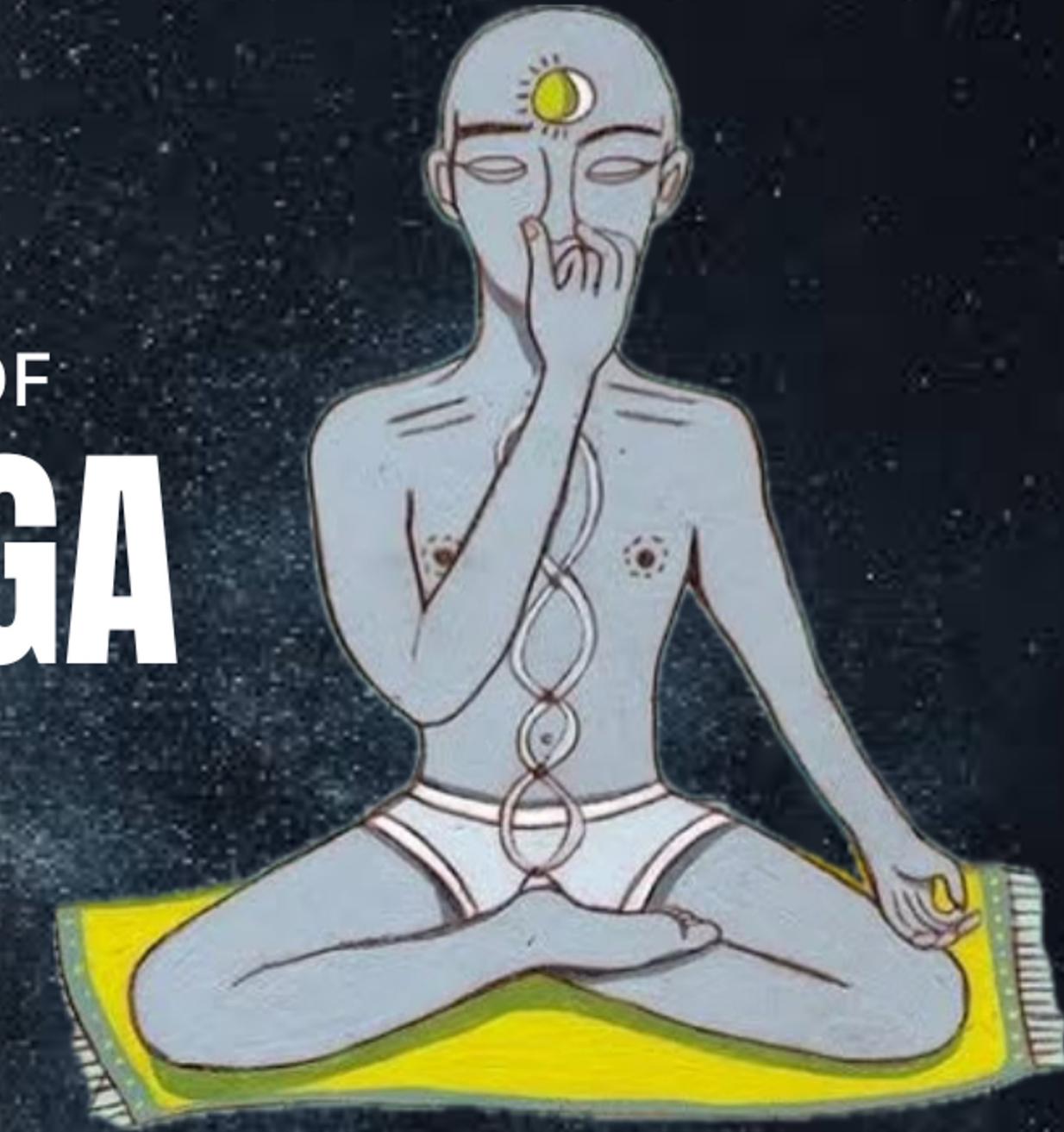




UNLOCKING THE SECRET OF
SWARA YOGA



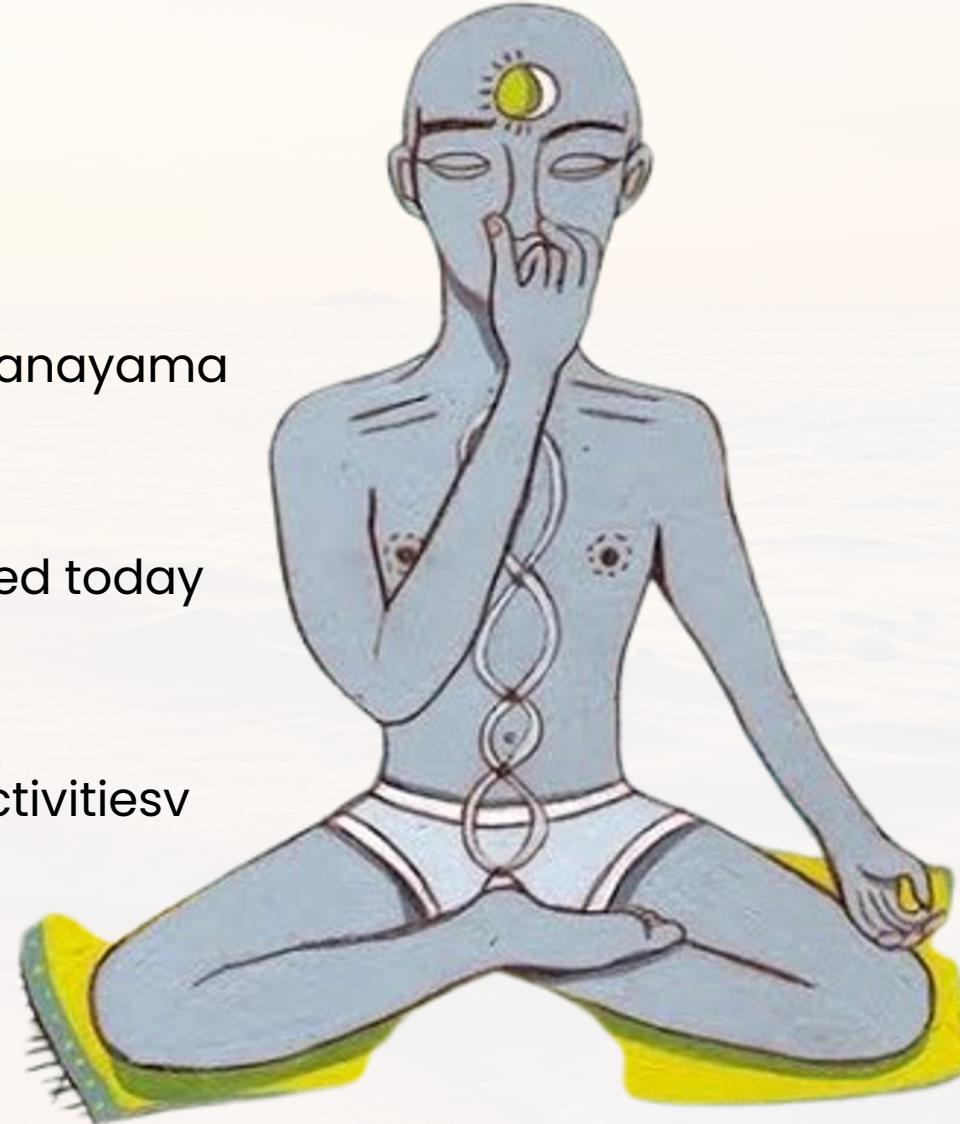


Darshan

- 1.** Introduction to Swara Yoga and its relation with Pranayama

- 2.** Practical Application of Swara Yoga why it is needed today

- 3.** Advanced Concepts in Swara Yoga and related activities based on its domination





maheshwaram namaskrityam shailajam gananayakam,
guru cha paramatmanam bhaje samsar taranam

महेश्वरम् नमस्यकृत्यम् शैलजाम्
गननायकम् । गुरु च परमत्मानम् भजे
संसार तारनम् ॥

Salutations to Maheshwara
(Bhagwan Shiva), Goddess Parvati the
cosmic mother and Ganesha-
