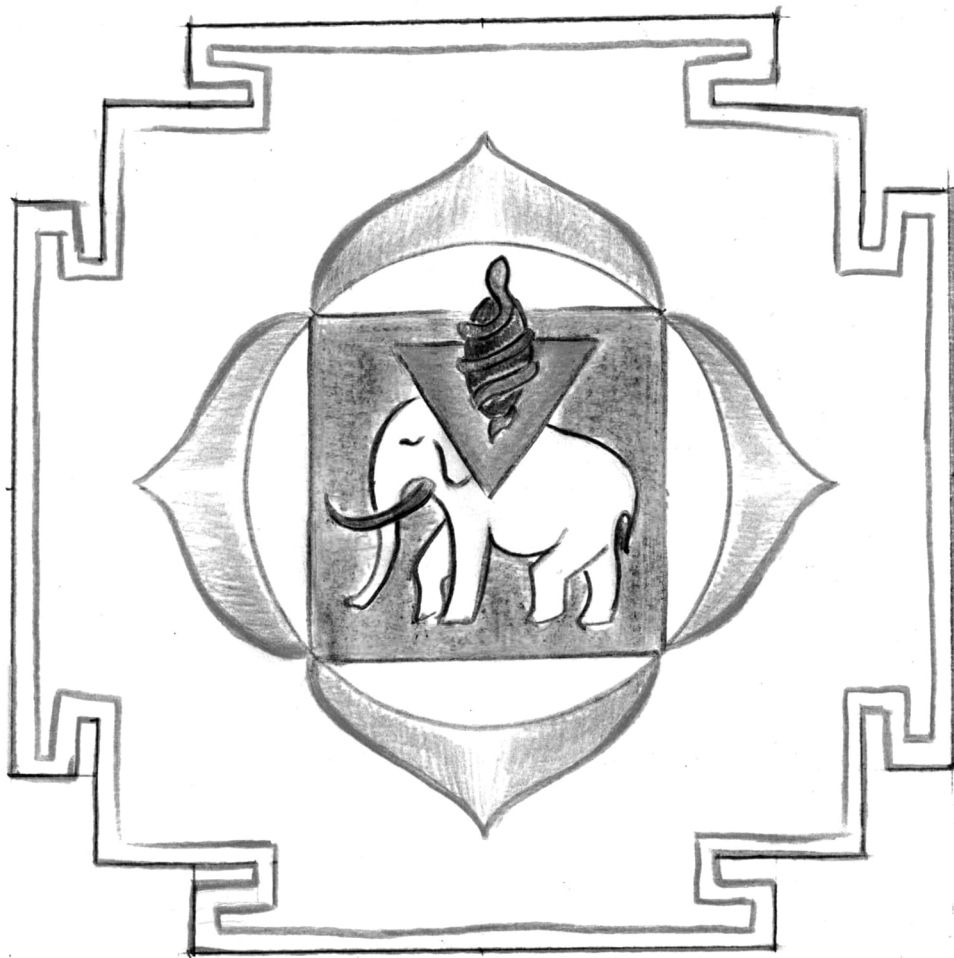


# KUNḌALINĪYOGA

## KRIYĀ



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## MŪLĀDHĀRA KRIYĀ

The *kriyā* for expanding the energy of *mūlādhāra*. *Mūlādhāra* is the golden fire of your presence, it is your will be to, the very basic strength and vitality. It is the seat of your love for the great Mother – “Om̐ Lam̐ Ma”.

Perform alongside easy breathing pauses between the exercises.

