

Powers of the mind from a Buddhist Perspective

Five Siddhis of Yoga and Meditation

Siddhi ([Devanagari](#) सिद्धि; [IAST](#): *siddhi*; [Tibetan](#): རྟོག་མཁོག་རྒྱུ་བྱ་བ་; [Wylie](#): *dngos grub*^[1]) is a [Sanskrit](#) noun that can be translated as "perfection", "accomplishment", "attainment", or "success".^[2] The term is first attested in the [Mahabharata](#). In the [Pancatantra](#), a *siddhi* may be any unusual skill or faculty or capability of the mind. As a legal term in the [Manusmriti](#), it refers to the settlement of a debt. Below are some of the siddhis listed in the Eastern literature.

In the [Bhagavata Purana](#) the Five Siddhis of Yoga and Meditation are described as below:

- **tri-kāla-jñātvam**: Knowing the past, present and future;
- **advandvam**: Tolerance of heat, cold and other dualities;
- **para citta ādi abhijñatā**: Knowing the minds of others and so on;
- **agni arka ambu viṣa ādinām pratiṣṭambhaḥ**: Checking the influence of fire, sun, water, poison, and so on;
- **aparājayah**: Remaining unconquered by others

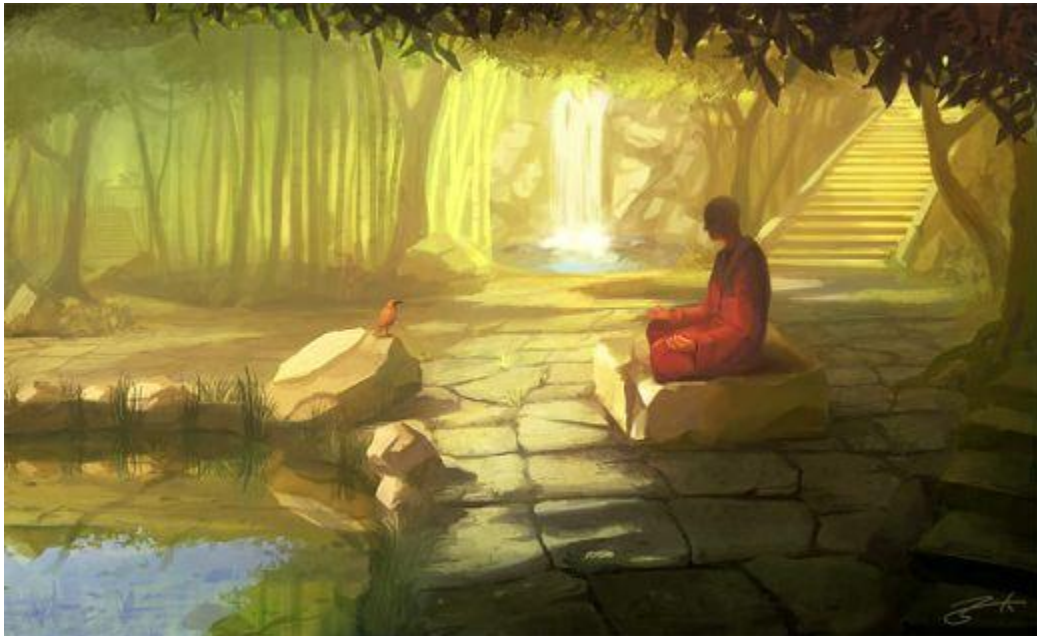
Eight Primary Siddhis



[Ganesha](#) with the Ashta (8) Siddhis. The Ashtasiddhi are shown as attendants of Ganesha. Painting by [Raja Ravi Varma](#) (1848-1906)

There is the concept of the Ashta Siddhi (eight siddhis) in [Hinduism](#). These are:

- **Aṅīmā**: reducing one's body even to the size of an atom
- **Mahima**: expanding one's body to an infinitely large size
- **Garima**: becoming infinitely heavy
- **Laghima**: becoming almost weightless
- **Prāpti**: having unrestricted access to all places
- **Prākāmya**: realizing whatever one desires
- **Iṣṭva**: possessing absolute lordship;
- **Vaśtva**: the power to subjugate all.



Nine main Siddhis

- **Parkaya Pravesha**: Parkaya Pravesh means one's soul entering into the body of some other person or animal or bird . Through this knowledge even a dead body can be brought to life.
- **Haadi Vidya**: This [Vidya](#) or knowledge has been mentioned in several ancient texts. On acquiring this Vidya, a person feels neither hunger nor thirst, and can remain without eating food or drinking water for several years at a stretch.
- **Kaadi Vidya**: Just as one does not feel hungry or thirsty in Haadi Vidya, similarly in Kaadi Vidya a person is not affected by change of seasons, i.e. by summer, winter, rain, etc. After accomplishing this Vidya, a person shall not feel cold even if he sits in the snow-laden mountains, and shall not feel hot even if he sits in the fire.
- **Vayu Gaman Siddhi**: Through this Siddhi a person can become capable of flying in the skies and traveling from one place to another in just a few seconds.

- **Madalasa Vidya:** On accomplishing this Vidya, a person becomes capable of increasing or decreasing the size of his body according to his wish. [Lord Hanuman](#) had miniaturized his body through this Vidya while entering the city of [Lanka](#).
- **Kanakdhara Siddhi:** One can acquire immense and unlimited wealth through this Siddhi.
- **Prakya Sadhana:** Through this [Sadhana](#) a [Yogi](#) can direct his disciple to take birth from the womb of a woman who is childless or cannot bear children.
- **Surya Vigyan:** This solar science is one of the most significant sciences of ancient [India](#) . This science has been known only to the Indian Yogis; using it, one substance can be transformed into another through the medium of sun rays.
- **Mrit Sanjivani:** this science allow people to bring back the dead to life.



Ten Secondary Siddhis

In the [Bhagavata Purana](#) [Lord Krishna](#) describes the Ten Secondary Siddhis as:

- **anūrmi-mattvam:** Being undisturbed by hunger, thirst, and other bodily disturbances
- **dūra-śravaṇa:** Hearing things far away
- **dūra-darśanam:** Seeing things far away
- **manaḥ-javah:** Moving the body wherever thought goes ([teleportation](#))
- **kāma-rūpam:** Assuming any form desired
- **para-kāya praveśanam:** Entering the bodies of others
- **sva-chanda mṛtyuh:** Dying when one desires
- **devānām saha kṛīḍā anudarśanam:** Witnessing and participating in the pastimes of the [Apsaras](#)
- **yathā saṅkalpa saṁsiddhiḥ:** Perfect accomplishment of one's determination
- **ājñā apratihata gatiḥ:** Orders or Commands being unimpeded

These are some of the powers of the mind that are possible and will happen to you on your path. But don't forget non-judgmental awareness is the goal. Don't get caught up in a siddhi trap.



The Meaning of Siddhis

Swami Amritananda Saraswati

The science of siddhis, or advanced mental powers, has been known throughout the world for thousands of years, as long as tantra has existed. One can derive these powers from the practice of particular techniques, or they can be gained through direct contact with a proper teacher. When the teacher blesses the disciple by placing his hands on the disciple's forehead and back, then the transformation begins to take place.

When this change is going on within you, your vision expands into a new dimension. You can see clearly the ulterior motives of the people around you. For example, you may be able to sense someone coming before they are physically there. It is a definite change in the physiology of the physical body and in the conscious body which enables you to have this experience and many others.

It is the same as when you have a thought of a loved one. Usually you can only imagine them, but if your thoughts were to take gross, material form, and you could actually see your loved one sitting right beside you. Can you contain the emotion?

Because you cannot tolerate or understand it, you might be unable to bear this type of experience. You have so much fear that you can easily make yourself crazy. Fear brings imbalance to the mind and emotions, and when there is too much it may also bring some sickness to the body. This is one of the siddhi traps of the mind.

You see, the mind and its promptings, urges and impulses, whether instinctive or man-made, are so strong that you have to learn how to bear them. This is called siddhi. Developing your mental power, your emotional power, or even making your body healthy, these are all siddhis.

Excellence in the smallest of things

What you have heard about siddhis is not exact, and not the right concept. You have been given either too high a concept about siddhis or too low; neither are right. 'Siddha' means to fulfil, to perfect, as when it is said in day to day life, 'You have to make your action siddha.' When you attain excellence and complete something that is siddhi.

For example, suppose you have a disease such as diabetes. Now, for you, to cure this disease is to obtain a siddhi, the perfection of a completely healthy state. How can we obtain this state, this little siddhi? This is why we practise asana, pranayama, mudra, bandha, concentration, mantra japa and the purification techniques of hatha yoga, such as neti, kunjal and shankhprakhshalana. The little siddhis are not what you understand as miracles; they are the result of excellence in one's practice. The best method of attaining excellence is through regularity. Therefore, even if you practise Sirshasana for only one and a half minutes, or shashankasana for three minutes or just sing kirtan every evening, you should do it with absolute regularity. You can fix the time to fit into your work and family situation, but then that time should be kept every day. You should not get up today at 4 a.m. during brahmamuhurta and then tomorrow at 9 a.m. and another day at midnight. This type of irregularity just will not work.





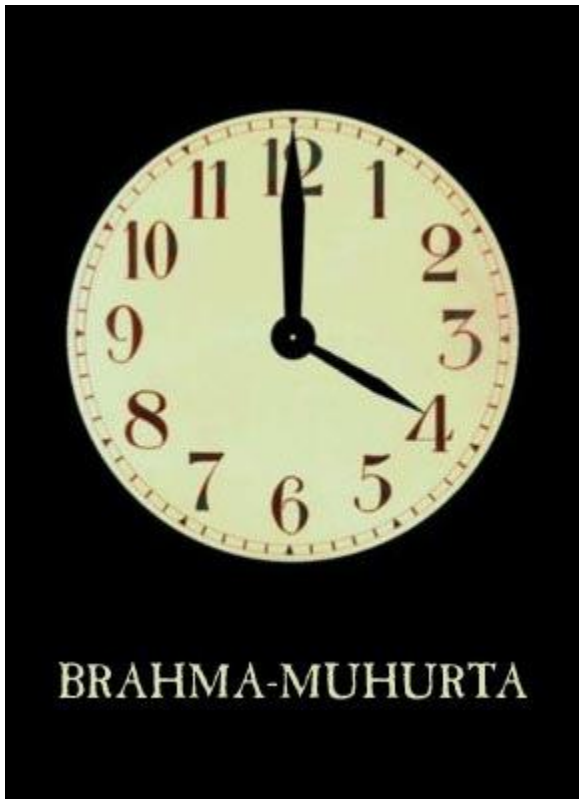
Shashankasana



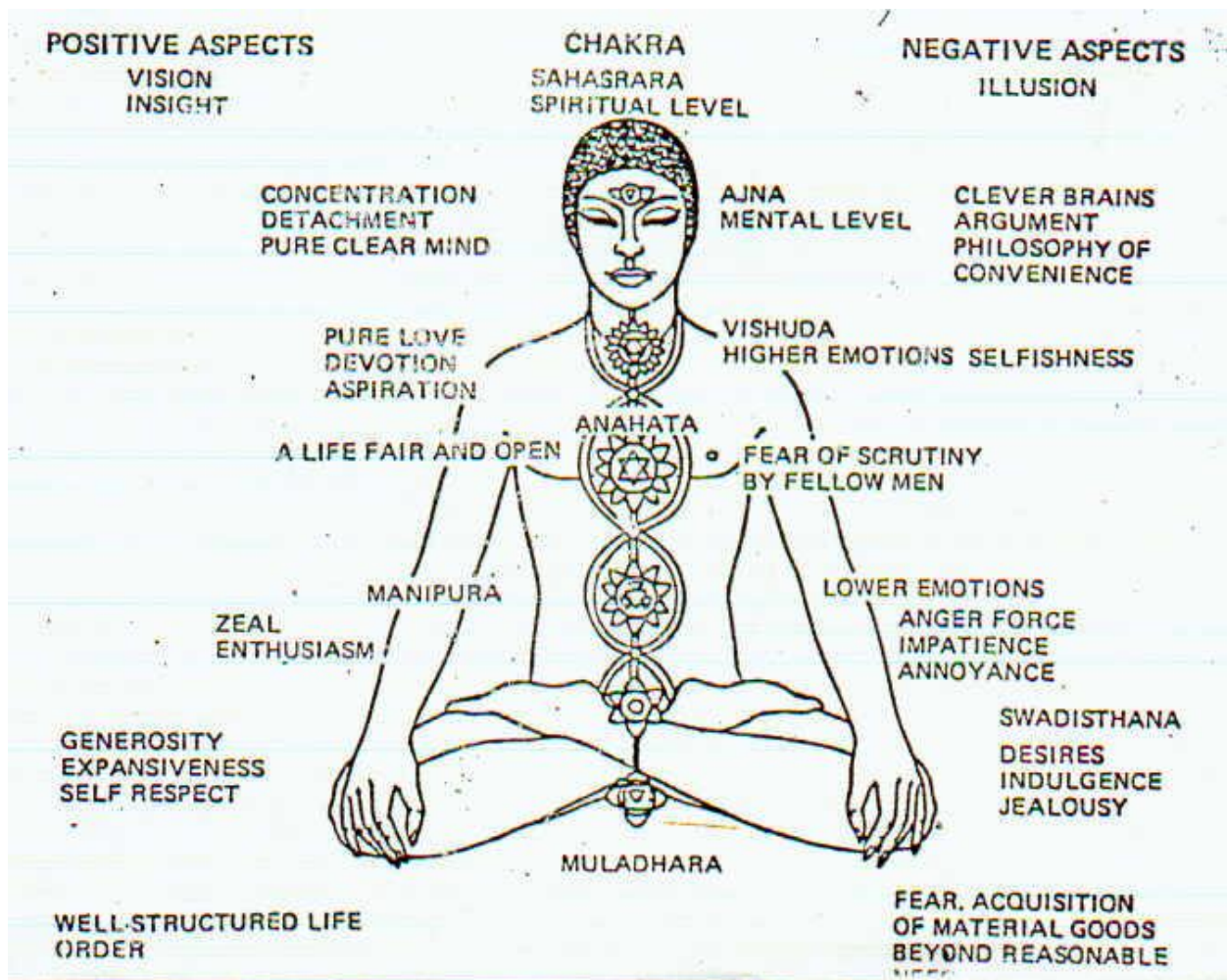
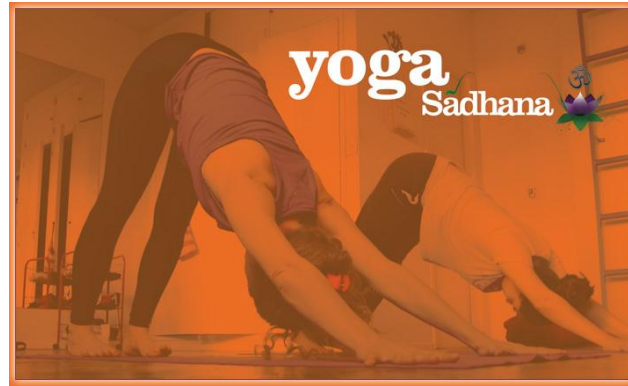
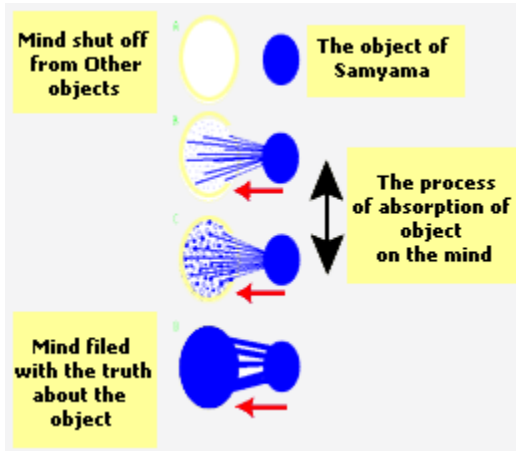
शशाङ्कसन
śaśāṅkāśana



