

Swara Yoga

Who am I? What is the purpose of my existence? These are some questions that plague the mind as a constant conflict between our impending desires and our feverish drive to reach them while we remain ignorant of our abilities as prima donna of creation, to reach higher forms of consciousness and become who we are meant to be! It’s a must-read for the youth, as it seeks to open not just your mind and heart but also to redeem you from yourself from remaining enslaved in birth after birth. It is a distillation of our scriptures in a very concise and succinct manner to make you imbibe the essence of our thought and spirituality. If these words fire your zeal to become one with existence, we would consider the book to have achieved its goal. Reach us at: synopsissdn@gmail.com
"Spiritual freedom is to be found in the world, not away from it? Why do I need a guru? Why should I meditate? What is the use of mantras? Why does the breath matter in spiritual practice? What is the significance of sexuality on the spiritual path? What do I do with the restless mind? Such questions , vital to the understanding of the self and the world, are explored in Guru: Ten Doors to Ancient Wisdom. Using the metaphor of doors, the reader is invited to enter different ‘chambers’, each one presenting the opportunity to explore and experience the spiritual truths contained therein. The reader also learns how these spiritual concepts are, finally, only tools to take the practitioner to the ultimate goal: union with the Divine. Whether you want to begin your spiritual practice or simply understand the core concepts of Indian spirituality, this illuminating work by renowned playwright and spiritual guide, H.S. Shivaprakash, is sure to light up your path.
This intimate and insightful account of the life of Dr. Harry (Hari) Dickman, referred to by Swami Sivananda as “the yogi of the West,” features more than fifty years of correspondence between Dickman and well-known yoga masters such as Swami Sivananda, Ramana Maharshi, Paramhansa Yogananda, and almost one hundred others. Marion (Mugs) McConnell, Dickman’s student, has created a brilliant and loving tribute to her teacher, who founded the Latvian Yoga Society in the early 1930s and later spread his knowledge in the U.S. with the blessings of Paramhansa Yogananda, author of Autobiography of a Yogi. Offering a broad range of information on yoga history, theory, and techniques from a variety of different paths, Letters from the Yoga Masters contains a treasure trove of previously unavailable material and presents detailed teachings about pranayama, mudras, diet, and much more, all interwoven with stories and personal anecdotes. Taken together, the rare correspondence and personal chronicles provide an unparalleled glimpse into the life of a yogi, the development of yoga in the West, and the ways that spiritual wealth is disseminated across generations. From the Trade Paperback edition.
Chiefly on Pranayama Yoga, the art of breath control.

Anatomy of Hatha Yoga

Swara yoga

A Science of Breathing

The Yoga of Power

Handbook of Research on Evidence-Based Perspectives on the Psychophysiology of Yoga and Its Applications

Philosophy of Gorakhnath

Swara Yoga is the ancient science of pranic body rhythms which explains how the movement of prana can be controlled by manipulation of the breath. Recently, modern science has taken great interest in electromagnetic fields and the behaviour of bioenergy, which is the inherent energy principle of the body. With exciting development accelerating in such areas as bioenergetics, psychotronics and kirlian photography, the science of swara yoga is now in great demand.

While yoga was originally intended to be practiced for spiritual growth, there is an increasing interest in applying yoga in all areas of life. It is important to understand this ancient science and way of life through as many perspectives as possible (e.g., based on biomedical engineering). As its popularity and interest grows, more practitioners want to know about the proven physiological effects and uses in healthcare. The Handbook of Research on Evidence-Based Perspectives on the Psychophysiology of Yoga and Its

Applications provides research exploring the theoretical and practical aspects of yoga therapy and its physiological effects from diverse, evidence-based viewpoints. The book adds in-depth information regarding the (1) physiological effects of yoga; (2) neurobiological effects of yoga meditation; (3) psychological benefits related to yoga, such as mental wellbeing; (4) molecular changes associated with yoga practice; and (5) therapeutic applications (for lymphedema, mental health disorders, non-communicable diseases,

attention deficit hyperactivity disorder, and trauma, among other conditions). Featuring coverage on a broad range of topics such as pain management, psychotherapy, and trauma treatment, this book is ideally designed for yoga practitioners, physicians, medical professionals, health experts, mental health professionals, therapists, counselors, psychologists, spiritual leaders, academicians, researchers, and students.

his book defines the perspectives of a dedicated yogi with that of a former anatomy professor and research associate at two major American medicine schools. He has set himself the ambitious goal of combining the modern scientific under- standing of anatomy and physiology with the ancient practice of hatha yoga. The result of an obvious labour of love, the book explains hatha yoga in demystified, scientific terms while at the same time honouring its traditions. It should go a long way in helping yoga achieve the scientific recognition it deserves. Useful as both a textbook and a reference work, this is a book that all serious yoga teachers and practitioners will want on their shelves.

