Oh, Sahanabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhab Soakethabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabhabh Okay, passive learning capacity technic, Meditation. Keep principle of the cyclic meditation, IRT, instant relaxation technique, stimulation, earther cutty chakrasana, relaxation quick relaxation technique, stimulation, vagirasana, sheshankasana, Ustraana, and relaxation, deep relaxation technique. Aim of the practice, to achieve the deeper relaxation state, at physical and mental levels, by alternate stimulation, through set of asanas, followed by relaxation techniques. This combination helps to establish mental equilibrium. This technique is based on the principle mentioned in Kareka of Mondukyo open-ishat, various scientific studies, how demonstrated the beneficial effects of this technique, which enhances sleep quality and improves various health parameters, like heart rate, blood pressure, oxygen consumption, metabolic rate, etc. cyclic meditation is effective in various disease conditions as well. Limitation, no limitation. Medhydagogization mean City reading,rimary meaning, holisticness in children will relax The body circulation Low-chopne亮ance, We start with instant relaxation technique, Ayati and we proceed to experience the linear awareness by sharpening our awareness. Then we chant the prahmeri for experiencing the 3D awareness of this body with the sound resonance and we move further in this technique to experience a different awareness by centering the body's weight. Here we move to fast set of stimulation with the standing posture, Artha Katticya Krasana, lateral arc posture. After experiencing the stimulation and changes, it varies levels of the existence. We move ahead for relaxing the body with quick relaxation technique, QRT. As a cycle, we start the second set of stimulation with the 3 sitting posture called Vajrasana, Ankel posture, Sheshankasana, Rabit posture and Ustraana, the camel posture. Using sounds also to give more stimulation. After due stimulation, we proceed for deep relaxation technique and relax the whole being at all the levels of the personality. Key points. Throughout the practice, all the movements should be very slow with awareness. Ayati should be closed, throughout the practice. Some should experience different sensations and changes within the body and mind during the practice. Step 2. A. Instant relaxation technique. I.R.T. Benefits. Relaxation of the body in one minute. Permitations. Parsons with the high BP. Heart diseases should avoid this. Now prepare yourself mentally for the instant relaxation technique. Slowly come to Stiti. Bring your legs together. Bring your heels, toes together and palms by the side of the body. Keep your face smiling till the end. Gently bring your awareness to the tip of the toes. Stretch your toes. Tighten your uncle's joints. Tighten the cuff muscle. Pull up the kneecaps. Tighten the thigh muscles. Press and squeeze the buttex. Exhale and suck the abdomen in. Make the face of the palms and tighten the arms. Inhale and expand the chest. Tighten the shoulders, neck muscles and compress the face. Tighten the whole body from the toes to the head. Tighten, tighten, tighten, release and relax. Lex apart. Arms apart. Pumps. Facing the roof. Assume the most comfortable position. Let the whole body sink down. Let all the groups of the muscles beautifully relax. Pull up the whole body. Enjoy the relaxation. Up to the linear awareness. Now we will experience the linear awareness. Slowly bring your legs together. Hands by the side of the body. Now with very slow movements, please raise your right hand up. Along the floor, above the head. Now place your left palm on your tummy and bend your left leg at knee. Slowly turn to your right side. Taking the head on your tricep muscles. Now stretch your left leg, above the right leg. Place the left hand on your left thigh. Now observe the wonderful linear awareness at your right side of the body. Consciously observe the linear awareness. The line like a awareness where the body is touching the floor. Step 3. Grammarine and Centering. Now gently, fold both the legs at the knee. And place your left hand on the floor. And with very slow movements, we slowly come to sitting posture. With the help of your hands, please come to standing posture. Now here we chant the Brahmari Brahmayama for 3D awareness. Now inhale fully. And with the acceleration chant the Brahmari. Like experience the 3D awareness, with the resonance of Brahmari Brahmayama throughout your body. Relax completely, with a smile on your face. The whole body resonating. Now slowly come to sitting for doing the centering of the body. Now slowly, lean forward, feel the weight of the entire body on the toes. Pointed awareness, slowly, lean backwards, feel the weight on your heels. Feel the face awareness. Slowly come to the center. Now lean to the right side. The weight of the entire body is on the right edge of the right foot. Feel the pain of your awareness. Now lean to the left. Feel the same pain of your awareness. And slowly come to the center. Feel the surface of your awareness. Now the whole body is centered. The weight of the body is equally distributed throughout the souls of the feet. Collapse your shoulders, arms, smiling face. Now slowly, legs apart. Feel the changes which are taking place throughout your body after this practice. Step 4. Standing asna. Attha Kati Chikrasana. Lateral arc posture. Now we move on to the