60 – 90 minutes

### *Sūryanamaskāra*

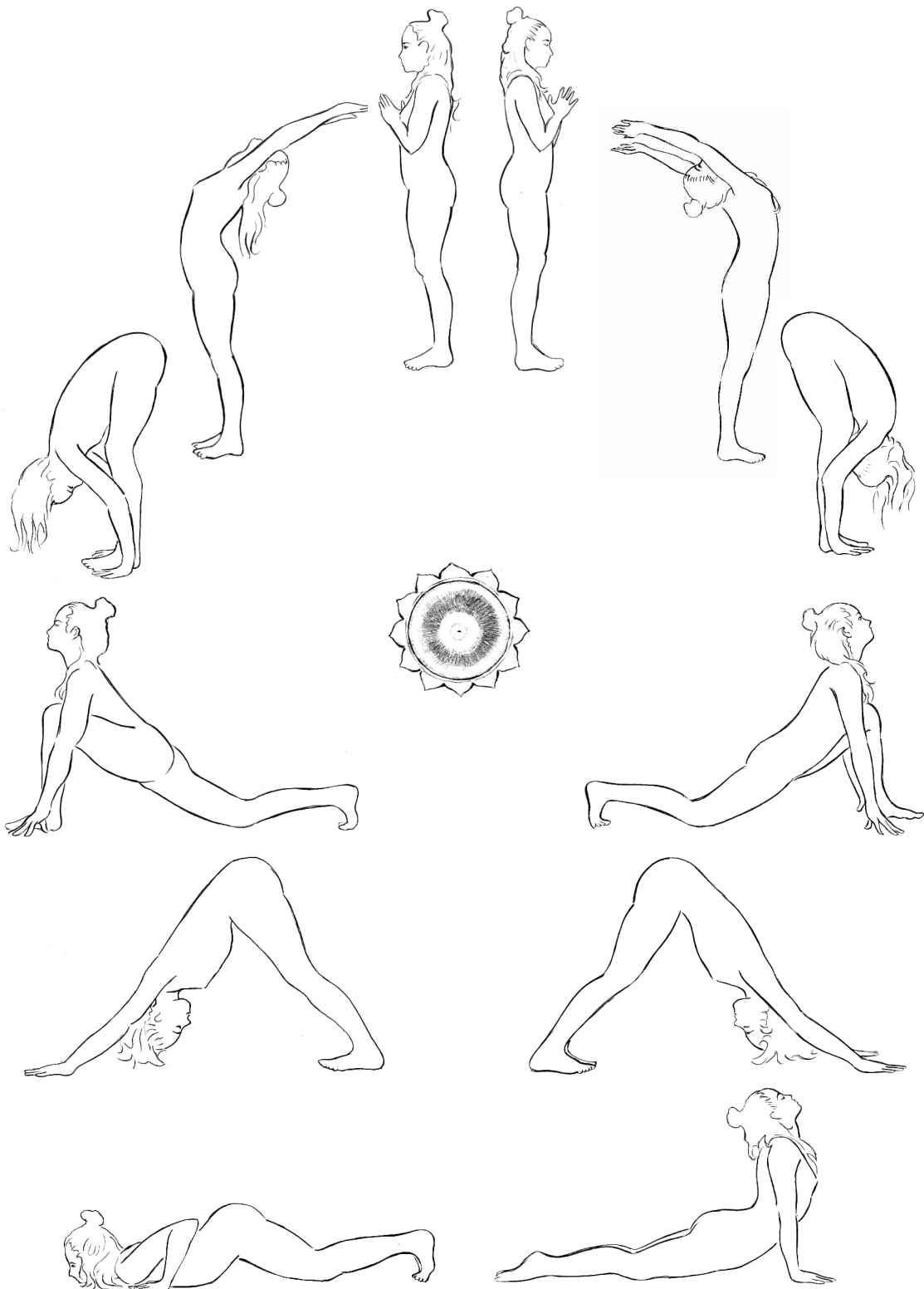
Salutations to the sun. The sun is red when he rises. He is earth and fire unified in a mystical marriage. Stability and loving passion conjoined, rising to nourish the world. Perform this *sūryanamaskāra* with a *kapālabhāti* pulse from the navel for each position. Do not stretch! Each position should only be slightly touched by the hand of the rising sun. Stay dynamic and open.

Inhale when you change positions, exhale sharply and pull the navel when you touch each position. Take a shower in the sun’s rays.

Practice 12–108 times.

The twelve positions of *Sūryanamaskāra* and its corresponding *bījas*.

<i>Hrām̐</i>	– <i>Pranāmāsana</i>	– <i>Prayer pose</i>
<i>Hrīm̐</i>	– <i>Hastottānāsana</i>	– <i>Raised arms pose</i>
<i>Hrūm̐</i>	– <i>Pādahastāsana</i>	– <i>Hands to feet pose</i>
<i>Hraim̐</i>	– <i>Aśva Sañcalanāsana</i>	– <i>Horse riding pose</i>
<i>Hraum̐</i>	– <i>Parvatāsana</i>	– <i>Mountain pose</i>
<i>Hrah̐</i>	– <i>Aṣṭāṅga namaskāra</i>	– <i>Eight points salutation pose</i>
<i>Hrām̐</i>	– <i>Bhujaṅgāsana</i>	– <i>Cobra pose</i>
<i>Hrīm̐</i>	– <i>Parvatāsana</i>	– <i>Mountain pose</i>
<i>Hrūm̐</i>	– <i>Aśva Sañcalanāsana</i>	– <i>Horse riding pose</i>
<i>Hraim̐</i>	– <i>Pādahastāsana</i>	– <i>Hands to feet pose</i>
<i>Hraum̐</i>	– <i>Hastottānāsana</i>	– <i>Raised arms pose</i>
<i>Hrah̐</i>	– <i>Pranāmāsana</i>	– <i>Prayer pose</i>



