



# Advanced Yoga Practices

## Support Forum Posts of Yogani

### 2005-2010

Yogani

# **Advanced Yoga Practices**

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Yogani

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Cover image of radiating *OM* symbol drawn by the author.

AYP Publishing

For ordering information go to:

[www.advancedyogapractices.com](http://www.advancedyogapractices.com)

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## Also by the Author

Yogani is an American spiritual scientist who, for nearly forty years, has been integrating ancient techniques from around the world which cultivate human spiritual transformation. The approach is non-sectarian, and open to all. His books include:

### ***Advanced Yoga Practices – Easy Lessons for Ecstatic Living (Two Volumes)***

Two large user-friendly textbooks providing over 400 detailed lessons on the AYP integrated system of practices.

### ***The Secrets of Wilder – A Story of Inner Silence, Ecstasy and Enlightenment***

This modern novel was written before AYP, helping inspire the extensive practical writings on self-directed spiritual practice that became the AYP system.

### ***The AYP Enlightenment Series***

Easy-to-read instruction books on yoga practices, including:

- ***Deep Meditation – Pathway to Personal Freedom***
- ***Spinal Breathing Pranayama – Journey to Inner Space***
- ***Tantra – Discovering the Power of Pre-Orgasmic Sex***
- ***Asanas, Mudras and Bandhas – Awakening Ecstatic Kundalini***
- ***Samyama – Cultivating Stillness in Action, Siddhis and Miracles***
- ***Diet, Shatkarmas and Amaroli – Yogic Nutrition and Cleansing for Health and Spirit***
- ***Self-Inquiry – Dawn of the Witness and the End of Suffering***
- ***Bhakti and Karma Yoga – The Science of Devotion and Liberation Through Action***
- ***Eight Limbs of Yoga – The Structure and Pacing of Self-Directed Spiritual Practice***
- ***Retreats – Fast Track to Freedom – A Guide for Leaders and Practitioners***
- ***Liberation – The Fruition of Yoga***

For up-to-date information on the writings of Yogani, and the free *AYP Support Forums*, please visit:

[www.advancedyogapractices.com](http://www.advancedyogapractices.com)

We who practice and share are  
Candles lighting candles  
Until all candles are lit...

## Introduction

When the Advanced Yoga Practices (AYP) online lessons began on [Yahoo Groups](#) in 2003, there was an immediate flow of email coming here with questions on practices and experiences. The resulting email correspondences with hundreds of people became a mainstay in the development of the lessons, and in the evolution of the way the implementation of the integrated system of practices was adapted to accommodate a worldwide community of practitioners. The email interactions and online lessons led to publication of the first [AYP Easy Lessons for Ecstatic Living book](#), and all the books that followed.

From the beginning, readers of the lessons were asking for a forum community so practitioners could communicate with each other. It was not undertaken immediately because the amount of administration that would be required to set up and operate such an online community was daunting. Later on, as people stepped forward to assist with moderation and other aspects of setting up and running a forum, an AYP forum was [launched on Yahoo Groups](#) in February of 2005. It soon had over 1,000 members, communicating on many aspects of spiritual practice and experience. As you will see in the last chapter of this ebook, my participation in that first AYP forum on Yahoo was limited, because extensive email communications were continuing here, and new lessons and books were being written. It was only later that practitioners began relying less on my email and more on the support forum community as the primary place for communicating on their practices and experiences.

While the first AYP forum was a good start, it soon became apparent that a more fully-featured forum environment would be necessary, with capabilities for managing multiple public forum categories for the growing online community, plus backrooms for administration and projects. So in July of 2005, the forum was moved to its current location at [www.aypsite.org/forum](http://www.aypsite.org/forum). Since then, the AYP community has steadily grown in size and scope, covering every aspect of spiritual practice in a well-moderated environment. As of this writing, forum membership is approaching 4,000, which is but the tip of the iceberg in terms of overall readership. The AYP support forums and free website lessons saw over [130,000 unique visitors in 2010](#), coming from nearly every country in the world.

Since the forum moved to [www.aypsite.org/forum](http://www.aypsite.org/forum), my participation has been much more, with the majority of email support shifting to the public forums, and with many other experienced practitioners participating in the support function as well. In this way, support for spiritual practices and experiences has become much more efficient, and beneficial for many with the ongoing public discussions. The forums are also serving as a launching platform for many “real world” activities, like local meditation groups, training, retreats, and research on practices. All of these activities are on the rise worldwide.

To date, the public AYP forums have received over 65,000 posts, with about 2,000 of those coming from me. This ebook contains the 2,000 posts. They are organized by the 23 public forum categories, with posts in ascending order by date in each forum category (oldest first). At the beginning of each forum “chapter” (see table of contents), a link to the category in the actual forum is provided, and a link is provided to the actual post for every post in this ebook. All links in the text of the posts are “live,” whether they go to other posts in the forums, to AYP online lessons, or anywhere else on the internet. For this reason, the full benefits of this ebook will be most accessible on e-readers that have browser and internet capability. In many cases, a post here can stand on its own, providing useful information on the AYP practices. In other cases, links in the post text here will provide the full context of the discussion in the actual forum topics, AYP lessons, or elsewhere on the internet.

This ebook has been published to create a permanent archive for all posts from me in the 2005-2010 period. It is also to provide better access to the writings. It will be easier to search 2,000 posts

here than to search 65,000 posts in the live forums. The latter is actually a topic search and does not zero in on specific posts the way it can be done in this ebook. Much more targeted searches can be accomplished here.

The posts in this ebook have not been edited for content. Nearly everything is just as it appears in the actual forum. So what you see is what you get. Hence, in some posts there may not be much information on practices, where a simple “thank you” is being expressed, input on a forum operations discussion, AYP promotion discussion, or whatever. In many other posts, there is a lot of information on practices, supplementing the AYP lessons and books. That is the real value of the forums and this ebook – to supplement the baseline AYP writings. As we have often said, the forums should not be used as a primary instructional tool for practices. For that, they are not complete. Better to go to the AYP lessons and books first, and then use the forums to supplement that, as needed.

Because the same questions keep coming up from many practitioners, you will find redundancy in many of the forum posts here. That is just how human interactions on spiritual matters occur. It is like touching an elephant from many different angles. It is the same elephant, whether we are feeling the tail, the leg, the tusk, or the trunk. It can seem redundant when we keep touching the same parts, but we will notice differences also. In time, the redundancies and the differences add up to the whole. It is not a bad thing. The forums are especially that way, where everyone is touching the elephant again and again. We keep answering the same questions coming from many angles. If we are engaged in daily practices, our level of consciousness will be continually expanding, so reading the same things every few weeks or months will bring new perspectives. This ebook can be handy for that, as can reading any of the AYP lessons or books more than once.

You may also find a few posts from me here challenging certain members who are pressing an agenda, proselytizing, attacking a teaching or a guru, etc. While the AYP community is very tolerant of all spiritual paths, there is a limited tolerance for attempts to force an agenda on others. If such attempts are borderline and make it past moderation into the forum discussions, they will likely be challenged, and there is some of that in here. All of my posts are here. As they say, it is “the good, the bad, and the ugly.” Hopefully not too much bad and ugly. :-)

On translating the 2,000 forum posts to the ebook environment, some technical compromises were necessary to make it work. Images in large quantities are difficult to translate to the several ebook formats, so the various kinds of “smilies” in the live forum have either been converted to a text equivalent, like the one immediately above, or eliminated.

Finally, it should be emphasized that my posts represent a small fraction of the vast online resource the AYP support forums have become for assisting many to navigate the path of self-directed spiritual practice. My deepest thanks go to all who have contributed to the support forums, whether it be with their experience in spiritual practices, administration or technical skills. Without the help of many, the AYP forums and this ebook would not have been possible.

It is hoped you will find this ebook helpful as you continue on your chosen path. Practice wisely, and enjoy!

The guru is in you.

Yogani  
January 2011

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## Forum 1 – Overview and Announcements

AYP Forums instructions, guidelines and news.

[http://www.aypsite.org/forum/forum.asp?FORUM\\_ID=26](http://www.aypsite.org/forum/forum.asp?FORUM_ID=26)

2005/07/10 10:42:17

Overview and Announcements

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=273](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=273)

Press Release - History of AYP

### FOR IMMEDIATE RELEASE

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www.aypsite.org

### Advanced Meditation Techniques in Everyone's Reach with New Books and Website

Jacksonville, FL -- July 1, 2005 -- What can a new offbeat novel called "The Secrets of Wilder" do for you? Maybe a lot if you resonate with its solid grounding in actual secret spiritual practices.

About two years ago, a Florida man took the name "Yogani" and started putting lessons on the Internet intimately describing advanced deep meditation, spinal breathing methods and tantric sexual techniques. He did not expect that he would end up with thousands of readers worldwide and two books published. But that is what happened, and now Yogani has emerged as one of the leading exponents of public teaching of formerly secret ancient spiritual practices which cultivate lasting inner peace, happiness and an unmistakable ecstatic radiance.

Such breaks with tradition are typically American, and Yogani is definitely that. Born in New York, he grew up Christian in the 1950s and 60s, securing an education in science followed by career, marriage and children. All the while he was steadily expanding from his Christian roots, systematically integrating esoteric methods from the Far East into his daily spiritual practice routine. Over thirty years later and retired, he decided to write it all down so there would be a record of his research left behind for other seekers of truth. The Internet writing has evolved to become a vast non-sectarian website with hundreds of free lessons on spiritual techniques, as well as numerous other resources for avid seekers. Along with its huge following has come a mountain of reader testimonials. You can find it at <http://www.aypsite.org>

Just published, "The Secrets of Wilder" is Yogani's second book. It is a fast-paced tale that begins with a young athlete's commitment to "spiritual transformation" made on a wind-swept Florida beach. After a hair-raising journey of change lasting some ten years, John Wilder and his devoted beautiful love-mate, Devi Duran, end up bringing a generous dose of enlightenment to the world.

But at what cost? It is a story of unwavering personal resolve, the discovery of powerful spiritual practices and their far-reaching effects, simmering romance, adventure, humor, miracles and ultimate sacrifices. Interestingly, "The Secrets of Wilder" takes place in the setting of mainstream American Christian culture, expanding the view of what a journey to enlightenment can be from a Christian perspective.

The first book, published last December, is called "Advanced Yoga Practices - Easy Lessons for Ecstatic Living." It is a large, user-friendly textbook on spiritual practices that goes well beyond the website lessons. It is a blend of East and West, with a down home writing style, all woven together into an open system of daily practices that is as pragmatic as it is profound in its results. Readers are calling it one of the clearest and most comprehensive books ever written on spiritual techniques. From the standpoint of practices, it serves as an optional in-depth reference book for those who read "The Secrets of Wilder."

Yogani has several more books in preparation and will continue adding to the free Internet lessons as long as his typing fingers are able. He treasures the relative peace and quiet of anonymity, and adamantly rejects the "guru" label. In fact, every lesson he puts on the Internet ends with, "The guru is in you."

For more information:

Website – <http://www.aypsite.org>

Books Page - <http://www.aypsite.org/books.html>

Book Flyer - <http://www.aypsite.org/11-AYP-Flyer-ivory.pdf>

For all the AYP Press Releases, see:

<http://www.aypsite.org/pressrelease.html>

2005/07/13 14:09:57

Overview and Announcements

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=292](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=292)

Navigation and Posting Guidelines

**Please register** for the AYP Forums whether you plan on posting messages or not. It is free and only takes a minute. It will open up many AYP forums features to you, and will be helpful for monitoring reader interest. Your email address is revealed only to those you write to directly. Select "**Register**" on the top menu.

**The structure of the AYP forums is simple, and most actions are easy to intuit from the forum icons. There are two main categories of forums:**

**The aypsite.org forums** - These were created specifically for this site and there are more than 20 of them, most with a lead-in posting from Yogani. An unlimited number of new topics may be

created in these forums. Replies are automatically appended to each topic in a string, or thread.

**The Yahoo AYP Forum Archive** - These are from the old Yahoo forum, with over 1,000 postings in over 200 topic threads, preserved here on this site. These can still be replied to. It is requested that new topics be started in the aypsite.org forums.

**Search:** Any or all of the forum and archive topics can be searched for words and phrases. Select "**Search**" on the top menu. "Subject Only" searches will yield more targeted results.

**New Postings:** To find new activity since your last visit, or for any prior period desired, select "**Active Topics**" on the top menu.

**Bug Note:** Direct links in postings will not work if followed immediately by a punctuation mark like a period, comma or semicolon. Parentheses and brackets are okay, and will not disable the link.

**Moderating:** All forums are moderated to assure the appropriateness of the discussions, correct topic placement, and no spam. Inappropriate material (abusive conduct, off-topic posts, proselytizing, ad nauseum arguing, guru-bashing, spam, etc.) will not be posted. If a topic is placed in a mismatched forum, it may be moved by a moderator, so please do your best to post in a forum appropriate to your subject matter. The IDs of those who come to the forums to post spam will be locked.

The focus of the AYP forums is on spiritual practices and experiences. Posts focusing on political, cultural, social, environmental, etc. issues and causes will not be approved by the moderators. This is not to say such matters are not important, but they are not appropriate for the AYP forums. If such discussions were permitted, it would distract from the purpose of the forums.