This collection addresses the relationship between business, the natural environment, ethics and spirituality with insights from economists, business scholars, philosophers, lawyers, theologians and practitioners globally. The contributions offer new and invigorating approaches to sustainable business practices and sustainability leadership.

Ten Doors to Ancient Wisdom

Research-Based Perspectives on the Psychophysiology of Yoga

Letters from the Yoga Masters

Techniques for Attaining Health, Harmony, and Liberation

PRANA - The Ancient Health Science

Advanced Yoga Practices Support Forum Posts of Yogani, 2005-2010

Contains the theory of the tattvas and detailed instructions for the practice, including the tantric tools of yantra, mantra and mandala. Tattva shuddhi is an advanced practice, which may be performed as a sadhana in itself or as an adjunct to kundalini kriyas and other higher yogas.

In the last few decades, yoga has helped millions of people to improve their concepts of themselves. Yoga realises that man is not only the mind, he is body as well. Yoga has been designed in a such a way that it can complete the process of evolution of the personality in every possible direction. Kundalini yoga is a part of the tantric tradition. Even though you may have already been introduced to yoga, it is necessary to know something about tantra also. Since the dawn of creation, the tantrics and yogis have realised that in this physical body there is a potential force. It is not psychological or transcendental. It is a dynamic potential force in the material body, and it is called Kundalini. This Kundalini is the greatest discovery of tantra and yoga. Scientists have begun to look into this, and a summary of the latest scientific experiments is included in this book.

Swara yoga is an ancient science of pranic body rhythms and explores how prana can be controlled through the breath. Traditionally a closely guarded science, taught only through direct transmission from guru to disciple, very little has ever been written about i

Yoga.

A Transformational Journey of Realization, Remembrance and Commitment

Maa - A Mother

Science of Melody

The Yoga Book

The Tantric Science of Brain Breathing

Swara Yoga

This volume contains the essence of the writings and teachings of Mahasyogi Gorakhnath. It is well pointed out that while the ultimate object of the search is the same for a Yogi and a philosopher, their modes of approach are different, the latter's being intellectual and the former's intuitive and spiritual. The task of a Yogi does not require any subtle intellectual speculation or the framing of hypotheses and theories. The quest of the Yogi is a direct spiritual experience of truth on a high plane of consciousness. The highest state of Samadhi attained by the Yogi is neither purely subjective nor objective. It transcends both categories and it is an integrated experience beyond formal description. Such a transcendental state of consciousness is alone called Samadhi. This book analyses in detail the nature of Samadhi Experience. The term –Experience” is perhaps inaccurate because, in this state of Samadhi, there is no relation between subject and object, the experienter and the experienced. It is the fulfilment of life as described in the Yogasutras. The Yogi who comes back from Samadhi may not have attained Kaivalya or Moksha, but he is illuminated by his experience. If he assumes the role of a teacher or preacher, he gives expression to his experience in such forms as may be easily intelligible to the people at large. Gorakhnath was a Maha-Yogi. The cult of the Kanphata Yogi is a definite unit within Hinduism, and its study is essential for understanding this phase of the religious life of India. The book is divided into three sections. The first two sections comprising chapters 1 - 13 deal with the cult and history of this sec. the third section containing chapters 14 - 16 opens with the Sanskrit Text Gorakhsataka and its English rendering and annotations. The book is fully documented. It has a preface, Glossary, Bibliography, Plates and General Index. This book is an attempt to present a systematic and consistent account of the philosophical background of the spiritual culture associated with the names of Yogi Gorakhnath and other adepts of the Natha school.

Introduces Swar Yoga, advises conscious observation and control of breathing patterns to maximize energy and vitality, and suggests exercises for physical and psychic healing

this book will help those students teachers and parents who are dealing with anxiety stress by themselves or people near them, this book will provide you a scientific based yoga module which will help individual to reduce anxiety stress in normal life and also during examination.