*Oṃ mitrāya namaḥ – I salute to you who you are the  
friend of all!*

*Oṃ ravāye namaḥ – I salute to you who you are Ravi, the  
protector*

*Oṃ sūryāya namaḥ – I salute to the sun who is the source  
of all good.*

*Oṃ bhānave namaḥ – I salute to you, who you are full of  
rays of light.*

*Oṃ kaghāya namaḥ – I salute to you who you walk  
across the sky*

*Oṃ pūṣṇe namaḥ – I salute to you, who you guard all  
things*

*Oṃ hirānyagarbhāya namaḥ – I salute to you, who you  
are the golden womb of live*

*Oṃ marīcāye namaḥ – I salute to you, who you are the  
sparkling dust of light*

*Oṃ ādityāya namaḥ – I salute to you, who you are the  
beginning of all*

*Oṃ savitre namaḥ – I salute to you, who you bring  
everything about.*

*Oṃ ārkāya namaḥ – I salute to you, who you are the ray  
of fire*

*Oṃ bhāskarāya namaḥ – I salute to you, who you are the  
source of all light.*

Every single one of the 12 positions of the sūryanamaskāra, is guarded by one of these mantras. May you do the salutation to the sun fast or slow – carry them in your heart.

### *Vajrāsana*

Thunderbolt pose. Sit in *vajrāsana* (sit on your heels), or any favorite sitting posture, center yourself. Elongate your spine and deeply start to chant the *bīja* of *dhāra* and the awakening of the Mother (*Oṃ Laṃ Ma*).

Whenever “*Oṃ Laṃ Ma*” is chanted pull *mūlabandha* and move the *bīja* through your body.

Then start with an gentle *kapālabhāti* while moving your belly in and out. Allow the ray of fire gently ascending through your body into the sky, *kapālabhāti* should be a joy, therefore smile. In the end breath in and hold with an extended abdomen. Then exhale very slowly and deeply.

When you hold your breath, look into the silence and enjoy.

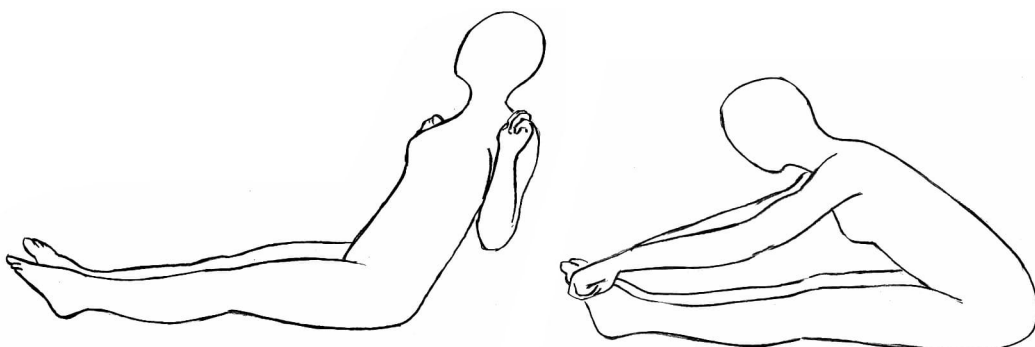
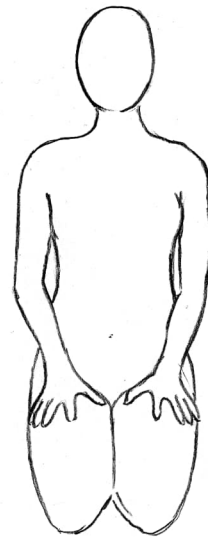
Practice 1-2 minutes with deep *kapālabhāti* and then relax.

### *Nauka Sanchalanāsana*

Boat rowing pose, Sit with your legs straight in front of your body, your upper body erect. Breath in open your chest and clench your hands just like if you would grasp the oars.

Exhale deeply and bend forwards as far as you can, bend the knees if this helps your comfort. When you breath in you lean as far back as possible bringing the fists next to your shoulders. Do this in a dynamic circular movement, breath deep.

