

Naada Kriya Yoga

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1 Level 1

1.1 Basis: Seven Chakra Model

The basis of Naada Yantra Yoga is a *seven-chakra* (energy center) model¹ to address the seven regions of the *celestial brain* (frontal cortex and mid-brain) that need to be activated. Once activated, these regions must be trained to work in harmony with one another, to master the art of manifestation. Naada Yantra Yoga includes techniques for awakening and harmonizing these regions of the brain. The top two chakras are located at the two master glands: Pineal and Pituitary. The rest of the five chakras are located at the following bones: C7 (bottom of the neck), T4 (between shoulder blades), L3 (behind navel), Sacrum (bottom of the spine) and Pubis (on the front side below abdominal organs). Chakras must be activated in the top-down order. When a chakra is awakened, it releases energy, which naturally attempts to move upward. If the upper chakras are not awakened first, the energy gets stuck in the middle or lower part of the body causing unpleasant experiences. Another logical reason to start from the top is to awaken the sources of inner power first, and use them to effortlessly and quickly awaken the rest of the centers.

Seventh Crown/Third-Eye chakra - *sahasrAra* (thousand dimensions): This center is a portal to your multidimensional self. Your body contains several layers of energy with increasing frequencies: physical matter, sound, ultrasound, infrared, visible light, ultraviolet light, x-ray, gamma ray and so on. As the Crown chakra awakens, you will experience the higher-frequency (or dimensional) parts of your body and corresponding visions of your reality in that frequency. When you experience the origin of your self, the point or the void, yourself and your reality disappear. Do not worry, every time you experience this void, you will come back with renewed wisdom and confidence that you are the creator of your reality. This center is associated with *Siva*, the master of multidimensional self, and *gaNESa*, the master of manifestation and cosmic mind (*siddhi* and *buddhi*). When this chakra activates, the inner cosmic mind (*buddhi*) starts re-training the outer human mind (*manas*) to align with the true nature of the self. The outer mind, which has been well trained by the society in limited thinking, first resists the new authority, but eventually surrenders to the inner cosmic mind realizing its own limitations, when the inner visions become more and more powerful.

Sixth Eye chakra - *Ajna* (command): This is the command center of manifestation. Conscious visualization or lucid dreaming is the first step of the manifestation process. Integration of dream experience into the physical body is the second step of manifesting dream in the material world. The Eye chakra coordinates both of these activities. One of the commonly desired manifestations is a radiant youthful body free of any disease. Once this center is activated, you will have the celestial ability to consciously alter the physiology of your body, to the extent of overriding genetic codes. This center is associated with *sarasvati*, the master of creative arts. While music and poetry are obvious forms of creative arts, a non-obvious creative art piece is your own body! Perhaps you never looked at yourself as a piece of living sculpture. How does it feel to create a beautiful masterpiece of your own self? *sarasvati* also symbolizes beauty and grace. When this center is activated, you will have the ability to transform your life into a creative flower garden.

¹ Do not be concerned if this model differs from the one you are already familiar with. This intellectual model is used only for the purpose of keeping your outer human mind informed about what is going on (because it really wants to understand before the experience), so that it does not resist awakening of celestial brain.

Fifth Throat chakra - *viSuddha* (crystal clear): When this center is activated, your body transforms into a clear crystal. All impure ego-masks will dissolve and you will become completely authentic, inside out. The profound experience associated with this chakra is immortality. Your realization that you are an immortal being will integrate into your physical body, dissolving the fear of death, the basic cause of victim-behavior and suffering. You will naturally express your inner feelings and intelligence freely, without any fear or doubt. You will have the confidence and courage to live your life according to your terms. This center is associated with *muruga*, the director of own life.

Fourth Heart chakra - *anAhata* (primordial sound): When this center is activated, you will experience yourself as the primordial sound, the source of the multi-dimensional universe. The profound experience associated with this chakra is enchantment or divine love or *bhakti*. The secret key to the art of manifestation is the feeling of enchantment. It is this feeling that integrates experience of dream into the physical body. When you experience yourself as the entire universe, you will feel so abundant and harmonious within yourself that the feelings of scarcity, greed and anger dissolve. This center is associated with *nArAyaNa*, the creator of the cosmic dream within which all of us exist. Activation of this chakra awakens the celestial genetic codes of our galactic parent (*nArAyaNa*) and overrides the biological genetic codes, starting the process of inner transformation. You become like a child at heart and start playing freely and joyfully, with complete trust that the omnipresent galactic parent is always watching you, from inside and outside. Refer to the story (section 1.1.1) on the “power of divine love.”