destroyer of all obstacles and giver of
wisdom, I bow to the guru who is
verily the supreme consciousness
(Paramatma) and capable of freeing
from all the bondages of the mortal
world. Sloka - 1 Shiva Swarodaya





SWARA = SOUND OR MUSICAL NOTE

also means the continuous flow of air through one nostril.



इदं स्वरोदयं शास्त्रं
सर्वशास्त्रोत्तमोत्तमम् ।
आत्मचघटप्रकादार्थं
प्रदीपकांकोपमम् ॥

RA= SHAKTI

SWA= NATURAL / AUTO PILOT

own

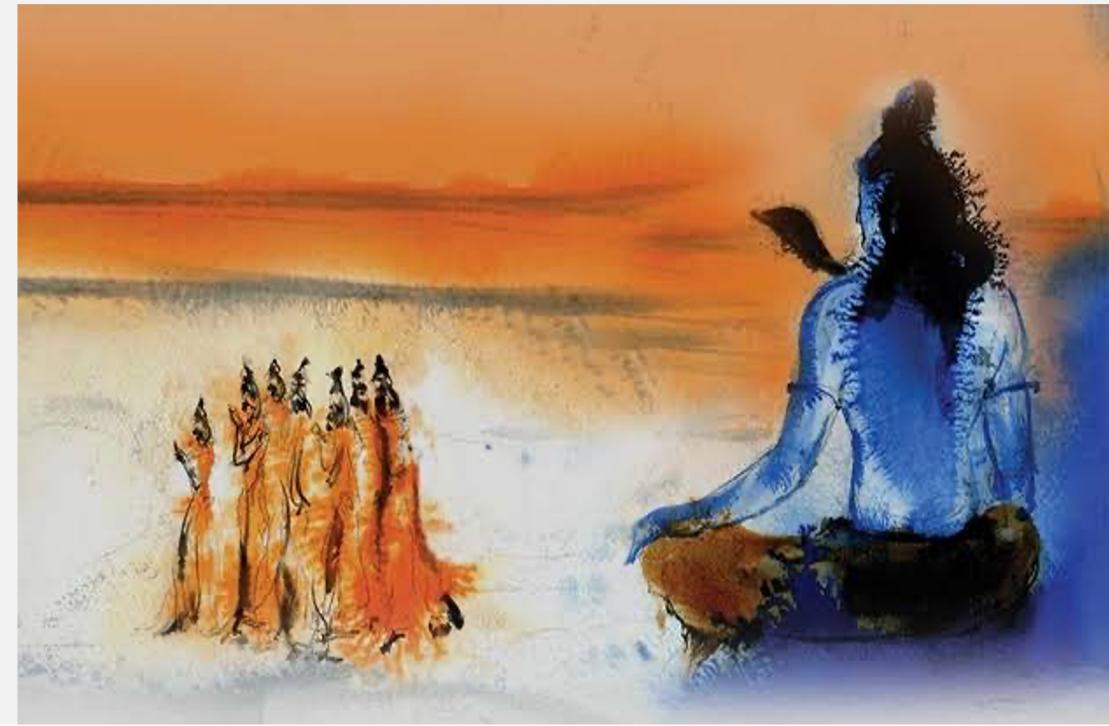
realization of cosmic consciousness, through the awareness or observation, then control or manipulation of the flow of breath in the nostrils.