Kirtan Yoga sing chant devotion



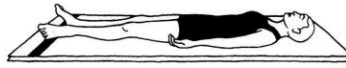
The first niyama in yoga is to become niyमित, regular. It is the greatest samyama, the greatest achievement. Be regular in all your activities, not only sadhana. Be regular in bathing, eating and sleeping, which none of you are. When you are irregular, then the body behaves in the same manner.



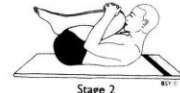
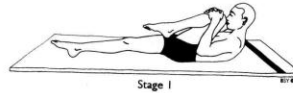
Name:..... Date:..... **YOGA SADHANA 1A - for better health and stress management**
Add to daily practice: Sankalpa: positive thinking, attitude of gratitude, sending love and blessings, and mantra or singing.



1. DHYAAN ASANA
(MEDITATION POSE)



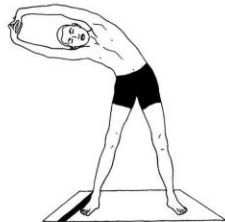
2. SHAVASANA
(CORPSE POSE)



6. SUPTA PAWANMUKTASANA
(KNEE TO NOSE)



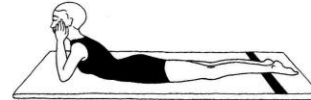
3. TADASANA
(STRETCHING UP)



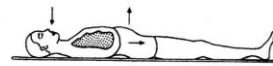
4. TIRYAKA TADASANA
(SIDEWAYS)



5. KATI CHAKRASANA
(TWISTING)



7. MAKARASANA
(CROCODILE POSE)



8. ABDOMINAL BREATHING



9. PALMING

e-mail:swamiyogaratna@gmail.com
 mob: 99456 32020

Ref: 'Asana Pranayama Mudra Bandha'
 by Swami Satyananda Saraswati, Bihar School of Yoga

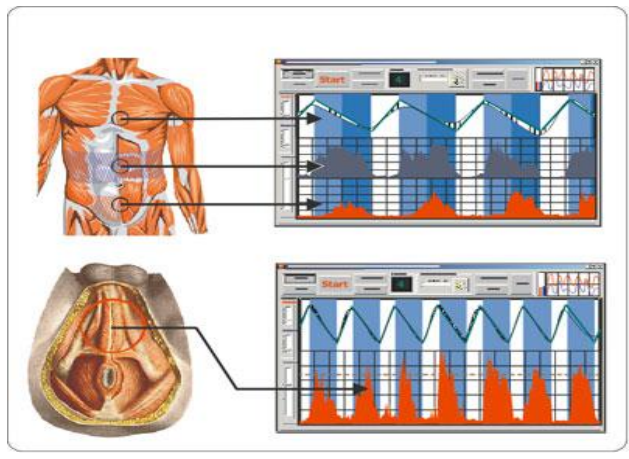
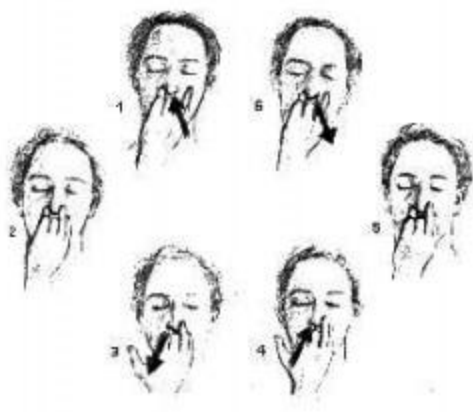
Regularity works in the same way as crystallisation. When you put a drop of water in a freezer, after fifteen days it will have grown in size. And so it will happen in the course of time, perhaps after one year, that you will notice many little changes in yourself. You will behave better with your children and be more polite with your boss and subordinates, not trying to hurt others physically or having bitter feelings mentally. These are all little siddhis which will occur.





Memory siddhi

There is one simple pranayama which is very important and useful, especially for business people who have a lot of responsibility. This is brahmari pranayama, in which you plug your ears and shut the lips, separate the teeth, and make the sound of Om, opening the mouth. The sound becomes like the humming of a bee. After doing brahmari pranayama ten or eleven times, you will find that you are not experiencing as much pain in the body as you felt prior to the practice. Neither will you feel as angry or as insecure as you did before. Why?





* Inhale through the left nostril, closing the right with the thumb, to the count of four.



* Hold the breath, closing both nostrils, to the count of sixteen or less.



* Exhale through the right nostril, closing the left with the ring and little fingers, to the count of eight.



* Inhale through the right nostril, keeping the left nostril closed with the ring and little fingers, to the count of four.



* Hold the breath holding both nostrils to the count of sixteen

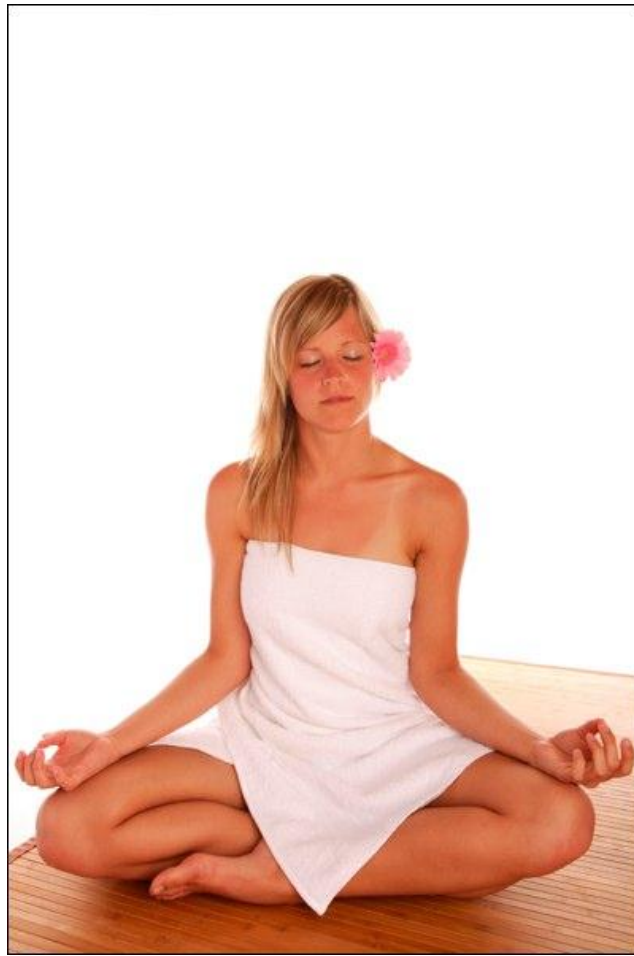


* Inhale through the left nostril, closing the right with the thumb, to the count of four.



* Hold the breath, closing both nostrils to the count of 16 or less.

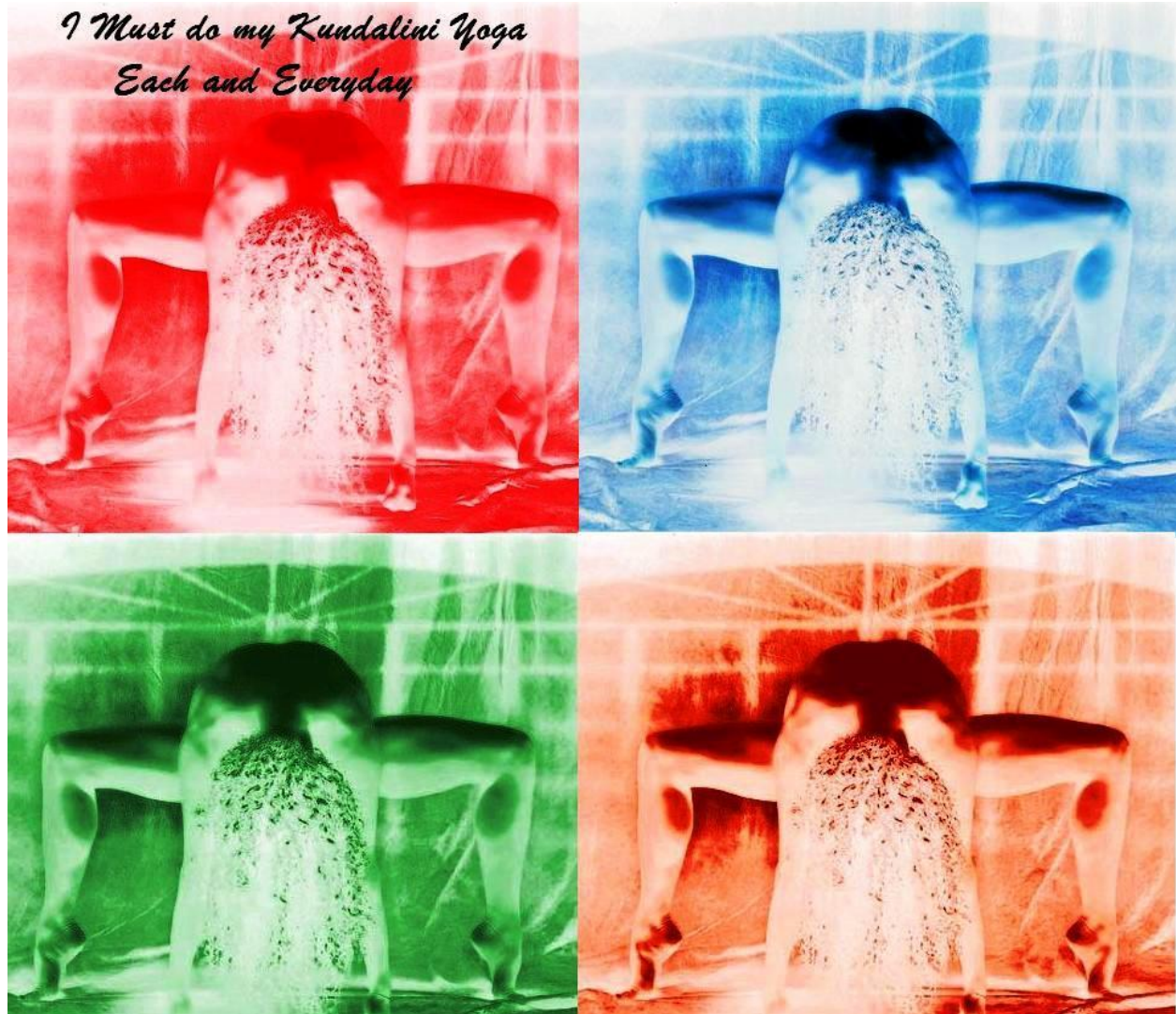




Because this little technique, inhaling deeply and then producing the sound of Om with the breath, creates vibrations inside the body which change the mental patterns of the brain. The brain has two hemispheres, and they are always generating energy which flows in particular directions. If you breathe deeply and produce the sound of Om in a certain way, then the movement of this energy changes. This affects everything happening in the body, right from the thoughts up to the secretions of the glands, If some secretions are deficient then they are increased, and if they are in excess then they are decreased. Everything is balanced.