first set of stimulation and relaxation. We start attha Kati Chikrasana from right side. Slowly raise your right hand up, inch by inch. Sideways. Raise the arms slowly and continuously to horizontal position while enjoying the movement. As the right arm reaches 90 degrees position, twist the palm at the wrist. Concentrate on the pointed awareness at the wrist and glide the right hand up to 135 degrees position. Beautiful pointed awareness on the muscles. Feel the nice stimulation in the shoulder muscles. The right bisets touching the right ear. Feel the blood gushing down the arm. Slowly start bending to your left side. Left to palms sliding down along the left thigh. My movement of surface awareness. Enjoy the fine stretch of the waist muscles on the right side and compression on the left side. Observe all the changes taking place in your body. Slowly start coming back to vertical position. Feel the blood flowing down and spreading of nerve impulses throughout the body. Again stretch. And pull up the right arm. Slowly start bringing the right arm down to 135 degrees. Feel the pointed awareness at the shoulder as you reach horizontal position and at the wrist as you slowly turn the palm down. Feel the tingling sensation at the tips of your fingers. Continuously glide down the hand by the side of the thigh and hang it freely. Entire right portion of the body is beautifully charged with now impulses and energized. Do it from the left in Adhaka Ticakrasana. Bring your awareness from the left side. Now we slowly go down with limited movements for experiencing relaxation and breathe. Experience with the linear awareness from the left side. Now slowly come to sitting posture. Please take help of your hands to come to sitting posture with limited movements. Now we will move to Langdon posture from left side. Stretch your left hand towards your left side to go to Langdon posture. You will experience the linear awareness from the left side. Now rest your head on your left by submassels and a legs one on another and a right hand on the right thigh. Now the whole body's weight is going towards the left side where the body is touching the floor. Experience the beautiful linear awareness at your left side of the body. Step 5. Quick relaxation technique, QRT. Observe the abdominal movements, synchronize the abdominal movements with breathing, breathing with feeling. Quick relaxation technique, QRT. In first phase we observe the abdominal movements. Just observe them. Don't try to interfere with normal movements. Please observe the movements for few rounds. Now in the second phase we synchronize our abdominal movements with breathing. We bulge out the belly when we inhale and we take the tummy inside when we exhale. Phase 3. Breathing with feeling. Once you inhale, feel the energy, freshness and lightness with each inhalation and feel removing all the negative days with each exhalation and relax. As you inhale, the abdominal muscles are coming up. Feel the whole body getting energized and feel the lightness. As you exhale, feel the whole body collapsing and sinking down nicely. Release all the stress and tensions completely. Inhale deeply and exhale completely. Continue to do for a few more rounds. Benefits, relaxation of the body in three minutes. Limitations, no limitation. Step 6. Sitting Asanas, a vagirasana, ankle posture, b, shashankasana, rabbit posture, chanting of Makara, c, ustrasana, camel posture, chanting of Akara. We use some vibrations to increase the stimulation in final posture of certain asanas. Now we move to second set of stimulation and relaxation. Step 6. A vagirasana, ankle posture. From QRT slowly contoh, shithila dandhasana. Now slowly contoh, sthiti, indandasana. Step 6. Pumps by the side of the thighs. Now slowly bend right leg and sit on your right heel, bend the leg also and sit on the left heel. Now slowly. Place the palms on your thighs and keep this fine erect. Enjoy the effect of the harmonizing, the beautiful balance. Absu, the whole weight of the body is going towards your ankle joints and onto the floor. Just observe all the changes, all the nerve impulses and the sensations. Step 6. B. Shashankasana, rabbit posture, chanting of Makara. We use sound vibrations to increase the stimulation in final posture of certain asanas. Now slowly start taking the arms behind. Hold the right wrist with the left palm. Start feeling the pulse at the right wrist, feel the heartbeat. Now slowly start bending down forward for shishankasana. The abdominal and chest muscles pressing the thigh, beautiful surface awareness. Now collapse the forehead on the ground, find surface awareness. Collapse the shoulders. Absor all the changes going on. The increased flow of blood into the head and feel the heaviness in the head region, inhale and chant Makara. Feel the resonance throughout the head, 3D awareness, slowly come up to Vajrasana. Carefully follow all the changes in the head region, feel the lightness in the head, feel the heartbeat, find 3D awareness throughout the body, slowly release your arms and place them on the thighs near the knees. Step 6. Ustrasana, camel posture, chanting of Akara. We use sound vibrations to increase the stimulation in final posture of certain asanas. Slowly, raise up to stand on the knees and observe all the changes in the head region. Slowly, slide the palms up and support the waist with the palms fingers pointing forward. Slowly, start bending backward from the waist, relax the neck muscles, head