**Copyrighted Material:** It is recommended to use good judgment ("fair use") in quoting copyrighted material, so as not to infringe upon the owner's rights. This would include listing the title and author of material quoted (and a link if available), so interested readers may obtain the book or article being referred to. Members are responsible for all content they post in the forums.

Please make sure to clearly identify material you are quoting by using quotation marks, the quote icon function, or a different color than the rest of your post.

Also be aware that AYP does not condone posting of links to websites that enable illegal downloading of copyrighted material. Whenever we become aware of such links, they will be removed. If you are aware of any such links in the AYP Forums, please notify the moderators by email at [aypforum99@aypsite.org](mailto:aypforum99@aypsite.org).

**AYP Website and Lessons:** The AYP Forums are part of the AYP website and are closely related to the hundreds of free lessons on advanced yoga practices available here. Select "**Home**" on the top menu to go to the AYP home page. The home page address is <http://www.aypsite.org>

From there, it is easy to find the Main and Tantra Lesson Directories, Links Section, Testimonials, Topic Index, etc.

**AYP Books:** The **AYP Easy Lessons** books, the **Secrets of Wilder** novel and the **AYP Enlightenment Series** books are available via links throughout the website, or directly at <http://www.aypsite.org/books.html>

**Questions:** If you have questions about navigating the AYP Forums or Lessons, please post them in the **Satsang Cafe**. Also review the the [Forum FAQ](#).

May you find useful information here, and good friends. Practice wisely, and enjoy!

The guru is in you.

2005/07/15 12:30:53

Overview and Announcements

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=297](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=297)

Registration Problems

The Snitz Forum software utilizes cookies in your browser. If cookies are turned off, membership functions will not work.

Firewalls can sometimes prevent cookies from functioning. See this support forum for further discussion:

[http://forum.snitz.com/forum/topic.asp?TOPIC\\_ID=56465&SearchTerms=cookies](http://forum.snitz.com/forum/topic.asp?TOPIC_ID=56465&SearchTerms=cookies)

From that help link:

"Over the course of the past year, we have had a number of people who could not register, with the forums behaving as if they were not allowed to make cookies.

One of my forum members figured out what was going on. Apparently, some firewalls will not allow the creation of the cookie for getting past the acceptance screen. The solution to this is for the person to turn off their firewall, subscribe and turn it back on immediately. This has worked for about a half dozen folks on my forums so far who have had this problem.

Just thought I would share the information."

2005/07/22 07:46:08

Overview and Announcements

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=347](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=347)

How to Find New Postings Easily

It is very easy to find and view new postings if you go to "Active Topics" on the top menu of the forum. You can select any time frame you wish. As default, Active Topics will tell you what is new since your last visit. Try it and see.

In Active Topics, the entire list can be "marked as read" with the little two-tone folder icon in the upper left corner. This resets your last visit to the current date and time.

In addition, forums and topics with new postings since your last visit will be marked with a purple/pink folder on the left side in the forum and topic listings.

You can find other tips on viewing and posting in "Navigating the AYP Forums" here in the Overview and Announcements Forum.

For several reasons, the subscription feature (email notification of new postings) has not been activated for the AYP Forums at this time, so it is necessary to check "Active Topics" here on the website to see what is new.

Wishing you the best on your chosen path. Practice wisely, and enjoy!

The guru is in you.

2005/08/01 17:56:29

Overview and Announcements

[http://www.aysite.org/forum/topic.asp?TOPIC\\_ID=375](http://www.aysite.org/forum/topic.asp?TOPIC_ID=375)

"Previous & Next" Links added to AYP Lessons

All of the lessons on <http://www.aysite.org> now have "**Previous & Next**" links at the top and bottom of the page for better navigation.

This means you can "page through" the lessons forward or backward, if you wish, instead of going back to the lesson directory for every page change.

The **Main and Tantra Lesson Directories** will continue to be useful for surveying the overall list of lessons and for going to specific lessons. The **Topic Index** and **Site Search** will also continue to be useful means for finding and going directly to lessons of interest.

Keep in mind that there are some unused lesson numbers in the early stages of the lessons due to editing that was done in the original Yahoo Group lessons. The **Previous & Next** links skip over these unused lesson numbers, so you will notice a few skipped numbers in the sequence as you are paging through. If you spot any errors in the **Previous & Next** links, please let me know.

Wishing you smooth and speedy progress on your chosen path. Enjoy!

The guru is in you.

2005/08/23 14:10:32

Overview and Announcements

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=430](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=430)

Google Site Search added to aypsite.org

Google Site Search has been added to aypsite.org. Searches done here will pull up results from the AYP lessons, Forums, Links Section and every other nook and cranny of the AYP website. You can also expand your searches to the entire web here as well. Pretty handy. See:

<http://www.aypsite.org/SiteSearch.html>

For easy access, this link has been added to the "Overview and Announcements" forum header text. It can also be reached from the top menu of all the AYP lesson pages.

The Snitz Forum search (on top menu here) is still the way to go for specific searches in the AYP Forums, because it will shade search terms in yellow in the results -- much easier to find. Google does not provide the "cached" pages with shading of search terms for their site search feature like they do for their standard web searches.

If you want to search all the AYP lessons and also see where your search terms show up site-wide, Google Site Search is the way to do it.

"Seek and ye shall find!"

The guru is in you.

2005/08/27 00:29:41

Overview and Announcements

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=437](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=437)

Moved Topics -- Why? And How to Find Them

Hello All:

From time to time new topic postings may be moved to a forum that is a better fit for the subject being written about. This will happen either before a moderator approves the posting, or sometimes shortly after. In either case the author of the posting will receive an automatic email notification of the move.

If a topic is moved after posting the author will still be notified, but the rest of the forum readers will not. So, if you notice a new topic is not where you last saw it, chances are it has been moved. It

is easy to re-find these simply by going to "Active Topics" on the top menu and selecting a time frame of one or two days back. This will bring up everything posted in that period, including any moved topics. Postings can also be located by search words, date or author in the Search feature on the top menu. If you are a forum member, you can also look up recent postings of any member in the Member list.

The author of a moved topic (or any forum member) can flag the moved topic by posting a reply to it. This will bring it up to the minute in the Active Topics list, so everyone will see it in their "Since Last Visit" listing.

To minimize the number of moved topics, please try and place new topic postings in a forum that matches the subject matter as closely as possible. After checking the list of forums, if you can't see anyplace where your topic fits, then just put it in the "Satsang Cafe" -- that is the catch-all.

Also keep in mind that we'd like to provide useful information across the board in the AYP Forums. That will sometimes weigh into a moderator decision to move a topic. For example, a topic on "Christian Meditation" posted in "Deep Meditation and Samyama" will likely be moved to "Other Systems of Spiritual Practice" because we'd like to provide a separate resource for those who are interested in Christian systems of spiritual practice. It is hoped that the "Other Systems" forum will eventually blossom into a wide array of discussions providing useful information on spiritual practices from many traditions around the world. This would be in addition to the many discussions on yoga practices going on in the yoga-related forums.

Apologies for the moved topics, but it is necessary in order to build up the forums in an organized and balanced way over the long term. Sounds analogous to good spiritual practice, doesn't it? :-)

The guru is in you.

2005/09/02 12:51:51

Overview and Announcements

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=458](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=458)

Glossary of Sanskrit Terms added to aypsite.org

Hello All:

**A Glossary of Sanskrit Terms** has been added to aypsite.org and can be found at

<http://www.aypsite.org/glossary.html>

There are also links to it on the Home Page, Topic Index, Site Search page and Links Section (under "Sanskrit").

This glossary is tailored to the AYP lessons, providing additional perspectives relating to our practices and experiences. Enjoy!

The guru is in you.

2005/09/08 17:46:32

Overview and Announcements

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=471](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=471)

"Wide Page" Problem - How to Fix

Hello:

We have a newly discovered forum software glitch.

If you draw a continuous line wider than the page in a posting, it will cause all the text in the whole topic to run off the right side of the page.

\_\_\_\_\_ ...a line like this only much wider >>>

This problem is easily avoided by keeping any continuous lines (or characters) narrower than the page. If you have any postings that are triggering this "wide page" software glitch, it will be appreciated if you go back and shorten any wide continuous lines you have in there so we can see the text within the width of the page. Thanks!

The guru is in you.

PS -- This situation applies to any string of characters with no space in it that is wider than the page. The longer the unbroken string of characters, the wider the software will make the page for the whole topic.

2005/10/10 12:29:46

Overview and Announcements

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=512](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=512)

Bookmark new forum address <http://www.aypsite.org/forum>

Hi All:

As of 10/9/05 we are on a new hosting server with the AYP forums, which should serve our expansion needs for some time.

In doing the move, we started a new domain and website for AYP -- <http://www.aypsite.org> That's ".org" as opposed to the old extension, ".com"

**The new AYP forums address is <http://www.aypsite.org/forum>**

**Make sure to bookmark it.**

The old forum address <http://www.aypsite.com/forum> is being forwarded to the new address, so the move is transparent as far as using your current bookmarks goes. **However, the forwarding may not always be there, so that is why it is important to bookmark the new address.** It is as simple as changing the ".com" to ".org"

The intention is to keep both websites active indefinitely. These are with separate hosting services, so we now have some extra security for the AYP online lessons.

All online AYP sites will be kept current as new lessons and resources are added.

The guru is in you.

2005/12/31 09:14:59

Overview and Announcements

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=680](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=680)

How to Support the Work of AYP

Hi All:

Donations for helping make the AYP writings available to everyone around the world are accepted, and may be made to [AYP on Paypal.com](http://www.paypal.com).

Also see the [AYP Book Quantity Discount Program](#) for obtaining copies of the AYP books for handing out or reselling.

If you would like to participate directly in promoting, translating, publishing, or selling the [AYP books](#), please write to [Yogani](#). All assistance is greatly appreciated.

The guru is in you.

2006/06/30 17:06:49

Overview and Announcements

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=1265](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=1265)

No Links in Signatures Please

Hi All:

Some members here are in the habit of advertising their website either as part of an automatic signature or as a manual addition to all of their postings. There have been some complaints about this, so we are instituting a rule that homepage and favorite links are no longer allowed to be

included routinely in postings.

Such links can be placed in your member profile by clicking on "Profile" in the top menu. The link placed in the "Homepage" box in the profile is accessible directly to everyone via the "little house" icon found at the top of every post. The profile containing all information supplied by a member is also easily accessible from several sources, beginning with clicking on the member's name.

**Those who have links in their signature are requested to remove them -- this can be done in the member profile. Future postings containing homepage or favorite page links will be subject to rejection.**

We'd like to keep the AYP forums as focused as possible on the topics being discussed, with minimal promotional distractions.

**For the same reason, signatures that are excessively promotional in terms of font size or number of lines may be subject to rejection as well.**

Thank you for your cooperation in this matter.

The guru is in you.

2006/07/13 11:30:19

Overview and Announcements

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=1265&REPLY\\_ID=9324&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=1265&REPLY_ID=9324&whichpage=-1)

No Links in Signatures Please

Hi All:

After a number of ups and downs on various issues related to automatic signatures, it has been decided to turn off the automatic signature feature.

This will not affect signatures in existing posts, but will prevent them from now on.

I have never used the automatic signature feature, and have not found it to be a hardship. Not having automatic signatures makes for much cleaner and more readable forums.

If you want to manually add a sign-off to your posts, please keep it to a line or two and do not include promotional links.

Many thanks, and all the best!

The guru is in you.

## Forum 3 – Support for AYP Deep Meditation and Samyama

Entering and moving in stillness. The heart of yoga.  
[http://www.aypsite.org/forum/forum.asp?FORUM\\_ID=14](http://www.aypsite.org/forum/forum.asp?FORUM_ID=14)

2005/07/10 11:26:40

Support for AYP Deep Meditation and Samyama

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=275](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=275)

Deep Meditation and Samyama

In the Psalms of the Old Testament of the Bible it says, "Be still and know I am God."

In the Bhagavad Gita it says, "If one can see stillness in action, and action in stillness, one is the wise one among men."

For a long time, wise people around the globe have been agreeing on this one point -- Inner stillness is the essence of enlightenment.

How do we cultivate this in ourselves? -- Deep Meditation!

This is why in the AYP lessons, deep meditation is the first practice covered, as soon we establish some clarity about our desire to undertake practices. Once we are established in a twice-daily meditation routine, all the rest of the practices tend to fall into place quite naturally. A little bit of inner stillness goes a very long way toward putting us on an even keel in yoga, and in everything else we undertake in life.

Meditation is the primary means for cultivating the inner peace and happiness that we all have been longing for. The longing is natural, for inner peace and happiness are found to be resident aspects of our inner nature when the obstructions in our nervous system begin to dissolve from the purifying influences of yoga practices.

In the AYP lessons, instructions on deep meditation begin at Lesson #13, and continue in many more lessons. See <http://www.aypsite.org/13.html>

Samyama is a practice that takes advantage of resident inner stillness (silence) we have cultivated in our nervous system through our daily meditation sessions over a period of time. Once we are able to introduce a faint intention in silence, then we can "move in stillness." This is samyama. The practice of samyama develops in us that sense of "seeing stillness in action and action in stillness." In that state, our desires become expressions of our inner silence and find fulfillment in ways we could not have anticipated before. For instructions on samyama, see <http://www.aypsite.org/150.html>

Samyama expands our daily life from the ordinary to become a constant stream of small miracles -- and sometimes big miracles. Such occurrences moving from within stillness are called "siddhis."