What happens on the emotional level is that any agitation, fatigue, fear or insecurity is calmed down and the thoughts become clear. Old, long forgotten memories become fresh again, not the memories of death, violence or unpleasant things, but of those things which you would like to remember. Of course, you don't wish to be reminded of your work, of somebody who has died, or of times when you have been insulted, hurt or harmed. No, that is the wrong memory. But the pure memories come, keen and sharp. This is one of the small siddhis, not one of the great, miraculous siddhis which you always hear about.

Studies show that Om can make a person emotionally isolated. For super learning development use Rama Row Throw, Rama Ro Thro. Repeat this in the mind and exclude all other words for just ten minutes maximum or whatever time you can spare. If you can remove all words for 10 min you can experience the mind of Buddha. Rama Ro Thro will build super leaning powers.



Awakening ajna chakra

Many people practise tantra and yoga only to achieve the great siddhis. But by the practice of such simple techniques as brahmari pranayama, such siddhis also come. When an aspirant begins to practise sadhana- mantra japa, concentration, dhyana or pranayama, he awakens many categories of powers which are residing within him. We are the powerhouse; we are full of energy which is awakened and begins to function when we practise sadhana.

This energy is conducted in the nadis, the system of psychic nerve channels throughout the body. The rishis and munis tell us that the body contains 72,000 nadis. There are ten main ones and among these, three are most important. Kabir even sings about them. They correspond to the sympathetic, parasympathetic and central nervous systems of modern physiology, but in tantra they are called ida, pingala and sushumna, and in vedic mythology they are known as Ganga, Yamuna and Saraswati.

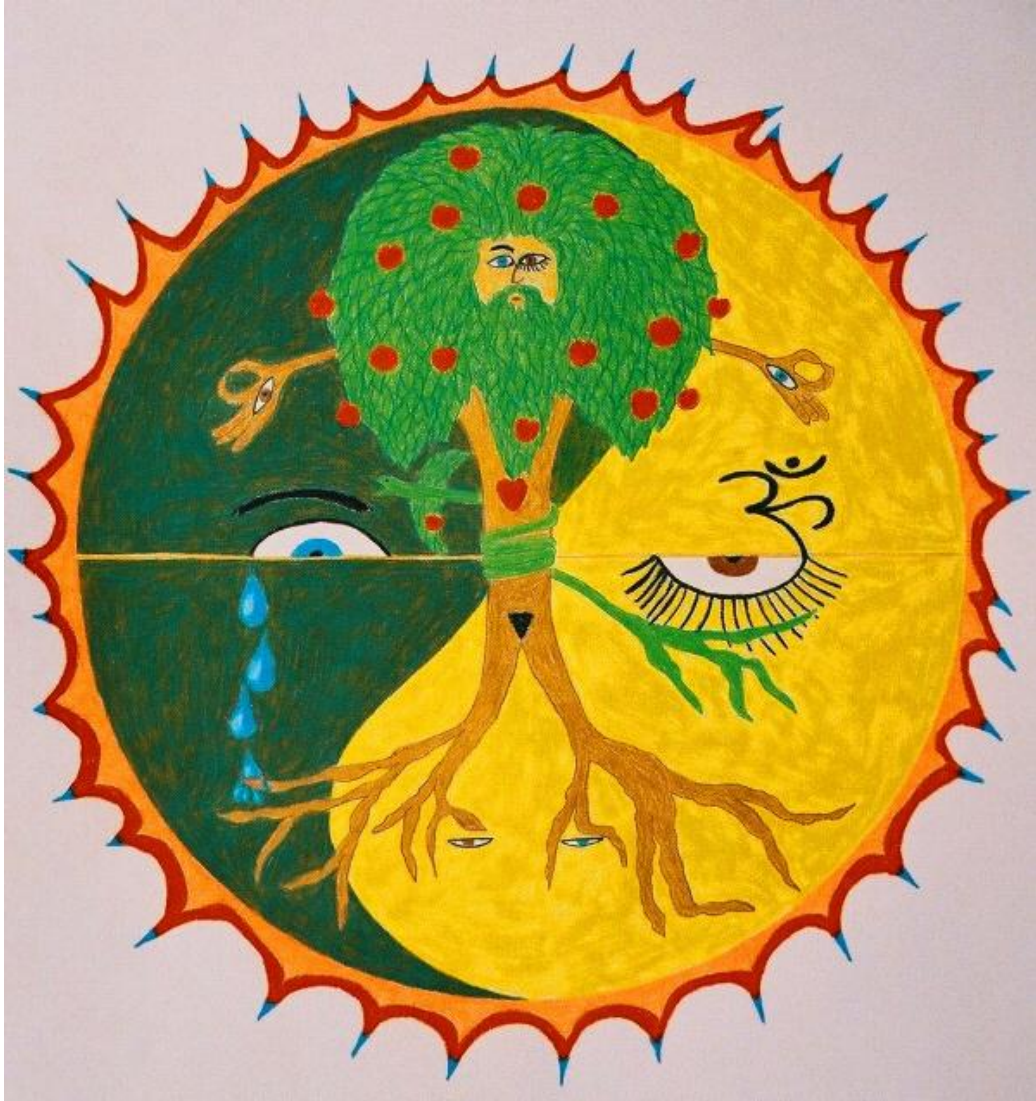
These nerve channels do not flow in a perfectly straight path, or have direct connections to the brain; they junction in various places in the spinal cord. In tantra, these junctions are called chakras. There are thousands of chakras in many locations in the body, but only seven are widely known: mooladhara, swadhisthana, manipura, anahata, vishuddhi, ajna and sahasrara. They contain the hidden faculties in man.

We can categorise these hidden faculties in terms of the three gunas: tamasic, rajasic and sattvic. When you awaken mooladhara and swadhisthana chakras, tamoguni qualities such as hatred, jealousy, love and compassion are awakened. These are low faculties. However, the higher faculties of satoguna unfold when you awaken ajna chakra, which is located in the brain in the region of the pineal gland, behind the eyebrow centre at the top of the spinal cord. Along with these higher faculties comes the knowledge of the siddhis.

Brahmari pranayama affects all of the chakras to some extent, but its major influence is on ajna chakra. Therefore, when you awaken ajna chakra by the practice of this pranayama, many siddhis arise. You may be able to experience somebody who is a thousand miles away as if he is in the same room speaking to you. He can be saying something there, and you can be hearing the same thing here. This is a great siddhi.

MANDALA

In various spiritual traditions, mandalas may be employed for focusing attention of aspirants and adepts, as a spiritual teaching tool, for establishing a [sacred space](#), and as an aid to [meditation](#) and [trance](#) induction. According to David Fontana, its symbolic nature can help one "to access progressively deeper levels of the unconscious, ultimately assisting the meditator to experience a mystical sense of oneness with the ultimate unity from which the cosmos in all its manifold forms arises." The [psychoanalyst Carl Jung](#) saw the mandala as "a representation of the unconscious self," and believed his paintings of mandalas enabled him to identify emotional disorders and work towards [wholeness](#) in personality.



Tree of life Mandala



Nelson Mandala

How to do Japa Meditation



Japa Start Position



Thread after the first 8 beads



Never hold the main
Gauranga Krishna Bead



End of One Round



Turn Back to start new round
do not cross the main bead



Put the mala in the bead bag so as
to prevent it from touching the ground



Index finger should be
out of bead bag and counting beads

Japa - The Method

1. Begin with your eyes closed and visualizing the letter A. See the letter in your mind's eye. Try to picture it as clearly as possible, right in front of your field of vision. Keep it in your vision for a moment.

2. Now, visualize just to the right of the letter A, to the next letter, B. See it as clearly as possible, just like the previous letter. See it as solidly as possible in your mind's eye. Keep it in your field of view for a moment.

3. Shift back into the space between the two letters, A and B, and do Japa. To do Japa, say the sound of "Ahh". The sound should go for as long as you can. Try to continue this sound for at least 10 seconds. Focus on the sound. Feel the sound leaving your throat. Feel it entering the room. If your thoughts move somewhere else, gently but firmly, bring your

focus back to the sound you are making. The sound of Japa, the sound of God, the sound of "Ahh". Keep your focus on the sound of "Ahh".

4. Make the sound two times, while you're in the space between the two letters, A and B. Focus only on the sound of "Ahh".

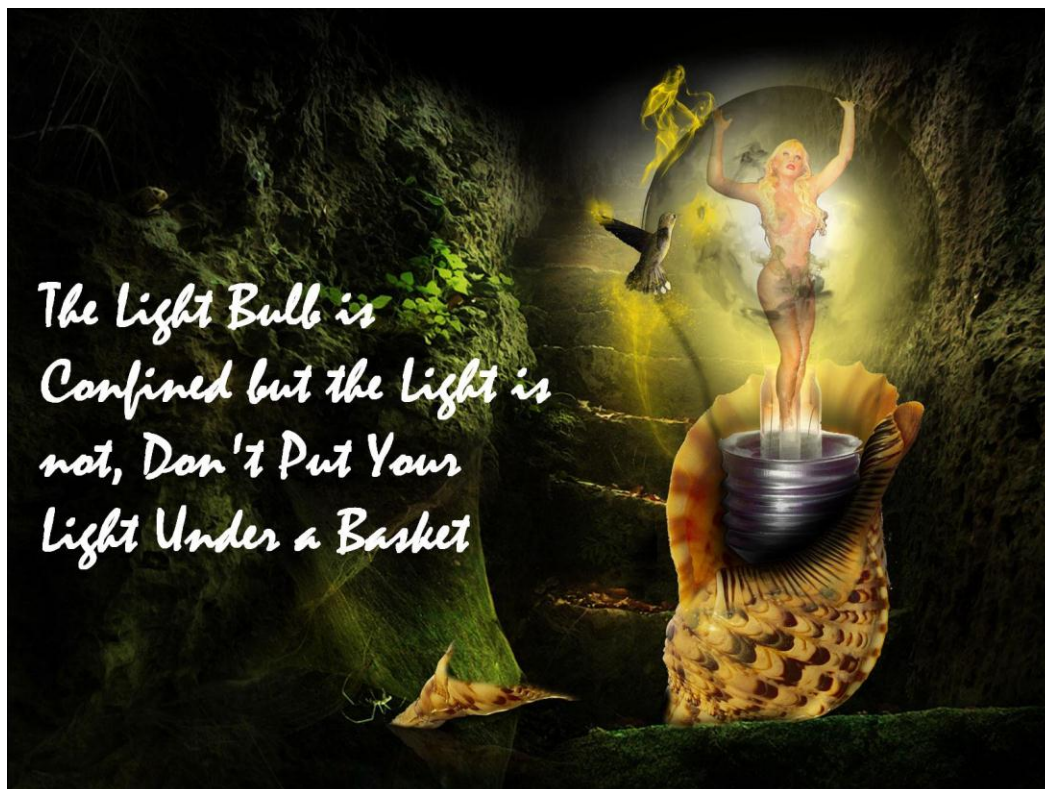
5. Now put your focus back on the letter B. See the letter in your mind's eye. Try to picture it as clearly as possible, right in front of your field of vision. Keep it in your vision for a moment.

6. Now, visualize the next letter, C, just to the right of the letter B. See it as clearly as possible, just like the previous letter. See it as solidly as possible in your mind's eye. Keep it in your field of view for a moment.

7. Shift back into the space between the two letters, B and C, and do Japa. Focus on the sound. Feel the sound leaving your throat. Feel it entering the room you're in. The sound of Japa, the sound of God, the sound of "Ahh". Keep your focus on the sound of "Ahh".

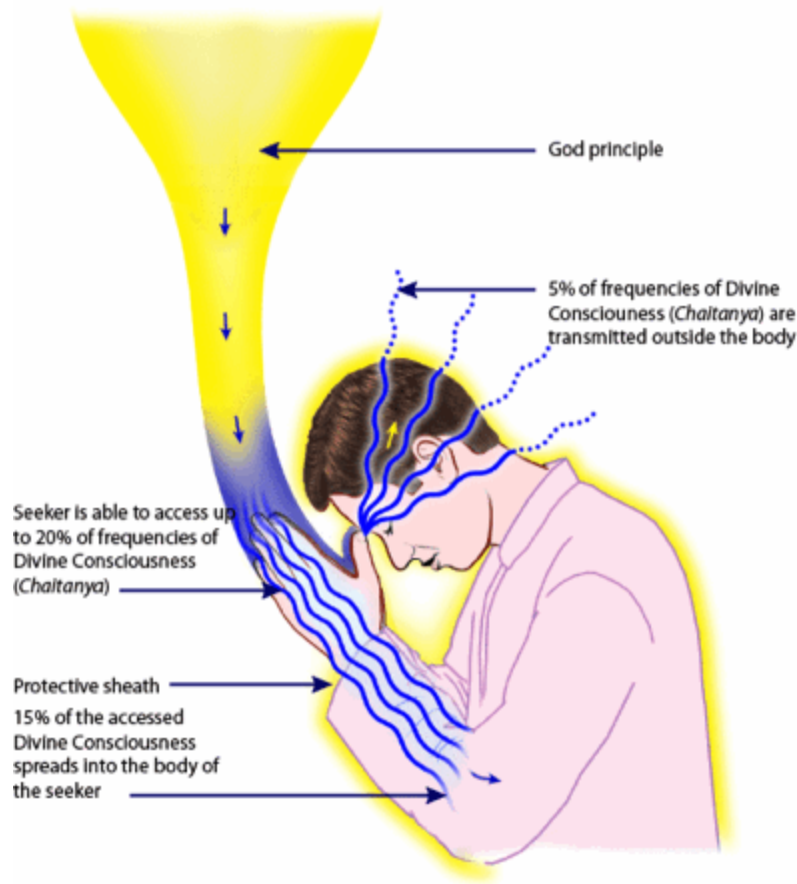
8. Make the sound twice while you're in the space between the two letters, B and C. Focusing entirely on the sound you are making.