This book is the 2nd Edition of the book "Shiv Swarodaya - A Devine Law of Breathing". The Science of Swarodaya is given by Lord Shiva to this world and was propagated by Yogis. One who recites it during the lunar or solar eclipses, obtains all Siddhis (supernatural powers). One who keeps sitting at his place, takes little food, practices concentration and knows the Supreme Lord will obtain the knowledge of Swaras. Shiv Swarodaya is the book of 'law or process of Respiration or Breathing'. On Parvati's prayer, God Shiva gave this knowledge of science to her for the welfare of human beings. This book describes the conversation between them and also describes the science.Shiv Swarodaya book is very useful for all types of person on earth. This you can get many benefits by following this book. It can change your life. If you are ill then you can be healthy. If you are weak by this book you can become powerful. You can make your body as tough (or strong) as iron. You can also survive many days, weeks or years without food by practicing this. You can survive more than hundred years. This book also help you to get supernatural powers, if you are a Yogi (or Sadhak). You can survive many hours, even days or years under water by the law of breathing. You can also survive on coldest and hottest region where no one can survive. The book "Shiv Swarodaya" is a devine and sacred book. It is the collection of ancient sciences of India. Ancient scientist of India is also known as 'Maharishi' or 'Rishi'. They practiced the law or process of Swara (breathing) and become super humans.

Teachings Revealed through Correspondence from Paramhansa Yogananda, Ramana Maharshi, Swami Sivananda, and Others

Indian System of Musical Melody "Svara Shashtra" Analysis of Its Science and Sensibilities

GURU

The Book of Swara Yoga

Ayurvedic Yoga Therapy

With Gorakhshta-Vacana-Sangraha

Yoga has evolved into a popular fitness practice across the globe. With the various schools of practice, it is imperative for practitioners to study both traditional texts and emerging scientific research in this area. Research-Based Perspectives on the Psychophysiology of Yoga is a unique reference source for the latest academic material on the physiological effects of yoga and cultivating a deeper understanding of yoga practice through the intersection of traditional texts and contemporary research. Including a range of topics such as occupational health, neurobiology, and women's health, this book is ideally designed for professionals, practitioners, students, educators, and academics interested in the effects, challenges, and benefits of yoga practice.

This Pocket book is a very simple but yet a very efficient book. This book is the first swararaya book and it is a guide to many on how to use the art of breathing to make life better, to make life flow with Tao. This book is the awakening for many in terms of esoteric arts. Breathing and your life is connected. When breathing is not proper it gets manifested in the life in a negative manner. For instance if you are angry then the breathing is erratic and fast. when you bring your breathing to normalcy then your anger also vanishes. Watching the breath or controlling the breath is called as swara yoga. This science is has been in India from times immemorial where the time and breath or connected, the time in the terms of tithis and breath in terms of ida, pingala and sushumna. Swara yoga connects this two, so for a particular tithi on a particular time the breathing should either happen in ida or pingala. Also swara yoga says that flow of breath will change for every 1hour 50 min or approximately 2 hrs. when your breathing is in tune with time then whatever you do will be successful and will make you highly competent.

Swara Yoga The Tantric Science of Brain BreathingBihar School of Yoga

The present volume is an English synopsis with some of the Author's own experiences and interpretations on Science of Melody. The book deals with the subject of illustrating the Science (logical and experimental roots) and Sensibilities (emotional and spiritual feeling based genesis) of the Indian Melodic structures also known as "Svara Shashtra" in Sanskrit. The book is a first of its kind in the English language to explore the synthesis of Science, Spirituality, and Art in the context of roots of Melody in Music and their structured systems of Indian Classical Musical. The knowledge is based on ancient texts and the author's own evolution as a practitioner of the art and instructions received from and documented by profound Gurus over the years. As such the Author lists his Spiritual Guru (Vallabh Vedanacharya Shri Shyam Manohar Goswamiyji) and his other gurus as co-authors. The first analytical and scientific section is based on Author's continuously evolving experiments in the practice of Naad Yoga and understanding the physical, spiritual and psychosomatic roots of Melody in Music. Second, third and fourth sections go into the ancient details of the structure and science of the Svara system in India with the English descriptions and explanations of the Sanskrit terms and their meanings. Source of the Sanskrit and English translated material is based on the ancient treatise Samgeet Ramakara of Sharangdeva from and its translation by Dr. RK Shringy in 1978. The original Sanskrit verses have also been maintained in this book to assist the reader in grasping the idea from multiple languages. This book is NOT intended to be a "How-To Guide" on playing the Indian musical instruments or in singing in Indian classical style. It is assumed that the reader has some basic knowledge of the instruments and their physical playing abilities as well as the Indian format of vocal singing if that is the objective. The purpose of the book is to act as a reference and inspiration to educate the practitioner of Music and Melody on true science and sensibilities of the Indian Melody structures so that one can perform with the full and complete depth that is gained by exploring the subject from all avenues. This is a second volume in the Indian Naad Yoga series first of which deals with Science of Rhythm and the reader is advised to refer to that volume for the complete genesis of the Indian Rhythmic system.