Third Navel chakra - *manipura* (city of jewels): When this center is activated, you will have the discipline, will power and determination to follow through your manifestation process and bring it to completion. This center is associated with *lakshmi*, the material expression of abundance and prosperity.

Second Sacrum chakra - *svAdhishThAna* (seat of the soul): Your uniqueness, defined by your passions, is encoded in this center. When this center is activated, you become intense and dynamic. Powered with a tornado of passion and creative power, you dissolve your ignorance (limited ideas and way of being), and transform into a beautiful powerful radiant being who is constantly renewing and creating. This center is associated with *durga*, the destroyer of inner ignorance (*mahishAsura*).

First Root chakra - *mUlAdhAra* (base support): When this center is activated, you feel so content inside your physical body garment, that the garment rejuvenates, increases its frequency and merges with your higher-dimensional bodies. This center is associated with *gaNESa*, the part of the celestial brain that connects all your multi-dimensional bodies, from void down to the physical. Note that *gaNESa* is also associated with the seventh chakra.

1.1.1 The Power of Divine Love: An Episode from Mahabharata

Krishna, the director of cosmic play, manifests a war between him and Arjuna. How did that happen? One morning, Krishna was offering prayer to the Sun god at the ocean. Gaya, a *gandharva* (super-human being), was flying in his space ship at the time. Without caring for what is going on below, he spits down. Perfectly orchestrated by Krishna, the spit lands in Krishna’s palms. Krishna, enraged by Gaya’s arrogance, vows to end Gaya’s life before the sunset. Our friendly Narada conveys this information to Gaya. Gaya desperately seeks help in the heavens. Even Brahma and Siva do not wish to interfere, knowing Krishna’s power. Following a brilliant idea given by Narada, Gaya falls at the feet of Arjuna begging him to save his life. Arjuna offers him protection without knowing the context. Once the truth is revealed, Arjuna regrets his decision, but decides to keep his royal promise. Thus Krishna and Arjuna meet on the battlefield.

After a spectacular display of powerful arrows, Krishna decides to use his ultimate weapon, the *sudarSana* chakra. Arjuna prepares to respond with Siva's ultimate weapon, the *pASupatAstra*. At this point, Siva descends to the earth and requests Krishna to end the war, since the release of these two weapons would destroy the entire earth. Krishna agrees to make peace and dissolves his vow, thus releasing Gaya. Siva, curious to know the intent behind this war, asks for an explanation. Krishna says that he created this war to prove that Arjuna is powerful on his own accord, not because of his support. Siva then asks, "What if Arjuna didn't have *pASupatAstra*? Then he would have lost." Krishna comes up with a surprising reply, "Oh! I am glad he has that weapon. Otherwise I would have lost." Everyone is perplexed, including Siva. Then Krishna says, "If Arjuna didn't have a weapon to respond to my *sudarSana* chakra, he would have surrendered his body to my weapon with a great feeling of love. The divine love radiating from his body is so powerful that my weapon would have simply dissolved inside his body."

Here are other inspiring stories related to the power of divine love: Sri Krishna *tulAbhAram*; War between Rama And Hanuman; life stories of Prahlada, Dhruva and Markandeya.

1.2 Cosmic Breathing

Formally known as Big Bulging Belly Breathing, this technique involves resting the diaphragm in its expanded state and retaining air in the lower part of the lungs, causing the belly to bulge out. Inhalation and exhalation are very gentle and cause subtle movement at the solar plexus. Refer to *Sonorous Sound* e-book for details. This breathing technique switches on the celestial brain, and is the most important technique of Naada Yantra Yoga. It activates *gaNESa* centers - crown and base chakras. To master this technique, tension in the diaphragm and abdominal muscles must be released through the practice of *gibberish* and *massage sound monster* techniques.

1.3 Summary of Basic Techniques

Each Naada Kriya Yoga technique is designed to activate a specific set of celestial brain regions, using a combination of four sub-techniques: (1) Physical Posture (2) Timed Cosmic Breathing (3) Celestial Sound Vibration and (4) Visualization. Refer to the following three e-books for details: *Sonorous Sound*, *Mantra Yoga* and *Celestial Musical Notes*. The following table gives the list of sounds, postures and visualizations associated with the seven chakras.