9. Continue by visualizing the letter C again. Go through the rest of the letters A – G using the same process. Hope you enjoy Japa meditation!



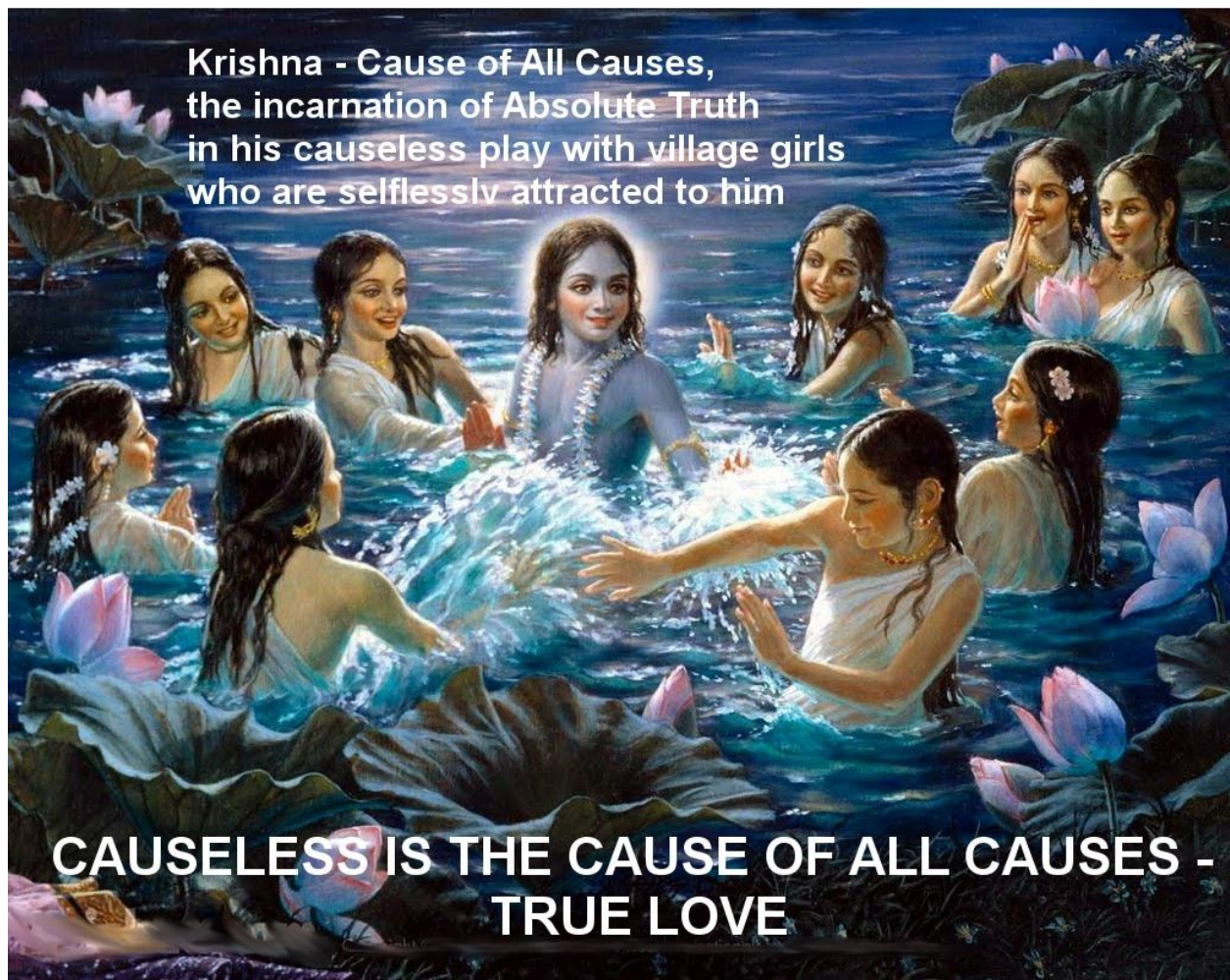
*The Light Bulb is
Confined but the light is
not, Don't Put Your
Light Under a Basket*

Praying with spiritual emotion (*bhaav*)



Mantra japa and the power of the mind

There is no power which can be compared to the power of the mind. Our ancestors tell us in the scriptures that the power of powers can summon the whole universe. It can create thousands of universes. What else is there to say? The power of powers can make you enter the state of *shoonya*, void. It can enable a person to duplicate himself into many identical bodies as in the *raslila* or play of Krishna, by which He created thousands of images of himself for all his *gopis*.



Krishna - Cause of All Causes,
the incarnation of Absolute Truth
in his causeless play with village girls
who are selflessly attracted to him

**CAUSELESS IS THE CAUSE OF ALL CAUSES -
TRUE LOVE**

If you can make your thoughts keen and sharp, they will be more effective than a thousand suns in burning a little blade of straw. But to increase the power of thought, you must do mantra japa. During mantra japa you don't focus on your thoughts, you just watch the mantra continuously. If you fix your attention on the thoughts, the mantra gets left behind. So you must concentrate on the mantra and don't worry about the thoughts. The thoughts will gain momentum and become extremely powerful, but when you keep repeating the mantra, they lose their speed and cannot fly you away from the conscious plane. In this way, you become more conscious, and your thoughts stronger. When your thoughts become more positive, accurate and sensitive, then you can order your mind to think in a certain manner and it will think in that way. You can tell your mind to move an object without touching it, and it will move it.

Regaining the ancient science

You may have heard this referred to as telekinesis by the Russian or American scientists, but you may not recognise it as part of Indian culture which has existed for thousands of years. In tantra we call it indrajal. It is displayed everywhere in the markets and bazaars. When it comes from abroad with a complicated scientific name it sounds more respectable, but in our markets there are many jaduwalas, or magicians, who can perform even greater feats than the adepts in the

west. We have all seen how the circuswalas and jaduwalas can even cut off someone's head and then join it on again.

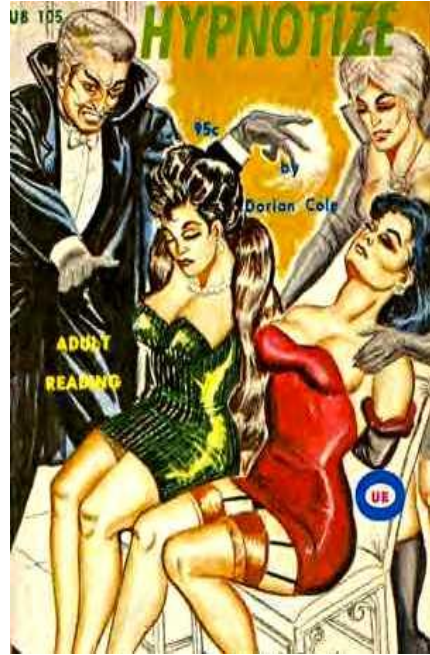


But if you go to other countries and announce that 'I can do indrajal,' no one will come to you. Even in India, if you go to intellectual people and scientists and tell them you can perform indrajal, they will tell you to go away. But if you say you know telekinesis everybody will come, because the mentality today is like that.

Recently, I heard that in Europe and America people can bend spoons just by concentrating their thought power. This is not such a very big thing. But what is that power by which a person's head can be severed and then rejoined and the person still lives?

How do people swallow swords without being injured? Their throat is still intact where the sword goes in. Does it really go in and how is it that it does not hurt the intestines or the throat? Or perhaps it is not a sword at all? In that case, what is that power which is able to make everybody see a sword being swallowed?

Our perceptions can be altered; we cannot be certain that what we are seeing is true. Suppose I have a red flower. It still remains red, but I can make everybody see it as blue even though it has not changed color. In tantric terminology this ability is called najarband.



Acupuncture has also been going on in India throughout history; we can read about it in the scriptures. Acupuncture went from India to China and now they are sending it back to teach us. But if you go to our villages and they offer to give you acupuncture, you are afraid, and don't want it. Just as here in India, only one or two decades ago, people were afraid to learn yoga and tantra.

Tantra is such a magnificent science, but people have not understood it. They have only heard criticism and exaggeration. They have not wanted to imbibe the vast knowledge it comprises- about life, death, conscience, self and the supreme Self, Atma and Paramatma. Therefore, you must try to appreciate and understand the greatness of your own culture, your own science, your own tradition.

Even if you don't accept the fact, nevertheless it is your own country which has preserved this great knowledge. It may not have preserved the knowledge of how to kill or hurt others which is being revived in the world today, but it has certainly preserved the knowledge of how to know yourself, experience tranquillity, and realise God. For the people of India, this is the goal of life, to awaken the spirituality which lies within. In no other country do people think like this.

WHAT IS VIPASSANA?

Vipassana is simple practical way to achieve real peace of mind and to lead a happy, useful life.

Vipassana enables us to experience peace and harmony. It purifies the mind, freeing it from suffering and the deep-seated causes of suffering.

The practice leads step-by-step to the highest spiritual goal of full liberation from all mental defilements (impurities).

VIPASSANNA

Watching the Breathing like a river:

This is one of the methods of Vipassana. The main thing to focus upon in this meditation technique is the breath itself. This method is the most basic form of Vipassana. You have to watch your breath as it comes inside your body and then goes outside.

Find a comfortable, peaceful place. Sit there silently in a comfortable position. Now close your eyes and take some deep breath. Now start observing your breathing. Focus your entire attention on the breathing and follow it as it travels inside your body and comes out. Follow the breath in its entire route of inhalation and exhalation. Watch the breath as if you are watching a river.

A river is flowing and you are sitting on its bank. You are watching the water as it flows in the river. However, you are just a watcher. You are not concerned with the speed of the flow. Neither you are concerned with the quality of water or whether it has ripple in it or not. You are just watching the river without involving yourself in the flow.

Similarly, just watch your breath as it moves in your body. Don't be attached with it.

When it comes - watch it.

When it goes - Watch it.

Be a watcher, be a witness.

This is not easy. There will be distractions as you watch. .There will be floods of thoughts. You will be carry away by different kind of thoughts. But don't get discouraged. If your attention is diverted 100 times, bring it back to breathing 100 times. Slowly all thoughts will start settling down. As you watch your breath, soon you will realize the witness in you. The one who is watching the watcher itself. Your true identity. You are not body, you are not mind, you are not breathing. You are -self. The knower who knows everything. Yet remains pure and unattached.

Watch your breathing. Keep watching and you will be in meditation.

Sadhna For Controlling & Managing Anger



Anger destroys all spiritual merits in a moment. It is all-consuming and all-polluting, a great enemy of peace, and a direct gateway to hell. An aspirant must control this anger if he wishes to progress in spiritual path and attain happiness .One who has controlled anger , is verily a yogi. That is what Shri Krishna says in gita, 'He who is able, while still here (in this world) to withstand, before the liberation from the body, the impulse born of desire and anger , is a yogi, is a happy man.'

Develop patience to a considerable extent. People lose their temper when they become impatient. Allow the mind to dwell

constantly on the opposite virtue of anger ---- Patience. This is the Pratipaksha--bhavana method of the Raja Yogins. Try to control first the small ripple of irritability when it arises in the subconscious mind. Nip it in the bud. Do not allow to assume the big form of a wave. When you are not able to control the anger leave the place and take a walk chanting Om. Drink some cold water. Count 1,2,3,4,upto 20. Repeat Om Shanti, om shanti, Om Shanti. Do not argue much. Do not retort. Speak sweetly. Speak only measured words. If anyone abuses or insults, keep quiet. Identify yourself with the Atman. Atman is the same in all. It can never be hurt or insulted. Do not give vent to anger. Be regular in your Japa, meditation and kirtan. This will give you a great inner spiritual strength.



Food has a great deal to do with irritability. Take Satvic diet: milk, fruits curd, spinach, barley, nuts, buttermilk etc. Prohibit carrot, onion, garlic, meat, liquor and other stimulating foodstuffs. Observe Mouna for two hours daily and six hours on Sundays. Occasionally, observe Mouna for a whole day. This will put a check on the impulse of the speech. When a man gets excited he speaks anything and everything. He has no control over the organ of speech. Therefore, austerity of speech (Mouna) is very essential to combat irritable impulses.