That is the beauty of yoga. We can begin to find some immediate practical benefits with deep meditation today, and, later on, we can find our experience still expanding. The possibilities in all of us are truly profound.

In this forum we hope the discussion will center on the thing that deep meditation and samyama have in common, stillness -- what it is and how to cultivate it in and around us. Keep in mind that we should be meditating for some time before we undertake samyama. That is covered in detail in the lessons. There is a logical progression in all of this. Rome was not built in a day...

In the many cultures and religions, the inherent ability in human beings to experience inner stillness has been called many things: inner silence, pure bliss consciousness, sat-chit-ananda, the void, tao, god the father, the silent seed, and so on. All these names mean the same thing.

As they say, "A rose is still a rose by any other name."

Begin deep meditation and find out for yourself what the rose is. You will find many here doing the same thing, and there will be much you can share.

The guru is in you.

2005/07/16 16:20:27

Support for AYP Deep Meditation and Samyama

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=301&REPLY\\_ID=65&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=301&REPLY_ID=65&whichpage=-1)

Lightening the karmic load

Hi Kathy:

When we talk about "releasing" karma in meditation, what we really mean is "transforming" it to a higher manifestation than would have happened otherwise. As the nervous system purifies, the shadowy elements of our karma become illuminated by pure bliss consciousness. The seeds of the karma remain, but with the light blooming through them from within we are inspired to act differently. So, if we wronged someone in the past (we all have), and the light is coming up, the seeds of that will inspire us to some kind of service that will not only illuminate others, but further illuminate us as well. In this way, karma is transformed to higher purpose.

As you know, when content comes up in meditation (all related to purification), we just easily go back to the mantra. In the process of purification we don't have to be analyzing the exhaust of it, which is what all thoughts, feelings and physical sensations are in meditation. We just keep letting go with the mantra into the infinite. Over time, that changes our relationship with our karma, and with everyone else's too. What we end up with is outpouring divine love sprouting out of those illuminated karmic seeds. That's why enlightenment comes in so many flavors -- so many flavors of pure love!

The guru is in you.

2005/07/20 13:35:59

Support for AYP Deep Meditation and Samyama

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=306&REPLY\\_ID=103&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=306&REPLY_ID=103&whichpage=-1)

First Time at Samyama

It only takes a little inner silence to begin to gain some benefit from samyama practice. In the AYP lessons we can leap-frog to samyama as soon as we feel we are ready. See the recent lesson on this at <http://www.aypsite.org/269.html>

Leap-frogging is not recommended for any other practice in AYP. But for samyama, it can serve us well if we have some inner silence coming up.

How do we know if we have some inner silence? If we find the mantra fading naturally and we are picking it up at very refined and fuzzy levels when we go back to it, then that is inner silence. That is also where we do samyama, at that fuzzy level on the edge of no thoughts at all. It is very simple. It is usually easy to notice if we are picking up the mantra at a refined level. We cannot force this to happen. It happens according to ongoing purification. It will not be refined like that all the time either. It depends on what purification is going on in our nervous system at the moment. If it is refined like that from time to time, then we can benefit from samyama. In fact, samyama will improve our ability to pick up the mantra deep in the mind.

So, if we are having that experience of fuzzy mantra fading away, then samyama will not be a waste of time. If we start too early with samyama, we will not do ourselves any harm either. As always, it is up to you. Here it is: <http://www.aypsite.org/150.html> Make sure to read the lessons before and after too, so you will get the whole picture.

The guru is in you.

2005/07/20 19:51:39

Support for AYP Deep Meditation and Samyama

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=306&REPLY\\_ID=109&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=306&REPLY_ID=109&whichpage=-1)

First Time at Samyama

Thanks, Jim.

Yes, it takes time to undertake all these practices, and jumping the gun on next steps will give us symptomatic feedback from within pretty soon. We will be wise to pace ourselves accordingly, allowing weeks, months or longer between forays into new practices, giving adequate time to acclimate to the one we last took on, like samyama in this case.

With all these powerful practices lined up in a row in the AYP lessons, we have all but eliminated the age-old problem of finding them. Now we are limited only by our capacity to absorb them smoothly and safely with the accelerated purification in the nervous system they cultivate. We are all different in this, so it becomes a matter of personal management, which we call "self-pacing" in the lessons.

With the practices readily available, self-pacing becomes a huge deal. As important as any practice -- maybe more important, because, if we can't build our daily routine in an orderly fashion we will not be able to continue steadily toward our enlightenment. Given the crucial role of self-pacing in AYP, a whole forum is devoted to it here. See [http://www.aypsite.org/forum/forum.asp?FORUM\\_ID=18](http://www.aypsite.org/forum/forum.asp?FORUM_ID=18)

In that forum, we can look at self-pacing from many angles with lots of feedback from practitioners. It is in the Q&As of the AYP lessons quite a lot already. See "self-pacing" in the topic index at <http://www.aypsite.org/TopicIndex.html> for links to many case study lessons on self-pacing. There is much more we can discuss on this.

The guru is in you.

2005/10/06 10:42:31

Support for AYP Deep Meditation and Samyama

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=505&REPLY\\_ID=850&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=505&REPLY_ID=850&whichpage=-1)

Meditation and Hypnosis

Hi Jim:

There's no doubt that auto-suggestion is real. It is what most self-improvement systems rely upon, and most popular approaches to spiritual development as well (including fads).

I do not regard deep meditation to be auto-suggestion, as it is not involved with meaning. Rather it is setting the mind up to be active without a particular meaning or direction. In this situation it naturally goes to its source, which is pure bliss consciousness. As you know, we easily favor the mantra when we realize that thoughts or sensations have come up. The result of this process over time is abiding inner silence -- not by auto-suggestion, but by natural exposure to that quality of stillness within us.

I believe there are people who use auto-suggestion to induce transcendence to inner silence, which is a far cry from ordinary behavior modification oriented hypnosis. I know little of it, except that it exists, and seems to have ancient origins.

In samyama, which is a special form of auto-suggestion, the suggestions are manifested from within pure bliss consciousness for spiritual purification and opening, and this process is morally

self-regulating. Our inner silence (inner guru) is the source of all truth and love.

As for abuses by third parties, well, it can happen. That's why I always say...

The guru is in you.

2005/10/18 13:37:56

Support for AYP Deep Meditation and Samyama

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=529&REPLY\\_ID=1011&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=529&REPLY_ID=1011&whichpage=-1)

Mantra Enhancement

Hi All:

Glad to hear some are finding the mantra enhancements to be effective for broadening the swath of the purification process going in and coming out through the mind and nervous system in deep meditation. That is just what the enhancements are for.

Keep in mind that the measure of our meditation is not in our subjective experience while doing it. That can be anything, from the sublime to the ridiculous, according to the purification that is occurring at any point in time. If we are observing the easy procedure of meditation, it will be right and the results will be there. The true measure of meditation is in how we feel afterward in daily activity.

Anthem is right in mentioning the potential hazards of using the mono-pole OM syllable alone in deep meditation. While it may feel great for a while, it will more than likely lead to some imbalance somewhere along the line. OM is the natural vibration of our nervous system when awakened to ecstatic conductivity and radiance. Then OM emanates naturally from the medulla oblongata (brain stem) and reverberates throughout the nervous system, and beyond. But OM is not the ideal vehicle to use alone in deep meditation to achieve that awakening. We are all attracted to it, and would like to see OM in there at some point, and that is what we do down the road in the second enhancement of the mantra -- incorporate OM in a balanced dual-pole way once we reach an adequate level of purification in our nervous system.

Modifying our mantra based on how it "feels" during meditation is not a sound approach. This week it will feel great. Next week it will not feel so great. Then what will we do? Change it again? That's not a practical formula for achieving effective long term results. It is like following the ever-changing scenery instead of the road. Where will we end up? Who knows?

Much better to stick with our mantra and regard all the ups and downs equally -- using thought streams as signals to easily come back to the mantra. It takes many months for a mantra to settle in. Deep meditation is a marathon based on steady practice, not a sprint based on the local scenery -- sort of a tortoise and hare thing, you know.

On pronunciation, "I AM" is like the English. Or "AYAM," if you'd like to drop the English spelling -- same pronunciation. The quality of the mantra is not determined by how it feels at its gross level of pronunciation in the mind. In fact, pronunciation will rarely be clear as we go deep during our meditation. At the deepest levels in the mind, there will be no discernable pronunciation at all -- just a faint impulse. A vague vibration deep inside us, even as we open to the vastness of pure bliss consciousness within. So, no one is asking you to be hollering "AYAM!" in the depths of your being. The mantra is a vehicle that dissolves into the pure bliss consciousness that is the essential fabric within us. The mantra vehicle is designed to resonate throughout a particular subtle neurological range within our nervous system (the sushumna), thus purifying it. That is true of the enhancements as well, as discussed in lesson #188, which goes into the design principles of the AYP mantras: <http://www.aypsite.org/188.html>

For the reasons given in the lesson, it is suggested that changes in mantra be based on sound principles and good self-pacing, rather than on the subjective experiences of the day. You will know you are on the right track with your practice if you feel more steadiness and joy in daily activity, no matter what the subjective experience in meditation may be.

Some other lessons on mantra and enhancements are:

First instructions on deep meditation - <http://www.aypsite.org/13.html>

On OM and the dual pole principle - <http://www.aypsite.org/59.html>

On changes in mantra during meditation - <http://www.aypsite.org/79.html>

On mantra mixed with thoughts - <http://www.aypsite.org/195.html>

On first enhancement of mantra - <http://www.aypsite.org/116.html>

On second enhancement of mantra - <http://www.aypsite.org/186.html>

There is a third enhancement of the mantra in the AYP Book.

The guru is in you.

2005/10/18 14:12:13

Support for AYP Deep Meditation and Samyama

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=529&REPLY\\_ID=1013&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=529&REPLY_ID=1013&whichpage=-1)

Mantra Enhancement

David & Meg:

Yes, ahhh versus ehhh is okay, though the original is as in Sam, ham, bam, ram, etc. Then the OM syllable opens it up much further with the second enhancement. As mentioned, OM is not the best place to start.

On ayOM, you may be jumping the gun on that one for reasons mentioned above, Meg. It is up to you. Do let us know how it goes.

## Forum 4 – Support for AYP Pranayama, Mudras and Bandhas

Spinal breathing pranayama, inward bodily maneuvers, and more.

[http://www.aypsite.org/forum/forum.asp?FORUM\\_ID=15](http://www.aypsite.org/forum/forum.asp?FORUM_ID=15)

2005/07/10 13:07:28

Support for AYP Pranayama, Mudras and Bandhas

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=276](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=276)

Pranayama, Mudras and Bandhas

There are two parts comprising the operative side of the enlightenment equation:

1. The cultivation of inner silence
2. The cultivation of neurological ecstatic conductivity

The first, we have been talking about in the "Deep Meditation and Samyama" forum.

The second is the province of this forum. The cultivation of ecstatic conductivity in the nervous system is accomplished primarily through breathing techniques, called "pranayama," in combination with certain bodily maneuvers, called "mudras and bandhas." Most of these practices have been shrouded in secrecy for centuries, and have been little understood. Furthermore, these practices work best if combined in a routine that also includes deep meditation.

In AYP, we start off with deep meditation. Next we add spinal breathing pranayama, which is the most important of all the breathing techniques covered in the lessons. It is first covered in Lessons #39-41, and developed further in many other lessons. See <http://www.aypsite.org/41.html>

Spinal breathing pranayama cultivates the entire nervous system so it becomes a much better medium for inner silence, which, in turn, makes samyama practice much more effective. Spinal breathing and meditation are done in separate sessions one after the other -- spinal breathing first and meditation second. In the lessons, you will find out about the timing of learning spinal breathing and adding it in front of your daily meditation session. The practices are learned step-by-step over time like that -- not all at once.

Once spinal breathing has been taken on and stabilized, a series of additional practices can be added over time, including:

Mulabandha (<http://www.aypsite.org/55.html>)

Sambhavi Mudra (<http://www.aypsite.org/56.html>)

Siddhasana (<http://www.aypsite.org/75.html> - technically an asana, but we can discuss it here also)

Yoni Mudra Kumbhaka (<http://www.aypsite.org/91.html>)

Uddiyana Bandha & Nauli (<http://www.aypsite.org/129.html>)

Kechari Mudra (multiple stages - <http://www.aypsite.org/108.html>)

Jalandhara Bandha (see yoni mudra kumbhaka)  
Dynamic Jalandhara (Chin Pump - <http://www.aypsite.org/139.html>)  
Spinal Bastrika Pranayama (<http://www.aypsite.org/171.html>)  
Targeted Bastrika Pranayama (<http://www.aypsite.org/198.html>)

Spinal breathing itself contains a few nuances: 1) Ujjayi pranayama, and 2) Brahmari Pranayama (not in the online lessons - it's in the AYP book)

So there is quite a lot, and all of it is fair game for discussion here in this forum. The overall effect of these practices can be best described as the rise of "ecstatic conductivity" in the nervous system. This phenomenon will no doubt be discussed in many places in these forums, as will the importance of cultivating inner silence.