ANUSHIASAN



देवदेव महादेव कृपां कृत्वा ममोपरि ।
स्वेनिदधिकरं ज्ञानं कथयस्व मम प्रभो ॥
कथं ब्रह्माण्डमुत्पन्नं कथं वा परिवर्तते । कथं
विलीयते देव वद ब्रह्माण्डनिण्यम् ॥



शिष्यलक्षणम्
शान्ते थुद्धे सदाचारे गुरुभक्त्येकमारसे । दृढचिते कृतजे च देयं चेव स्वरोदयम्
इष्टे च दुर्जने ध्नास्तिकं गुरुतत्पर्गे । हीनसत्त्वे दुराचारे स्वरजानं न
दीयते ॥

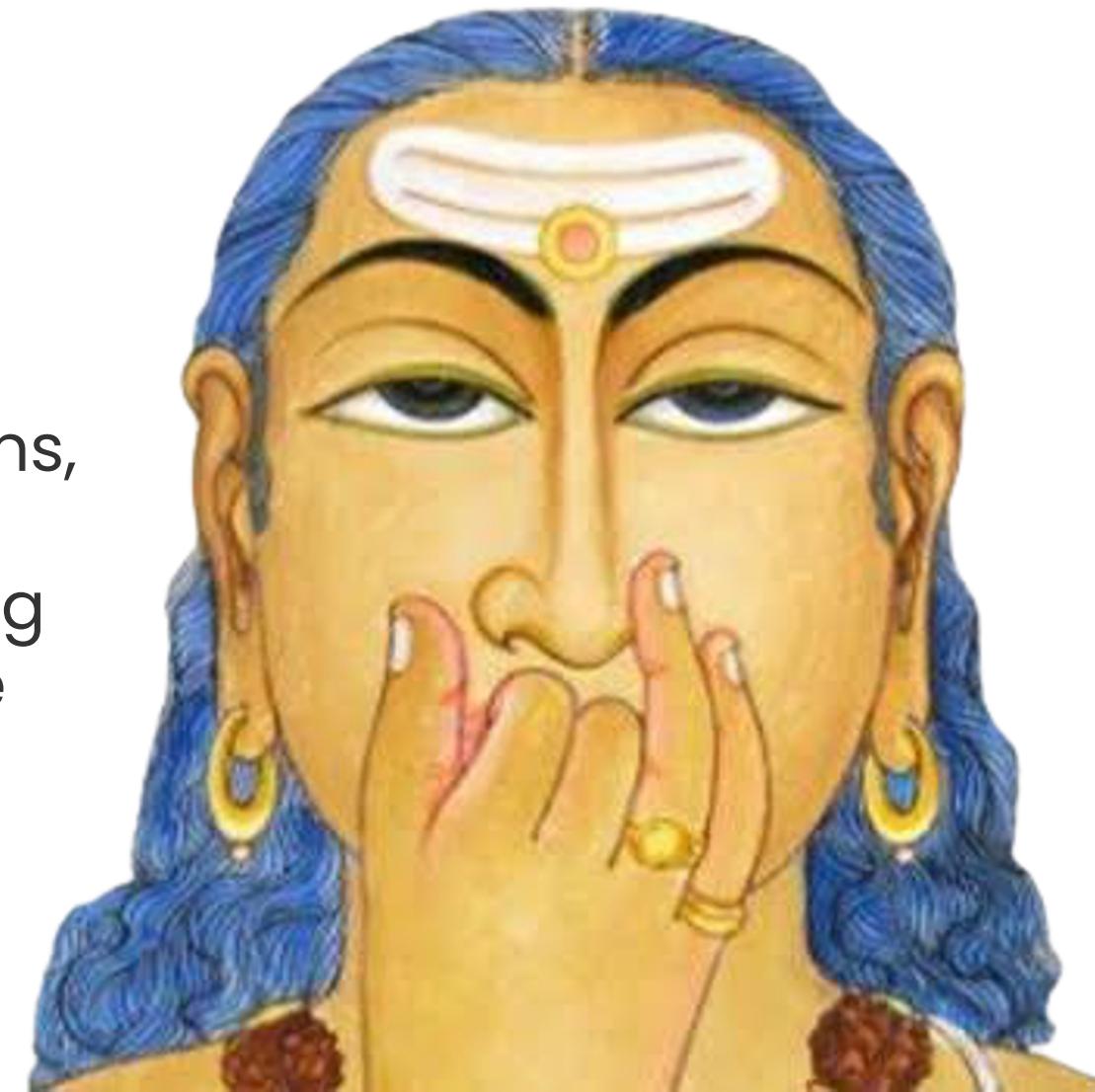


difference between pranayama and swara

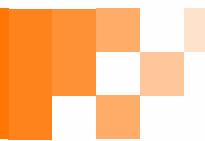
PRANAYAMA is breath control
~~तदिमन्ति श्वासप्रश्वासयोग्यातिविच्छेदः प्राणायामः~~

Swara yoga, is association of the breath in relation to the activities or phases or positions of the sun, moon, planets, seasons, time of day, with the physical and mental conditions of the individual and then taking the appropriate action according to these subtle relations.

गुह्याद्गुह्यतरं सारमुपकारणकाडनम् । इदं स्वरोदयं ज्ञानं ज्ञानानां मरुतके मणिः



swara yoga {three pillars}



swar gyan

knowing the breath flow, and its intensity



nakshtra gyan

movement of sun and moon



tattva darshan

03 five elements game

मायारहित, निराकार एकः देव परमेदवर है
उससे आकार पदा हुआ अर आकाशसे वायु
उत्पन्न हुआ वायुसे तेज, तेजसे ज और जलसे
पृथकी उत्पन्न हड़





Swara yoga is a tantric science coming from the Agama Shastras and from Shaiva Tantra, where Lord Siva is the guru and Shakti is the disciple She asks questions about nature and the governing forces of the universe. Lord Siva gives this precious knowledge of swara yoga to Shakti. Other tantric traditions also existed such as Surya tantra, Ganapatya tantra and Vaishnava tantra. Today only two tantric techniques are commonly available, Saiva and Shakta tantra.

