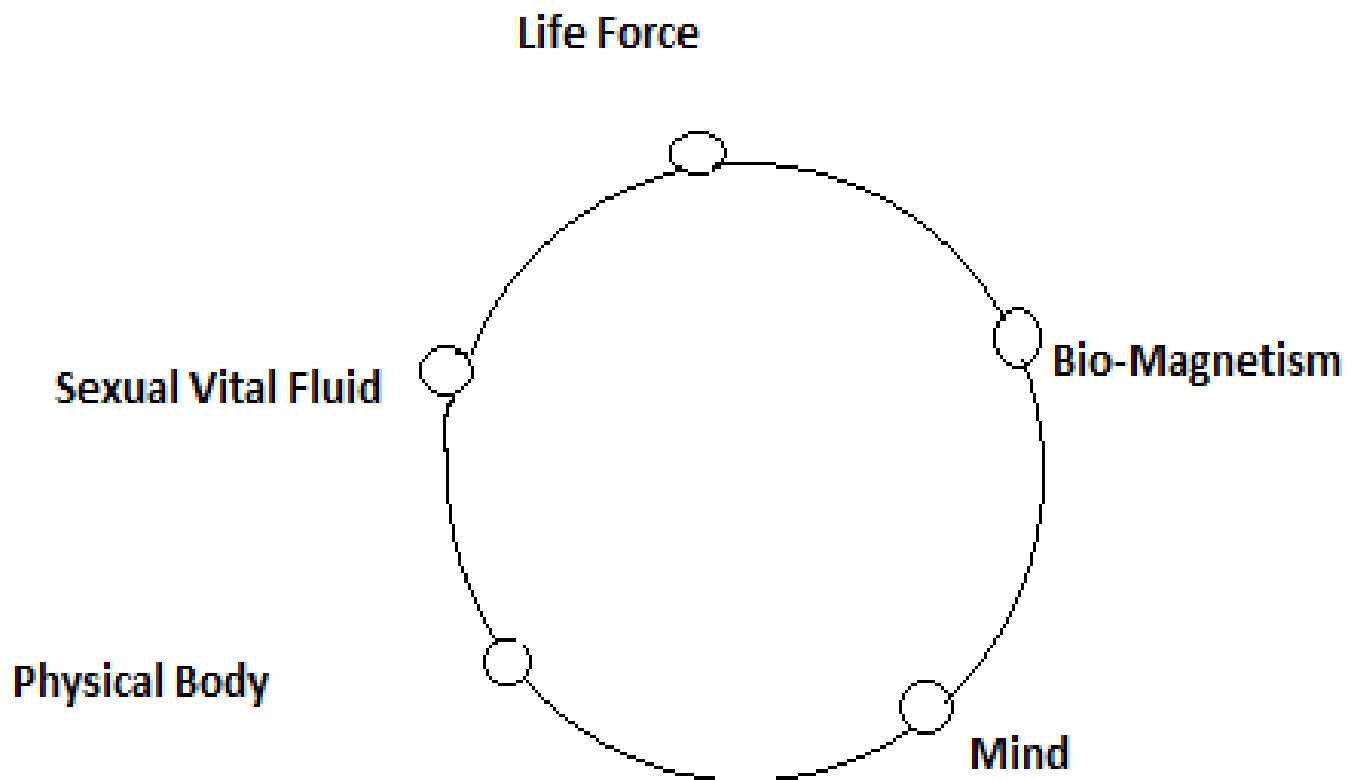


# KAYAKALPA YOGA

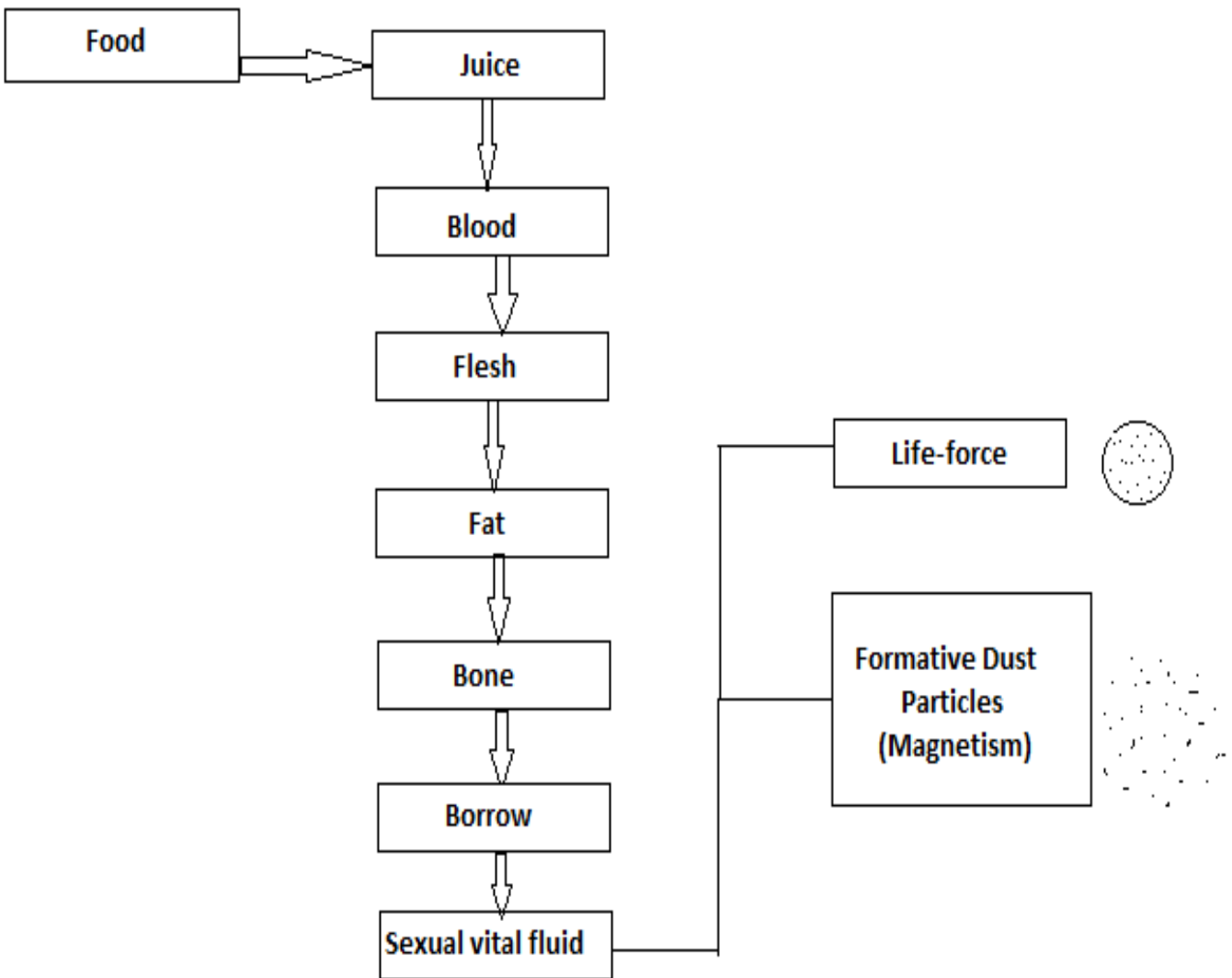
## AIM OF KAYAKALPAM:

1. Slowing the ageing process.
2. Maintaining youthfulness
3. Convert the Sexual energy into Spiritual energy
4. Postponing one's death to his will.

## KAYA KALPA PHILOSOPHY:



## TRANSFORMATION INTO SEVEN MINERALS



### KAYAKALPA BENEFITS:

1. One can remain youthful without any disease chronic or otherwise. Ageing can be slowed down. Death can be postponed.
2. Physical health and mind's agility are assured.
3. Potency will increase.
4. Sex desire will be under control.
5. Monks and nuns and young people will have control over sexual urge.
6. It improves one's wisdom and ensures personality development.
7. Chronic diseases will get cured or controlled.
8. Better children are born.
9. Menstrual problems are solved.
10. Memory power increases.

## **KAYAKALPA EXERCISE-THE METHOD:**

Kayakalpa exercise consists of

1) Aswini Mudra and 2) Ojas Breath exercises.

To avoid ageing one need to tone up the nervous system, which loses its stiffness as one grows older. Aswini mudra exercise rejuvenates and tones up the nervous system. As a result nerves become reasonably stiff and keep the physique fit. And also the organs inside the body function normally.

Ojas breath exercise helps to crystallize the sexual vital fluid and takes up to its original production centre- the brain.