As mentioned before, the addition of practices comes logically in a certain order, as discussed in the lessons. We would never try to tackle all of this at once!

Once we have inner silence and ecstatic conductivity coming up together in our nervous system, we find ourselves in a natural joining of these two aspects (or poles) within us. This joining is what produces enlightenment in the human being. These two aspects joining (balancing) within have been called by many names: shakti & shiva, yin & yang, holy spirit & father god, euphoria & emptiness, and so on. Many names -- same inner dynamic in the human nervous system.

And how do we characterize the end result of all this, the enlightenment? It is simple, really. When it is coming to fruition we have unshakable inner silence, ecstatic bliss and outpouring divine love. Then, we do for others as we would do for ourselves, because others become as dear to us as our own self. At the same time, it is complete freedom from the ups and downs of life in this world. We have all known or heard about people with these qualities. We each have that within us, and the methods of yoga are for uncovering it.

The guru is in you.

2005/07/20 14:24:34

Support for AYP Pranayama, Mudras and Bandhas

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=335&REPLY\\_ID=104&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=335&REPLY_ID=104&whichpage=-1)  
Spinal Breathing Suggestion

Interesting suggestion on moving the perineum point forward in spinal breathing to bring sexual energy more into it. Feel free to experiment according to results. You will know it when you feel it. Until then, maybe better to stick to the basics. Once ecstatic conductivity begins to come up, then we are in a much better position to optimize our practice -- having real sensations to follow.

Keep in mind that we eventually are cultivating sexual energy in many ways during spinal breathing. This also creeps out as habit (not necessarily conscious practice) into the rest of our sitting practices, including in deep meditation and samyama.

Other means (habits to develop) we use during spinal breathing that are involved with cultivating sexual energy include mulabandha/asvini, sambhavi, siddhasana, uddiyana (very light) and kechari. After spinal breathing, we go for even more with yoni mudra kumbhaka, chin pump and spinal bastrika. Oddly enough, some of the most powerful practices for cultivating sexual energy in the nervous system are located in the head.

Links to AYP lessons on these practices can be found in the introduction to this forum at [http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=276](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=276)

All of these practices are acting to cultivate sexual energy throughout our nervous system, using the spinal nerve as the central transmission conduit – not only up and down, as in spinal breathing-style practices, but also outward via naturally arising ecstatic conductivity. Then we have deep meditation and samyama working within all that inner arousal.

We did not mention tantric sexual practices, did we? That is yet another dimension in all of this. See the forum here devoted to that.

There is a lot we do to promote both the expansion of ecstatic conductivity (the sexual element) and inner silence (pure bliss consciousness). These two aspects of our inner nature join to become unshakable inner silence, ecstatic bliss and outpouring divine love. That is enlightenment. Well, that's the big picture on practices. Enjoy!

The guru is in you.

2005/08/03 20:06:30

Support for AYP Pranayama, Mudras and Bandhas

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=335&REPLY\\_ID=268&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=335&REPLY_ID=268&whichpage=-1)

Spinal Breathing Suggestion

Hello all:

As time goes on, the focal point of rising ecstatic conductivity in the area of the perineum shifts from sexual (the front) toward the anus and rectum (the back). In a very general (and unofficial) way, the perineum represents the distance between root (anus) and second chakra (sexual organs). The perineum is a logical end point in spinal breathing, covering the full scope from genitals to anus.

Kundalini means "coiled serpent," and the scriptural description is specific -- three-and-a-half coils around the root lingam. This corresponds with the neuro-biology in and around the rectum.

As ecstatic conductivity comes to bloom in the nervous system, this spiritual anatomy reveals itself by degrees. Until then, we are taking things a bit on faith when we do our spinal breathing to the

perineum. We know something is going on there, but we don't know exactly what until the inner energies are awakened. In the meantime, we want to be careful not to wander too far off in our practice with this or that sensation, or we may end up missing the main event.

Of course, once we have ecstatic conductivity going (an awakened kundalini), we will not be leading her so much anymore. She will be leading us. We just don't want to be jumping the gun on her, running off into myriad sensations, emotions and thoughts with our practices. What I am saying here applies in all the AYP practices. So much can be coming up that can attract our attention. This is why the lessons say so often: When experiences happen in our practice, whatever they may be, we easily come back to the procedure of the practice we are doing.

So, Jim is wise to advise you not to be running too far up the perineum there in your spinal breathing. The real action will be happening in the other direction... But don't go charging off there in spinal breathing either. Just stick with the practice as given is my suggestion -- to the perineum. Don't forget you will have mulabandha/asvini and siddhasana in there too, along with all the other practices influencing the spinal nerve as well. So it will all work out in the end. Was that a pun?

Ah, adventures in yoga!

The guru is in you.

2006/08/07 11:03:59

Support for AYP Pranayama, Mudras and Bandhas

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=345&REPLY\\_ID=10303&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=345&REPLY_ID=10303&whichpage=-1)  
hand positions

quote:

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*Originally posted by Anthem11*

Maybe this was Yogani's intention, not to micro-manage the things that the nervous system will naturally do at the right time to purify itself?

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Yep. :-)

We take care of the essentials and the nervous system (inner guru) takes care of the rest.

Wonderful account of the process in action.

The guru is in you.

2005/08/10 14:52:01

Support for AYP Pranayama, Mudras and Bandhas

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=359&REPLY\\_ID=328&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=359&REPLY_ID=328&whichpage=-1)

Kechari Mudra

Hello Rabar:

Thank you for that.

However, it is not swallowing the tongue. It is going up to stage 2 (and possibly 3). You can tell because the soft palate on top is being pushed forward from behind. If the tongue were going down the gullet, the soft palate would not be pushed forward because there would be nothing behind it. Of course, one can call kechari stages 2-4 "swallowing the tongue" and most would not know the difference. "Swallowing," most people can understand. But up into the center of the head via the nasal pharynx? Few can imagine that, even though it is much easier to do than swallowing of the tongue.

Perhaps this young man has a future in yoga. He has a gift. The question is, will he have the bhakti to go with it?

It is an excellent video of entering stage 2. Thank you!

The guru is in you.

PS -- See these cross sectional sketches for perspective

[http://www.aypsite.org/kechari\\_image1.html](http://www.aypsite.org/kechari_image1.html)

2006/01/16 09:32:42

Support for AYP Pranayama, Mudras and Bandhas

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=359&REPLY\\_ID=2561&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=359&REPLY_ID=2561&whichpage=-1)

Kechari Mudra

quote:

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*Originally posted by Lavazza*

Some fellow practitioners are convinced that I must have been practicing in an earlier life, but then I must be quite sloppy concerning many of the other asanas, pranayamas and bandhas, which I do not get at all.

## Forum 5 – Asanas – Postures and Physical Culture

Many think this is "Yoga." It is, at least in part.

[http://www.aypsite.org/forum/forum.asp?FORUM\\_ID=20](http://www.aypsite.org/forum/forum.asp?FORUM_ID=20)

2005/07/11 13:02:41

Asanas - Postures and Physical Culture

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=277](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=277)

Asanas - Postures and Physical Culture

There is something of a paradox here.

The teaching and practice of yoga postures is a huge worldwide phenomenon. It has even moved over into the mainstream of the physical fitness arena, with numerous kinds of aerobic and extreme yoga regimens now available. This is big business!

Yet, in Patanjali's Yoga Sutras, asanas are one limb out of eight, with meditation, pranayama and the other limbs having equal or greater weight, not to mention samyama. Why the difference between the basic truths of yoga practice and what we see in the world? Some say it is "market driven." We are a culture that craves physical health above all things. It is understandable. We all want our health and well-being, the more the better.

But learning to systematically do less can be much more, you know. That is the secret of yoga. In AYP we use asanas as a limbering, a stretching of the nervous system to warm up for pranayama and deep meditation. Because there is so much about postures on the Internet, asanas are given fairly light coverage in the online AYP lessons. See Lesson #71 for a discussion on asanas at <http://www.aypsite.org/71.html>

An illustrated "Asana Starter Kit" with fourteen postures is included in the AYP book. And a much abbreviated version is also provided there for those "on the go." Asanas are important in AYP. If possible, we should do a set of asanas before our twice daily meditation sittings. But, when time is short, we do not do asanas instead of meditation. Or instead of pranayama. That is the difference in AYP. For more on fitting practices into a busy schedule, see Lesson #209 at <http://www.aypsite.org/209.html>

The physical conditioning aspect of life is not ignored in AYP. In the AYP book, a yoga-friendly routine of muscle toning calisthenics and aerobic (cardiovascular) development is included.

In this forum, the doors are flung wide open to discuss asanas and physical culture from every angle. Let off some steam if you like. Build up a sweat, if need be. Then, after you cool down, make sure to check out the Yoga Sutras. See Lesson #149 at <http://www.aypsite.org/149.html>

May we all find balance in our practices and thereby enter the infinite inner realms of divine joy, and bring that out into our daily living!

The guru is in you.

2005/07/20 12:58:19

Asanas - Postures and Physical Culture

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=336&REPLY\\_ID=100&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=336&REPLY_ID=100&whichpage=-1)

Please recommend some asanas

I agree with Jim about taking a class on asanas (postures). This is also recommended in the AYP lessons at <http://www.aypsite.org/71.html>

For those who are chaffing at the bit to get started, an "Asana Starter Kit" is included in the AYP book -- written instructions and illustrations for 14 basic postures that can be done in a short routine before spinal breathing and deep meditation. An "abbreviated" (very short) version is also included for people on the go. The AYP book can be downloaded anywhere in ebook format. See <http://www.aypsite.org/books.html>

The guru is in you.

2005/08/05 23:21:49

Asanas - Postures and Physical Culture

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=387&REPLY\\_ID=302&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=387&REPLY_ID=302&whichpage=-1)

Kechari in asana

Hi Victor:

Since I first got into kechari stage 2 some 20 years ago, I have usually let it call me rather than the other way around. The result has been that it is pretty much there throughout sitting practices. Occasionally not. Sometimes it is in part or all of asanas, but usually not. Kechari is a natural for asanas that stretch the sushumna along with kumbhaka and a full array of mudras and bandhas (sambhavi, mulabandha, siddhasana/heel on perineum, uddiyana and jalandhara). Maha mudra is the primary candidate for this. Don't overdo that one...

And who is to say kechari is not okay to do in a shoulder stand, or any other posture? Or, for that matter, while you are driving to work? I'd say it is between your bhakti and your common sense. In other words, self-pacing rules this just like it does everything else we do in yoga, especially when we have such a full tool kit available.

The guru is in you.

2005/10/12 09:48:38

Asanas - Postures and Physical Culture

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=387&REPLY\\_ID=949&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=387&REPLY_ID=949&whichpage=-1)  
Kechari in asana

Hi All:

That's right. We do not want to divide our attention from the simple procedure of meditation by "working" on other practices during meditation. We develop the "habits" of mudras, bandhas, siddhasana, etc. during spinal breathing and at other times, and then they will eventually be occurring naturally during meditation without any attention being necessary for them to be there.

So there is no instruction for kechari in meditation. We let it come in naturally as a habit that has been formed elsewhere in our routine. Then it will be easy and not be an attention divider. Recall that anything our attention wanders to in meditation is a cue to easily pick the mantra up again. That goes for wandering off into working on this or that mudra too. So from that you can conclude that I did not recommend holding the tongue anywhere in particular during meditation, except as naturally occurring.

The guru is in you.

2005/10/12 11:48:47

Asanas - Postures and Physical Culture

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=387&REPLY\\_ID=951&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=387&REPLY_ID=951&whichpage=-1)  
Kechari in asana

quote:

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I know with breath suspensions that I hardly notice when they occur these days, should it be like that with kechari, because I find this one hard not to notice?

---

Yes, it will be like that. And we can notice, like anything else that comes up in meditation. Then we ease back to the mantra when we realize it.

We can leave kechari there, or let it subside if need be, like shifting our legs in meditation for comfort. Whatever gives us the clearest attention for the simple process of meditation. Eventually kechari, siddhasana, sambhavi, even mulabandha/asvini will be sneaking into our meditation if we have been developing them elsewhere. We don't let them take over our meditation, any more than we would deliberately sit in an uncomfortable or distracting environment that does not favor easy meditation, though the process of meditation can deal with that, if necessary.

In time, all those yogic elements will naturally be in our meditation to some degree with no effort or distraction. The upshot is that ecstasy via these other methods becomes a regular part of our experience of inner silence in meditation. It is the marriage of shiva (silence) and shakti (ecstasy). It

is a fine line getting from here to there.

Btw, sorry to be off topic here, Victor. Your sharing on kechari in asana is both illuminating and appreciated. That is yet another example of practices migrating naturally through the limbs of yoga, demonstrating again the interconnectedness of yoga. It is one tree (one nervous system), after all... :-)

The guru is in you.

2005/10/14 00:08:07

Asanas - Postures and Physical Culture

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=387&REPLY\\_ID=976&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=387&REPLY_ID=976&whichpage=-1)

Kechari in asana

Hi Andrew:

Kechari in asana. Kechari in meditation. Not such different things. Same tendency -- different practice.

Glad it got around to the clarification you were seeking.