Prana entwines the mind like a creeper. Prana is the over-coat of the mind. Control of prana leads to the control of the mind. Practice of pranayama will put a break on the impulse of speech. IT will give you abundant energy to check anger. A Vedantin denies the body and the mind as illusory sheaths. He does Vichara, enquires " Who am I?" and practices " Neti-Neti-----not this, not this. ": " I am not the body, nor am I the mind ; Chidananda-rupah Sivohum ---- I am the blissful Siva or atman." He identifies himself with Brahman or Atman, the Eternal. The world is unreal for him. He chants Om,

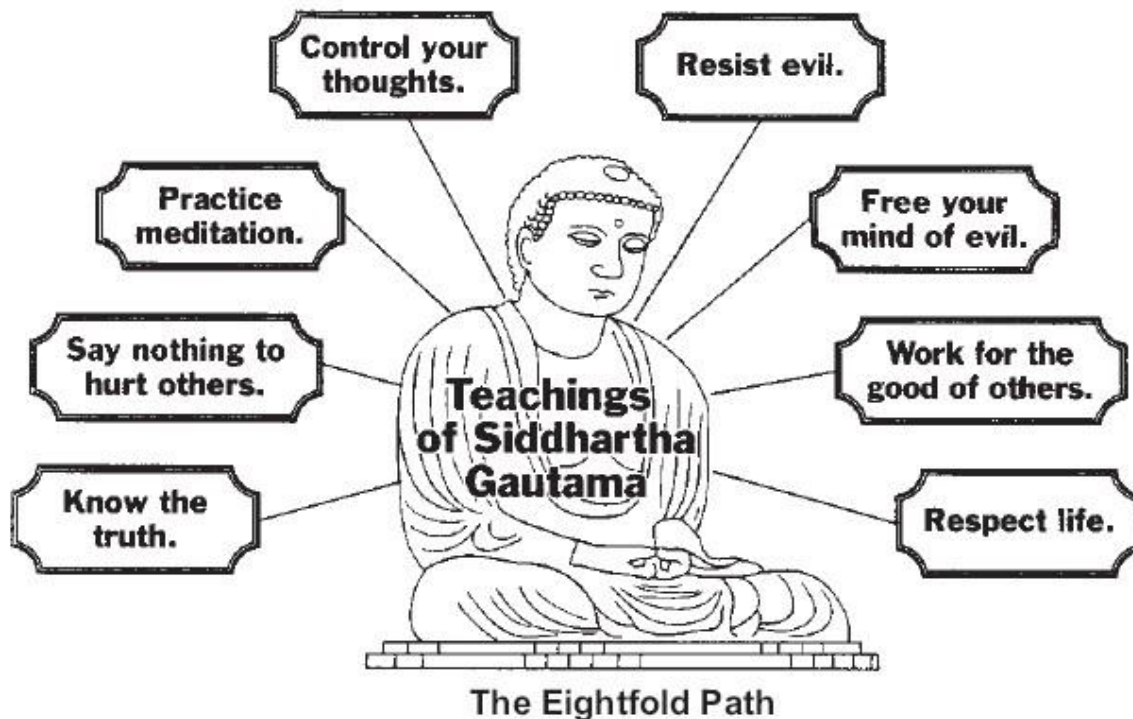
sings Om, does Japa of Om, meditates on Om and derives soul-power and spiritual strength from the perennial source of Om. If you always entertain the Mithya-Drishti or Dosha-Drishti, if you look into the defects of anger and benefits of patience, you never become angry.

The combined practice of these methods enable you to control anger and upon you spiritual strength, peace and happiness.

[Curing Insomnia Nervousness Hypertension by Yoga](#) Secrets of Health and Healing People who fail to get the rest they need, often resort to heavy doses of coffee and other stimulants to remain awake. As a result of these stimulants they sleep badly the following" night, and so by degrees a cycle that leaves them chronically out of tune with life, like a motor functioning on only one cylinder. If you are troubled with insomnia, try the following...

[How To Cure Panic Attacks By Yoga](#) Panic attacks are sudden, discrete periods of intense anxiety, fear and discomfort that are associated with a variety of somatic and cognitive symptoms. Panic disorder can be treated successfully, frequently with a combination of psychotherapy and medication. Panic sufferers are now turning to yoga for help as well, for yoga offers a wide range of stress-reducing tools. Scientific studies suggest that left-nostril breathing can effectively reduce symptoms of obsessive-compulsive disorder...

[Stress Management Tips Stress Reduction By Yoga](#) Today stress is being considered as one of the prime causes of disease. A great deal of research has been done on this subject by scientists throughout the world and they have concluded that tensions, anxieties and disturbed mental conditions can cause serious physical ailments. There is a very long list of diseases, such as blood pressure, cardiovascular diseases and asthma, which are known as stress-borne diseases. If you study this list, you yourself can conclude that 89% of all the ailments today are stress-born.



Source: *The Human Experience*, Glencoe


Using Anger as a tool not a master

There are yoga techniques for using anger. The ways of eastern philosophy are mostly nonviolent. The four noble truths of the Buddha are

1. Everyone suffers
2. The cause of suffering is Desire for things to be different,
3. To reduce suffering we need to reduce Desire
4. The way to control the mind is the 8 fold path of mental exercise

Buddhism: Key Beliefs
Dharma Wheel and Noble Eightfold Path

The Wheel of Dharma




The Wheel of Dharma symbolizes overcoming obstacles.

The circle symbolizes the completeness of the Dharma.

The spokes represent the eightfold path leading to enlightenment.

The Noble Eightfold Path

1. Right View
2. Right Thought
3. Right Speech
4. Right Behavior
5. Right Livelihood
6. Right Effort
7. Right Mindfulness
8. Right Meditation

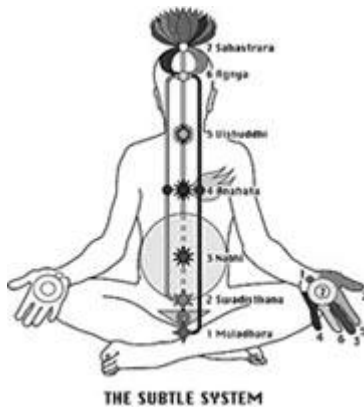


1world1way.com

I studied the 4 noble truths and it was on this I wrote my doctorate thesis on Desire. For this reason I took the name Desire'. On point three there are two ways to achieve this. One is to accept things and thus lower Desire, or two to change things thus to lower Desire. Eastern meditations are mostly on the first system of acceptance. Gandhi was an excellent example of acceptance.

But our history is also shaped by those who become angry at oppression and fight to change things. This is more of a western path. But as a warrior spirit it takes some practice to learn the warrior ways of anger control and utilization. This is the warrior techniques taught by Desire' (me). As Desire' I have come to fulfill the laws of the Buddha.

First never get to caught in anger, express it creatively and constructively and let it pass. Resist expressing your anger at the person you are angry at. This will accomplish nothing but to push away the person. If you show your anger at another person they will find the person you are angry at and tell him.



The appeal of kundalini

The kundalini, once awakened, carries the limited human consciousness to transcendental heights, bestowing wisdom, peace and joy. It my Sexual Warrior Witch book I delve into this a little but more.

A noteworthy change by the awakening would be the change in the individual's perception: he is capable of grasping that the 'knower', the 'known' and the 'whole process of knowing' are one and the same thing. The understanding of the Self, the Divine and its omnipresence becomes clear.

In the words of Swami Sivananda Saraswati: "Awakening the kundalini means that your vibratory level has increased, visions appear before the mental eye of the aspirant, new worlds with indescribable wonders and charms unfold themselves before the yogi, planes after planes reveal their existence and grandeur to the practitioner and the yogi gets divine knowledge, power and bliss, in increasing degrees."

Avdhoot Baba Shivananda adds: "Modern psychologists claim that a person uses only 6 per cent of the potential of his mind; once the kundalini is awakened, only 6 per cent remains unutilized." Transformation happens, inevitably.

Even knowing that the passage of *kundalini* is often stormy, the attractions to awaken it are many. The most important reason, of course, is the promise of enlightenment. The other tantalizing prizes are the many *siddhis* (advanced mental powers). These include clairvoyance, the ability to communicate with spirits, super intellect, ability to see visions, and many more abilities (see the list following).

These powers can often be a trap to the unwary, for unless the mind is purified, they can again become a cause for pride, for the exercise of power over others or to make money. The *siddhis* can trap you if you get caught in an emotional or mental state. If you develop a power of any emotion you can get caught into the *siddhi* trap. This is why true masters, saints, and Desire' advise against being tempted to

acquire *siddhis* and to keep the focus steadfastly on gentle nonjudgmental awareness enlightenment instead.

Do not fall into one of the siddhi traps. These are traps of the mind that can hold you. When I was in India they taught me how to catch monkey with a siddhi. There is the siddhi of greed and attainment of items. This is the power to attain things and money. It is good but if out of control then it can be very bad.

They hollow out a coconut with a small hole on the top and anchor to coconut to the ground. Then they put in a piece of aromatic candy. The monkey smells the candy and puts his hand into the hole. He grabs the candy, but with the candy in his hand he cannot get his hand out of the coconut. The hunters are coming and all the monkey has to do to escape is let go of the candy. But greed and attachment to things holds him fast. The siddhi of attainment that helps him to survive now will kill him. It is a wise monkey who will let go.

Our planet is threatened by this siddhi of attainment as that there are rich people who develop this power but get caught in it and won't let go. The oil spill in the Caribbean is an example. Money cannot be more important than having a planet, but some are caught in the siddhi of attainment or greed.

Some get caught up in knowing and find they can't live; they are too busy trying to know. Some try to remain unconquered by others to an extreme and they forget humility and how to serve people. Any power of the mind in excess can be a trap and once sprung only time and awareness can get you free.

*I express my Outrage by being
Outrageous*

*I am
Outraged at
Evidence
based
medicine's
Profit over
People*

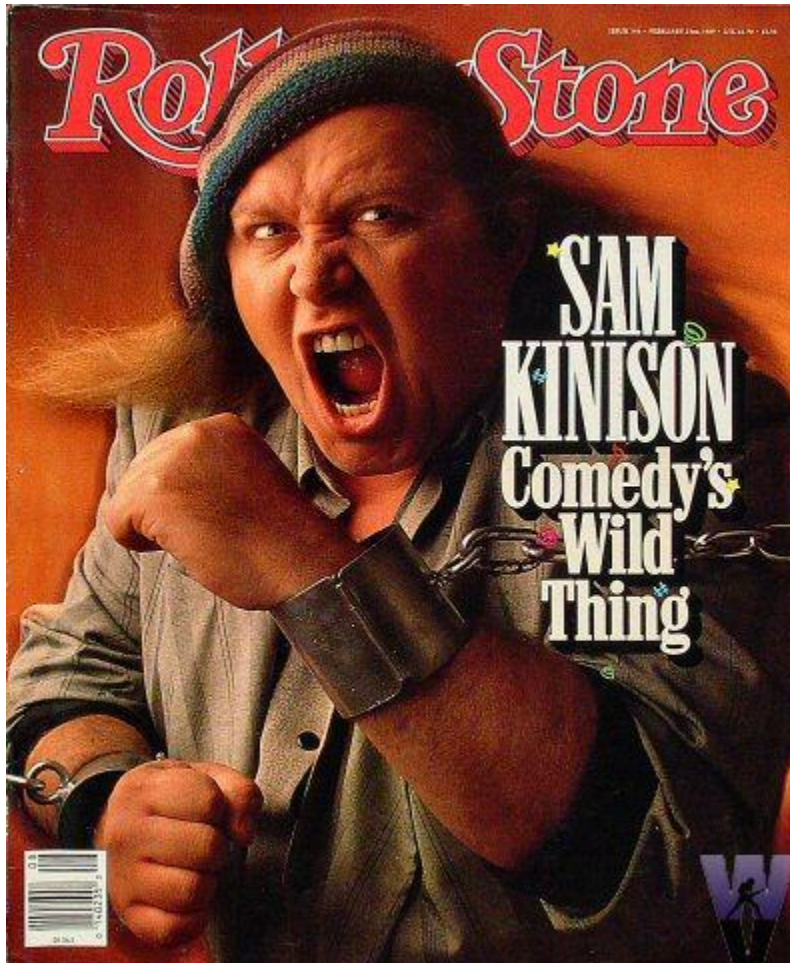
*I am Outraged +
I am tired of
being Hated by
Both sides*

*I am Outraged
at Natural
Medicine's
Gullibility +
Math-Phobia*

*If You are
Not also
Outraged then
Think, maybe
it is Time*

There is a time to be angry and let that energy work for you. There is a time to fight for your rights and the rights of others. There is a time to draw the line and be outraged, but learn to use the anger correctly.

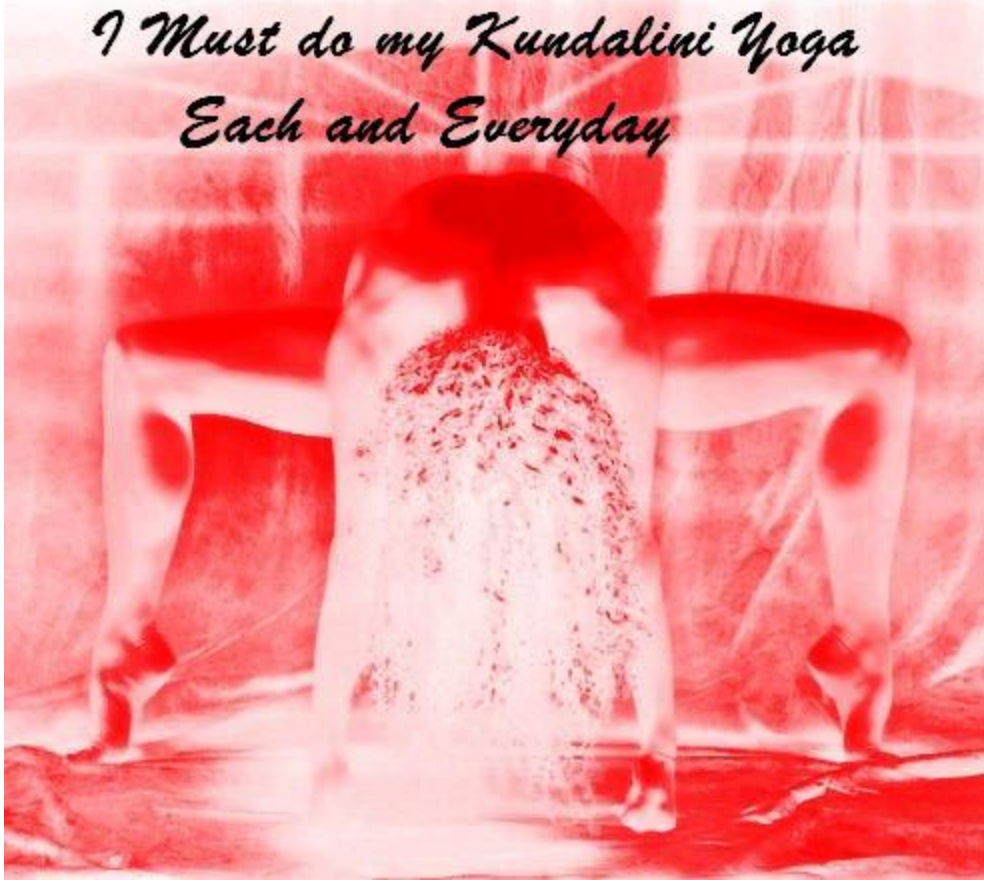
Never hurt any one person, be careful to try to awaken the mind not destroy it. If you can learn to vent your anger and use it constructively to get a message across you can deepen your powers of mind.