### **1). Aswini Mudra:**

Aswini mudra is an exercise to bring the anus to a shrunken stage and back to pre-shrunken stage as many times as possible as advised by the guru. All animals do it after excreting the body waste and particular the horse. One can see the horse after excretion the body wastes shrinking and letting loose the anus to its pre-shrunken stage for a longer time, many times. Aswini means horse. Mudra is symbol. So this exercise is called Ashwini Mudra.

When one does this exercise one can feel in his genetic centre (the container of sexual vital fluid) a churning like function. The fluid thickens and like the butter coming out of milk, fully energized life force particles and bio magnetism get separated. As a result the nerve system around the genetic centre gets rejuvenated and the required stiffness.

### **2). Ojas breathe:**

Along with Aswini Mudra ojas breath exercises is also taught. Shrinking the anus, pressing the tongue against the upper palate upwards; slowly, strongly and systematically breath in. Later, closing the teeth, releasing the tongue, release the breathe through the mouth simultaneously. But a guru's guidance is required to do these two exercises effectively.

During this ojas breath exercise, energized and revitalized life force particles and bio magnetism, from the genetic centre, were taken to the brain cells and then, let them spread all over the body. Sexual vital fluids become denser and pure.

## **Explanation to the Kayakalpa exercise:**

The practice of Aswini Mudra revitalizes all the nerves around the sex organs. They get rejuvenated. The sex glands are located close to the anus. The sexual vital fluid and the life force particles are seen in abundance in the sex glands. When Aswini Mudra is practiced the fluid gets churned. The enriched dust particles along with life force particles float (like butter in the curd). At that time when ojas breathe is practiced alongside formative dust particles alias bio magnetic waves move upwards through the spinal in abundance, to the brain. From there these are taken to all cells all over the body. Thus the life force particles become pure and enriched bio magnetic waves reach and rejuvenate all cells.

All the live cells get this bio magnetism in normal course. But when Aswini Mudra and Ojas breath are done the bio magnetic force become double and activate the cells to function to their maximum capability.

Kayakalpa exercises can be done in standing postures, sitting postures and lying postures, but systematically. Because of the same exercise is being done in different postures cells, nerves, lungs, heart and sex gland all get recharged and rejuvenated. The entire bio magnetic field gets compressed with refreshed stimulation.

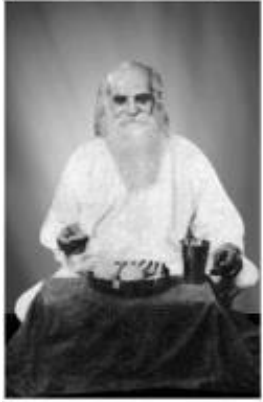
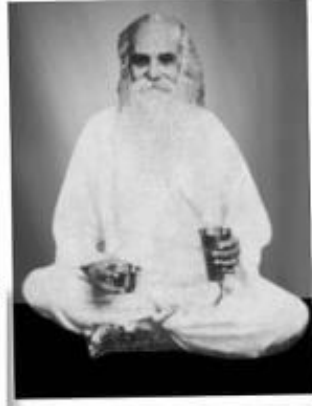
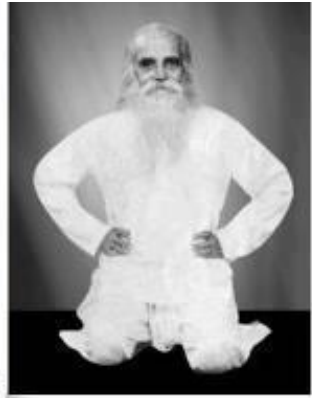
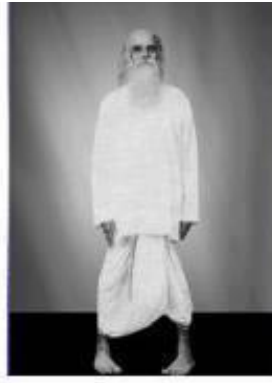
A seven minute practice, three minutes in the morning three minutes in the evening and one minute before sleep, will be enough for a man to remain youthful, and lead a disease-free life.

Before eating food, before drinking water this exercise can be done. More benefits can be achieved. Whenever one feels tired Aswini Mudra alone can recharge him.