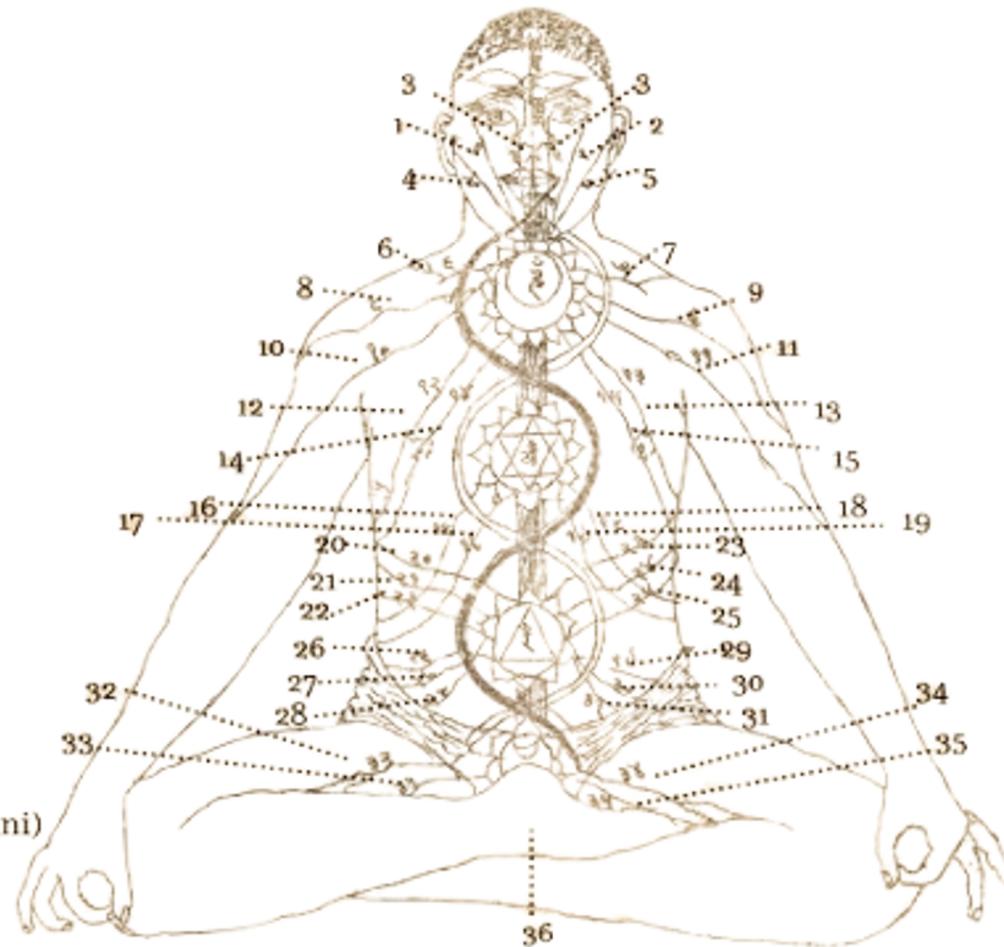




NADIS

nadi is the channel through which pranic energy flows in the body; we are said to have 72,000 of these nadis but there are three principal ones, of which pingala is one. Another is ida and these two are said to flow along the length of the spinal cord, on either side of the main nadi or the shusumna). The pingala, which is the masculine or solar principle, is associated with the left hemisphere of the brain that controls the right side of the body. The left nostril dominance is associated with the Ida nadi or chandra nadi, the feminine or lunar principle, associated with the right hemisphere of the brain and controlling the left side of the body.

- 1. Hastijiva
- 2. Gandhari
- 3. Alambusha
- 4. Pusha
- 5. Yashasvini
- 6. Varuna
- 7. Emarika
- 8. Shita
- 9. Matruka
- 10. Shiva
- 11. Tikta
- 12. Shirawati
- 13. Bala
- 14. Amruta
- 15. Saraswati
- 16. Pita
- 17. Nila
- 18. Vrunda (Payeswini)



- 19. Taraka
- 20. Vishvodari
- 21. Atita
- 22. Tara
- 23. Sarada
- 24. Madhavi
- 25. Taraka
- 26. Iltika
- 27. Yuttara
- 28. Shukra
- 29. Ilta
- 30. Vijolika
- 31. Kali
- 32. Sutra
- 33. Kuhu
- 34. Vishva
- 35. Avantika
- 36. Shankhini