YOGA

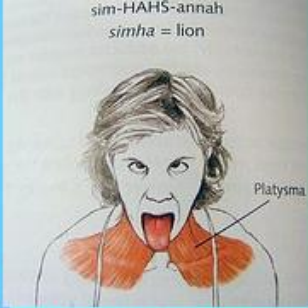
Yoga is good for stretching the spine and getting the blood and fluids to circulate. Yoga daily is as important a health care therapy and preventative as you can find. I have often said that if I had to do only one therapy Yoga is the best. For the early stages of a cold or flu the lion position is the best at preventing the onslaught and problems. Make as ugly a face as you can and hold it for 30 sec, relax ten sec and repeat three times. This brings blood to the face and throat and blood will heal the cold and flu and stimulate the flow of blood to the brain.

*I Must do my Kundalini Yoga
Each and Everyday*



Desi says





**The Lion Pose
to heal sore
throats,
coughs,
sinusitis, and
cold and flu
symptoms**



Breathing Exercise (Pranayama) - Bhastrika (Bellows)

Bhastrika (Bellows) is the most powerful of all Breathing Exercises for raising Kundalini Bhastrika. Bhastrika or Bellows consists a series of pumping followed by the retention of breath like **Kapalabhati**.

Warning in Performing the Bhastrika (Bellows)

You should exercise caution against the temptation of pushing too far in your initial practice of Bellows. If you have the tendency to push the limit, lie down when doing this exercise since there is a risk for you to lose consciousness and fall on the floor. Forced breathing makes you relaxed and revitalized. Excess in practice may induce dizziness, drowsiness and loss of consciousness. No harm can come from hyperventilation as long as you are in bed. If you happen to lose consciousness, your breathing pattern will tend to rectify itself and return to normal. Excessive ventilation results to lightheadedness, giddiness or a feeling that you are floating in the air.

Bhastrika (Bellows)



Bhastrika is primarily consists of forced rapid deep breathing which serves as a basis for many varieties of exercises, all of which may be described by the same name. Although air is forced both in and out, the emphasis is placed upon the expulsion or explosion of air. A series of such expulsions, each following the other in quick succession without either **Full or Empty Pause**, is called "A Round". **Beginners** should limit a round to about five explosions, though the number may be increased to ten, or even more if needed to obtain the desired effect. The desired effects range from increased ventilation, increased **Blood Circulation**, clearing of the **Nasal Passages** and increased thinking capacity to eliminating of all **Mental Disturbances**. Please be warned against generating such powerful explosions since it can cause injuries to lung tissues. Extending a series for so long can also cause dizziness. Comfort and not reckless excess should guide your motives and manner of doing the Bhastrika or Bellows.

Although you can breathe through your mouth or both mouth and nose, regular breathing is limited to either both or one nostril. The breath-stroke in the rapid succession of breaths may or may not be very deep, but it is customary to finish or follow a round by the deepest possible inhalation and exhalation. A series of normal breaths should occur before undertaking a second round. A deepest possible inhalation and exhalation may, and perhaps should, introduce each round. Some nasal hissing can be expected but avoid unpleasant sound and fluttering of the nasal skin surfaces. You may perform the Bhastrika exercise while standing but it is advisable to do it in a **Seated Position** in order to allow maximum **Relaxation** of the abdominal muscles and easy diaphragmatic breathing. Variations include using a full pause after each round, partial glottis closures and **Alternation of Nostrils**.

3 Arm Positions:

For migraine headaches, bone spurs and misaligned spine, sore back, gout, arthritis



Release of tension, mood balancing, insomnia, internal organ discomfort, constipation

Weight loss, shoulder tendonitis, release muscle tension, release nervous pressure.

The Mid Position



Lie down, put both hands under your head in a position that results in your upper body and legs being both lifted off the ground

The Goldfish Exercise



Place both arms at your sides

The Stretched Back



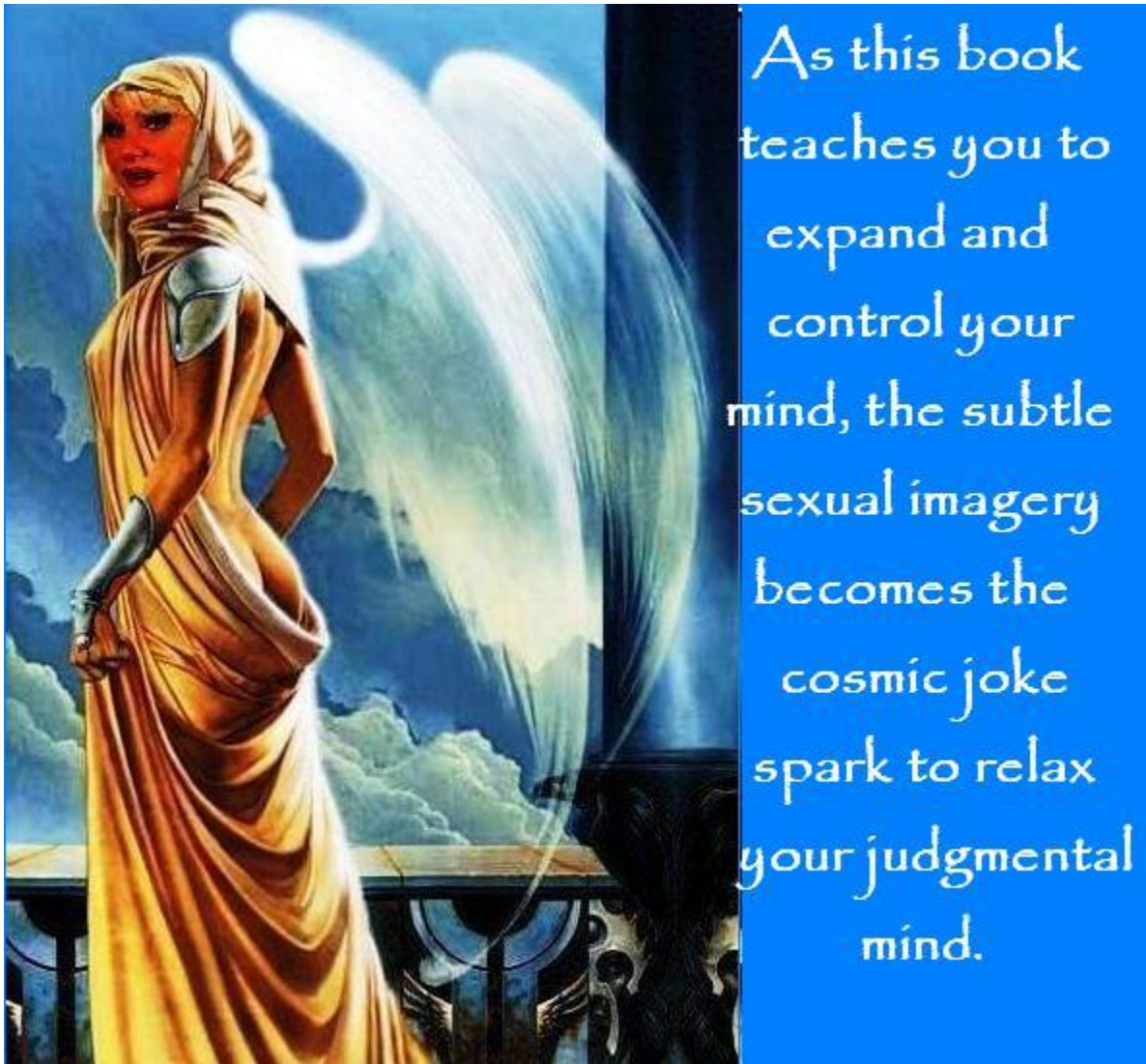
Lift both arms above your head and keep them as straight as possible



Healthy Lymph is a must and proper circulation is important, there is 3 times more lymph than blood and it helps us in a million + ways

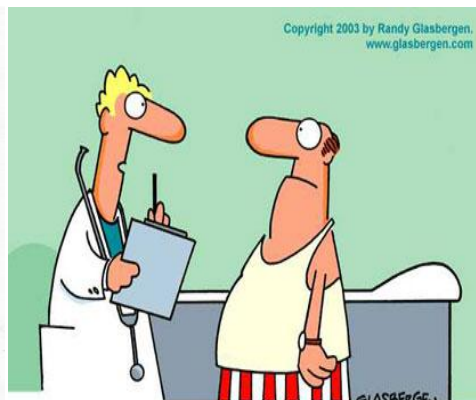


As this book teaches you to expand and control your mind, the subtle sexual imagery becomes the cosmic joke spark to relax your judgmental mind.



We need Exercise

Exercise is a nutrient. Our bodies are designed to chop wood and carry water. We need exercise to be healthy. Whether it is light stretching, walking, or aerobic we need exercise.



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

Yes we need to get the blood and oxygen moving. Of course we need to exercise. Any exercise from yoga to aerobics. Twenty minutes a day five times a week is minimum. For yoga stretch your spine back, forward, side to side, and up and down. Move your lymph and do cross crawl for emotional stability. Alternate nostril breathing is good for emotional stability.

Yoga Techniques: Breathing for Super Learning

*Breathing is one of the most basic, constant, and sub-conscious human activities. One scarcely pays any attention to it as many other pressing issues prey on the mind. Yoga expert **Vasanthi Bhat**, however, says a little extra attention to this most mundane of activities can improve the quality of life.*

Yoga, with its numerous benefits, is being recognized by a large number of people every day around the world, but one of its most beneficial aspects is often overlooked.

That, of course, is breathing. Breathing is something all people do, but breathing consciously is quite another matter.

Though we normally breathe without paying attention to our breaths as involuntary systems do the job, it is important to know that when we are under stress the breathing channels and other parts of the body associated with breathing get stiff with tension as mind and body work together. This physical fatigue further affects our thinking as the system is starved of oxygen.

Practicing Pranayama is a very valuable technique that leads to a better and healthier lifestyle. Prana means life-force, yama means control. The technique teaches how to breathe consciously. When we breathe consciously we are able to absorb more oxygen. Along with the oxygen, we are able to preserve a great amount of life-force (prana) in the system. We are also able to release tension and free radicals. Inability to release built-up tension and free radicals causes mental fatigue, nervousness, anxiety, anger and imbalance in the nervous system.

There are several breathing techniques that can be utilized to relax one's body and mind. These include simple breathing, alternate nostril breathing and complete breathing.

Simple Breathing

Simple breathing is a great technique to start out with because it is the basis of all the other breathing techniques. You can practice this breathing while sitting, relaxing, walking, driving and performing daily duties as this is focusing on your natural breath. This will prevent you from getting exhausted at the end of the day due to the constant storage of energy-prana throughout the day.

In order to practice simple breathing you should close your eyes (open your eyes if you are involved in any activities) and observe your natural breathing. By taking time out to observe your breathing, you become more aware of its pattern and

changes. This is the first stage of conscious breathing (pranayama). If your breath flows heavily and rapidly, understand that you are going through some mental tension. Continue to breathe slowly through your nostrils while slightly expanding and compressing your stomach and chest muscles as you breathe in and out. When your mind is on the breath, notice you tend to breathe slowly and peacefully as you are able to recharge your mind and entire system very quickly. Practicing just one to two minutes of this simple breathing will help you relax and will alleviate the accumulated stress.

Simple Breathing



Complete Breathing

Complete Breathing

Complete breathing is a natural extension of simple breathing. Complete breathing relieves mental fatigue, anxiety, insomnia, hypertension, improves digestion, stamina, tolerance and immune system, relieves constipation, abdominal and heart ailments.

While practicing natural breathing try to pull your stomach in while breathing out. When you are breathing in, raise your stomach slightly and breathe upward while expanding your chest. When you are exhaling, remember to pull your stomach in because exhalation is the most important part of complete breathing.

Observe how smoothly the breathing flows because this increased awareness purifies all the breathing channels and, allows you to breathe correctly.