Yogi Therapy Foundations, Tools, and Practice

A generous outpouring of the thoughts and practices of Hinduism

Clinical Yoga - I

Yeet Yogi - Your Guide to Yoga Teacher Training

Energy

A Comprehensive Textbook

Maa – A Mother will successfully create faith, trust and rebuild the lost devotion amongst the distressed and from the bruised hearts of all! It is a heart that has bled for the love; a cradle to swing for the motherly warmth. It will take you to the realms of spirituality where a being will be carried into the arms of the Supreme. Iyan Ji will resolve the queries, Maa will swing the cradle! Together to dissolve into the ocean of Brahm – never to breathe the sorrow again!

The author demonstrates how you can practice Tantric Yoga and go on living your life as you usually do, adding another habit to the ones you already have. The step-by-step, well-illustrated instructions in this book take you from beginners' exercises to those for advanced students. You will learn how to meditate easily, breathe correctly during yoga or meditation, and how to do easy yoga poses and exercises, such as the back program to improve posture and maintain youthfulness, and a great deal more!

This book is essential to initiate you into the path of self discovery and to deepen your inner experience and knowledge whether you are a novice or experienced yoga practitioner.

This title explains the true meaning of yoga and demonstrates the practices and postures of Ashtanga Yoga that should enable the reader to achieve mastery over the mind and body and can eventually lead to self-realization.

Tattva Shuddhi

The Tantric Science of Brain Breathing : Including the Original Sanskrit Text of the Shiva Swarodaya with English Translation

The Spark of Life & Universal Goddess, a Book About Yoga and Personal Growth for Men and Women

Secret Power of Tantrik Breathing

Yogi Therapy

A SYNOPSIS PANORAMA OF THE HINDU THOUGHT AND PRACTICE

Yeet Yogi is a trip through serene ashram corridors and buzzing yoga halls where a group of budding yogis spent a month imersed in a teacher training course. Journey with the author to get a feel of the ashram life, discover key yogic concepts and even learn some hacks so yu can be assured of some hacks of never zoning out during theory hour. Tackle the burning question - what about life after teacher training?

One of the greatest contributions of Ayurveda to true health is the understanding of individual constitution-what balances one person unbalances another. By marrying the sister sciences of yoga and Ayurveda, Mukunda steers away from an increasing tendency to 'medicalize' yoga therapy. Instead of offering prescriptive recommendations for specific medical diagnoses, he presents sequences of Vinyasa and pranayama suited to the various Ayurvedic body types. Yoga therapists and practitioners using this book can access a deeper level of preventative self -care, flowing in harmony with the seasons and attuning to the rhythm and balance of each individual. Enlivened by stories and wisdom teachings, "Ayurvedic Yoga Therapy" provides food for body, soul and spirit, guiding practitioners towards fulfillment of their highest potential well being.

Explores the secrets and benefits of alternate nostril breathing practices • Includes breathing techniques to help overcome infertility, bad luck, and illnesses • Explains the interactions of the vital energy of breath with the chakras and energy channels (nadis) There is an intimate relationship between breathing and our emotional states. When we are nervous or excited, our breath rate increases. Conversely, if we alter our rate of breathing, we can alter our emotional state. The ancient civilization of India developed methods for changing the emotions and states of consciousness through yogic meditation and pranayama (breath control). Secret Power of Tantrik Breathing teaches the advanced pranayama system of svaraoodaya, which is based on the fact that we normally breathe freely through only one nostril at a time. In a healthy person, breathing changes roughly every one and a half hours from one nostril to the other, with each nostril imparting different qualities to one’s mental and physical state. The left nostril is cool, soothing, passive, and feminine in nature; the right is warm, energizing, active, and masculine. When the breath remains in one nostril for longer than normal, mental and physical illness can result. The goal of svaraoodaya is to harmonize the breath from each nostril with the life task needing to be accomplished. This book explains how to practice this breath control and how the vital energy of breath interacts with the chakras and energy channels (nadis) to create overall balance and harmony. It also includes svaraoodaya breathing techniques to help overcome illnesses, infertility, and bad luck; make predictions; and attain liberation from the cycle of rebirth.