It is better to learn and start practicing Kayakalpa at the young age. It regularizes one's sexual desire. Mind is kept under control. It relieves the women from their menstrual problems. Pregnant ladies can get their babies delivered normally without undergoing any unnatural procedure. Students get their memory power increased. Sperm count in the semen gets increased. Ladies need to do "Deer "exercise to overcome their uterus related problems.

If one practices these anti-ageing exercises regularly brain function, body health, and mental health will increase and life can be peaceful and blissful.

காயம் கற்பம்  
காயம் = உடம்பு  
கற்பம் = உறுதிபடுத்துதல்



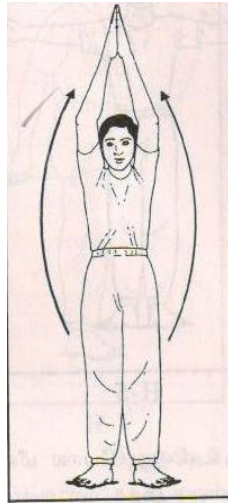
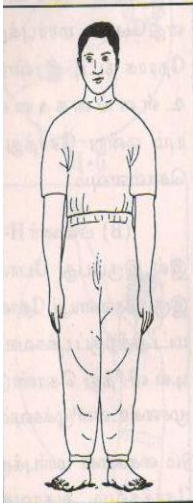
## BENEFITS:

1. One can remain youthful without any disease chronic or otherwise. Ageing can be slowed down. Death can be postponed.
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# SIMPLIFIED PHYSICAL EXERCISES

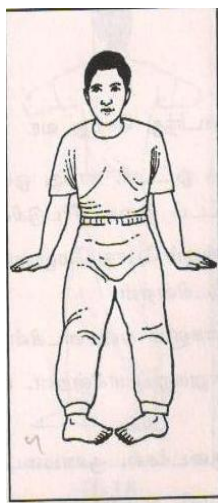
## 1. HAND EXERCISES BENEFITS:

- a) Circulation of blood, heat, air and life-force in hands and arms becomes normal and regular.
- b) Hands and shoulders are strengthened.
- c) Arthritis and conditions where the upper limbs become numb during rest, are reduced and possibly cured.
- d) Pains in shoulder joints and knee joints are cured.
- e) Trembling of hands and pain in finger joints are cured.



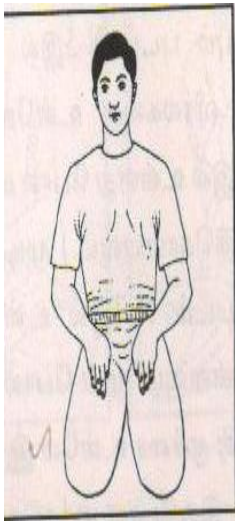
## 2. LEG EXERCISES BENEFITS:

- a) Legs are strengthened.
- b) Blood circulation gets regulated in all parts of the abdomen.
- c) This exercise is curative and preventive for sciatica and arthritis.
- d) By pressing and massaging the sole and the toes, important organs in the body such as heart, lungs, intestines and brain are activated.



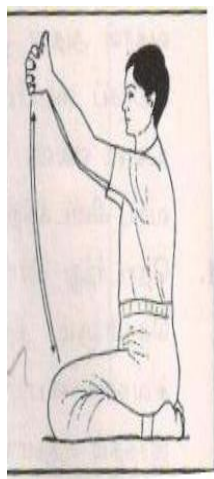
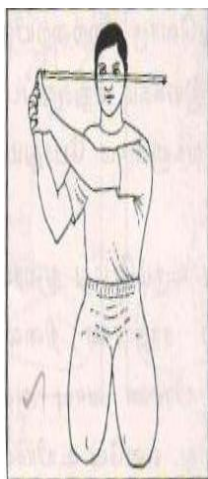
### 3. NEURO-MUSCULAR BREATHING EXERCISES BENEFITS:

- a) The Neuron-muscular breathing regulates the endocrine system and Oxygenizes the blood.
- b) It ventilates the lungs and increases the vital energy.
- c) It helps curing headache, insomnia, asthma and other bronchial troubles
- d) Tiredness is not felt even after working for a full day.
- f) Students are benefited in their studies due to increase in absorbing capacity, Retention capacity and recalling capacity.
- g) Functioning of the nervous system is improved.



### 4. EYE EXERCISES BENEFITS:

- a) This exercise helps to correct defective eyesight by toning up the muscles around the eyes.
- b) It also prevents eye-strain, itching and other eye diseases.
- c) By continuous practice, one can reduce the use of spectacles.