Perform *nauka sanchalanāsana* more than one minute, with joyful and strong deep breathing

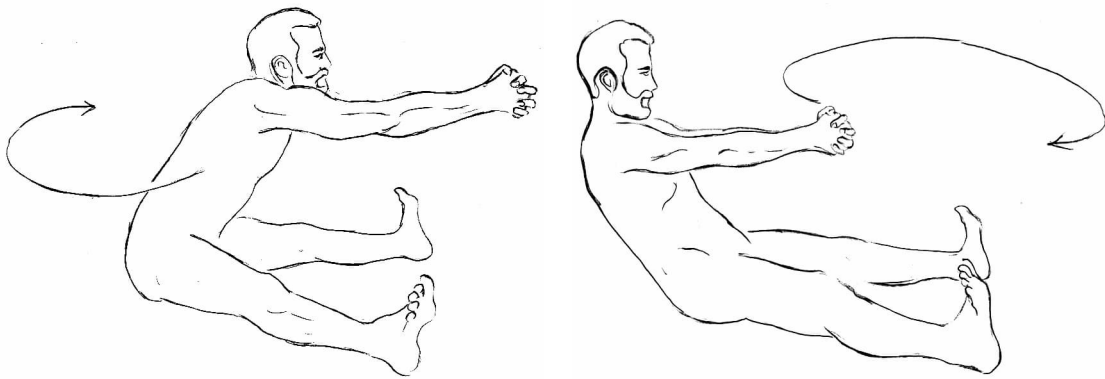


### *Cākī Cāḷaṅāsana*

Churning the mill pose. Sit with the legs wide apart and stretch out your arms horizontally over the ground, interlace your thumbs or all of your fingers, just like if you would hold a stirring stick.

Breath in and elevate your torso, exhale and move forward in circular grinding motion, exhale and move backwards. The circular motion must originate the hip while your spine remains straight. Keep the arms parallel and straight throughout the exercise.

Move slowly and with deep breathing.



### *Titali Āsana*

Butterfly pose. Come into the butterfly pose. First, playfully perform the butterfly quickly and dynamically for one minute.

Stretch up your spine. Feel the center and pull yourself up. Enjoy the creative energy underlying this posture.

Pull your perineum inward and perform strongly *kapālabhāti*. Feel the sky above. In the end breathe in deeply, breath out deeply and hold. Contemplate your beautiful center.

Finally, very slowly bend forward, your head touching your toes, breathing deeply.

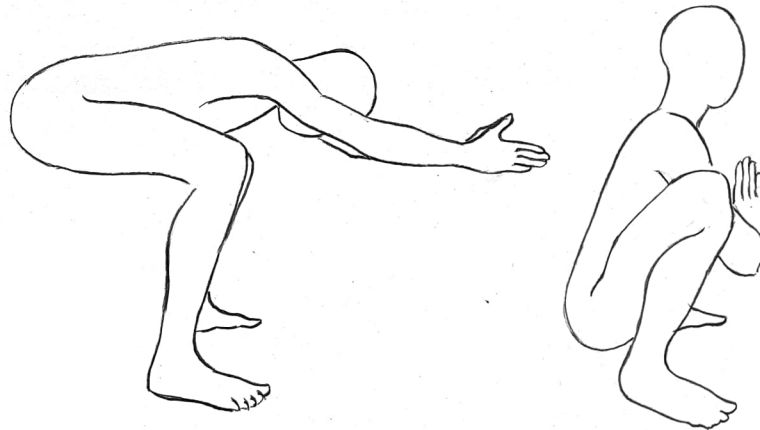


### *Namaskārāsana*

Salutation pose. Come into squatting pose, perform *namaskāra mudrā*, open your knees with your elbows, keep the spine straight, and breathe deeply. This *āsana* can be performed with dynamic movement.

Breathe in, stretch the upper body and keep your arms horizontal. Breathe out and come back into squatting with your spine straight. Keep the hands in *namaskāra mudrā*.

Enjoy and perform this for 30 – 60 seconds.



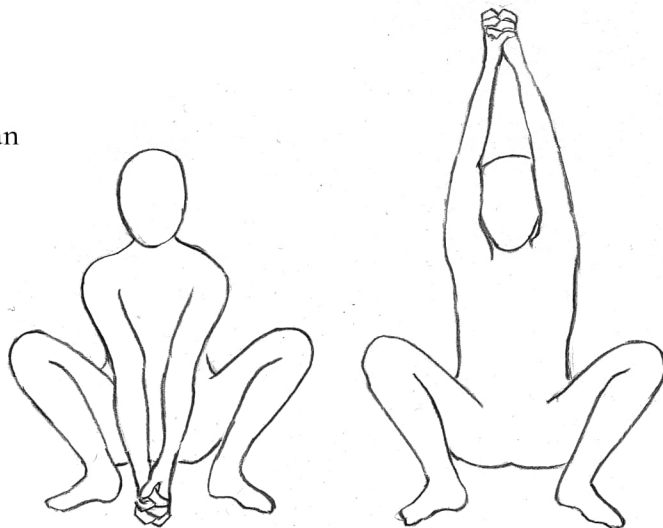
### *Kāṣṭha Takṣanāsana*

Wood chopping pose. After relaxing your feet, come back into squatting pose, interlock your fingers into a fist and stretch the arms in line with your back. Breathe in and raise your arms.