Chakra	Chakra <i>blja</i> sound	Deity <i>blja</i> sound	Vowel sound	Svara	Posture	Visualization
Crown (7)	<i>Ong</i>	<i>gnng, sng</i>	<i>ng</i>	S'	Salutation	Thousand petaled golden lotus at the crown, with miniature sun at the pineal gland inside empty sphere head
Eye (6)	<i>aung</i>	<i>aing</i>	<i>ng</i>	N	Salutation, Fish	Spinning purple ball at the center of empty sphere head
Throat (5)	<i>ham</i>	<i>maN, brng</i>	<i>A</i>	D, P	Salutation, Fish	Empty neck-tube, vertical golden spear inside, swirling blue light outside
Heart (4)	<i>yam</i>	<i>kleem</i>	<i>E</i>	M	Fish, Forward Bend	Waves of green (or pink or white) light inside an empty infinite chest; OR a body of infinite universe
Navel (3)	<i>rng</i>	<i>SrIm</i>	<i>O</i>	G	Fish, Bow	Radiating golden yellow sun light inside a huge empty belly
Sacrum (2)	<i>vng</i>	<i>hrIm</i>	<i>I</i>	R	Fish, Bow	A tornado of orange light originating from the pelvis
Base (1)	<i>lng</i>	<i>gnng, dhUm</i>	<i>U</i>	S	Bow, Balance and firmness postures	Spinning red ball at the base of a huge, empty pyramid body with square base

1.4 Summary of Deity Mantras

Here is the list of deity mantras with breath ratios and associated chakras.

- *gaNESa*: Ong gng gaNapatayE namaha; Crown and Base.
- *sarasvati*: Ong aing sarasvatyE namaha; Eye.
- *muruga*: Ong sng su brang maN yam; Crown, Throat, Heart and Base.
- *nArAyaNa*: Om SrIm kleem lakshmi nArAyaNa; Heart, Navel and Base.
- *durga*: Om hrIm dhUm durgAyE namaha; Sacrum and Base.
- *Siva*: Om Sivayanama yanavaSima mavayanaSi Siyanamava vaSimayana; Crown.
- *gAyatri*: tat savitur varENyam bhargO dEvasya dhImahi dhiyOyOnah prachOdayAt; Crown.

2 Level 2

2.1 Naada Kriya Yoga as a basis of Spiritual Parenting

Currently practiced parenting system assumes that adults are more intelligent than kids. Unfortunately, adults have become like robots under the influence of their own fear and ignorance of their galactic origin. The same experience is being transferred to the kids. Spiritual parenting starts with the assumption (rather truth after you experience it) that both adults and kids are galactic siblings, children of *nArAyaNa* (refer to the Heart Chakra description on page 1). Spiritual parenting is based on the principle of harmonious partnership, as practiced in the Vedic tradition. “*sahanAvavatu sahanau bhunaktu sahavIryam karavAvahai tEjasvi nA vadhItamastu mAvidvishAvahai Om Santih Santih Santih.*” “Let us establish a harmonious partnership and grow together to become brilliant; let there be no conflict or any form of disharmony between us.” This is the verse teacher and student recite together at the beginning of training.

In the modern age, parents are the primary guides to their children. Each kid is born with regions of celestial brain already active. Consider them as their gifts. As a parent, you can support them in the process of activating the remaining regions of celestial brain. Once all the regions are activated, they will take full responsibility of their life and you can just relax and enjoy their company. If you consider your child as your teacher, you can learn a lot from your child and become free of your old limited patterns. Harmony, effortless and joy are the tangible proofs of spiritual parenting.

2.2 Naada Kriya Yoga as a basis of Spiritual Evolution

Spiritual evolution is about becoming as creative as our galactic parent, *nArAyaNa*. Tangible proof of evolution is rapidly growing creative intelligence. Artists and scientists (such as Mozart and Einstein) are in a much higher evolutionary state than most of the new age spiritual gurus. If you are serious about your evolution, then focus on the process of surrendering your outer human mind to your inner cosmic mind (refer to the Crown Chakra description on page 1). In Bhagavadgita, Krishna symbolizes the cosmic mind and Arjuna symbolizes the human mind. Understand the essence of this teaching using this symbolism. In Mahabharata, Krishna and Arjuna represent the invincible pair, the power created by the harmony between cosmic mind and human mind. An absolute requirement for spiritual evolution is to accept that all of us have all the cosmic genetic codes of our galactic parent, and that you have the choice to activate them and override your biological genetic codes. It is all about the activity in the celestial brain, the focus of Naada Yantra Yoga. The grand test of your evolution is manifestation of a radiant youthful body free of any disease or inner disharmony.