Shiva Swarodaya, Swara Chintamani, Gyan Swarodaya, Indra Swarodaya and others

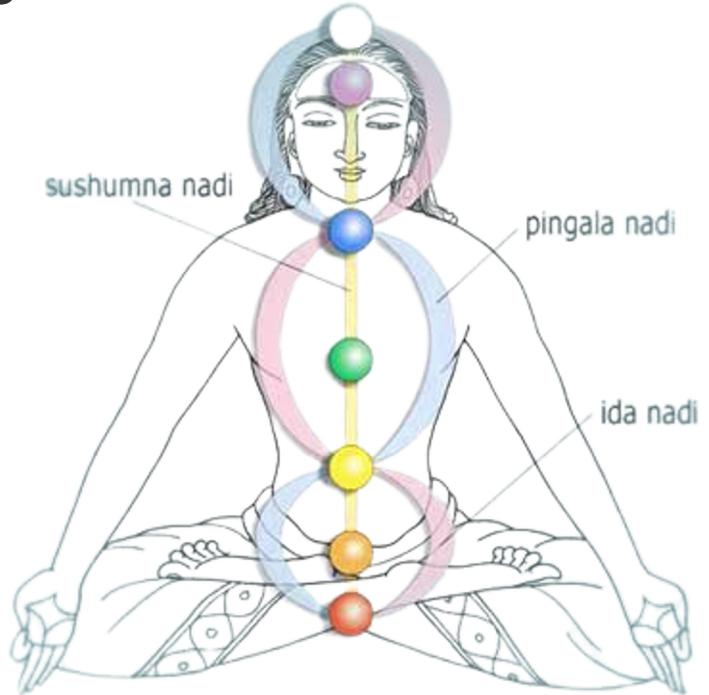
IDA NADI

PINGALA NADI

SHUSHUMNA NADI

वामे चामृतठपा स्याज्जगदाप्यायनं परम् ।
दक्षिणे चरभागेन जगदुत्पादयेत्सदा ॥॥

मध्यमा भवति कठरा दुष्टा सर्वत्र कमसु र
सर्वजन शुभकार्येषु वामा भवति सिद्धिदा

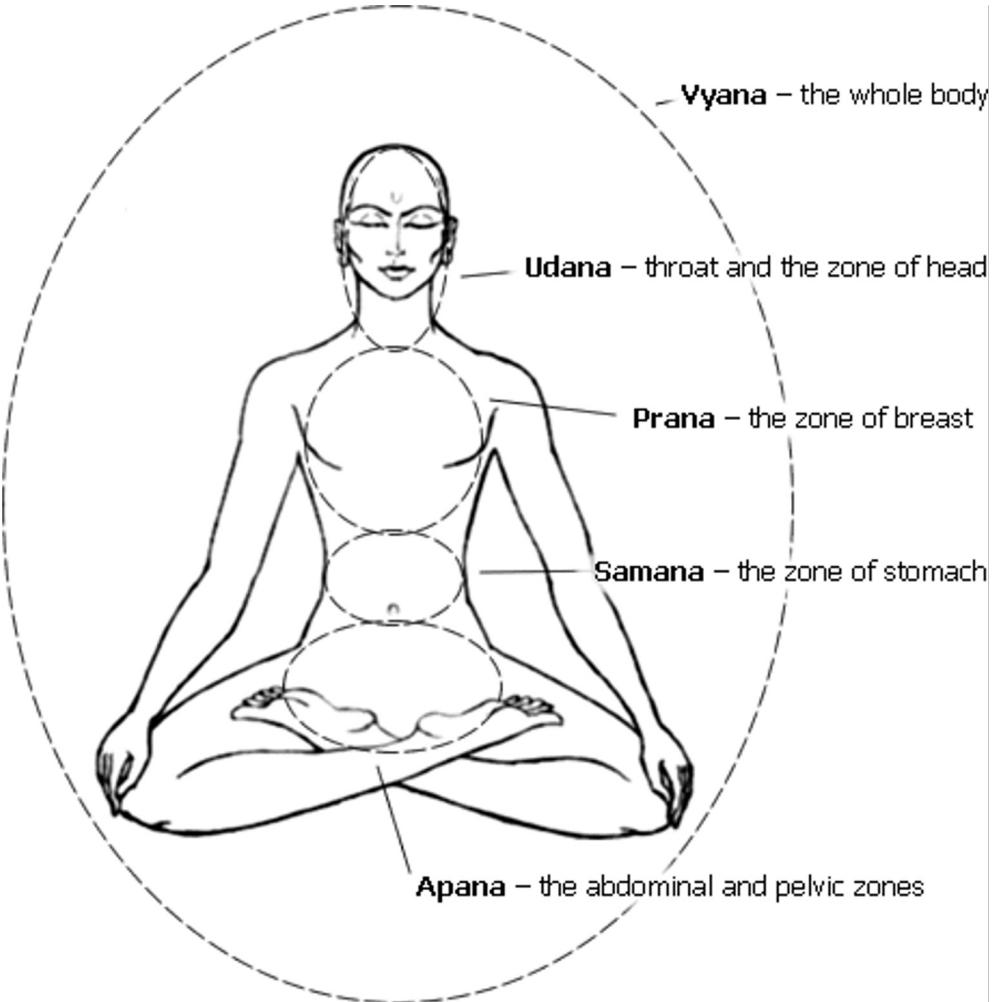




Gandhari- left eye
Hastijivah- right eye
Poosha- right ear
Yashaswini- left ear
Alambhusha - mouth
Kuuhu- reproductive area
Shankhini- anus



DASH PRAN



Nag – udgar
Koorma- unmeelan
Krikal- sneezing
Devdatta- bijrbhan (yawning)
Dhanajya- whole body