As Victor pointed out, the main obstruction can be our reluctance to do what we are being called to from within due to something someone said, our tradition, or whatever. Clearly our nervous system under the stimulation of yoga has its own evolutionary dynamic -- human spiritual transformation -- and we can seldom go wrong following that, as long as we heed the principles of self-pacing. That is the key, isn't it?

The guru is in you.

2005/08/14 17:52:52

Asanas - Postures and Physical Culture

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=407&REPLY\\_ID=368&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=407&REPLY_ID=368&whichpage=-1)

painful knees ?

Hello Pala:

See this recent Q&A from my email:

Q: I read your article on siddhasana: <http://www.aypsite.org/75.html>

I have knee problem due to torn ligament in my right. I cannot bring this leg under. So can I tuck in my left leg instead of my right? Will it effect the efficiency of this posture?

## Forum 6 – Tantra – Sex and Spiritual Development

What is Tantra anyway? It's about more than sex.

[http://www.aypsite.org/forum/forum.asp?FORUM\\_ID=16](http://www.aypsite.org/forum/forum.asp?FORUM_ID=16)

2005/07/11 14:15:51

Tantra - Sex and Spiritual Development

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=278](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=278)

Tantra - Sex and Spiritual Development

Note: This forum is for mature practitioners, and is moderated to maintain a spiritual orientation and high standard of integrity.

"Tantra" has gotten to be quite a buzz word over the past 30 years. But what does it mean?

Yes, tantra is about sex, but it has a much broader scope, encompassing all of yoga. "Tantra" means "woven together." It is very similar to the word "yoga," which means "to join."

Nevertheless, we still think of the relation of sex to spiritual development when we think of tantra, and that is mostly how we discuss it in AYP. But what kind of sex? It can be summarized in one phrase from a 4,000 year old scripture, the Vigyan Bhairava:

"At the start of sexual union, keep attention on the fire in the beginning, and, so continuing, avoid the embers in the end."

All tantric sexual methods are related to this principle. Put in plain English, it means "preorgasmic sex," or, the simultaneous preservation and cultivation of sexual energy. It is a balancing act that can have a huge impact on our spiritual progress.

But why? When we are sexually stimulated and are able to remain in front of orgasm for an extended period, a spiritual cultivation in the nervous system occurs. This cultivation is closely linked with the natural processes of evolution we are coaxing along in our daily pranayama, meditation, mudras and bandhas, and so on. Not that we do both at the same time. Sex will always be sex, happening as and when it must. We don't regulate that in AYP. But with daily sitting practices happening, combined with an observance of tantric principles and practices in our normal sex life, an important spiritual synergy occurs that accelerates the rise of ecstatic conductivity in our nervous system. This is the spiritual fruit of tantric practices. There are many practical benefits as well -- overcoming sexual dysfunctions, extending lovemaking, greatly deepening the experience for both partners, and profound feelings of love and joy extending throughout the day and night.

Keep in mind that tantric sexual methods alone without meditation and other sitting practices in our daily routine will not be an effective spiritual path. If this were true, we'd have all been enlightened long ago!

Explorations are invited on the full range of tantra, including the principles and practices covered in the AYP tantra lessons, which you can find at: <http://www.aypsite.org/TantraDirectory.html>

These are:

The holdback method - developing the skill of preorgasmic sex

Blocking of male ejaculation - tantric training for men

The count method - how to stay preorgasmic

Siddhasana - a powerful tantra technique used in sitting practices

Vajroli mudra - the natural upward flow of sexual essences in men and women

Kechari mudra "secret spot" - the "top down" dimension of tantric sex

Amaroli - urine therapy (detailed instructions are in the AYP book) Also see Amaroli resources in the AYP links section at <http://www.aypsite.org/amaroli.html>

Brahmacharya - what non-celibate and celibate paths have in common

Sri Vidya - mystical inner lovemaking, the devotional side of tantra

Several of the tantric sexual practices mentioned can be applied in either partner or solo mode.

No doubt the Kama Sutra will come up somewhere along the line. It is good to discuss that too. However, its perceived status as a tantra scripture is in question, because it does not focus on the preservation and cultivation of sexual energy. Without that, there can be no tantric sex.

See also the AYP Tantra Links Section for additional resources --

<http://www.aypsite.org/TantraLinks.html>

May the discussions here yield new light on this important aspect of our spiritual path.

The guru is in you.

2005/07/17 06:31:31

Tantra - Sex and Spiritual Development

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=304&REPLY\\_ID=68&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=304&REPLY_ID=68&whichpage=-1)

Swami Atmo Jayakumar

Hello and welcome!

I have great respect for Osho's work (formerly Rajneesh) 20-30 years ago in bringing tantra to public awareness. It was not an easy task! Many have benefited from his open and integrative approach to spiritual development.

You have arrived here just as the new AYP forums are gearing up. I hope we will see many stimulating discussions here in the tantra forum.

Being a sannyasin (renunciate), how would you characterize the differences and similarities in tantric practices between sannyasin and householder ways of life?

Your new topic was moved here from the Yahoo archive forum for a better fit. Once the aypsite.org mail server is tied in with the forum software, an automatic notification will go out to the poster when a topic is moved by a forum moderator.

The guru is in you.

2005/10/13 23:52:34

Tantra - Sex and Spiritual Development

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=344&REPLY\\_ID=974&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=344&REPLY_ID=974&whichpage=-1)

What happens if you only do sitting practices.

Hello ZN:

Thanks much for chiming in here.

Yes, once the energy is moving it is about flow and balance, which is where sitting practices have a certain advantage -- a daily habit that can work steadily toward promoting the spiritual dimensions of awakened sexual energy (which we also call here, ecstatic conductivity).

Can you share further on the methods you use? As you may have noticed already, we have a lot of tools for this in AYP. But we can always use new perspectives!

The guru is in you.

Yogani

2005/10/17 12:57:39

Tantra - Sex and Spiritual Development

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=344&REPLY\\_ID=998&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=344&REPLY_ID=998&whichpage=-1)

What happens if you only do sitting practices.

Hi ZN:

Thanks much for the additional detail. Very interesting. It goes to show that there are many ways to skin the "energy cat" while keeping in balance, and living to tell about it.

The fact that you are coming down as much as going up in your practice is most likely the key to your balance. This is similar to the use of spinal breathing in AYP, though we avoid the crown until

much later -- using the third eye instead. Your spiraling approach is fascinating, and is consistent with the swirling of energies that occurs as the ida and pingala nerve channels are awakened in conjunction with the spinal nerve (sushumna).

Is there a particular part of your routine that you would say is involved in the cultivation of inner stillness (our unbounded, unshakable inner witness), or do you see this as happening throughout your routine? This gets to a central question that arises when considering all chakra/energy-based paths.

In AYP we view the cultivation of ecstatic energy and the cultivation of inner silence to be the two essential poles of enlightenment. This is analogous to setting up for the shakti and shiva union, which leads to the inner rebirthing process and outflow of vast quantities of divine love through our nervous system. Unlimited outflow of divine love into the world is the final stage of all that we are doing in yoga.

So, you can see why I ask about the cultivation of inner silence.

To tie back into the subject of this topic, it is certainly possible to accomplish full ecstatic awakening using sitting practices alone, such as those in AYP, or other methods like those ZN has been so kind to share. The purpose of the tantra lessons in AYP is to provide additional means for those who are sexually active, to whatever degree. In this way, our normal sexual activity can become a periodic aid to spiritual development, rather than be a drag on it. Tantric sexual practices are not a replacement for sitting practices, of course. And neither are sitting practices related to the cultivation of ecstatic energies alone a replacement for methods such as deep meditation and samyama, which are for the cultivation and expansion of inner silence.

I keep bringing up the inner silence component of yoga because it is easy for any of us to forget about it in the face of the huge energy shows we are capable of stimulating within ourselves. So this question about inner silence is not pointed only at you, ZN. It is a reminder to all of us who are inclined to "trip the light fantastic." :-)

It is the blending of these two qualities within us (silence and ecstasy) that will bring us home.

The guru is in you.

2005/10/18 09:26:23

Tantra - Sex and Spiritual Development

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=344&REPLY\\_ID=1004&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=344&REPLY_ID=1004&whichpage=-1)

What happens if you only do sitting practices.

Hi ZN:

Yes, sitting practices are certainly tantra also -- a more refined kind, which is actually the heart of

tantra. It is called "Sri Vidya," which means "glorious knowledge" -- knowledge of the inner union of our divine polarities.

If inner silence comes with your practice, who can argue? Presumably it is found in your daily activity as well. That is the test of any yoga practice -- an abiding blissful stillness that elevates the quality of our life. Enlightenment or not, it is quality of life we are all after, yes? And that overflows to others, which is the real fruit -- that infectious bubbling love that can change the world.

So do carry on. There is nothing better to be a lush for than advanced yoga practices. :-)

The guru is in you.

2005/10/18 22:43:38

Tantra - Sex and Spiritual Development

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=344&REPLY\\_ID=1029&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=344&REPLY_ID=1029&whichpage=-1)

What happens if you only do sitting practices.

Hi again ZN:

That is some article on Sri Vidya you found. Quite scholarly... Your own description of what is happening inside is much better.

Here is a much shorter (and hopefully easy to understand) discussion on Sri Vidya from the AYP tantra lessons: <http://www.aypsite.org/T25.html>

...and also several colored versions of the Sri Yantra diagram, which is discussed in the lesson:

<http://www.aypsite.org/sriyantra.html>

Here is a blank one for anyone who would like to color their own!

<http://www.aypsite.org/sriyantra-blank.html>

(click right on it to print it)

Those who have either of the AYP books will notice that the "imprint" (logo) of AYP Publishing is a rainbow colored Sri Yantra. This is a portrait of the human spiritual anatomy from the inside. I think its descriptive relevance will increase in the years to come.

Having a basic familiarity with Sri Vidya and the Sri Yantra can be useful for understanding our inner dimensions and processes in relation to the cosmos, presuming we have the bhakti, practices and inner experiences that directly manifest within us what the wisdom of Sri Vidya and Sri Yantra describe -- human spiritual transformation.

This is why we say that tantra is about much more than sex. It is about getting divinely irradiated and transformed from the inside. :-)

## Forum 11 – Kundalini – Inner Energy Ecstasy

Considering "the awakening," while keeping in balance.  
[http://www.aypsite.org/forum/forum.asp?FORUM\\_ID=22](http://www.aypsite.org/forum/forum.asp?FORUM_ID=22)

2005/07/13 08:50:30

Kundalini - Inner Energy Ecstasy

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=284](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=284)

Kundalini - Inner Energy Ecstasy

There are two ingredients in the enlightenment equation -- the rise of inner silence and the rise of ecstatic conductivity.

While inner silence cultivated in deep meditation is the foundation of all progress in yoga, the occurrence of ecstatic conductivity gets much of the press. That is because it is immediately noticeable to the inner senses and can be dramatic, especially if it is prematurely awakened or spontaneously occurring in the nervous system due to past practices engaged in, even before this lifetime. When in its dramatic form, the movement of inner energy is often called "kundalini." But kundalini is a term that applies to all phases of energy awakening, and even to unawakened energy residing in our sexual biology in the pelvic region. AYP Lesson #54 discusses the sexual origins of kundalini, here <http://www.aypsite.org/54.html>

In AYP we engage in practices that gradually awaken our inner energies in a balanced way. The main practices for this are pranayama, mudras, bandhas and certain asanas. Tantric sexual practices play an important role in the awakening of the inner energies as well. Meditation and samyama stimulate the awakening at very refined levels in the nervous system (the level of pure bliss consciousness), which is essential for the enlightenment connection to occur. The natural outcome of all this is a gradual awakening of an abiding inner ecstasy throughout the nervous system -- and we call that "ecstatic conductivity." The blending of this with our rising inner silence gives rise to the alchemy of enlightenment. The end result is a combined state of unshakable inner silence, ecstatic bliss and outpouring divine love.

There are other kinds of inner energy awakenings that fall outside what we would call an orderly progression. The fundamental causes of these have not been in the AYP style of practices, but have originated in past practices and tendencies some people have been born with. Quite a few have come to AYP with kundalini symptoms of the more extreme variety already in full flame, with an array of dramatic symptoms -- some not very pleasant. For that reason Lesson #69 is included in AYP, which deals with kundalini symptoms and remedies. See <http://www.aypsite.org/69.html>

Along with a good grounding in AYP-style "self-pacing," Lesson #69 also comes in handy if things go a little out of kilter due to overdoing in AYP practices.

This forum is for discussing energy experiences that can be classified as "kundalini." The initial intention here is not to set up a "kundalini clinic," though that will be up to the participants. While

many teachings avoid kundalini difficulties like the plague (too much controversy), that is not the approach here. If something in our experience needs addressing, we should address it as best we can. This is not a guarantee that all energy difficulties can be solved here. In some cases, seeking professional medical help will be the best course to take. But, as a minimum, there is the opportunity here to find good listeners and others who are having similar experiences, along with basic measures for dealing with energy imbalances. It is the least we can do.

There are quite a few kundalini Q&As in the AYP lessons. You can find direct links to them by looking up "kundalini" in the topic index at <http://www.aypsite.org/TopicIndex.html>

The challenge of dealing with severe kundalini excesses due to wrong sequencing of practices is covered in the Secrets of Wilder novel. See <http://www.aypsite.org/books.html>  
In that case it was the late discovery of spinal breathing pranayama, which is one of the best practices for cultivating and balancing the inner energies.

