



Shambhavi

Twice!

*Ingredients for a corporate
yogi*

SHAMBHAVI TWICE

Ingredients for a corporate yogi

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Namaskaram/hi/hello/yo!,

This piece of information was targeted at people who have learnt shambhavi mahamudra(a very powerful kriya) and are unable to continue practice due to various reasons like office or family or just "you couldn't". The others that I have dedicated this work is for those of you who just heard about isha yoga and are planning to learn the practices offered by Isha Foundation(This is a great intro and experience to start with.)

This is a book written not with an intention to teach shambhavi or any other classic yogic practices(Even though you will learn many practices of isha

from this book). That has been happening very wonderfully for decades now and to my knowledge its being done revolutionarily by only one guy/yogi/public speaker/chef/awesome dad/guru and that would be my Beard boy(sadhguru jaggi vasudev) founder of Isha Foundation.

This book was written with the intention to help people who have immense intention to do the practices like shambhavi or shoonya intensive(Advanced meditation) they've learnt from Isha yoga classes but lack certain knowledge on how to introduce one's mind and body to a new life style and hence suffer inconsistency.

Anything new is a threat to our mind(survival), you ask a person to change a place he or she is sitting in, they would find an uncomfortable resistance from within, even though there is enough place in the room. So our mind and body needs certain mode of communication from our side, when this is done properly it will do even the most ugliest thing like a compulsion, example: having a coffee in the bed without even brushing in the morning or alcoholism or obsessive shopping. When it is not communicated properly even wonderful things like waking up earlier, meditating, exercising and reading books that seems to have a positive effect over the mind and body could not be regularized.

So what is happening here? I want you to give it a thought as in why would somebody do something even when it starts killing them, stops giving pleasure and why is that there is no cooperation from our mind and body for wonderful habits like yoga or meditation. To cry out loud, I even know people who cant have a bath on Sundays, its their "thing", I mean what is that??.

Now I wont get into subjects I have no experience on like karma, compulsion of the body etc.,that is best done by Beard boy himself. But as a practitioner of shambhavi and other practices of isha I do have an advantage, it is that I have been an irregular practitioner who transformed into living a hardcore yogic lifestyle with a corporate busy schedule and I can show you how.

The trick is very simple but the steps are quite complex. Building a habit!!! Thats all you need to do, you need to make something a habit. Even if its about sucking a burning pile of nicotine and tobacco rolled in a small paper that irritates your throat and decreases your lung capacity, you will hold onto

it very proudly. Only if its a habit.

If its not a habit then you cant be consistent and say "oh I was able to give up smoking very easily, It didn't even affect me much, the only bad thing I have might be coffee,too much coffee!!!" the reason for this sample statement is that for this person, smoking never became a habit, but coffee did.

Now all our habits are formed very much unconsciously, there is a well researched step by step guide with which you can develop a habit consciously and let it stay with you as an obsession. Now it is assumable that you will only choose benefiting habits to develop consciously, so with that confidence I am going to provide a step by step complex guide which if followed along can lead to regular practice of shambhavi(TWICE!) and you know what will happen to you if you have already practiced it. You love it,you just could not continue it thats all.

Even I couldn't, but now I do,I practice Shambhavi, hathayoga and shoonya intensive practices for four to five hours a day without affecting office time and family time. My key strength here is not my knowledge on forming habits. My readers here are devoted people with intention to do their practices, they just dont know how to regularise something to let it become a habit. If I just show them what I did, this book is going to make a huge change in a meditator's life.

So that is what you need to appreciate yourself for. You know the benefits of shambhavi(or any other practices of Isha) you are trying but above all you got the intention, this is the very first thing you need, Intention! Without intention this book is meaningless B.S.(cow dung with negative connotations) Bowing down to the Adiguru,considering the life that is reading this book as the most important one in my life and with trust over Beard boy, I give you this book which would divide itself into two parts. Part A and Part B.

Part A would hundred percent work on your diet. Ideally I wanted the Mindset section at part B to be the first section for you to read but due to the impact and importance of change in diet in terms of habit formation I am prioritising Diet as the Part A section. Just by fixing a few things for few days how your body cooperates is just miraculous interms of diet, it was something I found out accidentally. You are going to love it.

in terms

Part B would hold the introduction of practices from isha, some you can practice immediately from the book's reference link itself, others you will have to register a new class or attend a correction class organised by the Isha Foundation. The crux of the book is at the guidance of how to introduce these practices within your busy schedule. It will help you through every type of excuse and emergency you would come up with and how to still continuing the practices. Enjoy!

Pranam/see ya! PART A

THE DIET

(Eating is more than just survival, if used with right knowledge you can fix a lot of things in life which you never thought was linked to your eating habits)
Hello there,

In this section we will look into what type of food we will be eating, for how many days we will be doing so and above all why its needed. Being a powerlifter during my college days I loved the fact that I could eat anything and everything, the word diet generated images of sick people in my mind.

If you are like me currently, be prepared to get surprised. With the current level of dependance over food we are going through in life it is impossible to affect any aspect of our life the way we want it.

Be it you want to bulge the muscles like a stallone or you want to become meditative, what you put in your stomach and how you put it is extremely crucial.

If you don't think this makes sense try and be independent of food. That is dont eat. See how long you can do whatever you want to do. In hours your performance will go down. There are yogis who eat very little and are so active, most of their life is spent in mountains with very rough altitude.

They have a certain independence from food. We will also go there but not immediately after closing this book.

What to eat:

The main reason for not being able to do shambhavi regularly is not just because you got held up with something important. To set a habit into the system we need to prepare the system in such a way that when you wake up in the morning the body should be breezy and light. Not stiff like a rug. To do this a certain amount of cleansing is needed. Cleansing will happen in the system with any type of food that naturally has a water content of 90% naturally. Now dont pour two bottles of water into every dish that is being cooked in the kitchen right now. NATURALLY the food is supposed to contain that much water. Only fruits contain so much water and we will be eating fruits.

"So are we going to be in a fruitarian diet that people use for losing weight??" NO! Sorry I dont want to crash your system,I want to build your system in a very gentle and receptive manner. The only problem with a fruit diet is that it lacks sufficient protein and carbs (since most fruit diets I know avoids bananas) our diet will have protein and bananas in it(I mean carbs) "oh so am I gonna get fat?" No! Not at all. You will be light, breezy, happy and glowing.

I have been through various systems of bodybuilding routines and diet plans, the problem with people is they read a nutrition sheet and try to do a basic math, "If carb makes me fat, then zero carb should make me look like brad pitt or hugh jackman" I know people who tried this diet after my suggestion, they went ahead and made small changes like excluding bananas and they ended up having cramps, like crazy cramps!! they would turn their head because someone called and their neck would cramp and they would come running to me complaining about the problem "I didn't have this problem untill I was getting into the diet you suggested!" when I asked if they excluded anything off the diet, they would smile and say "yea I wanted to get into a zero-carb diet since I wanted to lose weight too". The smile they give is priceless, so kindly dont be such a muladhar(the perineum point between your anus and genital organ) over your body, it will teach you who is the boss in one day! One important aspect of our diet is going to be groundnut/peanut(which also people tried to exclude and suffered). High protein content nuts. There are yogis who survive only with groundnuts everyday. We will soak the groundnuts for six hours and get it prepared for everyday. Ill let you know how to prepare it within the diet plan in a while.