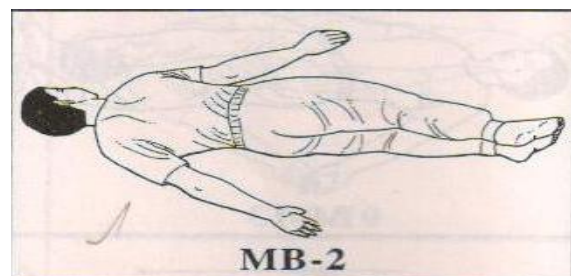
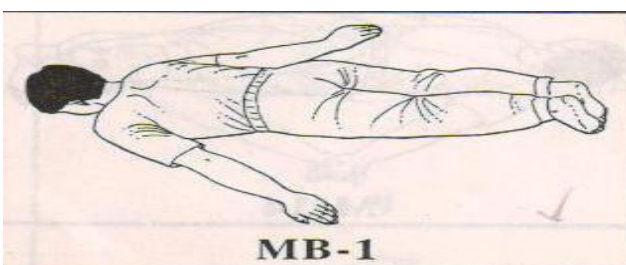
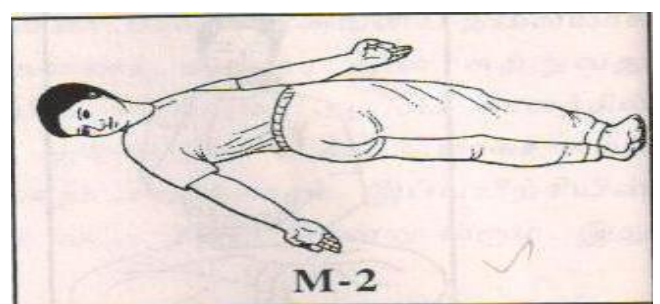
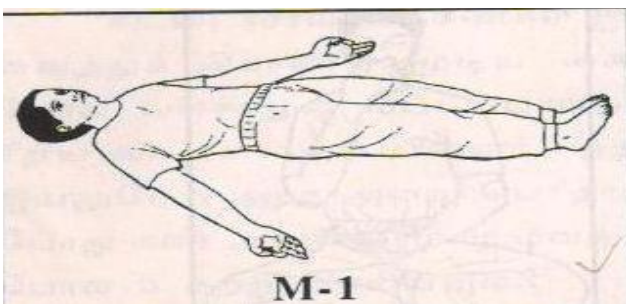
## 5. KAPALABATHI BENEFITS:

- a) Sinus problems are cured.
- b) Dust and other particles in the nose and sinuses are removed.
- c) Body becomes energized.
- d) Supply of blood to brain increases.



## 6. MAKARASANA BENEFITS:

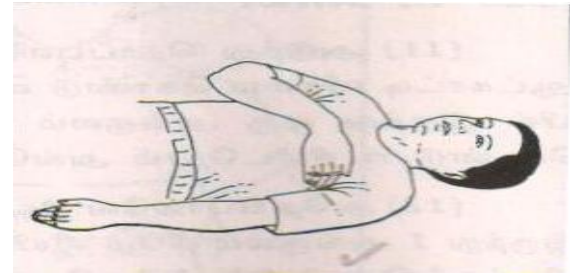
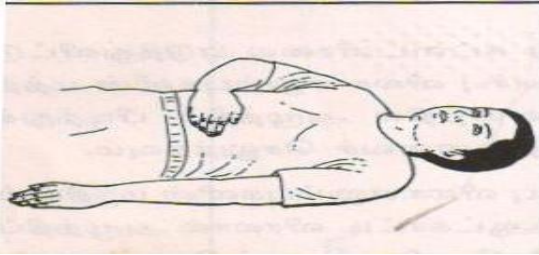
- a) It strengthens the abdominal muscles.
- b) It normalizes the activity of the endocrine glands.
- c) It helps to cure diabetes, arthritis, sciatica, blood pressure, hip pain, spinal pain and neck pain.
- d) As the spinal column is systematically twisted from bottom to top, the backbone and discs get strengthened.
- e) All nerves emanating from the backbone are strengthened.
- f) Legs and abdominal region are strengthened.
- g) Obesity is reduced.
- h) For women, it regulates the menstrual system and helps to cure uterus Problems.





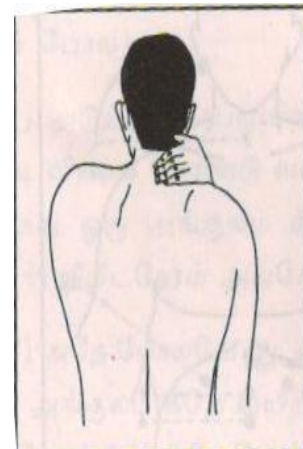
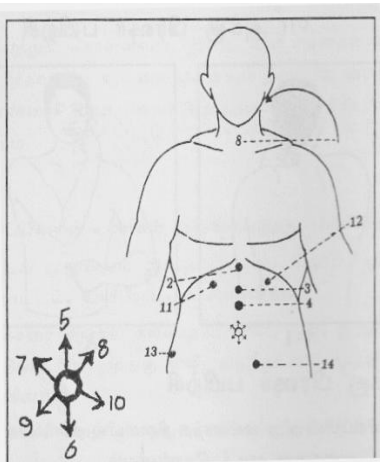
## 7. MASSAGE BENEFITS:

- a) It regulates the flow of bio-magnetism in stomach and chest.
- b) Internal organs are strengthened.
- c) It helps to cure the hearing problems and regulates the function of ear.
- d) It also regulates the blood circulation in face and makes the face bright.



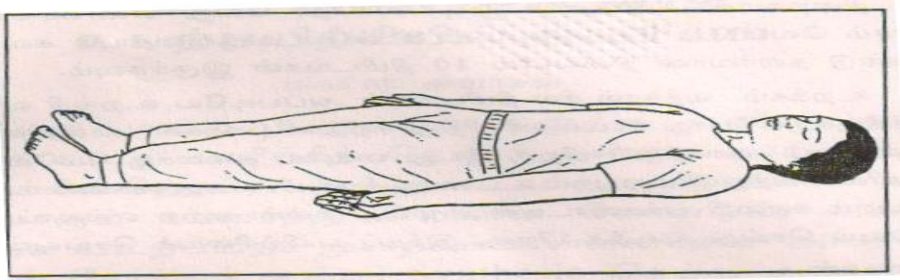
## 8. ACU-PRESSURE BENEFITS:

- a) Short circuit of electrical energy in any part of the body would be cleared.
- b) Acu-pressure is a preventive for heart ailments. It reduces blood pressure.
- c) It regulates the nervous system and reduces tension.
- d) It is very helpful in alleviating insomnia.



## 9. RELAXATION BENEFITS:

- a) This relaxation is very helpful in bringing down blood-pressure.
- b) It helps to prevent heart trouble, if practiced regularly.
- c) It reduces the tension in the body and mind and brings calmness.
- d) Body gets full rest.
- e) It regulates the circulation of blood, heat, air, life-force and bio-magnetism Throughout the body.



# MEDITATION

## MEDITATION INTRODUCTION;

Meditation is a practice to keep the mind at the preferred level and enable one to reduce the frequency of mind to the extent one wishes. Such a practice is called “inner Travel”. We do various exercises for maintaining the strength and flexibility of the physical body. Similarly, inner travel is the practice to increase one’s intellectual capacity, receptivity and mental strength. Some such practices are also known as Meditation, japa, yoga, prayer, namaz etc.

The great religious philosophers who got revelations of ultimate. Truths in deep meditation have given humankind certain practices for inner travel and guidelines for virtuous living. There have been many great spiritual personalities and thinkers through the ages who have been able to keep their minds at lower frequency and receive revelation on the subtler truths of Nature. Continuous repetition of mantras, concentration on a figure and concentration of mind on one’s own breath are a few of the methods for taking the mind to a subtler state.

The Tamil Siddha saints have given us the art of “kundalini Yoga”.”Kundam” means fire, energy or power. ‘Ali” means it is genderless, i.e. neither male nor female.It means the life force, which is genderless. Only the physical body has male or female character. Kundalini Yoga was originally difficult to follow by common people. However shri VETHATHIRI MAHARISHI has simplified the practice so as to be suitable for all men and women in this modern age.

Previously there was a general belief that meditation was only suitable for elderly people or for those who renounced the family life and pursued a strictly celibate life-which it was impossible for family people to practice successfully. Nowadays there is a burgeoning awareness that meditation is not an activity that need be associated with any particular religion or time of life-rather it is a universally beneficial practice to relieve the effects of stress and enhance the memory and mental capacity.