hanging freely down. Go further down to Ustrasana by placing both the palms on the source of the feet. Have a beautiful smile on your face, inhale and chant Akara, inhale. Beautiful stretching of the abdominal and thoracic muscles. Slowly, return by releasing the arms and placing them on the waist, feel the avalanche of nerve impulses throughout the body, feel the heartbeat. Now slowly, come back to Ustrasana by placing the palms on the thighs. Now please unfold the left leg and the right leg. Slowly, come to Sithila Dandasana, feel all the changes and 3 dimensional awareness throughout your body. Step 7. Deep relaxation technique, D-R-D. Deep relaxation of the body in 10 minutes. Slowly, slide down to Shavasana with the support of the elbows, legs apart, hands apart, palms facing the roof. Let the whole body collapse on the ground, just surrender the body's weight to the gravity. Relax. Relax the whole body, collapse all the joints and relax all the muscles. Close and let go. Now consciously, we go deep into our muscular level and relax the group of muscles. Now consciously, observe your toes and make them loose and relax your ankle joints and make them loose. Relax the cuff muscles. Relax the knee joints. Then keep your knee caps and release. Relax your thighs. Relax your buttocks. Leave them loose on the floor. Relax your hip joints. Relax your waist, pelvis and the pelvic muscles. Now the lower part of the body is completely relaxed. Let us enhance the relaxation by chanting of Akara in hell. Now we move on to the middle portion of our body. Relax your spinal cord. Colaps the spine on the floor just to surrender it to the gravity. Relax your low back, middle back. And upper back. Relax your shoulder blades and the shoulder joints. Relax both the arms. Relax your tricep muscles, biceps, forearm, elbows, wrists, palms, fingers and even the fingertips too. Relax. Focus on your abdominal muscles. Just observe the wonderful moment of the abdominal muscle. Relax. Now move on to your chest muscles. Relax the chest and try to hear your heartbeat. Now try to be happy inside without any reason. And observe the wonderful relaxation taking place in your body, a great region. Relax. Relax your neck joint. Now we have relaxed the middle portion of our body. Let us chant the Ukarra to enhance the relaxation in hell. Feel the resonance of Ukarra in the middle portion of your body. Now we move on to the head region. Relax your neck joint. Relax the lower jaw. Relax the jaw joint. Relax the upper jaw. Focus your awareness on your teeth and the gums. Relax them. Leave the tongue loose. Relax the chin, cheeks, nose. Have a gentle smile on your lips. You can observe the wonderful relaxation taking place in your facial muscles. Relax your eyes, eyeballs. Feel the gentle touch of the eyelids to the eyeball. To sharpen our awareness. Relax the eye-prose. Four head, temple region. Eos, backside of the head and top of the head. Now we have relaxed the head region. To enhance this relaxation, let us chant Makara in hell. Observe the wonderful resonance of Makara spreading the head region. Relax. Now scan your body from the toe to top of the head. And if you found still any stiffness in any part and just let loose and let go. Now we chant our Uma to relax the whole body once again. Inhale. Now we are completely relaxed at Anamaya Koshar. Now please observe your breath at the tips of your nostrils. The air is entering into your nostrils like a tray just observe the gentle touch of the air at the tips of your nose. Now please observe the difference in the touch of the air. When you inhale the touch is cool and when you exhale the touch is little warm. Please observe the difference. Now if you can observe the breath has become slow, soft, gentle and rhythmic. Your relaxed at Anamaya Koshar. If you can observe the mind, the mind has also become calm and quiet. Because of slowing down of our breath the mind has very limited thoughts. When the mind is calm the intellect raises. Now let us take the help of the intellect and observe what is that form through which we are able to move inside from our toe to the top of head and make the body relax. What is that form through which we could observe our breath and make it slow. Yes we are that consciousness. We are not limited to this body and mind we are that all pervasive awareness. To visualize our swass forupa let us come out of this limited bodyness. Please visualize a past to close, cry over your head, come out of that bodyness and slowly become one with the infinity of the sky. You are spreading everywhere. You are the infinity. Become one with the silence and the infinity. This is the state which cannot be touched by anyone from outside. This is the state the fire cannot burn. This is the state the water cannot wet you. And the air cannot move you. You are that you are the all pervasive awareness. This is the yoga. The individual consciousness has joined with the universal consciousness and become one with the. Relax, enjoy the state of please. Enjoy the state of infinity. Anantasama patte. As we have gone into the deep, set list existence of our being we do not know where the body is. Gently move your toes and fingers to come back to the physical body consciousness. In this wonderful state of our being let us all pray for the health, happiness and peace of the whole universe. For us, they will plane and we will fly to the fatherland. Just if they parrot us those that we also feel belongs must be concept of.