So be prepared for a good change in food. This diet will make you more cooperative towards an effort.

How to eat:

Everyday morning you will be drinking a sweet porridge made of groundnuts. This will be your breakfast. This porridge is very high in protein, very tasty and above all very easy to prepare.

Ingredients:

1. Groundnut soaked in water for 6 hrs -150 to 200 grams
2. Powdered jaggery - 5 to 6 tea spoons
3. Banana - if small 3, if large use just 2.
4. Water – 1 or 2 glasses(experiment with what suits you best)

Preparation:

The easiest thing about this dish is its preparation. Just add everything into a blender and blend it. You should get a brownish porridge by the end. Drink it!! You are good to go for a minimum five hours without the need to munch anything. The thing about this porridge is that you can customise it. Add a little less water or more jaggery or one more banana or little more groundnuts or all of it! It depends on your taste!

This is my breakfast for everyday now. This makes breakfast less of a nuisance and you will be able to head to your office so quick with so much energy! This is a must for your diet. I know people who just have this porridge twice a day and thats it. Now what about the lunch and dinner?

So your lunch should be filled with some basic variety of fruits with honey(not too much, few spoons will be fine). Add in papayas, apples, oranges and water melons for example. Keep it simple but round about nutritional fruits so it does not become a nuisance by itself. After twelve days your breakfast will be the same porridge but you are allowed to eat home food that is vegetarian for lunch and dinner, avoid junk food and snacks during the first forty days. After that you can eat them once in a while, during weekends or so. But make sure your breakfast is the groundnut porridge for everyday untill this regimen gets over(which is not forty days)

An alternative:

For those of you with diabetes or who are in a condition to not being able to follow a fruit diet, kindly stay in a vegetarian diet. Make sure to take half a small spoon of castor oil in the night before you go to bed. This will flush the system next day morning. Please don't increase the quantity, it will not be a pleasant experience for your rear end. If possible consult your doctor on what type of fruits you can take and make sure you include them within your diet regularly.

Note: The first two days some funny bowel movements is to be expected with the fruit diet. Toxic contents will get watered out. Need not be worried about this, you are good to go. Kindly don't get too excited and avoid bananas or groundnuts thinking that you will lose weight, you will get cramps like anything. Stay calm and just follow the diet the way it is suggested for the first forty days if you are more interested looking at the results you are getting you can still continue this diet. I know people who are on this diet for months now. PART B.

The mind games.

(Motivation can evaporate but habit will stay put.)

In this section you will start getting the actual information you have been waiting for. The important thing you need before doing shambhavi is not learning it, but preparing yourself in a way that the moment you receive shambhavi properly you should be able to get with it in such a way that you will continue practicing it for a life time.

Any of the kriyas you learn is a self destructing process in a positive way. It is when you drop the so called self that you are able to perceive higher dimensions in life. But our self preservation will not let this happen very easily. This is not a bad thing, looking at yourself as a hurdle or problem is not very helpful here. It is this self preservation that helps you save yourself from a fall by using your hands as fast and as strong as possible.

Our mind is hitting such breaks while trying to practice kriyas as well. It just means good to us. The only way to overcome this issue is by making a kriya your obsession or compulsion. It is a compulsion or obsession that can make you exercise something that is self destructive. Alcohol consumption is not a

very pleasant experience 50% of the time, when it becomes an addiction the percentage is much higher. But it is a compulsion now, even your mind can't hit the breaks here.

We should do the same with kriyas too. If you are very motivated about a practice, say you saw a workout video, inspired by a six pack fitness model all evening you rubbed your fat belly very ambitiously and decided you will hit the gym next day morning. You woke up very early next day, like really early, say 2:30 in the morning. Now you have some time so you will pack all necessary gym kits, the protein shaker, still you got some time. So you thought you will jog your way to the gym, so you will be all warmed up. You reached the gym and you worked out every muscle(which is wrong according to bodybuilding guidelines) like never before and you really worked those ab muscles.

Basically its a Sylvester stallone movie workout clip, only that its the fat you instead of him. I dont even have to tell you what is going to happen the next day. You woke up late!!! You thought it was 2:30 but its 7:45 in the morning and you are late for office/college/school!!! The body is very tired as well, and there goes your habit of working out everyday down the flush.

So what happened here ideally is that you were motivated heavily. Motivation is very effective but it is short term. It evaporates very soon. To me motivation is never a very trustworthy tool it maybe is useful at times of emergency. But on the other hand if you observe, there is some habit that you can never break so easily, it could be good or bad. Say you enter office, you login your laptop, after you finish some basic morning work there would be a time you will get up sharply from your place, go have a tea and come back to your place. This tea time will be so accurate and sharp, you can't miss it. If you did miss it you will feel incomplete, progressing the day further would be awkward without that tea maybe you have observed it or maybe you didn't, maybe it is a tea or maybe it is a loo break but there defenitely is a pattern in every human's life. So how did this habit form? Is it because of the perfect timing everyday? No, say you had a meeting during your tea time, you would either take your tea with you or finish the meeting and first thing you will do is have your tea. Habit forms into a person's system depending on multiple variables.

To form a habit consciously we need three basic pillars to work on, which will take care of all the required variables for a habit. It is scientifically proven now that if you form a habit, there is a specific pathway formed in your brain neurologically. This pathway is going to be there permanently triggering you to act on some specific habit, even if you change the habit this pathway is still existing, you can just replace a habit with something else, it is due to this neurological feedback which is permanent according to scientists.

There are people who quit smoking, over eating, alcoholism, being in a poor financial status in life and altered few habits in their life for something productive. Alcoholism became meditation or yoga. Smoking became sports and hence a huge impact has been made in their life.

Similarly we need to form new habits to introduce shambhavi into your life as a habit. If you properly follow instructions laid from here on. You will be able to do a lot of Isha practices very easily. If at all your day was too busy that the world stood on your shoulders, you will at least complete "Shambhavi Twice"(yay! got the title of the book into a line and it meant something). Yes thats a guarentee this book can give you.
Cheers/Pranam!

Creating a compulsion. (Intention,small steps and repetition.)

It is now very clear to us that we need to make shambhavi a compulsion for it to become a part of us. Any doubts about it? If yes please read the book from first again please. No? I thought so too.

Intention:

The first step you need to take care of is intention. And that is defenitely there if you have picked up this book. But that is not all what I mean here. Intention should be large/grand. Only if you intend to do something large, something small is possible. If the intention is extra large, then something larger can happen.

