

**How to
achieve
or
connect the
cosmic
consciousness**



There are many ways to achieve (to get) or to connect the cosmic consciousness

1. Patanjali's Asthaganga (Raj Yoga)
2. Hatha Yoga
3. SWARA YOGA
4. Karma-Yoga
5. Bhakti-Yoga
6. Gyana-Yoga

WHAT IS SWARA YOGA

SWARA YOGA

**A science of body
purification and awakening
of Pranic energy.**

**SWARA is balance between
Pingala (right nostril) and
Ida (left nostril)**

SWARA YOGA

is a science of Body and Mind
Balancing

Pingala nadi or sun principle

- **Pingala**
- **Right nostril**
- **Sun (Male principle)**
- **Physical Energy**
- **Represents Body**

Ida nadi or moon principle

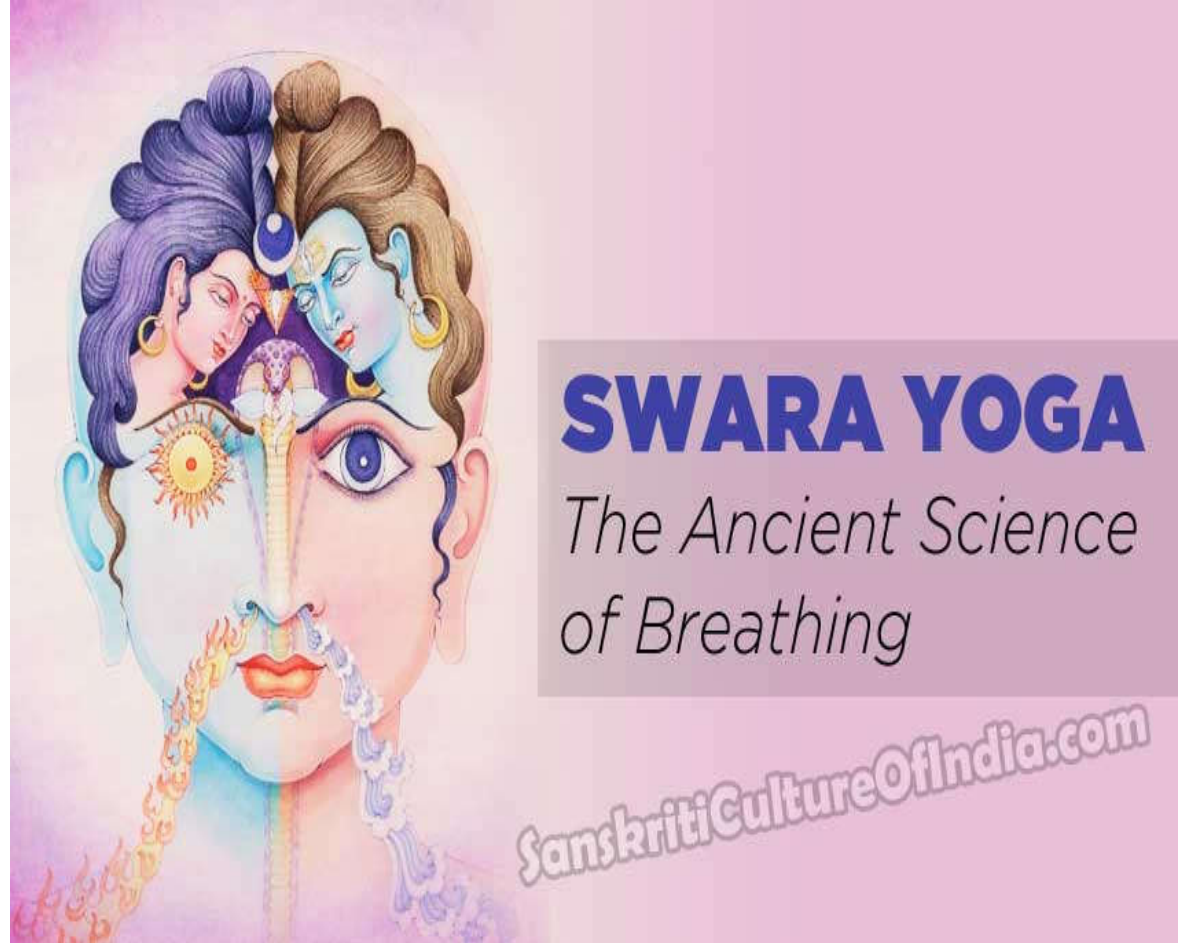
- **Ida**
- **Left nostril**
- **Moon (female)**
- **Mental Energy**
- **Represents Mind**

BASIC ASPECTS OF SWARA YOGA

CONCEPT OF IMPORTANT TECHNICAL WORDS OF SWARA YOGA

SWARA

1. A *micro vibration is being generated by entry and exit of breath through a nostrils.*
2. *According to Swara yogic texts, the “micro sound vibration”, which is generated as a result of flow of breath, is known as “Swara”.*



SWARA YOGA

*The Ancient Science
of Breathing*

SanskritiCultureOfIndia.com

Human bodily-situated Swara is being defined as a natural micro sound vibration in form of So-Ham as a result of entry and exit of breath through the nostril / nostrils.



The *So-ham* mantra repeats itself 21600 times per day with every breath. But ignoring this ceaseless inner message "I am *Brahman*", man identifies himself with the names like Ramaiah, Krishnaiah or Seenaiah which are artificial names given to the body during birth.

Types of Swara

SWARA IS OF THREE TYPES.

- 1. SURYA SWARA**
- 2. CHANDRA SWARA**
- 3. SUSHUMNA SWARA**

CONCEPT OF SURYA SWARA

When the breath flows freely and continuously through the right nostril and the left nostril is completely obstructed, the natural micro-sound vibration so generated through the right nostril is known as Surya Swara.

Synonymously, Surya Swara is also known by the name of **Usna-Swara**, **Dakshin Swara**, **Pingla Swara**.

CONCEPT OF CHANDRA SWARA

When the breath flows freely and continuously through the left nostril & the right nostril is completely obstructed, the natural micro-sound vibration so generated through the left nostril is known as Chandra Swara.

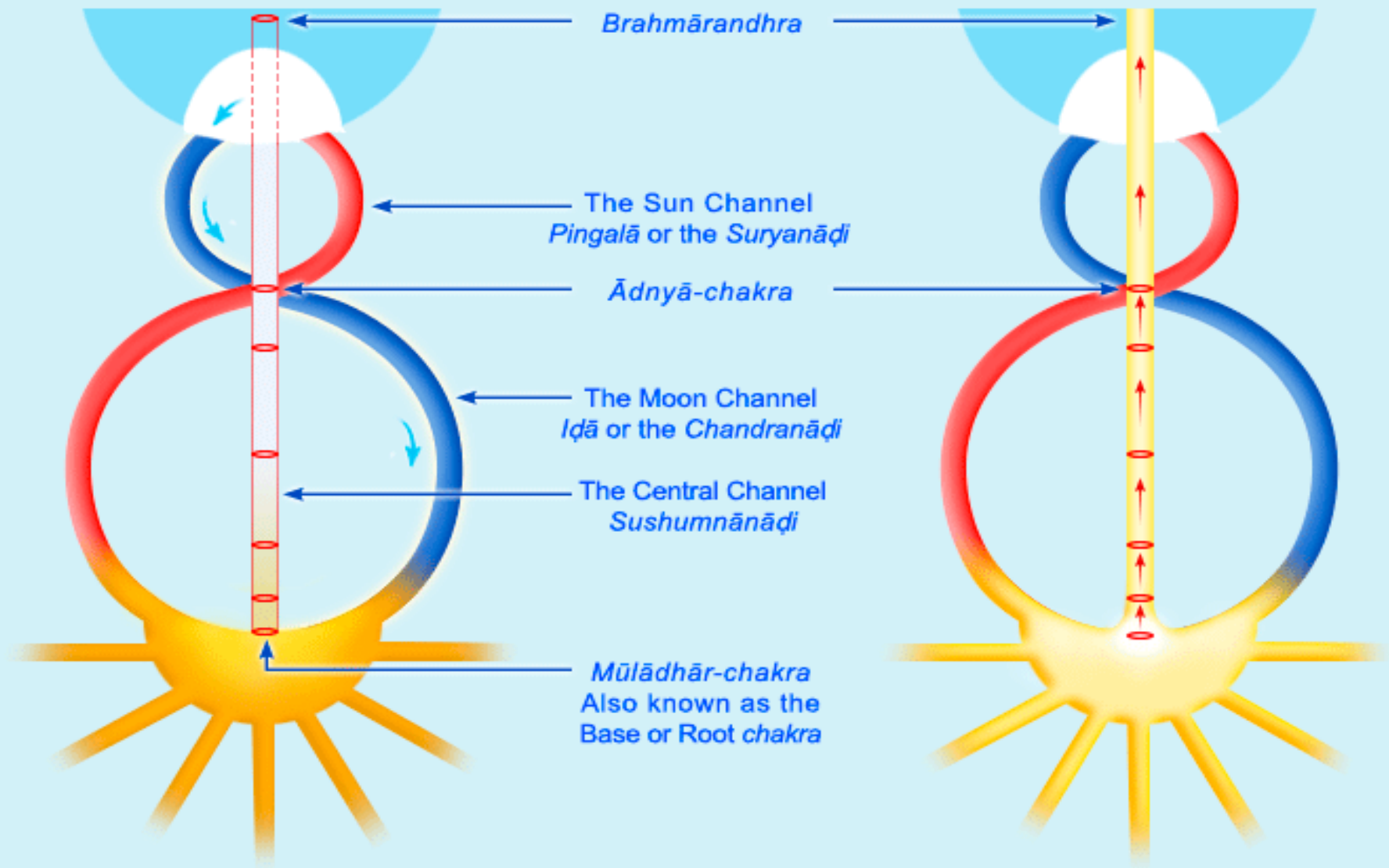
Synonymously, Chandra Swara also known by the name of Shital-Swara, Vama-Swara, Ida-Swara.

CONCEPT OF SUSHUMNA SWARA

According to Swara yoga,
Sushumna Swara is of two types:

1. Mediterranean Sushumna Swara
2. Spirituality based Sushumna Swara

Diagrammatic representation of the main aspects of the flow on *Kunḍalinī* and Vital Energy



**Activated Moon Channel and
Dormant Central Channel**

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**Fully Activated
Central Channel**

Ida

Ida Nadi controls all the mental processes. Its represents moon.

Sushumna

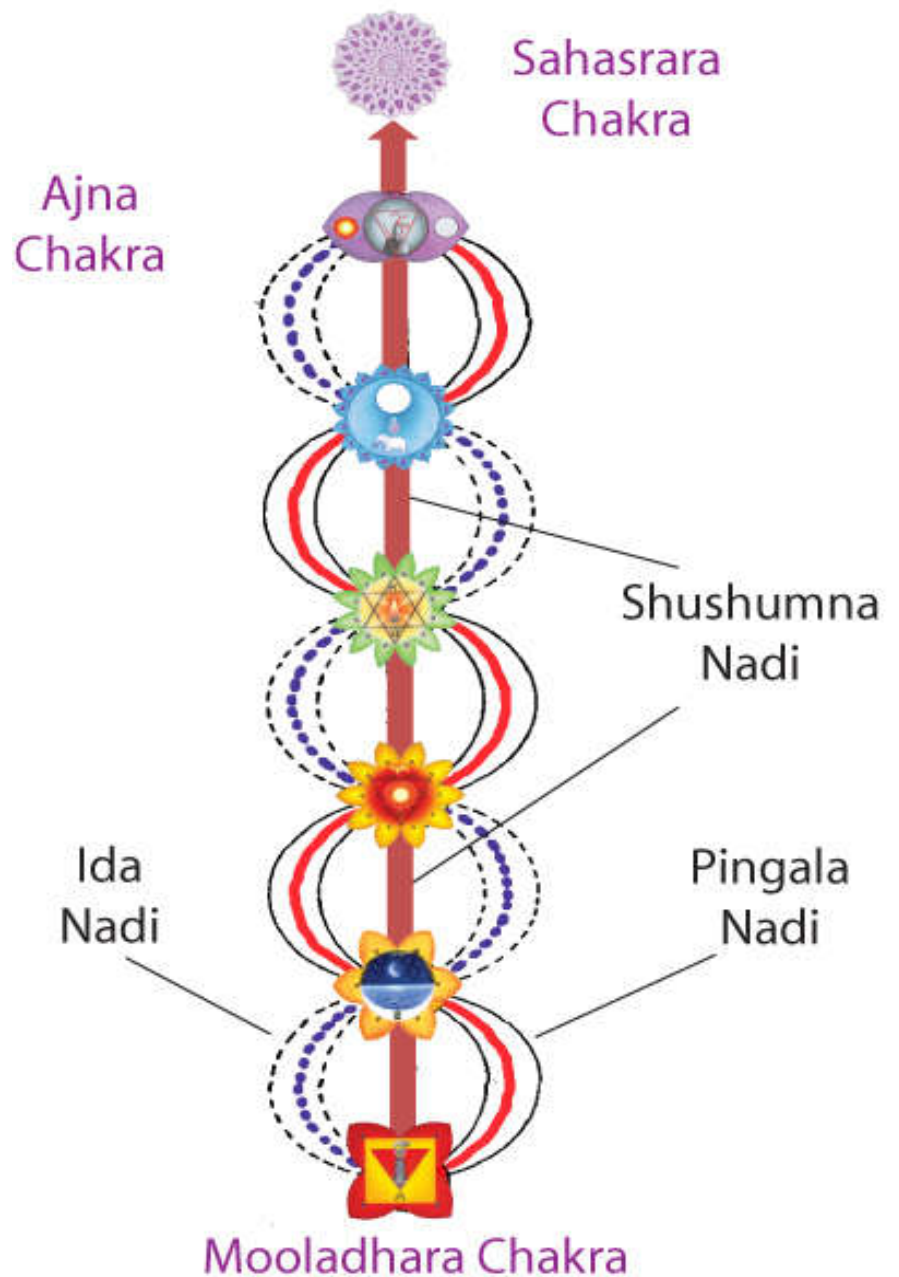
Sushumna is the channel for the awakening of spiritual consciousness. Sushumna nadi can be considered the energy channels for the movement of mental force, Pranic force and spiritual respectively.

Pingala

Pingala nadi controls all the vital processes. Its represents sun.

- As sushumna flows inside the central canal of the spinal cord, ida and pingala simultaneously flow on the outer surface of the spinal cord, still within the bony vertebral column.
- Ida, pingala and sushumna nadis begin in mooladhara in the pelvic floor.

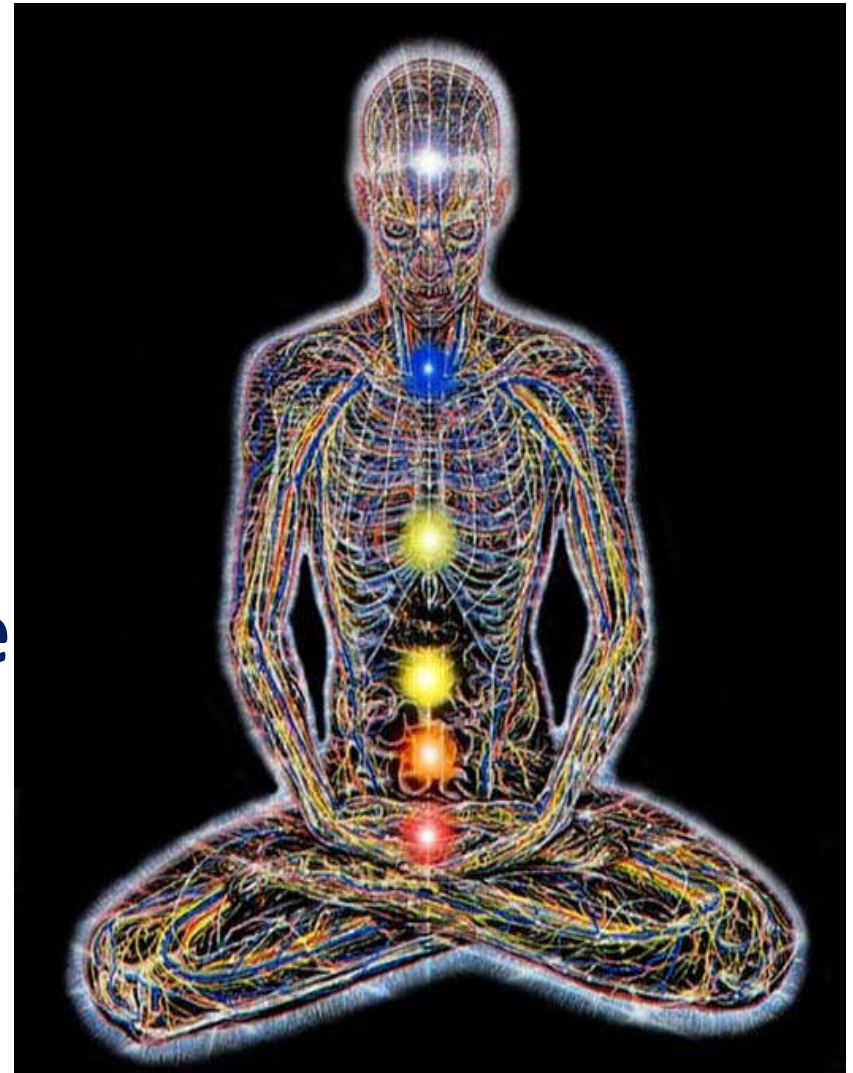
Nadi Locations



NADIS

There are 72000 Nadis in human body. Nadi is a pranic Energy channel or passage

Although many subtle and gross nadis exist throughout the human body, there are three primary nadis and 10 standard nadis. The three primary nadis are Sushumna nadi, Ida nadi, and the Pingala nadi.



IDA NADI

The left channel ("Ida Nadi" in Sanskrit) is also called the Moon Channel. It begins at the Mooladhara (1st chakra) and runs up the left side, crossing over at the Agnya Chakra (6th center) into the temple and superego on the right side of the brain. It provides the conduit for the energy of our desire. The Ida nadi is considered to carry feminine energy. It ends in the left nostril, but activates the right side of the brain. This nadi helps to purify and nourish the mind and body.

PINGLA NADI

The right channel ("Pingala Nadi" in Sanskrit) is also called the Sun Channel. It begins at the Swadisthan Chakra (2nd center) and travels up the right side. It crosses over to the left temple (ego) at the Agnya Chakra. It provides the conduit for our active energy. This nadi carries male energy. It is also considered to carry solar energy, vitality, physical strength, and efficiency. It ends in the right nostril, but activates the left side of the brain.

SUSHUMNA NADI

Sushumna nadi is different from all the other nadis because it is said to flow from the physical body directly to the soul. When prana flows freely through the Sushumna nadi, human beings experience a strong sense of inner focus and meditation comes easily. This nadi enables a strong connection to our inner being. The Sushumna nadi is located along the spinal column. It begins at the base of the spine in the Muladhara Chakra, or root chakra, and ends at the Sahasrara Chakra, or crown chakra. As it winds its way up the spine it dives into the anterior and posterior branches along the spinal column. This nadi can become activated and purified through pranayama and yoga asanas.







श्री संजीवनी क्रिया योग फाउण्डेशन
हरिद्वार (उत्तराखण्ड)

Thank You

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