Forcefully push them to the ground, pull *mūlabandha*. One can chant “Ha” when chopping down.

Fix your eyes firmly on the ground and apply a strong pace to your breath.

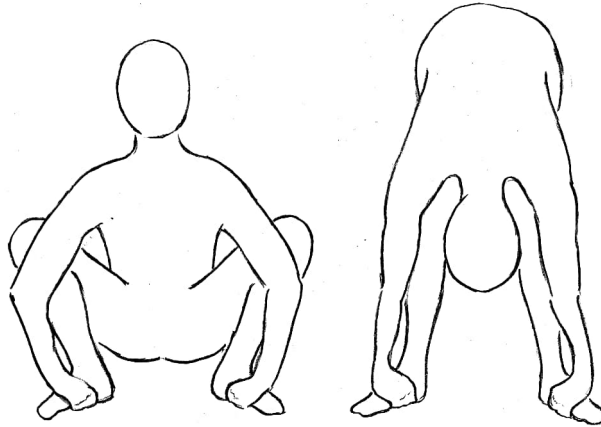
Perform this for over one minute. In the end perform *bāhyakumbhaka*, outer retention.





### *Vāyu Niṣkāsa*

Freeing the wind pose. From this squatting pose, hold the inside of your ankles with your thumbs above, and fingers below your feet. Inhale in squatting pose, straighten your back and tilt your head backwards, gazing upward.



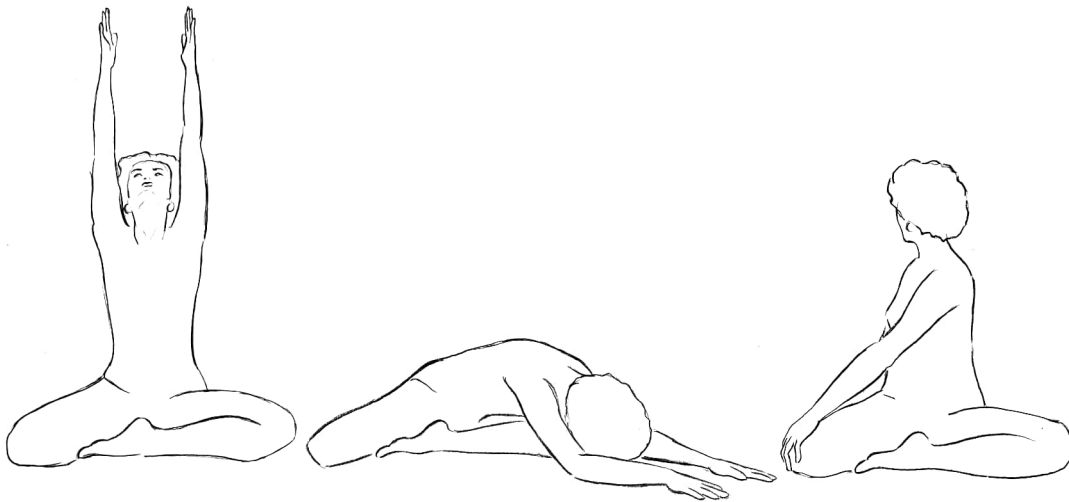
Hold the breath for three seconds inwardly and perform *mūlabandha*. Then exhale, straighten your legs and bend forward gazing inwardly. Hold your breath outwardly for three seconds and perform *mūlabandha*.

Move in the rhythm of your deep breathing for over one minute. In the end breathe in deep and then out, perform *bāhyakumbhaka*, outer retention.

### *Śaithalyāsana*

Come to a stable sitting position, then turn your left leg outward, your left foot will be behind the buttocks while the right leg stays inward with the right foot touching the left thigh. Again, bend forward over the right leg, forehead down over the right knee.

Surrender and resonate within you at least three times “*Oṃ Lam Ma*”. Next, come up and place your right hand on your left knee and rotate to the left. Breathe. Stretch up in the center. Change legs. *Śaithalyāsana* will center your sitting position.