Beardboy wanted to touch seven billion lives with bliss, but he is disappointed that only a few million are blissful. The guy gets a smile on my face every time he says that, he is disappointed with a million blissful lives, that is because he seriously wanted to reach out to the entire world and he

still is working towards that. He is facing a limitation because he wants to do something with the outside world, inside he seems to be 100% in control but to us even our inside world is not totally in control. So it is important that we aim too high, like sky high.

Our current state is such that we can only hop and jump in life for everything, hence such a strategy. Until our energies are super charged we have to go by this method. I used to hate to accept that I had such a limitation. But only after accepting that did I see any change in my life. I ask you to do the same with yourself.

First accept every limitation you have. Physically, mentally we are very limited, if you hate the fact and try to dog train your body or mind for a day, next day they are going to bark at you. You need to address your body and mind like a child. Accept and work with the limitation.

So step one would be intention that is higher than your goal(doen shambhavi twice everyday) Now what should be your super large intention? For one whole year I was only able to do bhuta shuddhi(a very simple yet powerful purification process done within 15 minutes) but all the year I wanted to learn all advanced yoga and practice yoga close to seven hours everyday, which might sound scary but if you split and hit advanced kriyas with asanas it would come close to seven hours.

I didn't achieve this goal yet but I started practicing three hours of yoga with two shifts everyday easily after a year. You get the point? Since my priority was yoga and I have responsibilities too, with the help of kriya and yoga I reduced my sleep time naturally from six hours to four or three hours a day, so my practices are done before sunrise and I don't spend more than an hour in the evening. I also eat only twice a day now. So my life is totally for yoga, family and office now(prioritised in the same order). Eating and sleeping have been sacrificed(or dumped! it feels like a nuisance once you start doing kriyas properly).

This all might sound too much for you right now, but that's just because doing shambhavi mahamudra(21 minute kriya) is the himalayan target for you right now. Just make an intention to live a life of a yogi with a corporate/family schedule, doing shambhavi twice is going to look like a

piece of cake(eggless black forest). To me doing just shambhavi twice a day is the least I have dedicated for yoga and I am physically less satisfied with that.

One thing about intention is, it immediately sets you apart from the regular people. You take any field of focus for example Career,family,relationship or spirituality, what is your intention immediately shifts your category from the prevailing set of people working for the same thing.

It might take time for people to see it and recognise you, but you wont be working for recognition, you never did at the first place.

It was your intention that pulled you all the way so high. Experiential programs of Isha yoga centre aim at this. Once you experience something larger than your current priorities, practicing yoga regularly is not a big deal, its working on your intention from the back door. So do you need to complete experiential programs now?

I never got a registration completed yet for the programs, its so full all the time. I was only able to learn the practices of Isha, hopefully next year(so the point is experiential programs are not a must here).

Remember that your intention is your fuel, your intention is your anchor and your intention is the first step. So keep an intention that is way higher than what you want to achieve, your target will be achieved quicker than you thought you could achieve.

Small steps:

This is very important. If you have a pen nearby kindly turn on the stove burner and show the tip of it to the fire, wait for it to become hot enough and write the words in your skin "SMALL STEPS". (that was an exaggerated joke, not an instruction, please keep that pen down.)

Small steps are your way to success in every aspect of your life. You take a guitar, just learn one small and very easy chord from youtube and just spend five minutes twice everyday. Add five more minutes and a new chord every month. In a year you will be an awesome guitar player. I can keep on going

about small steps. Its the most important thing that we often underestimate and let go of.

If you can imprint this attitude deep into yourself. You are going to be great in everything you put your focus on. What you need to understand about small steps is, any new activity will have a certain discomfort, going back to the guitar example, the first chord for five minutes twice a day would be very difficult the first week, after two weeks it would be easy, by end of the month you would be awesome at it, but when you go for the next small step, say one more chord for another five minutes, total ten minutes. Now you will feel that certain discomfort that you had at the start for the second five minutes, but the first five minutes will feel amazing and very compulsive for you.

This small uncomfot will keep happening everytime you make a small step progress, just know that it will go off like it did for your previous steps. You can even use this in relationships. Most men just go full on over a woman and then run away once she rejects. If you progress in small steps it should workout for you, my first, best and only relationship was with my best friend who I knew for seven years, we were great friends only for the first four years, it shifted from there for three years, I am glad it was so gradual, I didn't have to go through these rapid proposals and breakup most people I knew went through(Now dont breakup with your girl and start a new one with small steps, just read ahead).

Not just your girlfriend, this is the case even with your work, family, studies and everything in life. If you take small steps towards it, your success with it is guaranteed. Small steps! remember the importance of this. I am sharing a life lesson I learnt from the mistakes of my life for almost a decade and pouring it to you in a page, why? So you my dear reader who is the most important person to me right now lives a great and successful life.

Please dont forget the value of small steps. Even my yoga began with small steps called bhuta shuddhi, I built it in my system for a year unintentionally. Beardboy(sadhguru) in one of his blogs requested practitioners to not take their lives, they are giving life to teach us yoga, to at least practice any one of the five practices of hatha yoga seriously was his request. I was very moved, my relationship with him was very friendly and loving unlike others who belonged to Isha, to others he was a guru, god and more, to

me he was like family (we have not even met once in life but that's how I perceive him, he is a great guy with the energy of a young boy!) and this request by him was very emotional for me so I started doing bhuta shuddhi very regularly. And it was a small step toward my yogic journey. I am sharing so much to you just to imprint the importance of small steps and how it has been in my life all the way very unconsciously and been a reason for my success all the way.

Repetition:

Repetition is crucial, if you are irregular then you are hitting a wall here. Without repetition both intention and small steps are just a joke. Actually these three things can't exist without each other, you can't be repetitive without intention and small steps backing up a specific activity, small steps and repetition without intention can never happen in the first place, intention without small steps and repetition is the case for most of the people who are reading this book now. So repetition is very crucial.

I used to wake up late run to office and plan my eating accordingly that I have an empty stomach condition before my practice in the evening. Because if I didn't do my bhuta shuddhi in the evening then repetition is gone and am again back to step one. There were times I would have totally forgotten bhuta shuddhi, I would wake up suddenly from bed luckily by 11:30 in the night and very quickly do bhuta shuddhi for that day and repetition was maintained.

You no need to go through such a messy start, I have learnt a lot from my mistakes, you can learn them easily. And with small steps repetition is not going to be a big deal. One thing about repetition is that, it's always your mind vs repetition. Everytime you repeat a particular activity, that activity wins over your mind, even if you are sick, even if you are angry, sad, bored, dull or in "love"! Whatever your state is, repetition will win it over. But unfortunately you break a repetition cycle then your mind dominates your activity that you are trying to regularise Suddenly next day you will be less drawn towards doing a particular activity.

So just tell yourself you win if you repeat. Your mind wins if you break repetition. This is also one of the reasons for starting with small steps, it's

difficult for your mind to speak you off from doing something when its just about five minutes of your time. If you take up one hour of training sessions immediately, your mind will talk you off easily. If you had the opportunity to meet fitness freaks you can see them workout anywhere and everywhere, repetition has gone in their system for years that, if they happen to be in a place with no gym, they'll do pushups and squats until they feel that pump.

Their mind has given up long back on convincing them to sleep in the morning and workout later. Its the power of repetition and with small steps repetition is guaranteed on a different level. Just repeating a fifteen minute activity for a year can change the way you are totally. But I am planning to take you to doing more than just fifteen minutes.

Conclusion:

So these are the components of an obsession in life. We will see clearly how to work on your schedule with these three components to do Shambhavi twice no matter what. While this is a macro perspective of a behaviour, we have a micro perspective of habit formation which will also be part of your regimen. You can learn about it in the next chapter.

Ingredients Of A Habit (Instigate, Act and Impact)

Introduction:

At a surface level both obsession and habit formation may sound similar but this book is looking forward to provide you a lifestyle manipulating solution. Just this section would be enough for convincing a reader that he/she can take any habit they want. But its not so simple. Transforming your lifestyle from one to another is defenitely possible, but not necessarily simple. You will be required to use the information given in the previous section (Intention,small steps and repetition) with the information in this section to go through any hurdle between you and your goal of being able to do your kriyas regularly and more intensely with a busy lifestyle.

Instigate:

The word instigation may bring so many meanings to you. Here how I am using is a triggering point. Every habit starts with a trigger, it could be a

particular time in the office people will immediately get up and join with friends to go grab a snack. The trigger here was the time. It could be a certain mental image. Once you see a certain image you would want to perform a certain activity like sports or exercise. So consciously constructing a trigger or instigation is a must, initially these triggers may not mean anything to you but with repetition they will have huge impact on your system. I will suggest few instigators in this book, but you feel free to innovate your own too.

Act:

This is the very action which follows the instigator. Our focus here is shambhavi so shambhavi will be our action here but not immediately, we will get to shambhavi through small steps, not immediately.

Impact:

You dont have to do anything for this. Every action will leave you with a certain after effect. As you work on your activity, your brain is flooded with dopamine and the moment this happens, you are an addict. Imagine you being an addict to a fantastic process like shambhavi maha mudra! "oh no! I dont want to be an addict in life! Anything should be under control!" is it!? Oh how naive you are. Every unconscious human being is going through some form of obsession and addiction, some dont affect your life and some do. Some affect you positively and we take credit for as "discipline/perseverance" and some affect you negatively for which we blame situations. But understand this, we are all addicts and obsessed people at many levels.

The Mindset.

(When your mind is there, your body will gradually go there.)

From now on you will get introduced to Isha practices and the content will revolve around Isha practices only. The mindset is the section which I happen to observe first to know everything I have known with regard to this topic. The mindset is not about intention. Mindset is your approach towards yoga practices taught in Isha. What makes you irregular can be very vastly reversed so you become regular with the practices of Isha (mainly shambhavi.)

So how should the mindset or approach be. First ask yourself a question who are you? No please dont get all spiritual over me. I am not trying to break your identities here. Thats not the content here.

Who are you? Are you a father/mother, manager, teacher in a school, student or a meditator? Whatever is your priority currently you would have answered accordingly. This is the reason why meditators practice shambhavi perfectly in the ashram and not while in office or their home.

"So is this going to build an ego for me now?" See I am not a very "spiritual" person but am crazy about practicing yoga regularly, it has affected my life for the best. So you see it as forming an identity/ego as meditator is happening here then so be it. But thats not what is happening here.

One main reason why people follow regular practice in the ashram(Isha yoga centre) is that people do shambhavi anywhere and everywhere. This is a must if you are planning on being regular.

Practice outside:

In the next sections there will be few practices introduced to you. Kindly make sure to practice it outside, intentionally. Public parks, bus, car, office, school. Basically practice outside. Might sound uneasy and not sure if something you can do, this book will take things in small steps so dont worry so soon. Why do this is because to bring a mindset. This is very important. One way your mind blocks you from practice is shying to do your practices out. Trust me they are designed to be practiced outside also. Since you are in a family life the Isha practices are so flexible that you can even practice them if your in a long haul flight.

And the practices helps you with jet lag. Come on you can hold a cigarette with style, drink alcohol "occasionally" and tag that in your Facebook, why shy away to do yoga? Just let everyone know you are a yogi, NOT BY TALKING!, but by practicing. You are in office and your boss wants you to stay back in the night for a call with a client! You just say OKAY! And ask for a twenty minute break and do your shambhavi just there in your desk. Your boss will sense your energy for the night and might as well want to learn shambhavi. Hey if he sees results then he is going to like you more for

that. You see the benefits of practicing outside?

Please don't talk about your practices. If people ask just say that your day doesn't happen without yoga. This one thing I find to be very useful and I found this out in ashram. People do shambhavi anywhere without hesitating. It's when they go back to their home or office they start hesitating. They say "Won't the chanting sounds disturb others?" like you care about others, moreover any of the isha practices and kriyas hold a very minimal part of it which involves chanting and focuses on reverberations in the body, so if you can observe the reverberations then you can chant not so loudly. And hey! Show off the chants don't shy away, remember? You are a yogi!!

You are dying:

"Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life. Because almost everything — all external expectations, all pride, all fear of embarrassment or failure — these things just fall away in the face of death, leaving only what is truly important." that was Steve Jobs speaking in an inaugural speech. He faced death as a timeline that he has to achieve whatever he has to achieve. And he speeded up his work with full force. That guy was intense, and he did achieve! Moral here is if we know we are going to die we will only do what is best for us and we will not waste our time.

There is a beautiful exercise given by beardboy, he asks us to give yourself a smile everytime you check your watch for time, because what is ticking away is not time but your life, so if you are still alive that itself is a worthy reason to be happy for, so he asks us to give ourselves a smile whenever we check the time after acknowledging the fact that we are ALIVE!(That guy is one hell of a logical genius you can't debate with.) this book also presents you with certain exercises which will also focus on this aspect. So remember that we are all dying every moment. We are one step close to death every second. Do you want to skip a practice that is best for you today hoping that you will live tomorrow and practice tomorrow? I know a guy who said that he is "working on himself" so he will start practicing shambhavi in six months. We already have a limitation that we can build anything only with Small Steps, now if you postpone that too with a death timeline running all the while, trust me it's not surprising to see people lose miserably with their own goals. If I set a

goal to you and ask you to achieve and you failed, thats okay. We set a goal and we failed to achieve it, hmmm that's interesting.

If you remember you are dying you will start using time wisely, you will not even fight with your wife! Yes! Because you know she is dying, and so are you. You dont need a doctor to say "you have cancer and you will die in a month" you might recover and the doctor would have died in a car accident that same evening driving back to home. So constantly remind yourself everyone is dying.

Even if you see your enemy just tell yourself "that muladhara(the point at your perineum) is dying!" you will become calm immediately, maybe you will forgive him. But philosophies apart this is important for your regular practice, you cant say you will practice tomorrow if you keep remembering you will die any moment.

Shambhavi is shit:

"Oh my god! How can such a Devine practice be compared to shit!?" is that so? Okay. Tell me something, you have an appraisal meeting with your boss, and you have to shit, you tried controlling but the control quota has been exceeded, wont you excuse yourself? Why would you do that? an appraisal is such an important event in your life, would you hold that for shit? Yes because it is important. Thats is how important shambhavi is, being initiated and not practicing is just that.

Now you dont have to hold meetings, once in a while you can just postpone the shambhavi immediately after anything thats been holding you. You will do that after a meeting if you've been controlling shit all your meeting. The first thing you do when you are out of the meeting is say "guys ill catch up with you in a while!" to others and auto-walk towards that nearest restroom and rest in peace for a while! Hmmm, maybe that's why they called it a "rest" room.

Introduction to isha practices:

In this section you will be introduced to the practices of Isha. One thing about isha practices are that they are safe. Safer than you might guess. With yoga

its more than just stretching. It deals very deeply with ones energy systems. So in what angle your feet are placed, are your toes touching or not touching each other and a lot more is very sharply observed by the teachers here and fixed so the process becomes really what it is meant to be. But we won't be learning such huge processes here. Here we will only learn Isha's free online practices with which we will first build our habit mechanism. Once that is done, shambhavi and more advanced sadhana can be incorporated by you easily. I'll kick start the engine for you, you drive it once you've found the balance however you want. How to do these practices will be informed to you via a youtube link along with the name of the practices which you can search later in case the device in which you read this book does not support the links.

Practices:

1. Isha kriya (<https://www.youtube.com/watch?v=gAD53Ka9AOQ>)
2. Nadishuddhi (<https://www.youtube.com/watch?v=q5m6tMjcF8k&t=14s>)
3. Upayoga (<https://www.youtube.com/watch?v=Jf5qUhz-FV&t=3533s>)
4. Yoga for joy: nada yoga (<https://www.youtube.com/watch?v=Ug8OoFAFfZ0>)

We will introduce these practices one by one very gradually. Yea small steps remember? Once these practices are built in your system as a habit, you will know how to introduce the advanced sadhanas that you will be learning by registering with ishayoga.org program schedules or in the local centres of isha in your city.

In a while there will be a section called "EXECUTE" which will involve all the aspects of habit triggering and development phases. It will be as detailed as letting you know how to get up from the bed to where to do your practices with a full week schedule which you can keep repeating every week. But before going to that section we will check out two important sections called "sleep quota & food quota" this section might look very normal but it is vital for you to know where we are heading.

Sleep quota & food quota:

Food:

A yogi eats only once a day, "ohhh no I love my food, I can't sacrifice any of my food habits!" No! you don't have to. When beardboy told us that it is

better to have vegetarian food and what are the scientific reasons to avoid nonveg, I chose to ignore his suggestion. I used to do isha kriya then. I did my practices but ate heavy masala(spicy) nonveg food.

Being from a certain religious background we celebrated by having nonveg food. I was a bodybuilder then, I was intense and just thinking about vegetarian food made me feel sick and weak. None of the people who I happen to know doing yoga had a great body(I had not met anybody who did angamardhana). So I just took meditation part of beardboy's sharings and ignored everything else.

The only thing I did was stick with my practices. In six months I developed such an awareness that I sensed every suffering my body went through for hours after consuming nonveg. I was disgusted to stay in my body, it was stinking in everyway possible. It was so rigid that no matter how much I stretch,it was rigid like stone, I hated it. I gave up nonveg out of disgust, I am a vegan now. I suggest you the same too. Once the diet plan is over for you, you will resume to normal food. Being a busy person you will have your weekend for eating and having fun. I suggest you to try all the junk food you want to eat in your weekends once the fruit diet gets completed. I know what is going to happen further but I dont want to break the suspense for you :).

Gradually after a while the major portion of your day will involve only twice a day food out of choice(This is not mandatory but you might prefer this). Not that we will force ourself there, but it will be taken there gradually and naturally. Without the support of kriyas this is just suicide. So as we build kriyas into your system we will work towards this, so you will spend time with more people, work and kriyas rather munching food all the time.

When I started having twice a day food and skipped lunch in office, I was so productive that my managers started preferring me more for their jobs. People thought I was insane to sacrifice lunch and work. But I was not hungry so I took time for meditation and continued with my office work. If you are serious about success in life then make your body this strong that it can work efficiently with less food and sleep.

Most huge corps were built this way, people forced themselves to starve and gave up sleep and worked on developing a company. If you do your kriyas

properly you wont have to starve and get deprived, it will happen effortlessly.

Sleep:

From day one we will work on your sleep in such a way, of course in small steps that by the time you learnt shambhavi mahamudra, you will easily be sleeping only 5 to 6 hours a day. And it might go even down with advanced practices like shoonya meditation. I know busy volunteers in ashram who are bursting with energy go to bed by 12 and wake up by 4 AM in the morning. Their faces have a glow that you cant get it with cosmetics (yea the volunteers were women) I was surprised to see none of them had dark circles or stress rashes due to lack of sleep. So why I am saying this is dont get too hyped and try to wake up too early and eat too less or avoid bananas and groundnuts just to lean your weight. Your weight will be reduced but if you want to do crazy stuff go elsewhere. As kriyas are built in your system you will naturally go there. Remember??? small steps.

Where to start:

Most of you would have chose this book only because you already know shambhavi or more advanced sadhanas but are unable to practice it with an office schedule that eats your time for itself or other reason. Some of you are just planning on trying isha yoga practices. No matter who you are kindly start from beginners level. With these free and simple yoga practices gradually build a lifestyle of a corporate yogi(I hope I coined this term first)

We will see now how to incorporate these practices in the next section, kindly do it as suggested. If a section suggest you to do a 5 minute nadi shuddhi in your office or outside or in your home at a particular time just do that at the suggested place and time. It will be flexible enough for you, only by following the instructions as suggested can you do your practices regularly, if the chapter suggests one thing and you choose to do another, I am sorry to say that you are wasting your time again, also make sure you do not move into the further pages of the book untill you are done with crossing the instructed number of days, if a section suggests you to take up a certain activity for 3 days and the next section starts from day 4 dont read the book untill you have done what was asked to be done for 3 days, keep the book aside untill the number of days are done, if you read the book all in once, it

will not make any sense to you and it will not make any difference to your life. Okay lets execute.

Execute

Reload:

In this book many of you might have felt repetition of certain topics in many ways, sometimes in a subtle way sometimes in deliberate ways. The purpose is I want you to absorb the important contents immediately.

I didn't write this book for book readers, I am addressing everyone who is a meditator or aspiring to become one, so you should get important aspects of the book without re-reading. I also wanted to keep this book as short as possible because of that. We will again recap some important aspects here. Our process won't start with the beginning of the day but from night. You can choose any day, but once you have started, even you can't stop this. Just continue doing the small steps and progress gradually.

Day 1 process starts in the night not in the morning as you would have expected. This is because for a morning to happen in a certain way we need to be prepared by the previous night itself. I trust preparation too much. Spirituality is just preparation preparation and preparation, the actual realisation or enlightenment is just the last moment that ends everything for you.

But to go to that one moment we keep preparing, preparing and PREPARING(okay that is too much nonsense with no experience, let me leave this all to beardboy now). This book is also pushing you towards that, shambhavi mahamudra is nothing but preparation. So let's prepare INTENSELY now. Just make sure to not jump out from the small steps. It's very vital and crucial.

Initiate:

We will start our day with first day's night. Take a bowl and soak the groundnuts, make sure you do it yourself. This is called investing. We will be

doing this in various ways in the upcoming activities. If you take so much effort as investment towards something your mind's chatter cant convince you to stay in bed after a few days. So you take a bowl and soak the groundnuts. Lets not disturb people in our family to adjust according to our "new" changes. They'll start loving you in a few days, Trust me!

"Okay what next?" Kindly keep your mobile phone, clock, watch and every mode of checking time away from your bed. "WHY?"

One problem I observe with myself and others is, when we sleep there is a time when we first wake up, we often check the time or sometimes wont even check but just sleep back, this is not the waking up you do in the middle of the night to take a leak, normally you wake up and you fall off again because you wanted MORE sleep. This is the first thing we will fix. As we saw in habit formation section, I will be introducing certain rituals that we would do before we get up, at the end of your ritual you will be getting up and walking towards your source of time and check the time.

Now I wont ask you to set alarm and all, you should already be waking up at a certain time and your body should have accustomed to that time, so lets gradually reduce that time later.

One thing I suggest you to do is that before sleeping check the time and count the number of hours you want to sleep in mind and instruct yourself to wake up after the counted number of hours(wake up after 6 hours, 7 hours or 8 hours) but do this after checking the time and counting the hours, this will gradually help you in a great way, dont expect sudden changes but by the end of this book's schedule you will be a gifted person for waking up whenever you want!

Currently just make sure to keep all light flashing gadgets away and put off the lights in the room half an hour earlier and just lie down in your place, dont expect to sleep, just casually lie down. Don't be surprised why I am instructing such basic things, if you are not managing time enough for shambhavi then your way of putting your body to rest is very hazardous.

Starring at mobile apps, Facebook untill your body is tired and is forced to drift unconsciously? thats not a very nice thing to do to your body. Sit up straight in a well lit room and finish with your Facebook and come to your sleeping space which is prepared in the way I mentioned and let the body

rest, just lying down with all the muscles unstrained itself is enough.

This is all you need to do every night. This much preparation alone will change the way you wake up next day. Okay how long can you take before you go to your room for sleep. For me its 10:00 PM, I have a busy day, if you are not that busy, sleeping a little earlier is not an issue. But please make sure to settle things by 10:00 PM, sleeping around 12:00 AM everyday and expecting to wakeup very earlier without much kriyas is suicidal.

Wake up ritual:

We will be doing a certain wake up ritual, initially it might feel funny, but by the 7th day you will be amazed that if you perform the ritual you will pop out of your bed so quick and headup so naturally. If you experiment by skipping the ritual you can see your body just becoming very much uncooperative. That just means that you have imbibed a habit of waking up actively and not sluggishly with the help of a ritual. Initially you might miss the ritual to do it the way it is done but just keep doing it anyway, it will fix itself.

The Ritual:

As soon as your eyes open, without closing it again roll over to the right side and use your left hand first to support to get up and use both hands after you are little up and sit with legs stretched in front of you. Now use your right hand and try to first touch your right toe then left toe(Don't have to touch completely, just try to touch as much as you can). And as you come back keep your index finger of your right hand in front of your nostrils and inhale completely and exhale over the finger. Feel the air over the finger, once you feel the air try to smile and thumbsup. This is the death check! "WHAT THE HELL?", well this is one habit that will constantly remind you of your mortality. Even beardboy insists to smile whenever you check your watch for time, because being alive is itself worth it all. Initially this may all seem silly, its ok, just smile within if you are too shy and just do a quick thumbs up, gradually it will build itself and you will be so involved. Just do it for getting up quicker from your bed. Once the thumbs up is done, get up and walk towards your mobile phone or watch and check the time.

Recap:

- 1.Roll over and getup
- 2.Toe touch
- 3.Death check and smile
- 4.Get up and walk to check time.

And headup for nature's call. If you can just drink one bottle water immediately it would be amazing. If you already do it then great.

Before you go take a bath arrange your yogamat if you have one, if you dont have a yogamat then arrange by spreading a sheet on floor so that you can sit down with legs folded. If you cant sit with legs folded arrange a chair in a space, we are going to do nadi shuddhi.

Once you have arranged your space then go for taking bath this becomes another investment, this way it will be impossible for you to rush out because you are running late because you invested and its just going to be for 5 minutes. Once you took bath come sit and do your nadi shuddhi. Even one minute is fine if you are too late.

Go to the kitchen and make your porridge. It will take anywhere between 7 to 11 minutes to make your porridge. Drink it and leave for office. As mentioned already the ritual will initially feel very normal but only when you stop doing it the 7th day you will see what kind of effect it has on your system. Once you start getting up like this and go for your practices it will be hard for you to not do your practices. In terms of habit formation this ritual is the triggering point for you to get up. So once you trigger the action will naturally follow.

Visualisation:

In the initial days at times when you wake up earlier than normal there is a tendency to waste time. Especially people with lack of energy, starring at the shower nozzle and spending the next twenty minutes is a very normal thing for such people. I have a solution that works on multiple levels.

VISUALIZATION!!! No we are not going to attract anyone or any"thing", we will be using visualisations to imbibe the practices in a certain way. Whatever has been in your experience has entered you through the five

senses, you can use your mind to create these sensations and create certain effects within your body.

There have been studies conducted on this phenomenon. In a study where a focus group was asked to visualise working out different muscle group through a week while the others were really working out the same muscle group through the week. After a week both set of people found improvement in the muscle strength. Now how are we going to use visualisation here?

After you are done with arranging your yogamat and get in for a bath, incase you feel tired, lazy or just not motivated, you keep visualising the practice you are about to do, you can close your eyes or open your eyes or whatever just keep visualising This will push you forward to get going without any halt. This is very effective. Just feel, see yourself or do it all vaguely. This is very powerful. The moment you start visualising you will stop wasting time.

In the evening When you come back from office immediately go and arrange your yogamat then go freshen up and come back and do your nadi shuddhi for five minutes and continue with your family time as usual. Again get a bowl and soak the groundnuts yourself and continue with the half an hour earlier lying down process. Repeat the same process for seven days.

After seven days try and skip the morning routine and try to go about your process, you should see some minor changes in the way your body cooperates, if you skip the process after a month you will see major changes which is uncomfortable, so dont experiment after a month, just try the seven day experiment and continue with your regular practices on day seven. Will see you at day 8.

Day 8:

That is so amazing. You just crossed seven days. Thats better than one day of hours of yoga and not doing anything the next day. Appreciate yourself, no am serious go look at the mirror, give a kiss and come back(Am kidding, dont be a weird come sit down).

Anyways in these seven days you would have initially missed the ritual, done it wrong or forgot to arrange the yogamat before bathing, its all fine by now

you should be good. Today you will start doing yoga for joy: nada yoga (if the link provided in the previous section is not working type in isha yoga for joy: nada yoga) after nadi shuddhi.

By now you should be feeling so light and ready for doing anything. Waking up earlier would not surprise me at all. The diet given to you and nadi shuddhi are great in cleansing your system in such a way that your body is a little less of a burden to you right now. If you get temptation to eat anything other than the diet plan suggestion then just let yourself know that you will have whatever you want in 40 days. If its adamant then threaten yourself to drink bitter guard juice, you dont have to do it just threatening yourself will be enough.

From day 8 you will be doing yoga for joy:nada yoga before your lunch in your office, remember how we discussed doing shambhavi anywhere is important, we will prepare ourselves by starting with nada yoga. Your initial reaction to this maybe a little shy as in, “How can I chant these sounds in an office”, I am telling you, its better than gossiping! Just three minutes in office before your lunch.

This will help with the mindset part of the book, we need to bring your personality to a state which is a yoga guy! Yea you are a yoga guy. If people ask you what is it just tell them its yoga!! If they insist too much on the details just forward a beardboy video from youtube and the rest will be taken care of. Continue this for the next seven days.

Can you see that we are taking things very slowly? But your system is more soaked towards a regularly timed sittings than it used to before. This soaking will help you with your practices in future.

Day 14:

It has been half a month now shall we go one step forward now? Before sleeping just intend to wake up a little earlier, half an hour earlier. We are going to start with isha kriya from today.

After your nadi shuddhi go for isha kriya and continue with yoga for joy in the office. You will be doing this kriya twice a day and you will not be doing

this in the office. When you stop doing yoga for joy in the morning you will feel a difference, but since you have an alternate practice your mind will take in isha kriya much more easily. This is a sample for you to see how a habit is formed and how its altered with another habit. You will continue with isha kriya for the next 14 days.

Day 28:

You should be glowing and feeling so light by now. Loving the porridge? You will be starting with upa yoga from today. Start with upa yoga immediately after nadi shuddhi. You should be waking up twenty five to thirty minutes earlier today for practices. Your system will cooperate better this time. If you had tried to wake up earlier from day 1 you would have been disappointed and yawning all over. You have prepared your way to this, this is the fruit of preparation.

If you prepare enough you can even become the president of your nation. So am glad you went along with the preparation. Now doing isha kriya after nadi shuddhi is a given for you, there is no effort needed its almost an automatic thing.

Upa yoga might take its time to enter the system, just keep doing it. It has its purpose in this order. When you learn shambhavi mahamudra they will introduce you through certain practices which can be easily altered with upa yoga. You will thank me then.

Continue the set of practices for the next ten days and people who know shambhavi already kindly schedule yourself for a correction class that falls on a date after these ten days. People who dont know shambhavi turn to the next page for written instructions of shambhavi mahamudra

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Hahah! Am not so dumb and you are not so lucky. Shambhavi mahamudra is a very powerful kriya, if you take it without guidance then its like driving a car without a break pedal. The engine will start, the car will move but your fate cant be guaranteed to be wonderful. So go get your brake(I mean register for a class) I have done some very powerful meditation without being initiated by a guru.

Legit tantra scripts transcribed by legit people in english was accidentally found by me on the internet, I just did not know the conditions of doing the practices. I was crazy about enlightenment so I started doing the process for four hours, I am supposed to do it for a considerably very less time.

I gradually dropped my heart rate and my body parts would get numb if I just rest them at one place for a while. Sounds fun right? I didn't realise it was the meditation that was doing this.

Thankfully I was not very disciplined and I stopped practicing meditation for some reason and my health was back to normal. The entire incident occurred over a course of five days. Only after attending advanced meditation programs of Isha and the types of warning and the explanations the teachers there put forth for us I realised what had happened to me. So please be careful. Until you learn shambhavi, your practices will look like this,

Morning:

- 1.Nadi shuddhi
- 2.Upa yoga
- 3.Isha kriya

Afternoon:

Yoga for joy: nada yoga

Evening:

- 1.Nadi shuddhi
- 2.Upa yoga
- 3.Isha kriya

The bits & pieces:

Post the ten days of set practices, you would have gone for a correction class(if you thought you know the practices and ignored going for a correction class, still kindly attend a correction class, it is part of the process) now that you have shambhavi mahamudra learnt kindly start the practices with all the preparatory steps taught there and alter these preparatory steps with the upa yoga you were doing, do the practices without discarding anything, if they taught you an invocation kindly do that also as part of your

practice, dont edit and cut things as per your comfort, everything taught to you in the class has its effects. I have seen a lot of people do this, your mind will just delete things that seem impossible for you to do.

If they mention that your breath needs to be as gentle that if your keep a feather of a bird before your nostrils the hair of the feather should not move, this may sound impossible, but keep this condition in your mind while your doing it, I find my breath getting gentler and gentler everyday, just by keeping these bits & pieces in your mind your practices will get imbibed deeply in the system.

Anyone who has learnt bhuta shuddhi here kindly alter it with the nadi shuddhi process we used to do at the beginning. Continue with shambhavi and end it with isha kriya.

By evening you can directly do your shambhavi preparatory practices continued by shambhavi and end it with isha kriya. By now you should be spending a good 45 to 50 minutes both morning and evening. You started with ten minutes a day, its almost 40 days now.

If you feel like you can continue with the fruit diet three times day then great, if you feel like you need "normal" food then make your lunch any usual cooked food, avoid nonveg food and outside food. If you happen to go out with your friends to a team lunch or something similar try to stay with fruit salads and juices. At the max stay with vegetarian stuff, dont go with heavy spicy foods. Your system will punish you in the "Rest" room.

Until further instruction stay away from any spicy or nonveg food not because I hate you, but I love you, I dont want you to go through what I went through, after two months of forced vegetarianism I dived into nonveg platters, special biriyani with boneless 65 and I didn't feel so good about it and lets not go further into that story.

You have cleansed your system very efficiently, I will guide you to make it prepared enough to take junk food once a week, which will also have its consequence but not so horrible, also you will gradually stop eating much of junk food out of satisfaction, which is better than controlling yourself. Until then stay with the current instruction my friend, we are almost there.

Continue this for the next twenty days.

When you are "Busy":

Since you have learnt shambhavi now and you are feeling even more great (which you will, you have prepared your system for 40 days before getting into shambhavi) there will be times when you get stuck with a meeting, a program or a movie or something. You can do shambhavi anywhere skipping the preparatory practices, also they will teach you how to do shambhavi seated in a chair(which is not advised as a regular thing) kindly do it that way when you are "busy" it is better than not doing it, it is by doing shambhavi at such situations only your practices will get strong, something within you will say "I do things perfectly, I cant do it this way" dont believe it, we both know how messy you can get, its trying to make you quit shambhavi. Ignore it like a child disturbing you, not with hatred but with a gentle smile.

Understand this we have to do shambhavi twice for a lifetime, if we are stuck with the idea of doing it at one particular place at the same time then forget persistence. Be prepared to do shambhavi anywhere, that is the crux of this book. Making you do your nada yoga in the office was partly to break that shyness in you, incase you know you are going to be occupied in the evening for any meetings, then set your conditions for shambhavi which will be taught in the class and do your shambhavi in the afternoon along with nada yoga.

We will push this doing shambhavi anywhere and everywhere to another level in the next section but right now prepare your mind accordingly. Doing shambhavi twice may not be told as a mandatory condition in the class but to us LIFE depends on it.

Shambhavi "'everywhere"mudra:

For the next six months we will keep up to a new schedule apart from the morning and evening practices. It is that you should not stay home in your couch in the weekends. OKAY!! Ok! Keep that knife down, am, ready to compromise. Just one of the days in the weekend? With the diet and shambhavi mahamudra you will be super charged so you wont need to exist like a beanbag anymore.

One day(either Saturday or Sunday) in the weekends I want you to wake up in the morning drive to a park, if you happen to live in a place which has the climate for it then drive to the beach, make plans with your friends and meet up at this place and also take your family. Before you do anything just do your shambhavi and isha kriya there and play a game. This is one thing that is going to change your life.

One is you are training yourself to do shambhavi anywhere, especially outside the comfort of your room, but playing normal games with your friends and kids will make you a different man/woman. You may come up with thousand reasons to say no to this but this is totally possible. Go do shambhavi and show that energy with some games, play like a child you will become a better person every week. If you happen to be just with your family just play catch and catch with your family, you only need a ball or a frisbee, it might seem silly when you read about it but this alone can change you as a human being.

By sleeping around and going to that “terrible” place(office) on Monday morning you are not going to face situations better. You need to play it out, become childish, only that can make you sane.

This will also reinforce the way you do your practices. There is nothing that can stop you from practices. If this is too much for you atleast do it for seven weekends, make plans with other meditators, if you find it still useless then drop it, but please do it for seven weekends.

Most of these things might be something you knew already by attending the classes or maybe you didn't know, but things didn't workout because you did not value it and give it a try. Now you have a book for which you paid money for, atleast now you give it a try. Go play!!! If you are a music lover dance to your favourite song, join the kids in your home, they're of great help. If you are too shy then close your eyes and feel the moves, see yourself dancing. Why is this important? If you are too uptight then persistence for a very long time(I am speaking years here) is not your cup of tea.

Its a little hard if you have a personality that is not too open or flexible, that is why I did not bring this up in the initial phase of the book, we loosened ourselves with the diet and practices, now I am sure with intention you can

play and dance just once a week.

Also this makes sure you practice shambhavi outside once a week. Continue this schedule for six months. Make this day a celebration, after sixty days from learning and practicing shambhavi twice you can make use of this day to go out and have some outside food, I can see you smiling, I am scared to say this to you but yes you can have nonveg food if you are used to having it in this one day. Go for a movie with your family on this day and make it count. Live as if you are a child on this day.

What next:

Why all of a sudden six months of shambhavi twice a day? It was for shambhavi we involved into all the other practices. To make sure shambhavi goes deep into your system six months is actually little less.

But remember the intention part of the book? If you have set a huge goal for yourself then by now doing shambhavi feels so much less. You can try the experiential program offered by isha named bhava spandana and then go for practices one by one whichever gets your preference. You can go for angamardhana, shoonya intensive(advanced meditation), asanas, surya kriya, bhuta shuddhi, there is a 21 day hatha yoga program which teaches all five practices of hatha yoga together and you get to stay in the ashram for 21 days.

If you have been through these programs already then attend the correction classes for each program. Give 30 days for each practice to get into your schedule and then go for the next. if you think you need to practice more than 30 days that is also fine, take it slowly, we have shambhavi with us and we are doing it twice a day now so no hurry, just take things slowly in small steps(Remember this baby, small steps is your baby). You are eligible for the final samyama silence program in isha foundation if you have done shambhavi, bhavaspadana, shoonya intensive and asanas.

People who have not done this program but have done the rest can work on building your system using the same schedule. You are good to go as long as you are prepared with doing all the practices in a said order for forty days and they suggest you a certain diet for you to follow. Check with Isha Foundation

regarding the details for samyama, I am not very sure of its preparatory requirements.

Its a wrap:

This is it, we are done. You have everything you need to manage with more than just 'shambhavi twice' a day. I am taking this moment to thank all. Who all you ask? Mmm, lets begin.

First of all am thankful to you, without you readers this information is just information in my head, I wont even have had known if had not met some of you in person, experimented the techniques and have learnt something for myself in the course. So a BIG THANKS to you all.

Next, BEARD BOY! Beard boy has been there with me ever since. I dont know how long, that long he has been with me. As a yogi with his level of accomplishment, he can leave anytime, infant being in a physical body is a nuisance for such beings. He lost a lot, gained a few, but above all, in my experience he is still breathing,talking,eating,sleeping,laughing,socialising and living a human life just for me. And this is the same for most of the people in Isha. He has given me everything I need to be wonderful. He gave me Devi, he gave me yoga, he gave me everything, and I hope he also gives me 'nothing'(if you didn't get this one just leave it, its too complicated and if I explain this I will start showing off so..).

My life is now the dance of devi and he plays a very important role in making an analytical mutt like me into a devotee who sits in the lap of devi and enjoys everything but is unable to take credit for none of it. Every piece of information in this book somehow came to me from beardboy, the ingredients of the porridge, I heard it was given by him. The only thing that comes from me is the habit initiating steps but am sure his hand is there in it defenitely. Thanking him is a gesture that underplays his role in my life but I have nothing more than that to offer, am just grateful to that laughing bearded being who constantly tames this bullhead with love and care.

I have written this book in a language that is as simple as possible and I also tried to write this in the contemporary sms style (a 'U' instead of a 'You') but thought it would be too much, I have tried to keep my over analytical,

“Intellect” from showing off by writing a book that's just appreciated by book readers but reaches out to nobody. Kindly do not underestimate things that are simple, I used to do that, going by the information in this book can definitely lead to shambhavi twice a day in your life which itself will change your life into a boon.

Thanks for taking time to read the information. If I had sounded too arrogant or ignorant anywhere it would definitely be possible and it is my mistake, if I had made sense and if you feel I was helpful it is definitely devi and beardboy, this might sound humble to you but is a little frustrating and a reality of my life. :)

Love and Thanks, Deviputr.