The guru is in you.

2005/08/04 09:59:45

Kundalini - Inner Energy Ecstasy

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=326&REPLY\\_ID=275&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=326&REPLY_ID=275&whichpage=-1)

Reply Topic - Kundalini Intro

Thank you, Paul.

Very nice progress with kundalini in the gentle, progressive ways AYP is designed to cultivate. John Wilder could have used your help in the chaotic early stages of his transformation!

The guru is in you.

Yogani

2005/08/27 10:31:06

Kundalini - Inner Energy Ecstasy

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=435&REPLY\\_ID=453&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=435&REPLY_ID=453&whichpage=-1)

Current of Kundalini

Hello Oliver:

Thank you very much for raising these important questions on the inner pathways and risks of kundalini. Keep in mind that we are all dealing with the same nervous system, and all of the descriptions and practices are working with the same principles and neuro-biological dynamics.

The differences come from interpretations based on individual observations and discoveries, geo-

cultural factors and traditional approaches that have been passed down for many generations. The efficacy of them is best judged on experience rather than blind faith acceptance. That is what we try and do here in AYP with a full range of integrated advanced yoga practices.

No doubt you have noticed that all of the variations of the path of kundalini you have mentioned have one thing in common -- part or all of the path is in the vicinity of the spinal cord. This is a pretty big clue on where the center of kundalini activity lies, and where the master control switch is. Certainly kundalini can be observed moving in many other nerve channels (nadis) in the body -- some major ones and many minor ones. Of course there is nothing "minor" about kundalini flowing anywhere. But it emanates primarily from the spine. Anyone who has awakened kundalini will tell you that. While some traditions go beyond the spine in their systems of practice, it is safe to say that the spinal cord is the master channel and controlling mechanism on the kundalini journey. In the yoga traditions, it is called sushumna. In AYP we usually call it the spinal nerve.

In AYP we work almost exclusively in and around the spinal nerve with all of our practices, with noticeable results. Make no mistake about it. It is results we are after, first and foremost. Progressive and safe results.

There are a couple of other factors that should be mentioned.

There are two primary aspects of the spiritual transformation we are cultivating. First is the awakening of inner silence, which is done primarily through deep meditation and samyama. Second is the awakening of what we call ecstatic conductivity in the nervous system, which is done mainly with pranayama, mudras, bandhas, asanas and tantric sexual methods. The first is the awakening of the Shiva principle within us. The second is the awakening of the Shakti principle, which is kundalini. There is overlap between all these methods on both the Shiva and Shakti sides because we are neuro-biologically "interconnected" inside.

On the kundalini side of this, yes, you are right that there can be difficulties if the path is not correct and the awakening is not measured ( self-paced ) according to one's capacity. The most common cause of difficulties has been demonstrated to be premature awakening of the crown. For that reason, here in AYP we do not approach the crown directly until very late on our journey, if at all. Instead, all the practices in AYP are geared to the root to brow (third eye) spinal nerve route, which has been found to be a very stable and progressive route for the vast majority of practitioners. Interestingly, by taking the root to brow approach in our practices, we also are opening the crown by proxy, without incurring the dangers to which you refer.

Once we have effectively cultivated both our inner silence and ecstatic conductivity, then we find a merging of these, which produces a condition where we are experiencing unshakable inner silence, ecstatic bliss and outpouring divine love, all resident in us on an ongoing basis. This we call enlightenment. And all of this will be found to be emanating from the spinal nerve, flowing endlessly outward into the physical environment around us, and inward to the unbounded reaches of inner space. In the end, the outward and inward journeys are found to be one and the same. We become one with all, and that is Unity. Kundalini is but one aspect of the journey, dealing with the

transformation of the neuro-biology to a permanent ecstatic condition.

That is a quick summary on how we view the path of kundalini in AYP, and how we cultivate it while minimizing the risks that are often associated with this important aspect of our enlightenment.

For further reading, check the AYP topic index at <http://www.aypsite.org/TopicIndex.html> which provides many lesson links on all that has been touched on here. If you are new to AYP, it is suggested that you also start at the beginning of the lessons and work your way straight through. There is a logical build-up of both knowledge and practices in the lessons.

Wishing you ongoing success on your chosen path. Practice wisely, and enjoy!

The guru is in you.

2005/08/29 10:24:51

Kundalini - Inner Energy Ecstasy

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=435&REPLY\\_ID=471&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=435&REPLY_ID=471&whichpage=-1)

Current of Kundalini

Thank you, Oliver. I'm very happy we found you too. May you find the AYP lessons, books and forums to be good resources as you move forward on your chosen path.

Yes, this is much more than a forum. At least we aim for it to be. It will depend on what everyone brings to it. The hope is for it to evolve into a large community of practitioners giving and receiving "horizontally" rather than rigid top-down from a "vertical" hierarchy of teachings. The AYP lessons are designed to be a touchstone for these horizontal communications, not an absolute. The only absolute is your experience with the practices. As they say, "The proof of the pudding is in the eating."

By the way, I have the greatest respect for Swami Satyananda. His book, "Kundalini Tantra" (1984) is a milestone in breaking the secrecy barrier on esoteric practices. If he is off on spinal breathing pranayama or other practices, we can look at all the options and make corrections based on logical assessments of causes and effects. But he broke the secrecy barrier on many practices, you know, and that is very important. Because of people like him, we are now able to have these comparative discussions leading to maximum effectiveness of our yoga practices.

There is more on the gradual shift of yogic writings over the past century from philosophy-oriented to practice-oriented in AYP lesson #253 at <http://www.aypsite.org/253.html> Philosophy is great. Practice is even better!

The guru is in you.

2005/09/19 10:50:16

Kundalini - Inner Energy Ecstasy

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=485&REPLY\\_ID=697&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=485&REPLY_ID=697&whichpage=-1)

to heal kundalini syndrome

Hello 2002:

Victor has asked you just the right question. If your kundalini imbalance is related to recent practices, we obviously need to know what they have been in order to offer suggestions. If this is a tendency you have been born with, then it will probably also be practice-related from a previous lifetime you may not remember. Either way, there are measures you can apply now to find relief.

On the religious aspect, keep in mind that "kundalini" is the same as the "Holy Spirit" in Christianity. There is no difference. Only a different name. It is the same human nervous system we all have expressing the same energy. Yoga methods are for advancing the process of spiritual transformation in the human being without regard to race or creed, and this can be seen through eyes that are Christian, Jewish, Hindu, Buddhist, Muslim or any other religion. There is nothing opposed to God in yoga or kundalini. It is only a matter of right management of practices and experiences. Then the truth contained within our religious orientation will become much stronger.

It seems you have moved too fast somewhere in the past (perhaps doing certain practices too much, or in the wrong order) and that is why you are having difficulty now. That is why the first thing to look at is your practices, and consider making necessary corrections. Also, additional help for managing kundalini energy symptoms can be found in AYP lesson #69 at <http://www.aypsite.org/69.html>

Do continue with your story here, and I know we can offer some helpful suggestions. I wish you all success on your chosen spiritual path. It will get better!

The guru is in you.

2005/09/23 12:11:42

Kundalini - Inner Energy Ecstasy

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=485&REPLY\\_ID=744&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=485&REPLY_ID=744&whichpage=-1)

to heal kundalini syndrome

quote:

---

...another question is the hate for "serpent." I think what you see as serpent as a imagery of nerve channels in your body suddenly you have become more aware of what it happening in your body and started hating it.

---

Thank you, sauravu, for your fine contributions across the board in the AYP forums. In a very short time you have brought a new dimension to the conversations here. It is always good to hear it from those who grew up in Santan Dharma, Hinduism, or whatever you choose to call it. However it may be named, I have the deepest respect and gratitude. Without it, we would be a few thousand years behind where we are now in putting the practical methods of human spiritual transformation to good use.

Your quote above is especially important, as it points to the role of illusion (maya) in life. How easy it is to mistake the image or metaphor for the reality, and personify it as something opposed to us -- or evil. I think all the human suffering in the world can be traced to this kind of misinterpretation.

The fact is, the "serpent" is none other than the enlivening of our own spinal nerve and other nerves spinning off from it. If we interpret that as something other than our own inner process (or positive divine process in bhakti mode), that is the illusion. A few weeks or months of daily deep meditation can go a long way toward clearing up such misinterpretations. A mind illuminated with inner silence sees the truth of things much more clearly. That's why in AYP we get grounded first in deep meditation, before we attempt to awaken the ecstatic (kundalini) side of our nature. Spinal breathing (root to brow) is also an important prerequisite because of its powerful energy balancing properties.

Just as these core practices can clear up the illusions associated with events inside us, so too do they gradually clear up the illusions on the outside. As Jesus said, "The truth shall set you free." Inner silence and a balanced unfoldment of ecstatic bliss is the truth inside all of us.

I am reminded of the old Indian story about the rope lying on the ground. Someone yelled, "It's a snake!" and everyone went running hither and yon yelling, "There's a snake in the village! A snake in the village!" Many plans were made to get rid of that snake. Finally, someone dared to go close to the rope lying on the ground and saw it was just a rope. Do you think it was easy for her to convince everyone else that it was not a snake? Well, you know the story. We live it every day in real life with all sorts of ropes and imaginary snakes. All the more reason to meditate...

I hope 2002 is still reading. The times when we see a "serpent" in yoga, and think it is a real serpent, are the times when we are a bit ahead of ourselves in practices, or perhaps bumping up against an old sensitivity we have in our nervous system. This does not mean that the serpent is out to get us or our religion. It just means we need to tend to our practices and experiences with a level head, using tried and true methods to bring things back into a tolerable range of inner purification so we can proceed ahead on our journey as smoothly and safely as possible.

The guru is in you.

2006/03/01 23:19:08

Kundalini - Inner Energy Ecstasy

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=527&REPLY\\_ID=3992&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=527&REPLY_ID=3992&whichpage=-1)

Currents while asleep

quote:

---

Katrine wrote: I tried to meditate with a mantra this morning. It was impossible - completely out of place...it felt meaningless and superficial. The sound wants me to hear it. So I relaxed...and let myself be embraced by it. This immediately results in ecstasy. I have a question for Yogani here: There is no limit now to how high I can go with this sound. But I am a little hesitant...if I let go all the way; will I harm myself? Am I ready for this, or should I still only do 10 min meditation and 5 min pranayama (I love pranayama). And should I "hold back" while meditating? Also: Since the sound is there all the time: how to self-pace?

---

Hi Katrine and all.

See my comments today on nada (inner sound) versus mantra meditation here:

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=860](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=860)

Let me add that if the sound/energy is taking us up and out the crown, we will be wise to do some grounding instead, as discussed in [lesson 69](#). If we go high without a gradual buildup and balancing of the energy over time, there can be the classic kundalini overdose syndrome. It is rare to have all of a sudden up and out one time and "they all lived happily ever after." It is more like up and out and crash, and up and out and crash. If the crown is seriously involved, the recovery from this rollercoaster cycle can take a long time. That is not what we are looking for in AYP. More of a smooth and steady development is preferred. Then going up and out will come on gradually via root to brow practices and be light and easy, and so will the aftermath. In fact, eventually we will not know the difference between being up and out the crown and being down here. It will all become the same whole body illumination and divine flow. Then the intensity will be far greater than the crashing version, but we will not notice the intensity, because the energy will be streaming through us with very little friction. Others will notice more than we do. Achieving smooth and stable purification of the vehicle, the human nervous system, is the key in all of this. If we can do that, then there is no limit to how far we can go. We just have to build up to it gradually.

Keep in mind that "automatic yoga" does not put our safety first. It is up to us to do that. We always have the option to ground our excessive energy flows, when necessary. There are many ways to do this. It is good to become familiar with the means, just like it is good to know where the brake pedal is in our car. :-)

The guru is in you.

2006/03/04 10:11:38

Kundalini - Inner Energy Ecstasy

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=527&REPLY\\_ID=4085&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=527&REPLY_ID=4085&whichpage=-1)

Currents while asleep

Hi Katrine:

The mantra knows where to be and how to be according to the course of our inner purification, which is automatic, riding on the wings of inner silence.

The mantra may seem to be somewhere, or nowhere. It matters not. It is the process of easily picking it up and letting it refine that takes us forward in silence. If we notice locations it is okay, but we do not determine them for the mantra. In other practices -- spinal breathing in particular -- we locate with attention. But gently, not to overdo in that. Even spinal breathing has its own inner scheme -- our glorious divine flight through inner space -- opening, balancing, transforming!

The guru is in you.

2005/12/05 16:21:55

Kundalini - Inner Energy Ecstasy

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=625](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=625)

Kundalini Imbalance

Hi All:

Here is an interchange from my email:

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Q1:

I have just ordered both your books and look forward to receiving them. A search on Kechari Mudra led me to your site.

I have a question about Kundalini.

I had always been a very relaxed and laid back guy. Slowly I got interested in Yoga, then meditation, pranayam...As my practice deepened, I became more and more calm, more content and peaceful. Then one day, about 2 years after starting my practice, all this changed.