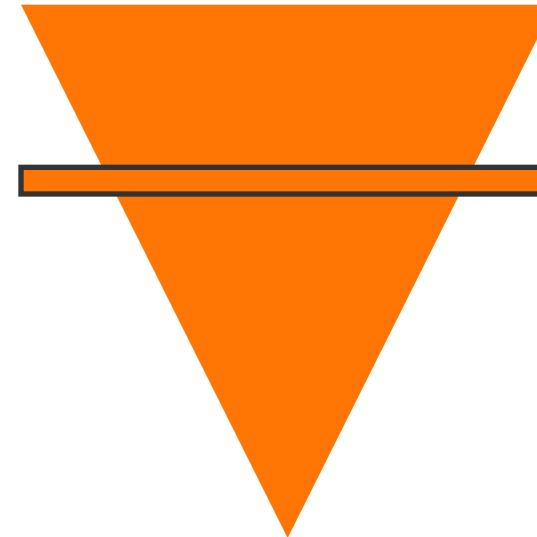


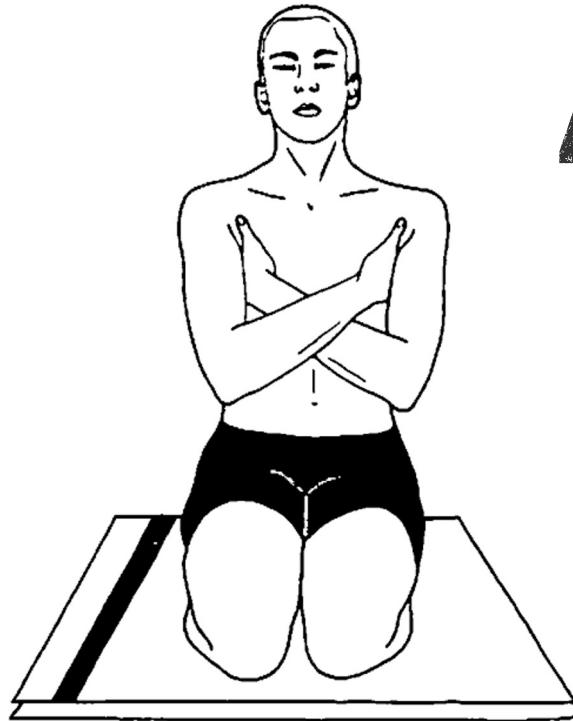
PREPARATION FOR SWAR SADHANA

SHATKARMA

MASTERY
ON PRANAYAMA

DHARANA





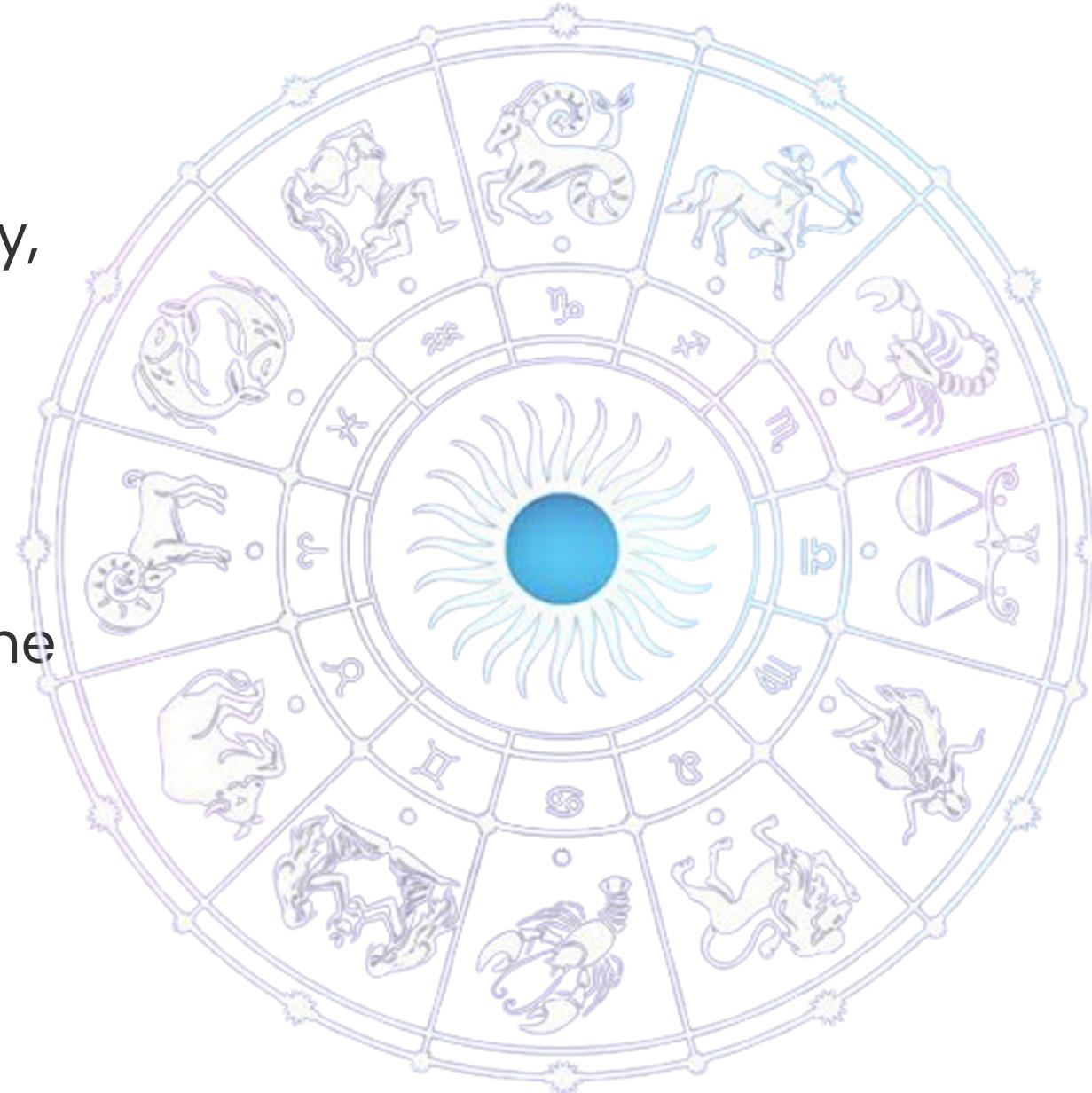
ASANA FOR SWARA





SWARA TIME

In Indian Astrology, the calculation of the Tithis starts from Pratipada (The first day in each half of the lunar month) of the Shukla-Paksha. They are:



2. Dwitiya.
3. Tritiya.
4. Chaturthi.
5. Panchami.
6. Shashthi.
7. Saptami.
8. Ashtami.
9. Navami.
10. Dashami.
11. Ekadasi.
12. Dwadashi.
13. Trayodashi.
14. Chaturdashi.
15. Purnima / 30.