Realizing the need and value of stress relief, the Government took steps to import the practice of meditation in schools, colleges and universities. During meditation the activity of the senses is reduced on one particular point and the result is that bio-magnetic conversion is reduced. Due to reduce of frequency during meditation the mind feels peace. Practice of meditation is advantageous to one’s well being in all respects.

## **MEDITATION IN STAGES:**

Simplified Kundalini Yoga has nine types of meditation. 1. Agna, 2. Shanthi,

1. **Agna:** It brings up the 'life-force' from the Genetic Centre and fixes it in between eyebrows on the forehead. Pituitary glands get activated.
2. **Shanthi:** During this meditation the life force is brought back to Moolsdhara-the Genetic Centre.

## **BENEFITS OF MEDITATION**

1. Mental wave frequency gets reduced and hence mind becomes peaceful.
2. Mind becomes a unified force, sharp, straight forward and honest.
3. In meditation all sensory functions almost stop and mind becomes sharp focusing on only one thing. So the spending of bio magnetic force becomes very little as a lot of force is being preserved and stored.
4. **Meditation brings in five important characters:**
  - a) **Perspicacity** (a clear and total understanding of something)
  - b) **Magnanimity**
  - c) **Receptivity**
  - d) **Adaptability**
  - e) **Creativity**

## **Benefit of Agna meditation:**

- Greed towards material benefits will disappear
- Self realization door opens
- Self directed, soul guiding life blossoms
- Essential desires stay others disappear
- Cause-Effect philosophy of life becomes a protective force
- Peripheral mind will become perspicacious
- Senses will be kept under control
- No hatred, no arrogance
- All five senses get unified
- Subconscious state is in unison with consciousness so, Concentration becomes possible.

## **Benefit of Shanthi Meditaion:**

- In the Panchabootha philosophy “land” is the Mooladhar (The place for Prithvi is Mooladhar) intelligence increases.
- Physical power and immunity increase.
- Body pain, indigestion, fever, constipation don't reoccur.
- Life force function.
- Physical power can be transformed into mental power and vice versa.

Spinal cord cleansing exercise will help tha people whose Agna got struct in between.

## **INTROSPECTION:**

When practicing this self analytical inward looking yoga the blemishes of yesterday disappear before they make any impact in the mind. So, like cleaning the utensils, cleaning the body and cleaning the mind also should become a routine.

After performing an act analyses the effect, and analyses the good and bad in it, if you feel that these errors happened inadvertently, take a vow not to repeat it the next day. And don't forget to retain the impact of the good thing which you may be able to use to train others.

## **INTROSPECTION – FIVE PRACTICES:**

There are five practices in the introspection.

1. Analysis of Thoughts
2. Moralization of desires
3. Neutralization of anger
4. Eradication of worries
5. Analyzing 'who I am' – self realization

## **MIND:**

Mind is genrally collective of thoughts.

## **FOUR STAGE OF MIND FREQUENCY:**

1. (14 – 40)cycles/sec = Beta stage
2. (8 – 13 )cycles/sec = Alpha stage
3. (5 – 7)cycles/sec = Theta stage
4. (1 –4)cycles/sec = Delta stage

## THOUGHT:

### “IMPRINTS COME OUT AS THOUGHT”

-Vethathiri Maharishi

The human mind can be said to function through thought. The parameters of perception are cognition, experience and discrimination. By this means the mind perceives the internal and external, the subjective and objective, and assesses the value of relationships with men and materials according to one's memories, present circumstances and future projections. As a catch-all term, this comparative psychic system is termed 'thought'.

The differences among

- 1) self force and external force
- 2) One object and the other object
- 3) One force and the other and
- 4) Already experienced and now experiencing ones can be compared

through time, distance volume and force. During this calculation self force and its effect may be felt as a pleasant one of an unpleasant one.

This calculative power disseminates into ‘THOUGHT’ in our life-force.

The measurement of how long an action taken place is defined as ‘TIME’.

Between two activities, occurring simultaneously there may be a gap and that gap is called ‘DISTANCE’

For every action there is a ‘FORCE’

For any action to take place a space is required that space is the ‘VOLUME’

### Analysis of thoughts

S. No.	Thought	Need	Habit	Environment	Others’ Imposition	Heredity	Divinity	Assessment/ Follow-up
1								
2								

## **PRACTICAL TECHNIQUE FOR ANALYSIS OF THOUGHTS:**

1. Sit in a quiet place with a pen and paper. Be aware of the thoughts coming into your mind.
2. Write down the thoughts, numbering each in series.
3. Categorize them into the six different root cause, making a table of six columns.
4. Explore each thought to determine whether it will lead to benefits or create disturbance or pain to the body or mind, for oneself or others, at present or in future.
5. Mark clearly the thoughts that are useful and consider whether adequate resources, convenience and opportunity are available to act on these thoughts. If so, such thoughts should be brought into action.
6. Note any thought that is unwanted and giving disturbance, and then make auto-suggestion several times as: "I will not allow this thought to arise again, as it disturbs my life and waste my time".
7. Finally, if it is further necessary to counteract thought, a positive thought should be super imposed in the mind to replace it.

## **DESIRE:**

### **MORALIZATION OF DESIRE**

Sl.No.	Desire (Material /Pleasure)	Previous Experience	Can I not Live without Fulfilling this desire?	What would be the effects on myself and others if I attain this desired thing?	Is the attainment of this desire in harmony with the Law of Nature?	Is the fulfillment of this desire agreeable to the sentimental feelings of society?	Are my personal, physical, mental and financial strength adequate to fulfill this desire?	CONCLUSION

### **METHOD OF MORALIZATION OF DESIRE:**

- Note the material or enjoyment desired in serial order.
- Analyze precious experience, if any, acquired by the contact or enjoyment of this
- Kind.
- Can you live without fulfilling this desire?

- What are the pros and cons of achieving this desire, for yourself and others?
- Is this achievement in harmony with the Law of Nature?
- Is achievement of this desire harmonious with the sentimental feelings of Society ?
- Are your personal physical, mental and financial strength adequate to achieve
- And enjoy this desire?
- Conclusion: If the desire is found to be necessary, the facility is available to
- Achieve it, and the result of achievement is good for self and others and in
- Harmony with society and Nature, make further plans to fulfill the desire.
- If the desire is unwanted make an auto-suggestion, "I will not allow this desire to arise again". Repeat this auto-suggestion.

## **ANGER:**

### **DEMERITS OF ANGER: (CONSEQUENCES OF ANGER)**

- Eyes become red
- Tongue shakes – words mumble
- Face twists
- Body trembles
- Palpitation increase
- Mind wavers
- Becomes Unconscious
- Bio magnetism gets wasted enormously
- Nerves bulge and become weak
- Diseases like eye problems, ulcer (tongue and intestine), constipation, piles develop
- Family relationship suffers – hatred and curses from others bother.

### **NEUTRALISATION OF ANGER**

Sl.No.	Names of people who I am angry with	Relationship	Reason for getting angry	My role	Previous happenings (experiences)	Vow (auto suggestion)

### **METHOD OF NEUTRALISATION OF ANGER:**

- List the persons with whom you get angry.
- Rank them serially according to how often you get angry with each of them.
- Take the first person in the list for the first seven days' practice.
- Think of all the good things the person has done for you in your life and the value of your relationship.
- Make a firm resolve that for one week you will not get angry with that person.
- List the situations that usually cause you to get angry.
- Identify your part and the other person's part in these.
- Resolve that you will not repeat your mistakes and also not to get angry, even if the mistakes is of that person.
- If not successful, resolve again not to give in to anger. If you fail again, give yourself some punishment like skipping a meal, etc.

Take the next person in the list and practice with him for one week. Thereafter repeat this practice with others in the list, just for one day each.

## **WORRIES:**

### **ERADICATION OF WORRIES**

Sl. No.	Problems to be endured	Problems that will be solved over time by Nature or society	Problems to be ignored	Problems to be solved immediately
1.				
2.				

### **PRACTICAL EXERCISE TO ERADICATE WORRIES:**

- Allot half an hour for this exercise. Take a piece of paper and pen and sit in a calm place.
- List all your worries.
- Classify them into the following four categories:
  - Problems to be endured: e.g. incurable disease, death, loss of wealth, etc.
  - Problems to be faced with patience: e.g. unemployment, marriage, etc.
  - Problems to be ignored: e.g. negative speech and actions of others, Unnecessary comments from others, etc.
  - Problems to be action upon immediately: e.g. emergency health Situations debt etc.