I started feeling a pressure in the throat area, as though someone was gripping my throat. It feels somewhat like having a lump in the throat, when someone is about to cry. I started becoming very anxious and mentally agitated. I also started suffering from insomnia. Since that day (almost 2 years ago) I have been trying to cope with these things. To this day I still feel as though there is a

## Forum 22 – AYP Helpers

A place for discussing ways to help out with the AYP work.  
[http://www.aypsite.org/forum/forum.asp?FORUM\\_ID=34](http://www.aypsite.org/forum/forum.asp?FORUM_ID=34)

2005/07/13 13:42:21

AYP Helpers

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=291](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=291)

Paying It Forward - AYP Helpers

If you have found AYP to be a useful resource, please pass the word to as many as you can so others might benefit also.

In AYP Lesson #166, the concept of "Pay It Forward" is discussed. It is doing for others what others have done for us in making AYP visible in some way. That way the word can keep getting around to those who may have interest. See <http://www.aypsite.org/166.html>

This forum is for those who would like to be AYP helpers, for networking and sharing ideas on how to spread the word. Even just mentioning AYP in another forum with a direct link included can make a huge difference. There are hundreds of ways both on the Internet and off it that this work can be made more visible. Anything that is done along those lines will be a blessing.

But no spam in the name of AYP, please, especially not the offensive automated kind that turns people off. Let's keep it respectable and on the highest level of integrity. There are many ways to do that.

AYP is a horizontal teaching, meaning everyone can bring the knowledge to everyone else, and that is how these writings will naturally grow in their influence.

"Candles lighting candles until all candles are lit."

Many thanks to all who have helped in this labor of love...

The guru is in you.

2005/08/28 16:25:59

AYP Helpers

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=440](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=440)

International Translations of the AYP Lessons

Since 2004 there have been a number of international translations of the AYP lessons undertaken. They are:

**Arabic** -- <http://groups.yahoo.com/group/theguruisinyou> (added 3/7/08)  
.....or <http://www.ayparabia.com> (added 7/18/10)

**Bulgarian** -- <http://www.bg-ayp.dir.bg/index.html> (added 2004)

**Chinese** -- <http://blog.sina.com.cn/aypchinese> (added 8/27/10)

**Czech** -- <http://ayp.cz/> (added 9/24/07)

**Dutch** -- <http://sites.google.com/site/aypnederlands> (added 11/9/10)  
.....or <http://www.odysseyofthesoul.de/AYP> (added 10/13/06)

**Farsi/Persian** -- <http://aypfarsi.blogspot.com> (added 12/30/10)

**French** -- <http://fr.groups.yahoo.com/group/Pratiquesavanceesdeyoga> (added 2004)  
.....or <http://www.aypsite.ch> (added 8/16/10)

**German** -- <http://www.fyü.de> (added 4/23/10, revised 8/12/10)  
.....or <http://aypsite.at> (added 6/1/10)  
.....or <http://groups.yahoo.com/group/AYPdeutsch> (added 9/27/05)

**Hebrew** -- <http://sites.google.com/site/ayphebrewsite> (added 5/9/09)

**Hindi** -- [http://groups.yahoo.com/group/AdvancedYogaPractices\\_Hindi](http://groups.yahoo.com/group/AdvancedYogaPractices_Hindi) (added 2004)

**Norwegian** -- <http://www.satsangwithkatrine.com/AYPLeksjonerpNorsk.html> (added 5/5/10)

**Portuguese** -- <http://ayppt.wordpress.com> (added 6/20/08)

**Spanish** -- <http://sites.google.com/site/aypcas> (added 5/26/09)  
.....or <http://es.groups.yahoo.com/group/aypcastellano> (added 5/9/09)  
.....or <http://www.namaste.com.mx/practicass> (added 2004)

The International Translations are also listed on the [main website here](#).

**Note:** On 12/3/08, a Google Automated Translation Tool covering about 60 languages was added at the bottom of all website and forum pages. 35 languages appear in the translator icon pull-down menu, and nearly 60 languages in another pull-down menu once the translator is launched with any

language. The Google automated translations are gradually improving over time, and can be helpful with AYP lessons and forum discussions that are not covered in the human (manual) translations above.

The people who have been doing the international translations are the unsung heroes of AYP, and have my deepest gratitude. Because of them, many around the world have been able to read the lessons who would not have access to them otherwise.

If you are interested in translating part or all of the AYP lessons to another language, or assisting on an existing translation effort, please contact me directly. It is a wonderful way to help others, while at the same time deepen your experience of yoga. Here is what one translator had to say about his experience:

"I did a translation of the AYP site into Bulgarian, my native language. While doing this I have had experiences very similar to the shaktipat..."

[http://www.aypsite.org/forum/topic.asp?whichpage=0.52&TOPIC\\_ID=350#336](http://www.aypsite.org/forum/topic.asp?whichpage=0.52&TOPIC_ID=350#336)

The other translators have had similar experiences. In fact, I too consider myself to be a translator of the lessons -- into English from the original Inner Silence - Pure Bliss Consciousness -- and the experience of being filled with divine light by the work has been the same for me.

So, there is much to be gained from doing a translation of the AYP lessons. In the giving, we receive a thousand times over.

Any questions or comments you may have on international translations are welcome here.

The guru is in you.

2005/09/27 09:03:57

AYP Helpers

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=440&REPLY\\_ID=774&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=440&REPLY_ID=774&whichpage=-1)

International Translations of the AYP Lessons

A German translation of the AYP lessons has been started at

<http://groups.yahoo.com/group/AYPdeutsch/>

Thank you!

The guru is in you.

2006/09/22 17:56:05

AYP Helpers

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=440&REPLY\\_ID=11482&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=440&REPLY_ID=11482&whichpage=-1)

## International Translations of the AYP Lessons

Hi Yogini:

Yes, by all means, do it. The internet medium (website, blog, etc.) and URL are your choice. Whatever works best for you and your readers. Sorry, I can't accommodate it on the AYP site.

The AYP website materials are fair game for translation and public viewing on the web. That is what they are for. Just provide one or more links back to <http://www.aysite.org> for reference.

Beyond the online lessons are the AYP books, which are not available for free web viewing. If you want to translate the books, then we are talking about publishing books in Dutch, which would be wonderful. We can work with whatever your inclinations are.

Regarding open source practices, freedom and responsibility, you can bet I was holding my breath when AYP first went out for public viewing -- there have been so many dire predictions about how people will hurt themselves with open access to powerful spiritual practices. Well, it is not true. Everyone has been very responsible and actually brilliant in applying the practices with self-pacing. The level of responsibility displayed by everyone has been so impressive that there is even a short lesson on the subject here: <http://www.aysite.org/217.html>

It is exactly the opposite of the dire predictions -- more information leads to more responsibility, while less information leads to more desperate measures and more danger. So much for the dire consequences of open source spiritual practices.

Once you have a URL let me know and we can post it.

My Dutch genes say, thank you. Oops, the secret is out. Yogani wears wooden shoes and lives in a windmill in Florida! :-)

The guru is in you.

2006/10/04 11:32:53

AYP Helpers

[http://www.aysite.org/forum/topic.asp?TOPIC\\_ID=440&REPLY\\_ID=11896&whichpage=-1](http://www.aysite.org/forum/topic.asp?TOPIC_ID=440&REPLY_ID=11896&whichpage=-1)

International Translations of the AYP Lessons

Thanks very much, Yogini and Wolfgang.

Looks great, even if I can't read it. :-)

Just a reminder to translate the "I AM" (AYAM) mantra phonetically for sound, and not for meaning.

AYP Helpers

[http://www.aysite.org/forum/topic.asp?TOPIC\\_ID=4794&REPLY\\_ID=41165&whichpage=-1](http://www.aysite.org/forum/topic.asp?TOPIC_ID=4794&REPLY_ID=41165&whichpage=-1)

To contribute ---An Experience of profound Joy

Hi Madhu, and welcome!

Feel free to look around the website and forums. There are plenty of places to lend a hand with spreading the word. If you have questions on helping AYP, you can contact me here:

<http://www.aysite.org/contact.html>

Wishing you all the best on your path. Practice wisely and enjoy!

The guru is in you.

2008/12/07 19:14:26

AYP Helpers

[http://www.aysite.org/forum/topic.asp?TOPIC\\_ID=4871](http://www.aysite.org/forum/topic.asp?TOPIC_ID=4871)

AYP is on YouTube!

Hi All:

All of the AYP audiobook previews and radio interviews have been put on Youtube with still cover images in place of active video. They were put on Google Video at the same time.

See here: <http://www.youtube.com/user/yogani99>

The link can also be found in the left border of the AYP website and forums under "Communities."

We have a new helper who is a video enthusiast, so there is more to come. The next step will be active video and/or video slide shows. But not the anonymous Yogani in front of the camera. :-)

Stay tuned...

The guru is in you.

-----

**Updates:** New Enlightenment Series audiobook tracks with video that have been added to the [AYP Youtube channel](#), with the source book/audiobook named (in parentheses):

**Expansion of Divine Love in the World (Deep Meditation)**

[http://www.youtube.com/watch?v=pzSwM\\_ir0tI](http://www.youtube.com/watch?v=pzSwM_ir0tI)

**Cultivating the Cosmic You (Spinal Breathing Pranayama)**

<http://www.youtube.com/watch?v=7hZcybFETqA>

**Tantra, Sex and Enlightenment (Tantra)**

<http://www.youtube.com/watch?v=EWVJ92T-2EY>

**Awakening Kundalini with Physical Practices (Asanas, Mudras & Bandhas)**

<http://www.youtube.com/watch?v=nUCYbvgahH0>

**Super-Normal Powers (Samyama)**

<http://www.youtube.com/watch?v=yxPDI6hdkbk>

**Are We What We Eat? (Diet, Shatkarmas & Amaroli)**

[http://www.youtube.com/watch?v=64rz\\_nX-kLE](http://www.youtube.com/watch?v=64rz_nX-kLE)

**A Confirmation of Unity (Self-Inquiry)**

<http://www.youtube.com/watch?v=75NCfAq8mVg>

**Dare to Dream (Bhakti & Karma Yoga)**

<http://www.youtube.com/watch?v=S110CpKkzCg>

**Enlightenment Milestones (Eight Limbs of Yoga)**

<http://www.youtube.com/watch?v=mUZZruJtIuk>

**Woman is Divine Goddess (Tantra)**

Part 1: <http://www.youtube.com/watch?v=tDLLT46qVvc>

Part 2: <http://www.youtube.com/watch?v=OTdK4HjvD4w>

2008/12/08 19:14:00

AYP Helpers

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=4871&REPLY\\_ID=42061&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=4871&REPLY_ID=42061&whichpage=-1)

AYP is on YouTube!

quote:

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*Originally posted by Etherfish*

instead of the anonymous yogani in front of the camera, you could have yogani's voice with an animation.

See for example this video of Bjork singing "innocence". It kinda looks like her, but not really:

<http://in.youtube.com/watch?v=72RFO1YtLMg>

The last 15 seconds is more the kind of background effect that would go with AYP.

---

Hi Ether:

Thanks for the animation suggestion (and the interesting example). It is a possible direction we can go in, and has been discussed a little bit. It has implications for the Secrets of Wilder story too, much further down the road.

The next step will be a simple video slideshow for the 5 minute Deep Meditation audiobook preview. Then we will see what comes after that. We are taking it one thing at a time, depending on what happens at each step. We managed to get all the audiobook previews and interviews uploaded and organized on Youtube (44 files), no small task in itself. Now we are ready to move ahead.

Onward! :-)

The guru is in you.

2008/12/14 10:01:31

AYP Helpers

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=4871&REPLY\\_ID=42332&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=4871&REPLY_ID=42332&whichpage=-1)

AYP is on YouTube!

quote:

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*Originally posted by YogaIsLife*

Hi, I just saw this animation on meditation in youtube:

<http://www.youtube.com/watch?v=inmeP8gZtrQ>

I thought it was quite cool and, although it is not the same method as AYP, I think AYP could do something similar. Apparently you already have the idea of doing an animation video so I just thought of leaving here this as an example, in case you haven't seen it yet.

All the best!

---

Hi YIL:

Thank you for that.

The quality of the animation is amazing (as is the amount of viewership), and we will continue to look into it. Of course, AYP practices are a different kettle of fish, both in practical utility and the fact that no columned temple or pedestal is required. :-)

That would be reflected in any presentations we do.

It is very helpful to see what others are doing in animation. If there are other popular examples, feel free to post them.

In particular, it would be good to know what hardware, software and artistic skills are necessary to produce such high quality animations.

All the best!

The guru is in you.

2009/01/10 12:23:02

AYP Helpers

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=4871&REPLY\\_ID=43262&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=4871&REPLY_ID=43262&whichpage=-1)

AYP is on YouTube!

Hi All:

We have been adding video uploads on YouTube, including the Jan 4th KKCR Hawaii radio interview, and new audiobook previews with real video!

<http://www.youtube.com/user/yogani99>

It continues to evolve...

Enjoy! :-)

The guru is in you.

2009/05/18 17:12:36

AYP Helpers

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=4871&REPLY\\_ID=51038&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=4871&REPLY_ID=51038&whichpage=-1)

AYP is on YouTube!