Alternate Nostril Breathing

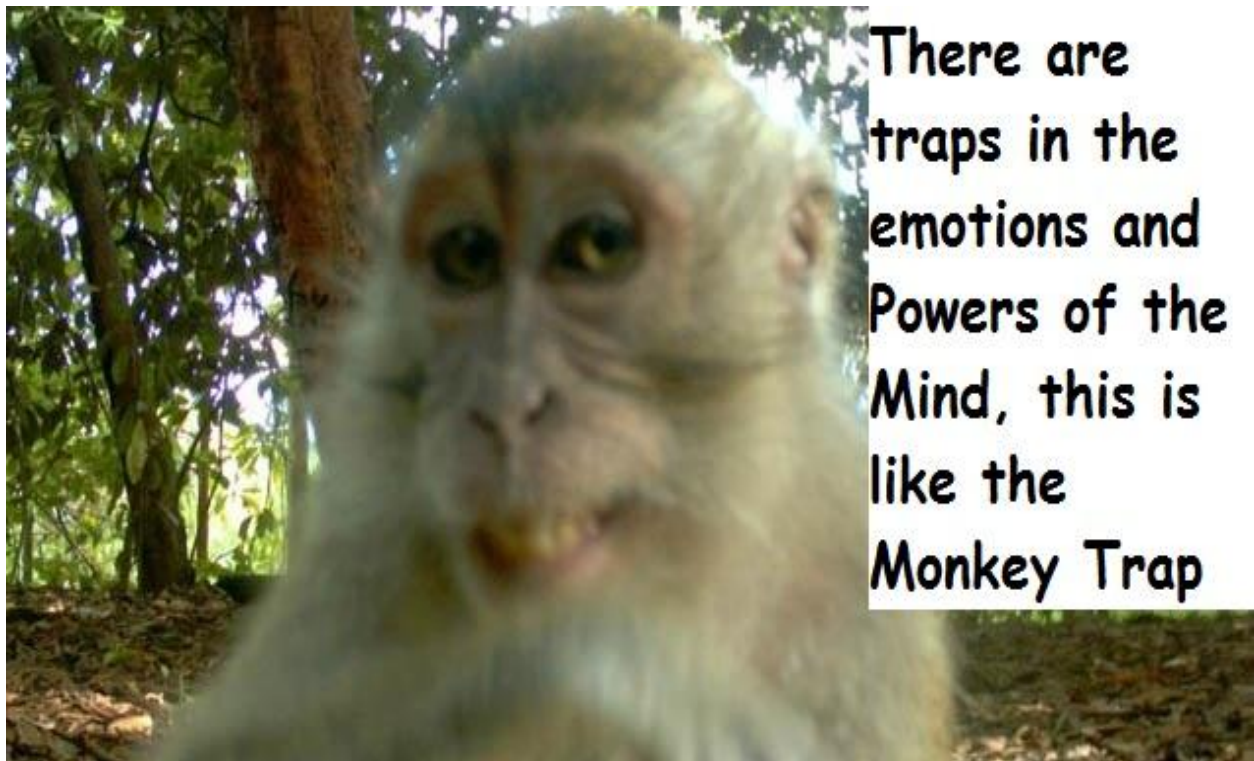
Alternate Nostril Breathing



Alternate nostril breathing is another technique that has a variety of advantages. Some practice it to attain tranquility and to have a balanced energy and peace of mind. Others practice it to ease their difficulty in breathing or to clear the blockage in their nostrils if they have sinus problems.

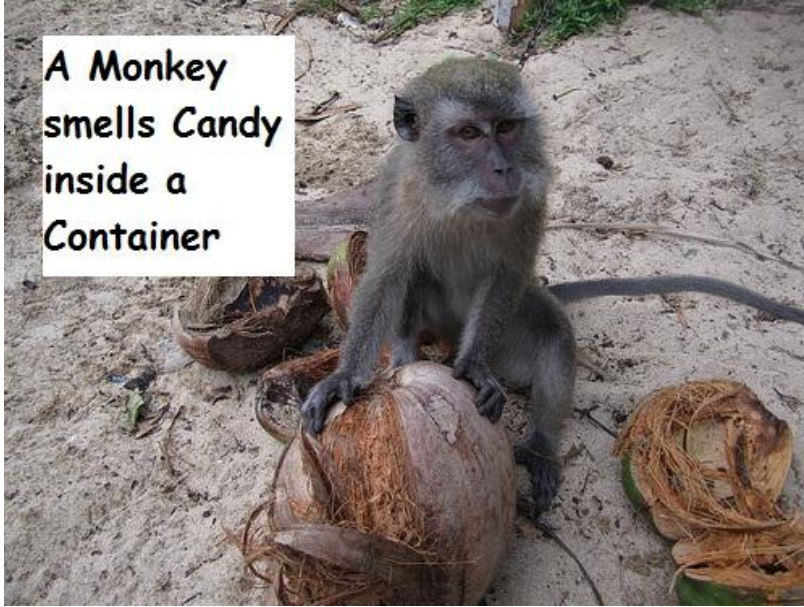
While sitting down and closing your eyes, put your first two fingers in between your eyebrows and close your right nostril with your thumb, inhale with your left nostril and close it with the ring finger. Opening your right nostril, breathe out gently, then breathe in through the same nostril and close it. Open your left nostril, breathing out, and continue to follow this alternating pattern. After practicing a couple of rounds of this, your breathing will naturally get deeper and smoother.

Beware the Siddhis can be a mind trap



There are traps in the emotions and Powers of the Mind, this is like the Monkey Trap

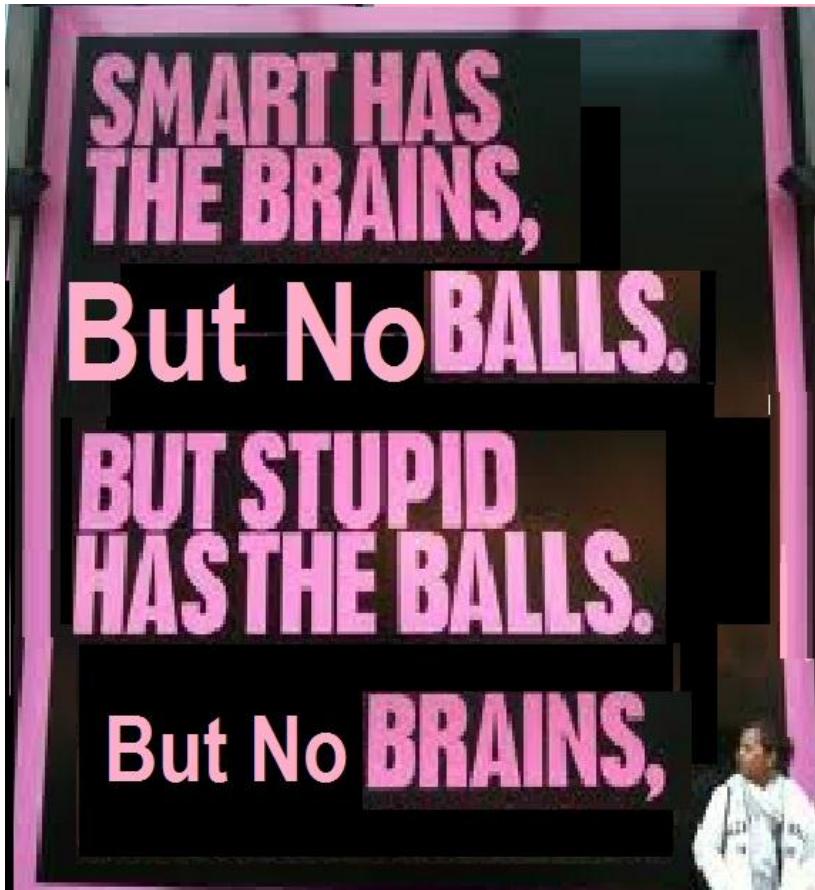
A Monkey
smells Candy
inside a
Container



Grabbing the Candy, Greed Holds the
Monkey Captive till the hunters come



The Smart
Monkee Lets go of
the Candy by
Releasing Greed



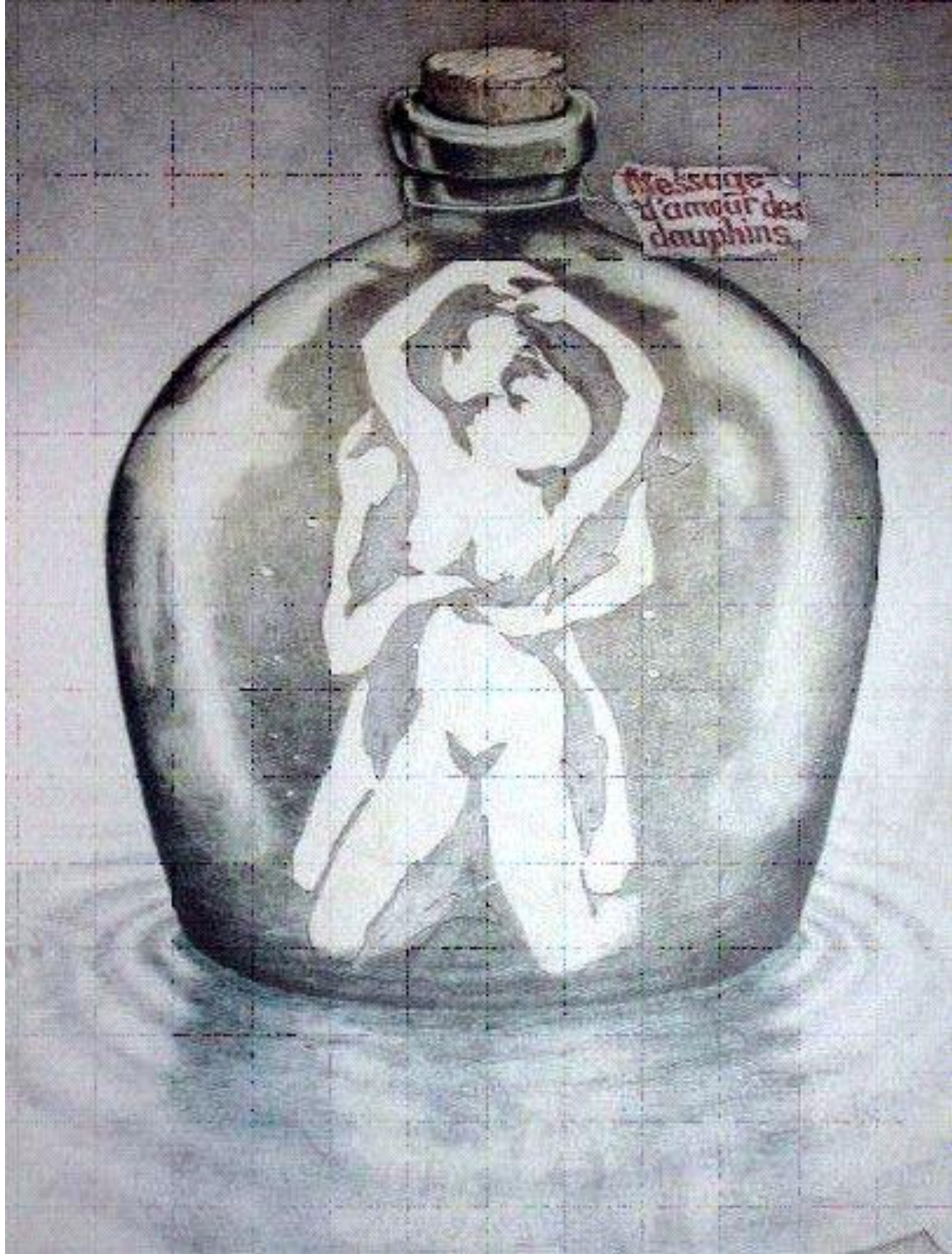


Walk
a Mile
in My
Shoes

*before you judge me
You try walking a mile
in these shoes*

Memory Association Test

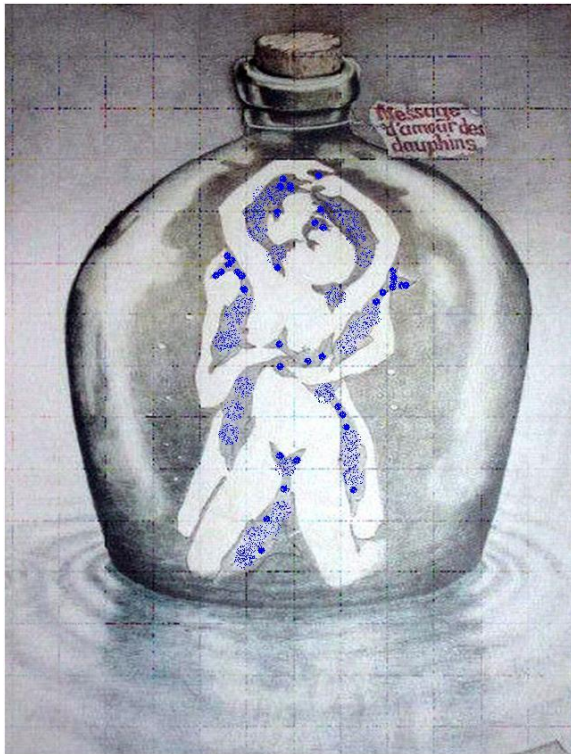
Take a look at this picture, then turn the page to the next text.



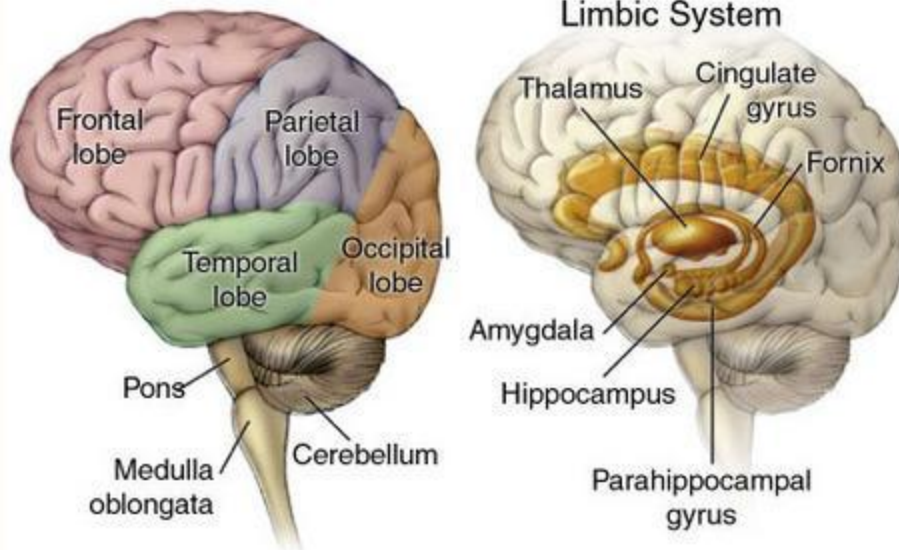
Research has shown that young children cannot identify the intimate couple because they do not have prior memory associated with such a scenario.

What they will see are the nine dolphins.

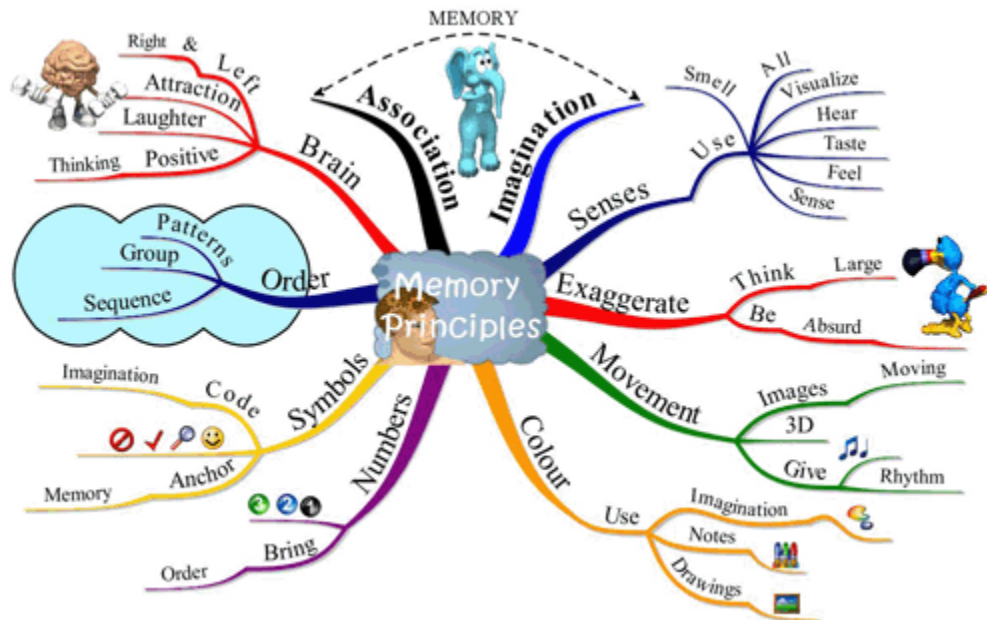
If it takes you longer than three seconds to see the dolphins, your mind is heavily biased in favor of perceiving the intimate couple



Anatomy of the Brain



Short term Memory Areas



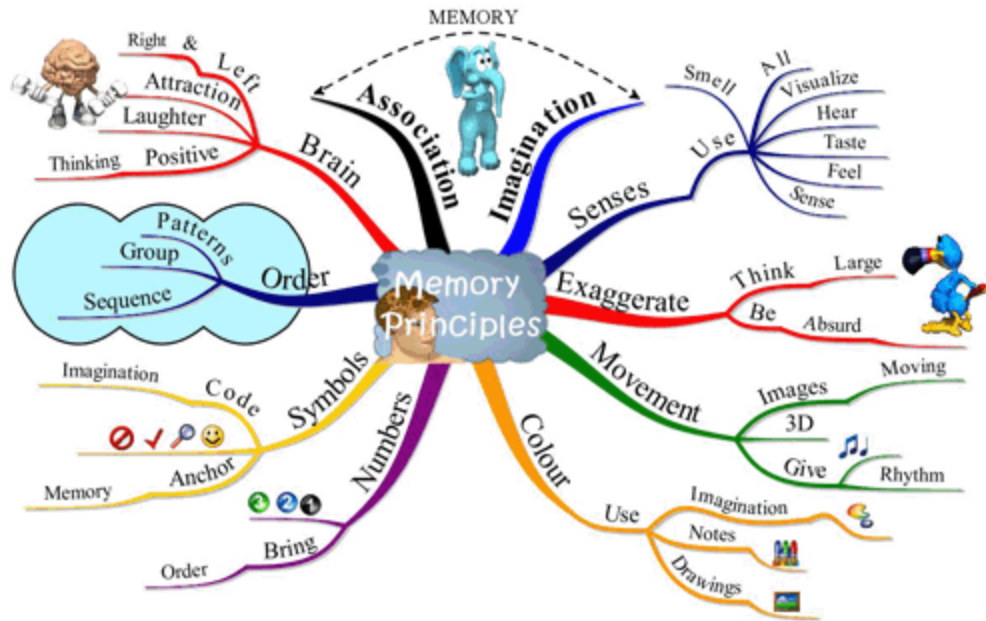
Improve Your Memory with Tony Buzan's Mind Mapping

Memory can lead to the accomplishments of many astonishing feats. Take for example the story of Mozart visiting Rome in 1770, when he was 14, and listened to Allegri's Miserere in the Sistine Chapel. The half-hour long piece of music was considered so special that the Vatican forbade its publication, but after the concert Mozart wrote down the entire piece of music from memory. Or more recently, memory champions have been setting world records which seem nothing short of miraculous to ordinary people. It is often assumed that such people must have extraordinary brains or are amazingly clever.

In 2002 scientists put this assumption to the test and performed a range of tests on highly ranked memorizers at the World Memory Championships held annually. The tests revealed that the memory champions' brains showed no differences to that of ordinary people. However, it was discovered that nine out of the ten memory champions were simply using a technique called 'the method of Loci', which dated back to ancient Greece. This method is based on location and imagination. It was therefore concluded that a good memory is simply a skill, and a skill that can be learned – at any age.

The main principle of memory technique is linking the thing to be remembered to some other idea – this is known as association. When your memory has meaning, your brain gives it a tag that makes it much easier to retrieve. A similar process is achieved when you see something in context or linked to some other idea which provides a tag for the idea. If you imagine your memory as a library, it is clearly much easier to find a particular memory if it has a tag attached to it. You will be amazed how dramatically you can improve your ability to remember things if you use combinations of association, vibrancy and imagination.

The best technique that encourages you to use association and imagination is Mind Mapping. Mind Mapping was invented by Tony Buzan in the 1960s, although the learning principles of Mind Mapping have been around for hundreds of years and have been used by some of the world's greatest thinkers. Tony Buzan states that it is the ultimate thinking tool – a creative and effective means of thinking that literally 'maps out' your brain. Mind Maps are an ideal tool to use as a memory improvement tool, not only is it extremely simple but it can have an immediate impact on memory, creativity and your ability to concentrate. Mind Maps have a natural structure that radiates from the centre and uses lines, symbols, words, and images according to a set of natural and brain-friendly rules. A long list of boring information can be turned into colorful, memorable, highly organized diagrams that reflect the brain's natural way of thinking and encourages synergetic thinking.



Imagination and association are the two main principles that make Mind Mapping so effective. By developing creative skills you are not only improving your ability to come up with innovative ideas you are also, by default, enhancing your ability to remember things. This is because creativity and memory are vertically identical mental processes – they both work best when you are using imagination and association.

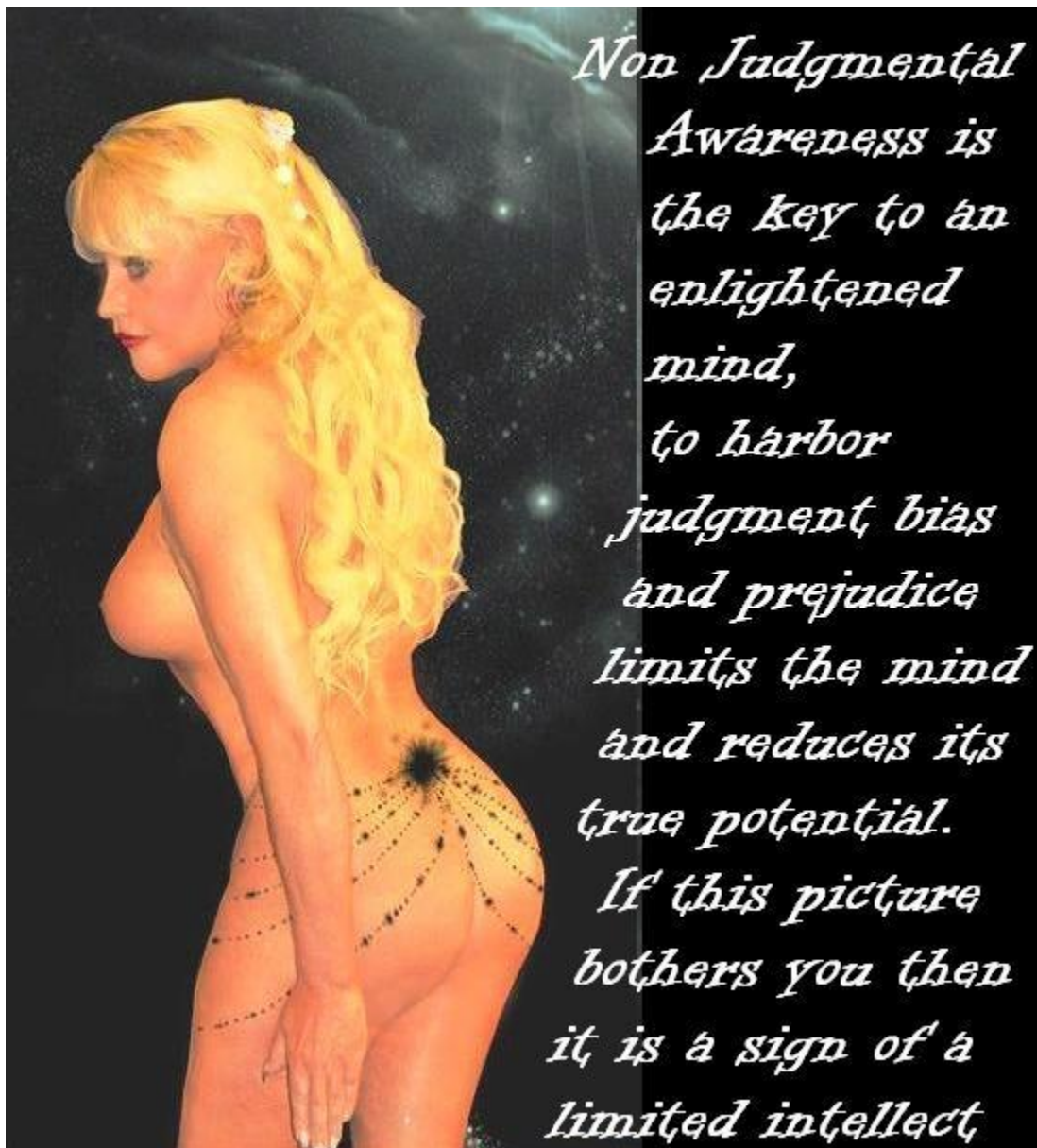
A quick guide – how to make a Mind Map:

1. Gather all the information you need – your research, an array of colored pens and a large blank piece of paper.
2. Draw a simple image or symbol to represent your central idea in the centre of the page.
3. Think of the main points or topics of your Mind Map, radiate your key topics of the central image as branches adding a key word that represents that topic.
4. Now explore your main branches with sub-branches / thoughts. Add single words to each sub-branch. Let your ideas flow freely, adding a new branch for each thought.
5. Use your colored pens and add images to make your map vibrant and exciting.
6. Alternatively, you could produce your Mind Map using the new and exciting Mind Mapping software that has recently become available, for example, Tony Buzan's iMindMap. By using software to facilitate Mind Mapping it enables users to create truly personal, organic Mind Maps without restricting the thinking process in any way, while incorporating all the principles of Mind Mapping technique.

Once you have created your Mind Map you will notice that instead of having pages and pages of boring linear notes you have a single page that contains all the key points that you need to remember. You will instantly see

the connections and links between different ideas and thoughts and can help you quickly gain insight into the big picture as it represented on the piece of paper in front of you.

Secondly, by creating your Mind Map you have used both sides of your brain. People have an extensive range of intellectual and creative skills that they only partly use. However, Mind Mapping takes advantage of the potential of both the right (creative) and left (analytical) sides of the brain. What is more, if both the right and left brain are used, both sides become stronger, engaging with each other to reinforce their creative output, and association. Consequently resulting in a noticeably improved memory.



So vast a quantity of people write me that the SCIO device cured their cancer and they love the genius and the eccentricities of the genius. They love the freedom of mind and spirit I represent. They are astonished by my courage to be me.

Others cowards will use my freedom against me by bad-mouthing and twisting convention over freedom. They will quiver in fear and backbite spitefulness because they are either jealous or their minds are so small and petty.



So vast a quantity of people write me that the SCIO device cured their cancer and they love the genius and the eccentricities of the genius. They love the freedom of mind and spirit I represent. They are astonished by my courage and bravery to be me.

*Great Minds Respect Freedom
small petty minds hate it*

*Desire'
Delicious
Dubounet
Others cowards will use my freedom against me by backbiting and twisting convention over freedom. They will quiver in fear and backbite because they are either jealous or their minds are so small petty and limited.*

*The Angel Desire' and her
Butterflies can teach you the
Super Powers of the Mind*

*and set
you free*