A large eBook containing all AYP Support Forum posts by Yogani over a six year period. About 2,000 posts are included, providing extensive commentary on spiritual practices and experiences in Q&A mode, supplementing the AYP instruction books. Links to all posts, forum topics and referenced sources are included.

The Tantric Practice of Inner Purification

Shiv Swarodaya - A Devine Law of Breathing

Kundalini Tantra

Integral Ecology and Sustainable Business

Yoga Therapy as a Whole-Person Approach to Health

Yoga, Tantra and Meditation in Daily Life

This intimate and insightful account of the life of Dr. Harry (Hari) Dickman, referred to by Swami Sivananda as “the yogi of the West,” features more than fifty years of correspondence between Dickman and well-known yoga masters such as Swami Sivananda, Ramana Maharshi, Paramhansa Yogananda, and almost one hundred others. Marion (Mugs) McConnell, Dickman’s student, has created a brilliant and loving tribute to her teacher, who founded the Latvian Yoga Society in the early 1930s and later spread his knowl author of Autobiography of a Yogi. Offering a broad range of information on yoga history, theory, and techniques from a variety of different paths, Letters from the Yoga Masters contains a treasure trove of previously unavailable material and presents detailed teachings about pranayama, mudras, diet, and much more, all interwoven with stories and personal anecdotes. Taken together, the rare correspondence and personal chronicles provide an unparalleled glimpse into the life of a yogi, the development of yoga in th generations.

Providing essential support to schools and universities that offer yoga therapy training programs, this comprehensive, edited textbook develops robust curricula, enabling them to prepare yoga therapists to integrate into healthcare settings safely and effectively. The book includes a large and international list of contributors from diverse lineages and backgrounds such as Matthew Taylor, Gail Parker and Steffany Moonaz, and is the first resource on yoga therapy that aligns with the educationl competencies of the In foundations (philosophical background, ayurveda, tantra), biomedical and psychological foundations, yoga therapy tools and therapeutic skills, yogic and biopsychosocial-spiritual assessments, and professional practices. As the field of yoga therapy continues to root and grow, this book is essential for both new yoga therapy practitioners, and for schools developing training programs.

The book describes an original model of nervous-system informed, trauma-sensitive yoga, a synthesis of classic yoga, somatic psychotherapy, and neuroscience research.À It is organized around the eight stages of classic yoga practice and includes scripts of chair yoga postures, the three-part deep breath, and the Integral Yoga version of yoga nidra, for use by professionals who are not certified as yoga teachers.

The book is needed for three reasons: mainstream psychotherapy has, until recently, ignored the body, a major element in the healing of trauma and other emotional and mental dysregulations. It has also omitted the wisdom from the world’s great spiritual traditions, perpetuating an artificial separation between religion/spirituality and science. The field is also currently being enriched by empirical data from the field of neuropsychology that describes brain function. The profession is ready to transform and embrace transformation.

The book is primarily intended for mental health professionals and yoga therapists and teachers, both civilian and in the military. It could be of interest to professionals in related fields, such as medicine, as well as the general population of people interested in yoga and healing.

Drawing from original texts on self-mastery, Evola discusses two Hindu movements--Tantrism and Shaktism--which emphasize a path of action to gain power over energies latent within the body.

Yoga Book

Breath, Mind, and Consciousness

Trauma Healing in the Yoga Zone

A Manual for Students, Teachers, and Practitioners

Prana, Pranayama, Prana Vidya

In this book, Lee Majewski and Ananda Bhavanani define yoga and yoga therapy as a whole person practice, demonstrating how it can help the individual to heal through their own mechanisms. The authors bring yogic concepts from theory into everyday life, exploring how yoga therapy can work with all levels of a human being at the same time (physical, energetic, emotional, intellectual and spiritual) and demonstrating that, when applied correctly, it can assist healing and facilitate an improved quality of life. The book covers deep yogic work and how it applies to cancer patients, as well as a range of other chronic conditions including respiratory diseases, cardiovascular diseases and diabetes. For each of these conditions the authors explore how yoga therapy can go beyond alleviating symptoms and work to heal the whole person.

Tantra, Shakti, and the Secret Way

Health and Hatha Yoga

Swarayoga: The Art of Breathing

Yoga for Examination Anxiety

Tantric Science of Brain Breathing : [Including the Original Sanskrit Text of the Shiva Swarodaya with Translation in English]

A Practical and Spiritual Guide to Self Realization