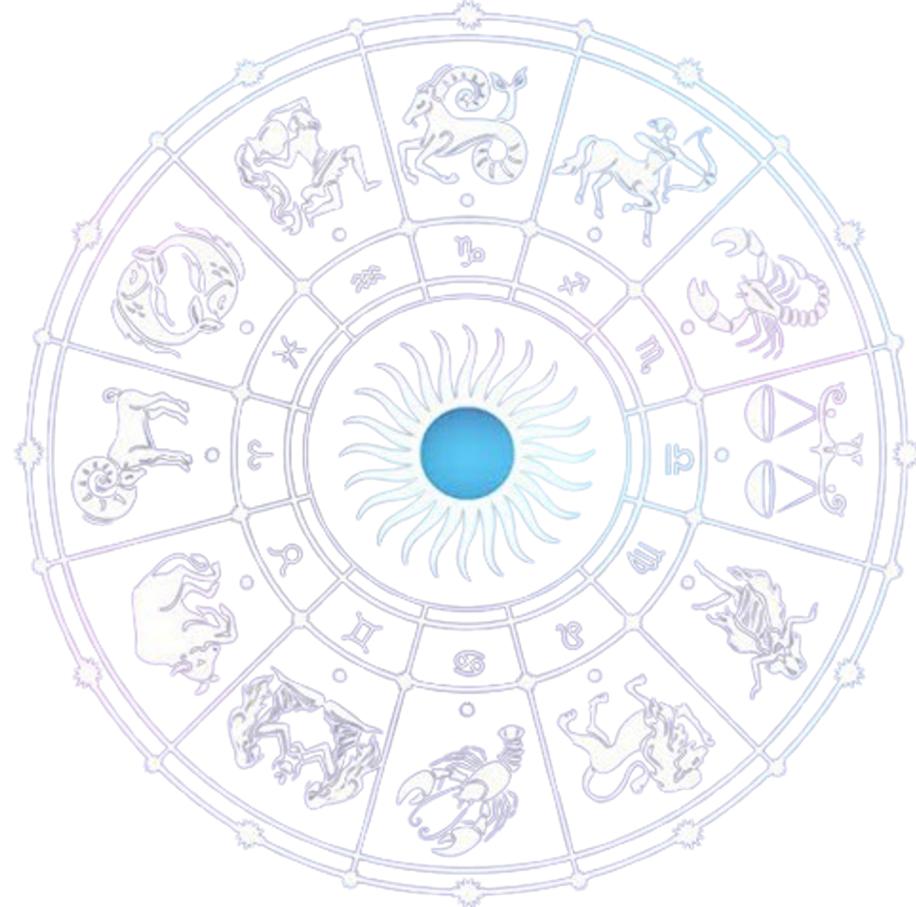


right nostril

krishna paksha

- Pratipada,(1)
- Dwitiya (2)
- Tritiya,,(3)
- Saptami,,(7)
- Ashtami,,(8)
- Navami,,(9)
- Trayodashi,,(13)
- Chaturdashi,,(14)
- Amavasya,(15).

days 4 , 6, 10, 12, of dark fortnight (Krishna paksha) the left nostril flows at sunrise and right nostril at sunset.



left nostril

shukla paksha

- Pratipada,(1)
- Dwitiya (2)
- Tritiya,,(3)
- Saptami,,(7)
- Ashtami,,(8)
- Navami,,(9)
- Trayodashi,,(13)
- Chaturdashi,,(14)
- poornima (15).

There after Ida and Pingala function alternately in 1-2 hour cycle throughout the day until, at sunset left nostril begins to function on the specified days



Activities Associated with the dominance of each specific nostril

Left nostril dominance (right brain activities)	Right nostril dominance (left brain activities)
Beginning of regular intellectual studies	Learning or teaching martial arts
Long-term activities	Temporary activities
Stable business; requiring no movement	Unstable business; requiring movement
Worshipping the guru	Seeing the king, addressing officials
Playing musical instruments, singing, dancing	Writing a manuscript, practice of tantra, mantra, yantra
Planting, gardening	Chopping wood, lighting fire
Construction of a hermitage, temple	War, destruction of the country
Building wells, swimming pools, ponds	Cutting jewels, gems, sculpting
Giving charity, lending money	Accepting charity, borrowing
Opening bank account	Gambling
Journey to far off places	Journey to nearby places / return journey
Enjoy meditation	Sexual or angry expression
Performing auspicious acts	Worshipping evil spirits
Service	Ordering or giving commands



AUSPICIOUS ACTIVITIES FOR RIGHT NOSTRIL FLOW/PINGALA/LEFT SIDE OF THE BRAIN:

- Physical activity and hard work
- Eating, evacuating the bowels
- Risky and heroic feats, and challenging ventures
- Shatkarma, kunyal rkiya (stomach washing by drinking and vomiting salty water)
- Intellectual study, mathematics
- Buying, selling, commerce
- Travel
- Presenting in public, addressing an audience
- Opposition, resistance, debating
- Riding horse bikes, or motor cycles, or adrenaline expelling ventures
- For men to attract women

AUSPICIOUS ACTIVITIES FOR LEFT NOSTRIL FLOW/PINGALA/RIGHT SIDE OF THE BRAIN:

- Drinking water or urinating
- Getting out of bed
- Calm and silent work, especially if it requires mental creativity
- Purchasing jewelry
- charity and helping others
- Settling disagreements
- Approaching those in senior positions
- Religious practices, ceremonies, marriage and initiations of any sort
- Mantra practice
- Long journeys
- Meeting a guru
- Sowing seeds
- Anything to do with medicine and treatment of diseases
- Singing, playin



इवासे सकारसःस्ये तु यदानं दीयते बुधः तहानं जीवलोकेऽस्मिन् कोटि कोटिगणं भवेत्॥
जब इवास सकारमें स्थित हो उस समय जो दान वृद्धिमान् मनुष्य दे वह दान इस जीवलोकमें
कोटिगुना फल देता है ॥

वामे चामृतरूपा स्याज्जगदाप्यायनं परम् । दक्षिणे चरभागेन जगदुत्पादयेत्सदा॥,
बामभागकी नाडी (इडा) अमृतरूप ओर सब जगतकी पोषक होता है और दक्षिणके
चर भागको प्रिंगला बाड़ी सद्व जगतको पैदा करती है।
मध्यमा भवति कन्दरा दुष्टा सवत्र कमसु र सवजन थुभकार्येषु वामा भवति सिद्धिदा

निर्गमे तु थुभा वामा प्रवेशे दक्षिणा थुभा! चन्द्रः समः सुविजेयो रविस्तु विषमः सदा

चन्द्रः स्त्री पुरुष सूरयं चन्द्रो गौरोऽसितो रविः । चन्द्रनाडीध्रवहुण सौम्यकायाणि कारयेत्
सूयनाडीप्रवाहेण रोद्रकमाणि कारयेत् । सुषुम्नायाः प्रवाहेण भुक्तिमुक्तिफलानि

surya bhedi and chandra

सूर्येण बद्यते सूर्यञ्चनश्चन्द्रेण बद्यते , यो जानाति शूलियामेतां त्रैलोक्यं वशं क्षणात् ॥॥।
सूरयके स्वरसे भूथं ओर चंद्रमकि स्वरसे चंद्रमा बंद होता है और ज मनुष्य इस क्रियाको
जानता है उसके वेशमे त्रिलोक क्षणमात्रमे होता

days and swara -गुरुथुक्रबुधेन्द्रनां वासरे बामनाडिका । १ सिद्धिदा स्वकार्येषु थुक्लपक्षे
विशेषतः:

अकर्डिंगारकसौरोणां वासरे दक्षनाडिका: ॥ १ ॥ १ ॥ | स्मतव्या चरकारयषु कृष्णपक्षे विशेषतः ।
आदित्य, मंगल, शनेर्चर इन वारोमे दक्षिणनाडीका स्मरण बर । कार्यम् करना और इसफा
फर कृष्णपक्षे विशेषकर होता

tattva udaya-प्रथम वदतं वायुद्रितीयं च तथानलः । त तृतीयं वहते भूमिशतुर्थं वारणो वहेत
॥



Repeat the mantra

सुप्रभात् प्रार्थना और कर दर्शनः

कराग्रे वसते लक्ष्मी कर मध्ये सरस्वती | कर मूलेतु गोविंदः प्रभाते कर दर्शनम् ॥

Morning Prayer Watching both the Palm together with Awahani Mudra

karāgrē vasatē lakṣmī kara madhyē sarasvatī

kara mūlētu gōvīndāḥ prabhātē kara darśanam

माता प्रिथवि पर् पाव रखने के पहले प्रार्थना

Before putting the feet on Mother Earth: chant this mantra

समुद्रवसने देवि पर्वतस्तनमण्डले । विष्णुपत्नि नमस्तुभ्यं पादस्पर्शं क्षमस्वमे ॥

Samudra vasane devi parvatashtal mandale

Vishnu patni namastubhyam padasparsham kshamasvame

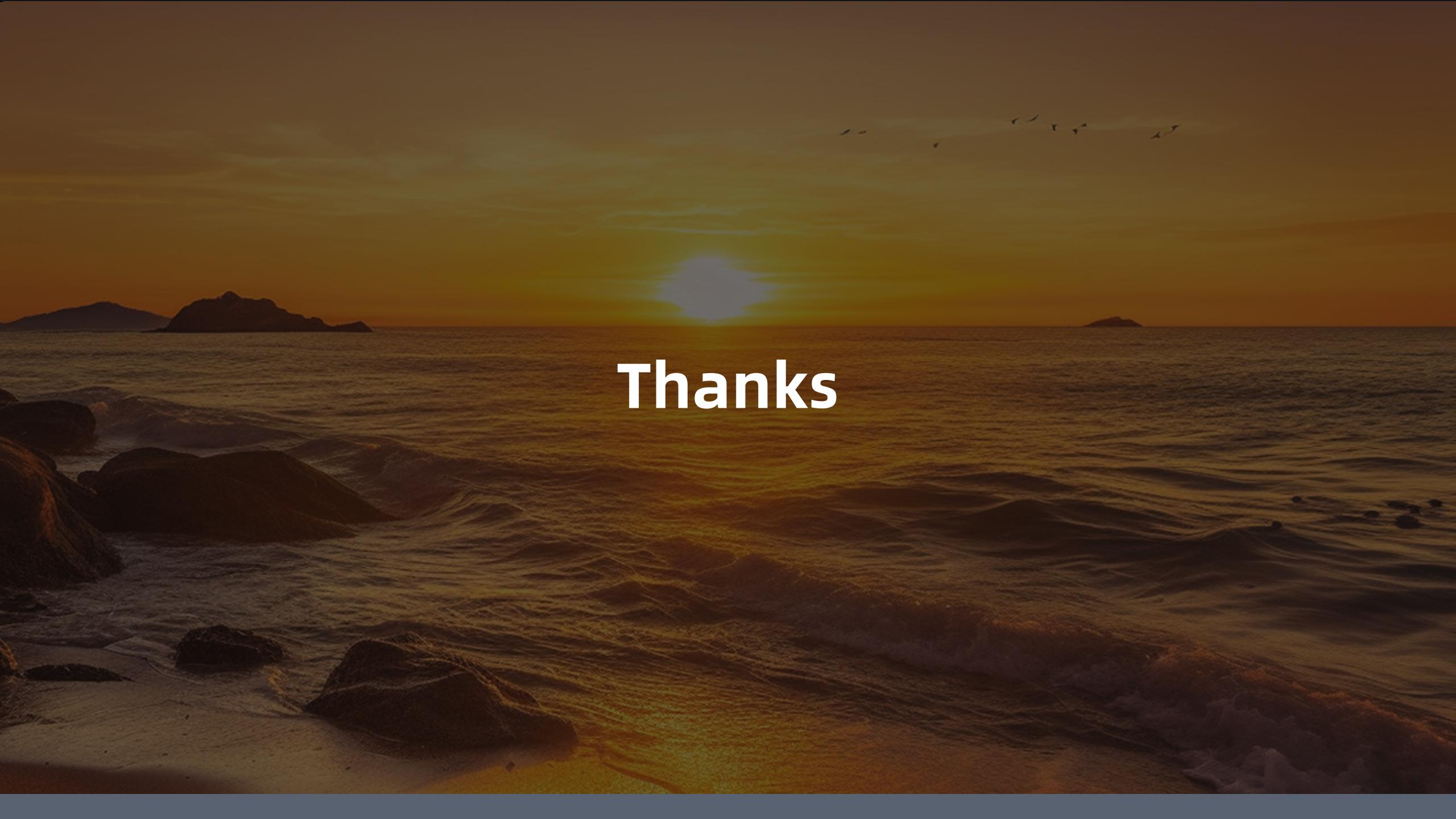
visualize three eyes devi as mother earth in yellow clothes or yellow squire Put that foot on the ground first, which corresponds to the nostril which is flowing – if right then right foot first.

2. Go to the toilet when right nostril is flowing and urinate when the left nostril is flowing.

3. Eat meals when right nostril is flowing and drink water when the left is flowing.

4. Go to bed at night when right nos



A wide-angle photograph of a coastal sunset. The sky is a vibrant orange and yellow, with a bright sun partially visible on the horizon. In the foreground, dark, silhouetted rocks are scattered along the shoreline. The ocean waves are breaking onto the rocks, creating white foam. In the distance, a range of mountains or hills is visible against the horizon.

Thanks