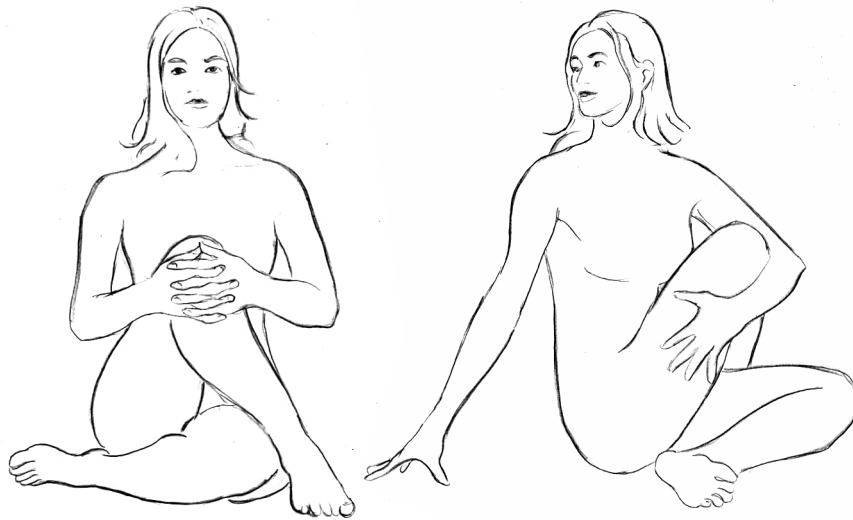


When your head bows down over the knee, resonate silently or loud “Om Lam Ma”. When you turn to the side practice five deep breaths.

### *Ardha Matsyendrāsana*

Matsyendras pose. First, come to rest until your body feels still. Put your left leg over your right thigh, right foot on the left and left foot on the ground on the right side of your body. Hold your knee and feel the beauty of this posture. Sitting in the center, fixing your gaze in the horizon you can use *kapālabhāti*, to make energy rise. When you feel the center rising, gently rotate to the right. Breathe deeply and resonate, silently or loud “Om Lam Ma”, the awakening of the Mother. Change sides.

Perform this for one minute for each side. *Kapālabhāti* in the center, when you twist, resonate “Om Lam Ma” within.

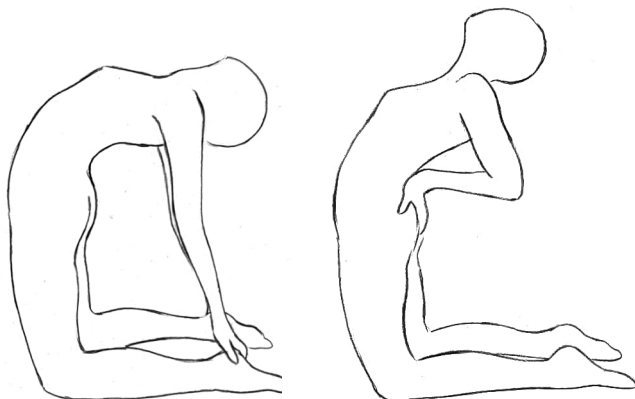


### *Uṣṭrāsana*

Camel pose. Move into *uṣṭrāsana* or to *ardha uṣṭrāsana*.

Push yourself deep into the *āsana* and try to fall into the sky.

Take 5-10 deep breaths.



### *Śaśankāsana*

Rabbit pose. Then gently come to *vajrāsana*, open your knees, stretch up and bend forward to *śaśankāsana*. Surrender. Stretch your arms.

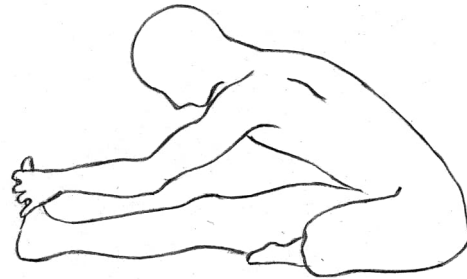
Then, apply *mūlabandha* and begin with one minute of *kapālabhāti* and in the end silently or out loud five times “*Oṃ Laṃ Ma*” with your forehead on the ground.



### *Jānuśirāsana*

Head-to-knee pose. Place your heel in the perineum. Practice five times with deep breathing, then stretch.

One minute of *kapālabhāti* and in the end silently or out loud five times “*Oṃ Laṃ Ma*” for each side.



### *Jānuśirāsana (variation)*

Head to knee pose. Turn the left leg outward and place your foot next to the buttocks. Keep the knees together, stretch the other leg and perform *jānuśirāsana*. Change sides.

One minute for each side while expanding in *kapālabhāti* and then silently or out loud five times “*Oṃ Laṃ Ma*”.



### *Matsyāsana*

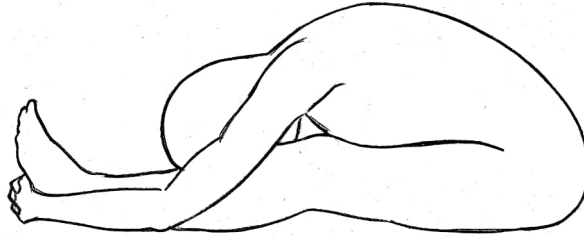
Fish pose. Lay back and support your buttocks with your hands. Stretch your legs and arch up your chest.

Practice three times with deep breathing, then one minute of *kapālabhāti*



### *Paścimottānāsana*

Back stretching pose. Practice with deep breathing, *kapālabhāti* and in the end resonate from your heart silently or out loud five times “*Oṃ Lam Ma*”.

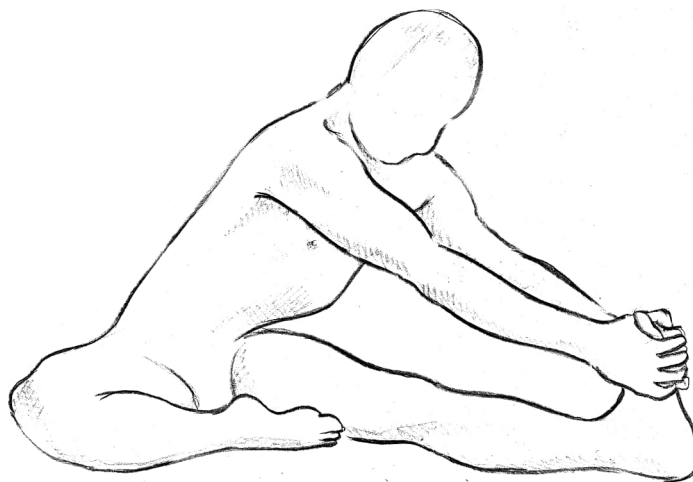


### *Mahāmudrā*

This is the great seal. It is the attitude of energy and can only be understood with love. While it requires intensity, it cannot be performed brutally. It is the energy itself that must be awakened, so it must be a celebration, not a dry exercise. If you discover yourself performing this without passion, stop immediately and realign your intention. Begin again while dancing with the Goddess. Celebrate!

This is *pratyāhāra*, making it an internal process. It is not your body and its twitching alone that you observe. This *mudrā* occurs within. Turn your gaze inwards. Internalize yourself...

Sit in *daṇḍāsana*. Stretch your right leg out, sit on your left heel and let it press against the perineum. If this is difficult move into *jānuśīrāsana*. Make yourself stable and comfortable. If necessary, let your buttocks be supported from the side. Sit straight and lean forward with your forehead facing front (not down). See the



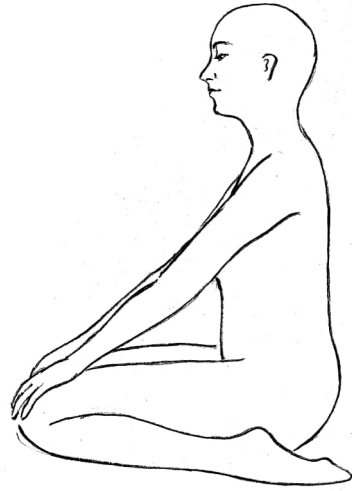
internal sky above. Hold the big toe of your right foot with both hands. Breathe deeply. Breathe in as deeply as you can, then pull *mūlabandha* forcefully. Hold the breath as long as is comfortable. Then, very slowly, breathe out. When the breath is still within you, pull *mūlabandha* hard. See the energy accumulate and rise to the sky. Enjoy the bliss.

Perform for as long as possible. Change sides, reverse legs. Feel at home. This is the giver of great energy. Remember that it happens within.

### *Alternative: Maṇḍūkī Mudrā*

Frog pose. Sit in *maṇḍūkī āsana* without straining yourself. Turn your feet outward so that your buttocks are firmly on the ground. If you cannot perform this without straining, place a pillow underneath.

Rest your hands on your knees, keep your spine and arms straight, and stay completely relaxed. The purpose of this exercise is calmness. Open your eyes, perform *nāsikāgra dṛṣṭi* and let your mind become fixed. If your eyes are tired, relax them and then continue. Breathe slowly and rhythmically, like a gentle wave.



Concentrate on *mūlādhāra* in silence.

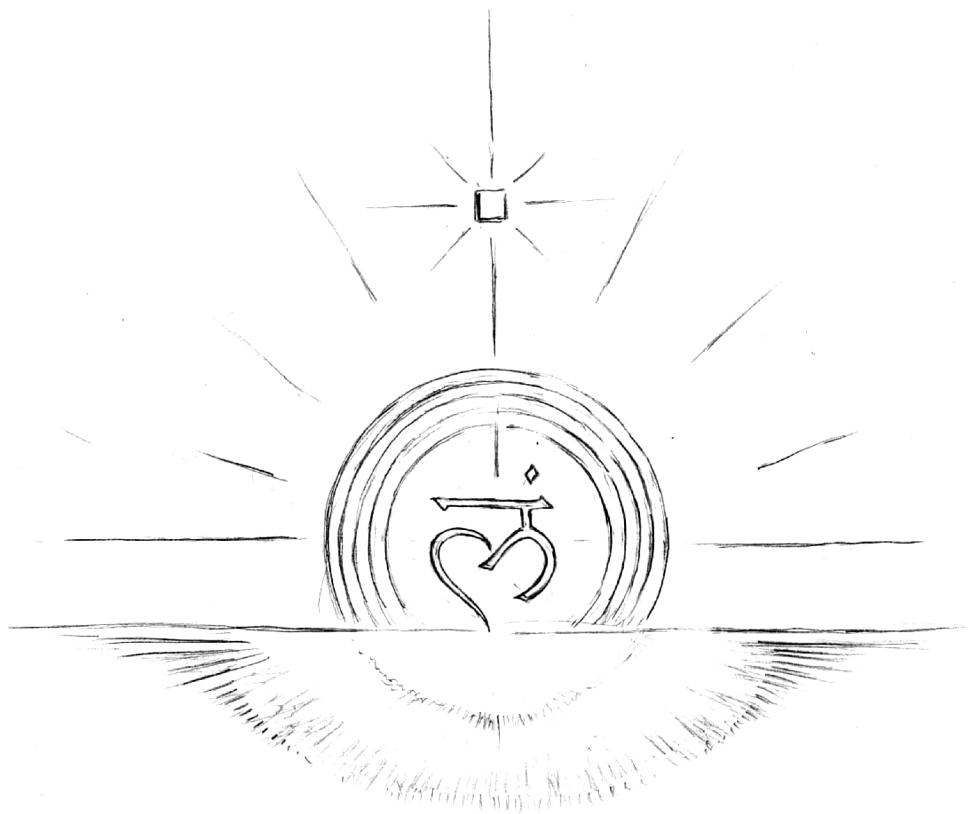
Perform for as long as possible. Feel at home. This is the giver of great peace.

### *Visualization & Bija Nyāsa*

Sit comfortably with your spine erect, and imagine a red, lively sun rising in front of you. Visualize this sun, glorious and radiant, shedding its rays into the sky, moving through your body, ascending higher and higher.

Utilize your imagination, which has the power to manifest reality. As you breathe, let these warm rays travel from the sun into your base, and as you exhale, let your breath merge back with the center of that magnificent sun. Breathe deeply from *mūlādhāra*.

Contemplate on this breath for some time.



Towards the end, imagine the radiant *Laṃ* – symbolizing home, love, trust – shining from within the sun. Chant silently or out loud five times “*Oṃ Laṃ Ma*”, silently or aloud, at least five times.

Finally, perform your *bīja nyāsa* with sincerity. Let the sounds rise through your being.

### *Śavāsana*

The corpse pose. Lay supine on the ground. Surrender completely.

*Contemplate. I am what I am. I am being.*



## Summary

<i>Vajrāsana, Lam &amp; Bhastrikā</i>	Thunderbolt pose with bellows breath.
<i>Nauka Sanchalanāsana</i>	Rowing the boat
<i>Cākī Cāḷaṇāsana</i>	Churning the mill
<i>Titali Āsana</i>	Butterfly pose
<i>Namaskārāsana</i>	Salutation pose
<i>Kāṣṭha Takṣanāsana</i>	Chopping the wood pose
<i>Vāyu Niṣkāśana</i>	Wind releasing pose
<i>Śaithalyāsana</i>	Animal relaxation pose
<i>Ardha Matsyendrāsana</i>	Half spinal twist.
<i>Uṣṭrāsana</i>	Camel pose
<i>Śaśankāsana</i>	Hare pose (rabbit pose)
<i>Jānuśīrāsana</i>	Head to knee pose
<i>Matsyāsana</i>	Fish pose
<i>Pāścimottānāsana</i>	Back stretch pose
<i>Mahāmudrā</i>	the great seal
<i>Bīja Nyāsa</i>	Placing the Seed sounds
<i>Śavāsana</i>	The corpse pose