2.3 Scientific Basis for Naada Kriya Yoga: Transmutation through the use of Anti-Matter

Anti-matter is matter with positrons (electrons with positive charge) and anti-protons (protons with negative charge). When anti-matter and matter meet, they nullify each other, creating pure energy of very high frequency (Gamma/X-ray band). Each Naada Kriya Yoga technique, when practiced with the full awareness of cosmic breathing, sound vibration and visualization, creates anti-matter at the focused spot, which in turn energizes the surrounding region, giving the feeling of emptiness. The corresponding region of celestial brain activates. This effect is temporary; it just gives a glimpse of the light/blissful experience. To make this experience permanent, the reality-creating program must be altered to consciously create the new light/blissful experience all the time, overriding the previous program that was creating the heavy/painful experience.

Kundalini, symbolized with a curled-up serpent sleeping at the base of the body, is an anti-matter reservoir, isolated from the matter through a protective force field. Through the constant practice of Naada Kriya Yoga (especially cosmic breathing) and purification of the matter body by living a joyful reality filled with divine love, the protective force field weakens, allowing gentle streams of Kundalini anti-matter to leak out of the reservoir and move up the spinal cord, energizing cerebrospinal fluid and the pineal gland. Eventually, the entire force field dissolves, releasing massive amount of anti-matter, converting the entire body into pure energy. This is the scientific basis for ascension, the process of transmuting matter body into pure energy and transcending physical death. Certain advanced pranayama techniques can be used to forcefully break the protective force field and release Kundalini anti-matter. However, these techniques are risky, hence not recommended. Here is a personal experience related to Kundalini.

In May 2005 I was telepathically receiving ideas related to Naada Kriya Yoga from Siddhar Tirumoolar, one of the ascended masters from South India. As part of the training, my teacher gave me an advanced pranayama technique to experiment with. At first I resisted, since I knew it was dangerous. However trusting teacher's process, I experimented with this technique one afternoon. After a few rounds, I felt an explosion at the base of my body. To handle sudden increase in heat, my body produced so much sweat in a second that my clothes became wet. When I got up, I realized that there was no physical sensation in my legs. My chakras were not awakened enough to allow the movement of anti-matter up the spinal cord. A massive amount of anti-matter moved down, transmuting my legs into X-ray type energy. I couldn't walk. I had to float in the air using my hands as fins, just like a fish. It was time to drive to the school, so I floated into the car and started the engine. When I attempted to press the accelerator with my right leg, my leg went through the matter, into the car. Note that this was not a dream. This happened in wakeful state. I tried with my left leg, and the same effect. I was completely shocked and gripped with fear. I requested my teacher for help. My teacher, chuckling, said, "Now you know that ascension is a possibility for YOU. With this understanding, release your fear of death. The purpose of this technique is done. Eat some heavy food and relax." I floated into the kitchen, ate some snacks and my legs came back to normal in a few minutes. This was one of the most valuable lessons I received in my life.

2.4 The Process of Creating and Living in a Golden Reality NOW

This process is best described through an analogy of enhancing your old, dark house by creating a new, bright sunroom. Once constructed, you can choose to spend most of your time in your sunroom. Golden Reality is like a sunroom you create inside your celestial brain through the dreaming process and by re-aligning all your external actions to be in harmony with this dream. You can effortlessly move from the old reality into the new reality by producing anti-matter (using Naada Kriya Yoga techniques) to carve a path into the new reality. Yogic sleep techniques can be used to weaken memories of the old reality and strengthen memories of the new reality. As you go through this process, you will start feeling as though the past as you knew never actually happened! Your past from the old reality feels like someone else's life story, not yours. This feeling is an indication that you are firmly anchored in the new reality in which the past is also golden. The mystery of time reveals itself as you go through this process. You can master the art of creating a new reality and updating both past and future, relative to the old reality.

Earth is in the process of creating its new "heavenly planet" reality. Large amounts of anti-matter are being released from inside the earth. In addition Earth is receiving a showering of anti-matter flowers of love from her star siblings (reported by the scientists as gamma/x-ray bursts from outer space). We have a golden opportunity to align with Earth's new reality and co-create a golden age on this magnificent planet.

2.5 Yogic Sleep Rainbow Technique

- Visualize a ball of bright golden light sweeping through your body, part-by-part, starting from your head and ending at your feet.
- Observe your "light-body" until breath naturally slows down.
- Allow the light to dissolve and bring awareness to your skeletal system.
- Repeat the following technique at seven different spots using specified colors and mantras: Visualize swirling colored light. Chant the mantra aloud, vibrating the spot. Shift to silent chanting while clearly feeling the vibration and visualizing the swirling colored light.
 1. Pubis bone: Red; 'Ing'.
 2. Sacrum bone: Orange; 'vng'.
 3. L3 bone (navel): Golden yellow; 'rng'.
 4. T4 bone (between shoulder blades): Green; 'yam'.
 5. C7 bone (bottom of neck): Blue; 'ham'.
 6. Pituitary gland: Purple; 'aung'.
 7. Pineal gland: Golden white; 'Ong'.

2.6 Yogic Sleep Moving Light Technique

- Visualize a ball of bright golden light sweeping through your body, part-by-part, starting from your head and ending at your feet.
- Observe your "light-body" until breath naturally slows down.
- Allow the light to dissolve and bring awareness to your skeletal system.
- Repeat the following technique at each point: Inhaling, visualize a ball of white light radiating at that point. Exhaling, move the ball to the next point.
 - 1-3: Pineal, C1, C7
 - 4-31: (Right-side) Shoulder blade, shoulder joint, elbow, wrist, little-finger-tip, ring-finger-tip, middle-finger-tip, index-finger-tip, thumb-tip, wrist, elbow, shoulder joint, C7, (Left-side) shoulder joint, ...
 - 32-34: T4, L3, sacrum
 - 35-58: (Right-side) Hip joint, knee, ankle, little-toe-tip, ..., big-toe-tip, ankle, knee, hip-joint, sacrum, (Left-side) hip joint, ...
 - 59-64: Pubis, bottom-of-breastbone, top-of-breastbone, jawbone, pituitary, pineal

2.7 Advanced Techniques with Timed Cosmic Breathing

2.7.1 *Salutation Pose with Siva mantra 9:9*

Visualization: Thousand petaled golden lotus at the crown, with miniature sun at pineal gland
| Sivayana | ma- yana | vaSima- | mavayana | Si- Siya | namava- | vaSimaya | na- Om- | ---- |

2.7.2 *One round of Sun Salutation sequence with gaNESa mantra 5:10*

Visualization: Spinning purple ball at the center of head and spinning red ball at the base
| Ong | gng | gaNapata | yEnama | ha--- |

2.7.3 *Salutation Pose with sarasvati mantra 5:10*

Visualization: Spinning purple ball at the center of empty sphere head, light shiing through eyes
| Ong | aing | saras | vatyE | namaha |

2.7.4 *Fish Pose with muruga mantra 4:8 and 6:12*

Visualization: Golden light at the throat
| Ong | sng | subrang | maNyam |

2.7.5 *Forward Bend with nArAyaNa mantra 7:7*

Visualization: A ball of golden light coming up the spine, exploding into a fountain at the crown
| Om | SrIm | kleem | lakshmi | nArA | yaNa | ---- |

2.7.6 *Base resonance sequence*

Thigh exercise with 4:4 breath
Buttock kicks with 'sh' sound
Eight limb pose with spooky laughter
Bow pose with 'yam' sound

2.7.7 *Butterfly Pose with durga mantra 6:12*

Visualization: Tornado of golden light at the pelvis
| Om | hrIm | dhUm | durga | yEnama | ha--- |

2.7.8 *Seated Pose with gAyatri mantra 10.5:10.5*

Visualization: Entire body filled with dazzling white light
| tat-savi | tur-varE | ---Nyam | -bhar-gO | -dE-va | -syadhI- | mahi-dhi | yO-yO- | nah- prachO | -dayA- |
-t tat- | savitur- | varE-- | -Nyam-bhar | -gO-dE | -va-sya | dhI-mahi | -dhiyO- | yO-nah- | prachO-da | yA--t |