Hi All:

Here are the additional Enlightenment Series audiobook tracks with video that have been added to the [AYP Youtube channel](#) over the past several months:

**Expansion of Divine Love in the World (DM)**

[http://www.youtube.com/watch?v=pzSwM\\_ir0tI](http://www.youtube.com/watch?v=pzSwM_ir0tI)

**Cultivating the Cosmic You (SBP)**

<http://www.youtube.com/watch?v=7hZcybFETqA>

**Tantra, Sex and Enlightenment (Tantra - very popular!)**

<http://www.youtube.com/watch?v=EWWJ92T-2EY>

**Awakening Kundalini with Physical Practices (AMB)**

<http://www.youtube.com/watch?v=nUCYbvgahH0>

**Super-Normal Powers (Samyama)**

<http://www.youtube.com/watch?v=yxPDI6hdkbk>

**Are We What We Eat? (DSA)**

[http://www.youtube.com/watch?v=64rz\\_nX-kLE](http://www.youtube.com/watch?v=64rz_nX-kLE)

**A Confirmation of Unity (Self-Inquiry)**

<http://www.youtube.com/watch?v=75NCfAq8mVg>

Our anonymous video artist is going to town with these (it's not me). Great fun! :-)

The guru is in you.

PS: See the bottom of the [first post](#) in this topic for the up to date list.

2009/06/14 12:34:54

AYP Helpers

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=4871&REPLY\\_ID=52328&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=4871&REPLY_ID=52328&whichpage=-1)

AYP is on YouTube!

Hi All:

A new audiobook preview with video has been added to the [AYP Youtube Channel](#):

### **A Confirmation of Unity (Self-Inquiry)**

<http://www.youtube.com/watch?v=75NCfAq8mVg>

It has been added to the listing above of previews with video.

Enjoy!

The guru is in you.

2009/07/23 11:30:50

AYP Helpers

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=4871&REPLY\\_ID=53959&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=4871&REPLY_ID=53959&whichpage=-1)

AYP is on YouTube!

Hi All:

A new audiobook preview with video has been added to the [AYP Youtube Channel](#):

### **Dare to Dream**

<http://www.youtube.com/watch?v=SI10CpKkzCg>

This is an audio/video version of a [recent online lesson](#) of the same name. Both come from the [AYP Bhakti and Karma Yoga book/audiobook](#).

The Youtube link has also been added to the listing of previews with video in the [first post of this topic](#).

Enjoy!

The guru is in you.

2009/08/25 13:52:47

AYP Helpers

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=4871&REPLY\\_ID=55660&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=4871&REPLY_ID=55660&whichpage=-1)

AYP is on YouTube!

Hi All:

A new audiobook preview with video has been added to the [AYP Youtube Channel](#):

### **"Enlightenment Milestones"**

<http://www.youtube.com/watch?v=mUZZruJtIuk>

This comes from the [AYP Eight Limbs of Yoga book/audiobook](#).

The Youtube link has also been added to the listing of previews with video in the [first post of this topic](#).

Enjoy!

The guru is in you.

2009/08/25 23:39:12

AYP Helpers

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=4871&REPLY\\_ID=55711&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=4871&REPLY_ID=55711&whichpage=-1)

AYP is on YouTube!

quote:

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*Originally posted by Anthem11*

Hi Yogani,

Fantastic video, really enjoyed it. Can I ask how the video was done, it's great!

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Hi Anthem:

Thank you. Glad you liked it. :-)

How the videos are put together is a mystery to me. We have an anonymous volunteer who enjoys doing them. I picked the audio tracks from the audiobooks, and the video was developed to go with them. We have now gone through all nine Enlightenment Series books for the second time with new audio tracks plus the creative video.

I'm not sure if there will be more added to Youtube beyond the three remaining KKCR interviews, which will not have custom video content (banner images only). Time will tell...

The AYP Youtube videos have been viewed/heard nearly 40,000 times since we started about 8 months ago, mostly by new visitors from all over the world. It is a nice resource for introducing folks to AYP.

The guru is in you.

2009/10/22 08:19:36

AYP Helpers

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=4871&REPLY\\_ID=58816&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=4871&REPLY_ID=58816&whichpage=-1)

AYP is on YouTube!

Hi All:

A new two part audiobook preview with video has been added to the [AYP Youtube Channel](#):

**"Woman is Divine Goddess"** (...for the ladies... :-))

Part 1: <http://www.youtube.com/watch?v=tDLLT46qVvc>

Part 2: <http://www.youtube.com/watch?v=OTdK4HjvD4w>

This comes from the [AYP Tantra book/audiobook](#).

These new Youtube links have also been added to the listing of previews with video in the [first post of this topic](#).

Enjoy!

The guru is in you.

2009/01/02 12:52:50

AYP Helpers

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=4975](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=4975)

AYP Website and Forum Traffic Statistics

**Updated December 31, 2010**

Hi All:

The AYP website and support forums have seen 351 thousand unique visitors from 213 countries and territories, and 6.2 million page views (hits) since Google record-keeping started in July 2007.

The following graph, data and map links from Google cover AYP website and forum traffic statistics. The graphs show monthly data.

[All Traffic - July 2007 \(when Google data started\) to December 2010](#)

Unique Visitors = 351,390  
Visits (new + returning) = 910,242  
Page Views (hits) = 6,173,418  
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#### [Full Year 2010](#)

Unique Visitors = 133,276  
Visits (new + returning) = 330,947  
Page Views (hits) = 1,983,504

#### [Full Year 2009](#)

Unique Visitors = 112,923  
Visits (new + returning) = 280,632  
Page Views (hits) = 2,020,749

#### [Full Year 2008](#)

Unique Visitors = 82,492  
Visits (new + returning) = 218,804  
Page Views (hits) = 1,604,371

#### [6 Months 2007](#) (Full Year Estimates = 6 Month Stats x 2)

Unique Visitors = 55,894 (full year estimate)  
Visits (new + returning) = 159,718 (full year estimate)  
Page Views (hits) = 1,129,588 (full year estimate)

### **Regional Maps and Statistics**

For those who are interested in regional traffic details, below are Google [maps and statistics](#) showing AYP website traffic distribution for the world, zooming in on the most active countries and regions.

[World - All Countries/Territories](#) (July 2007 - Dec 2010)

[World - All Countries/Territories](#) (12 Months Ending Dec 2010)

**Most active countries/regions** (July 2007 - Dec 2010):

#### 1. [United States - All](#)

(50 states - most active first: [CA](#), [NY](#), [PA](#), [FL](#), [VA](#), [TX](#), [MI](#), [WI](#), [MA](#), [NJ](#), [OH](#), [IL](#), [GA](#), [CO](#), [WA](#), [AZ](#), [MN](#), [MD](#), [NC](#), [OR](#), [CT](#), [RI](#), [MT](#), [LA](#), [KS](#), [IN](#), [TN](#), [MO](#), [DC](#), [IA](#), [NM](#), [VT](#), [UT](#), [AR](#), [OK](#), [HI](#), [AL](#), [WV](#), [NV](#), [NE](#), [KY](#), [SC](#), [NH](#), [MS](#), [ME](#), [ID](#), [DE](#), [AK](#), [SD](#), [WY](#), [ND](#))

#### 2. [United Kingdom](#) and [Ireland](#)

3. [India](#)
4. [Canada](#)
5. [Germany](#)
6. [Australia](#) and [New Zealand](#)
7. [Sweden](#)
8. [France](#)
9. [Spain](#)
10. [Czech Republic](#)
11. [Netherlands](#)
12. [Lebanon](#)
13. [Bulgaria](#)
14. [Israel](#)
15. [Norway](#)
16. [Portugal](#)
17. [Belgium](#)
18. [Singapore](#)
19. [Finland](#)
20. [Japan](#)
21. [Italy](#)
22. [Mexico](#)
23. [United Arab Emirates](#)
24. [Malaysia](#)
25. [Brazil](#)
26. [China \(mainland\)](#), [Hong Kong](#) and [Taiwan](#)
27. [Switzerland](#)
28. [Argentina](#)
29. [South Africa](#)
30. [Romania](#)
31. [Poland](#)
32. [Austria](#)
33. [Hungary](#)
34. [Philippines](#)
35. [Russia](#)
36. [Croatia](#)
37. [Turkey](#)
38. [Trinidad and Tobago](#)
39. [Greece](#)
40. [Thailand](#)
41. [Nepal](#)
42. [Denmark](#)
43. [Slovenia](#)
44. [Indonesia](#)
45. [Saudia Arabia](#)
46. [Pakistan](#)

47. [Iran](#)
48. [South Korea](#)
49. [Ukraine](#)
50. [Egypt](#)

## Demographics from "AYP on YouTube"

[Age and Gender - Jan 2009 - Dec 2010](#) (based on 150,000 video views)

**Note:** The geographical distribution of [AYP on YouTube](#) video views is similar to the Google stats above. Since Google does not cover age and gender demographics, the YouTube stats for this are included here.

Wishing you the best on your path. Practice wisely, and enjoy!

The guru is in you.

2009/01/03 13:08:35

AYP Helpers

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=4975&REPLY\\_ID=43018&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=4975&REPLY_ID=43018&whichpage=-1)

AYP Website and Forum Traffic Statistics

quote:

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*Originally posted by Anthem11*

Hi Yogani,

As a side note, AYP also reaches a lot of people who never come to the websites.

The experience I've had with introducing AYP to people is that not more than 25% have visited the websites more than a few times, with maybe 10% visiting regularly. In my case, most that I am in contact with have learned the practices from the DM book. So AYP is far more reaching than these statistics give it credit for.

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Hi Anthem:

Thank you.

It is good to know there is a lot of independent study and practice going on out there, far beyond what we can see here on the internet. That is how it should be. Ultimately, I hope this will lead to many more independent meditation groups, retreats, international translations, research, etc.

Of course, anyone who visits the AYP website or forums even only once will be included in the "unique visitor" total. If they are only dropping in once or twice (pretty common, as you say), there will be less shown from them in the "page views" (hit) count. This would account for the average ratio of page views to visitors being what it is. Some make many more return visits to the website than others, and it all averages out to the stats we see here.

The reason these traffic stats have been posted publicly is not to harp on the necessity for web activity. It is more in keeping with the philosophy of openness of information in AYP. In these times, more than at any time in the past, the transmission of spiritual knowledge is part of everyone's path. So it is good for all of us to know what is going on with AYP around the world.

These stats can also be viewed as an indication of what is happening with yoga-related spiritual practices in general worldwide. The regional maps and stats are particularly revealing on this. They really show you where the action is going to be in the 21st century, and where more attention may be needed.

These stats are to remind us that AYP is a toolbox with a global reach, and that it can be a significant help to many people in many cultures.

With the evidence of steady growth, it can inspire us to do more to help increase the availability of spiritual practices to many more people around the world who may be inclined to take advantage. For those who can use the knowledge, we'd like to have it available in the most useful form possible. When we have done that, then it is up to each practitioner to take responsibility and move ahead through the process of human spiritual transformation as they are called to from within.

All the best!

The guru is in you.

2009/04/01 14:26:43

AYP Helpers

[http://www.aypsite.org/forum/topic.asp?TOPIC\\_ID=4975&REPLY\\_ID=48226&whichpage=-1](http://www.aypsite.org/forum/topic.asp?TOPIC_ID=4975&REPLY_ID=48226&whichpage=-1)

AYP Website and Forum Traffic Statistics

Hi All:

The [above website statistics](#) have been updated as of March 31, 2009.

This is the end of the reading sample. Thank you for taking a look. To obtain a complete copy of “AYP Support Forum Posts of Yogani,” please visit:

<http://www.aypsite.com/books-aypforumyogani.html>

A list of other books by Yogani can be found on the next page...

## Also by the Author

Yogani is an American spiritual scientist who, for nearly forty years, has been integrating ancient techniques from around the world which cultivate human spiritual transformation. The approach is non-sectarian, and open to all. His books include:

### ***Advanced Yoga Practices – Easy Lessons for Ecstatic Living (Two Volumes)***

Two large user-friendly textbooks providing over 400 detailed lessons on the AYP integrated system of practices.

### ***The Secrets of Wilder – A Story of Inner Silence, Ecstasy and Enlightenment***

This modern novel was written before AYP, helping inspire the extensive practical writings on self-directed spiritual practice that became the AYP system.

### ***The AYP Enlightenment Series***

Easy-to-read instruction books on yoga practices, including:

- ***Deep Meditation – Pathway to Personal Freedom***
- ***Spinal Breathing Pranayama – Journey to Inner Space***
- ***Tantra – Discovering the Power of Pre-Orgasmic Sex***
- ***Asanas, Mudras and Bandhas – Awakening Ecstatic Kundalini***
- ***Samyama – Cultivating Stillness in Action, Siddhis and Miracles***
- ***Diet, Shatkarmas and Amaroli – Yogic Nutrition and Cleansing for Health and Spirit***
- ***Self-Inquiry – Dawn of the Witness and the End of Suffering***
- ***Bhakti and Karma Yoga – The Science of Devotion and Liberation Through Action***
- ***Eight Limbs of Yoga – The Structure and Pacing of Self-Directed Spiritual Practice***
- ***Retreats – Fast Track to Freedom – A Guide for Leaders and Practitioners***
- ***Liberation – The Fruition of Yoga***

For up-to-date information on the writings of Yogani, and the free *AYP Support Forums*, please visit: