

# **Samyama**

**Cultivating  
Stillness in Action  
Siddhis & Miracles**

**Yogani**

**From The AYP Enlightenment Series**

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Stillness in Action,  
Siddhis and Miracles

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Life is a Miracle!



## Introduction

*Samyama* is a powerful yoga practice that has been shrouded in mystery for centuries. Yet, it is as close to us as our immediate hopes and dreams, for it is the principles of samyama that are behind the manifestation of everything in our life.

Inner silence cultivated in deep meditation is the primary prerequisite for the *conscious* performance of samyama. With the right foundation in place, remarkable things can be achieved, including the rise of a constant flow of miracles in and around us.

The essential principles and practices of samyama are covered here, simplified in a way that enables anyone to engage in daily practice leading to results. A primary sitting samyama practice routine is provided, along with an assortment of tools that enable the practitioner to expand the applications of samyama as desired. Everyone wants something, and the use of samyama offers the possibility for us to fulfill our deepest desires.

But there is a catch. In order to fulfill our desires, we must systematically surrender them to our inner silence, to the divine within us. In doing so, all love and goodness will flow out with tremendous power. This is the way of effective samyama – whatever we surrender will come back to us a thousand-fold, and purified in a divine outpouring. This is *stillness in action*...

So, while samyama is about getting what we want, it is also about purifying and opening our nervous system to the divine within us. In doing so, our desires themselves become purified and gradually ascend to promote our highest purpose in life.

*The Advanced Yoga Practices Enlightenment Series* is an endeavor to present the most effective methods of spiritual practice in a series of easy-to-

read books that anyone can use to gain practical results immediately and over the long term. For centuries, many of these powerful practices have been shrouded in secrecy, mainly in an effort to preserve them. Now we find ourselves in the *information age*, and able to preserve knowledge for present and future generations like never before. The question remains: “How far can we go in effectively transmitting spiritual methods in writing?”

Since its beginnings in 2003, the writings of *Advanced Yoga Practices* have been an experiment to see just how much can be conveyed, with much more detail included on practices than in the spiritual writings of the past. Can books provide us the specific means necessary to tread the path to enlightenment, or do we have to surrender at the feet of a *guru* to find our salvation? Well, clearly we must surrender to something, even if it is to our own innate potential to live a freer and happier life. If we are able to do that, and maintain regular practice, then books like this one can come alive and instruct us in the ways of human spiritual transformation. If the reader is ready and the book is worthy, amazing things can happen.

While one person’s name is given as the author of this book, it is actually a distillation of the efforts of thousands of practitioners over thousands of years. This is one person’s attempt to simplify and make practical the spiritual methods that many have demonstrated throughout history. All who have gone before have my deepest gratitude, as do the many I am privileged to be in touch with in the present who continue to practice with dedication and good results.

I hope you will find this book to be a useful resource as you travel along your chosen path.

Practice wisely, and enjoy!

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## Chapter 1 – The Making of Miracles

What determines achievement? Is it getting what we want, or is it giving up what we want? Interestingly, it is both, and not necessarily in that order. There is a natural process of gaining knowledge and its associated achievements that has been observed in human beings since the beginning of our history. To understand it is to know the secret of making miracles.

We have all known people of achievement. No doubt we ourselves have accomplished things in this life, and no doubt would like to achieve more. There is the old adage that success is achieved by staying focused on our chosen task. Persistent hard work toward our goal is the prescribed formula we have heard since childhood.

Yet, why is it that great innovators like Sir Isaac Newton and Albert Einstein tell us that they made their greatest discoveries while doing absolutely nothing? Why is it that artists tell us that their most beautiful creations flow through them, with the main work being to keep up with that outflow?

Is there something systematic and effortless we can do that will greatly enrich our endeavors in everyday life? We will explore it here, and present an age-old method of yoga called *samyama* that takes advantage of a principle in us that can give rise to remarkable achievements, even entering the realm of the miraculous, all coming from within as a natural flow of energy and creativity.

The *samyama* methods we will be discussing here are easy and practical, and can help us make good use of the vast resources that are available within us right now.

## How Our World is Manifested

It says in the *Bible* that, “In the beginning was the word...”

And before that, what was there? Stillness, nothingness – an infinite field of potential.

Then along came a vibration from the void – a word. An intention, we could say. And from that, “...all things were made.”

In other words, the creation of the physical universe came out of a vibration occurring in stillness, coming out of emptiness. Talk about making something out of nothing. For lack of a better explanation, astronomers call it “the big bang.”

With all of this going on, what has happened to that stillness, that infinite field of potential? Absolutely nothing. It is still with us, comfortably resting beneath the creation that came from it. It is the eternal reality behind the mask of the material universe, and our world.

In the field of physics, this has been recognized quite clearly. We now know that what seems to be solid is in every respect nothing but empty space with miniscule points of energy whirling around each other through the emptiness, giving the *appearance and sensation* of physical matter. Physicality is a product of our perception. This appearance and sensation of the physical is very real, as we all have found out when we have banged into some of that empty physical matter. Yet, we know that it is empty, all the same. Strange, isn't it?

So, even though we seem to have a rather frail and vulnerable existence here on the physical plane, we know there is more to it than that. There is a dynamic involved in all of this that comes from stillness, from emptiness, from eternity. Not only that, we know that there is a great intelligence

involved. Can we look at a rose, a butterfly, or any living thing, and say there is no intelligence coming out into expression on this physical plane? To deny an innate intelligence is to deny the obvious. Surely there is a vast intelligence expressing itself everywhere we look. And it comes from within, constantly manifesting from emptiness. Life is truly a miracle!

Einstein said that we can consider everything to be a miracle, or nothing. It makes no sense to be picking and choosing our miracles from this vast and wondrous universe. Either it all is a miracle or none of it is. The Buddha said that if we could see the miracle in a single flower, our view of everything would change. In layman's terms, perhaps a miracle is that which we have not yet taken for granted. Once we fully wake up to the reality around us, nothing is taken for granted anymore.

And so it is with human beings too. We are part of the miracle of life, that endless intelligence bubbling out from stillness into material expression. Obviously, not everyone is in tune with this fundamental truth. We do tend to get a bit distracted from our roots, and enmeshed in materiality. The more enmeshed we become, the less innate intelligence we have access to, and the less we are able to accomplish what we want in this world. Life becomes a struggle when we can no longer operate from our source, from our center.

If we wish to achieve our goals with maximum creative expression, and with less effort, the obvious answer is to get in touch with the source of all creativity and intelligence, the source that can be found in the stillness within us. This is accomplished by untangling our silent inner awareness from the habitual attachments we have developed that have limited our expression on this earth. This untangling

is a process of inner *purification and opening*. There are highly effective, time-tested ways for accomplishing this, ways that put us in alignment with the vast forces within us that have created the entire universe. It is through our own mind, emotions, body and nervous system that the connection is achieved. Our possibilities for expression are as unlimited as the infinite field of potential that underlies everything. We only need to learn how to tap into it.

### **Discovering Our Vast Inner Potential**

There are layers that constitute our physical and non-physical existence. The methods of *yoga* are geared toward activating the principles of evolution within us that unify our awareness and functioning throughout these layers. Before we have undertaken the practices of *yoga*, we may only be aware of the external layers of our existence via the senses, intellect and emotions. It is a limited view, with corresponding limits in our ability to fulfill our desires. It turns out that we can use these same aspects of our nature to go much deeper.

*Yoga* means *to join, or union*. Hence, the methods of *yoga* are for fully joining our inner and outer nature. In doing that, many new revelations and capabilities will come to us. It is a homecoming, a discovery of our full potential, which has been there within us all the time.

But where should we start on our quest to tap our full potential? It is a complex undertaking. Fortunately, the means can be greatly simplified so anyone can immediately begin to open inwardly to great peace, knowledge and power, and continue to expand on these innate qualities throughout life. The possibilities are very exciting.

The essential constituent in all of this is the cultivation of inner silence, which is accomplished first through daily deep meditation practice. This is where it begins. It is not so much to do – sitting for a few minutes morning and evening with an easy and powerful mental procedure. Once we have some inner silence coming up and stabilizing in our nervous system, many other possibilities open to us, including the practice of samyama.

Inner silence has many other names – stillness, the witness, yoga nidra, samadhi, pure bliss consciousness, sat-chit-ananda, tao, void, emptiness, infinite intelligence, transcendence, and so on. They all mean the same, with varying points of emphasis – describing that inner silence which all human beings are capable of cultivating and sustaining naturally. In the Bible it is written, “Be still, and know that I am God.” Similar injunctions can be found in many of the ancient scriptures of the world.

Humanity has been aware of its potential for a long time, if not the means to cultivate it reliably. Now that is changing in these times of rising knowledge and more effective applications of the principles of human spiritual transformation that reside within all of us.

So we begin with deep meditation, which is covered in detail in the AYP writings. Twice each day for 20 minutes or so, every day, like clockwork, and our inner silence begins to stir in us. But wait a minute. How can silence stir? How can stillness move?

This is one of the great mysteries of spiritual growth – the awakening of infinite immovable silence within us. And it is moving! It is a miracle of the human nervous system, an incredible vehicle of life that can contain and dynamically express that which is both infinite and immovable. But is it such a

miracle? Look around you right now. Everything you see is an expression of that same infinite and immovable presence. We don't have to go far to find a miracle. We are the miracle, and it is all around us in everything we see in every moment. The more integrated we become from the outside in and the inside out through effective yoga practices, the more obvious it becomes.

Besides *inner silence*, there is another element of our inner unfoldment that is good to understand before we charge ahead into the methods of samyama. It is the rise of *ecstatic conductivity* within us, which is the movement of ecstatic energy throughout our nervous system. The Sanskrit word for energy is *prana*, which is stillness (pure bliss consciousness) moving to manifest and animate all of material existence, including our inner neurobiological functioning.

Ecstatic conductivity is an ever-increasing flow of energy/prana, and is the means by which stillness moves within us, and far beyond. It is also the means by which our sensory perception becomes highly refined. Both inner silence and ecstatic conductivity are cultivated in deep meditation. The rise of ecstatic conductivity is greatly enhanced through additional specialized practices involving the breath, body and sexuality. In the AYP writings many techniques are provided in addition to deep meditation, with one of the most important being spinal breathing pranayama.

With a balanced twice-daily practice of deep meditation and spinal breathing pranayama, we are cultivating both inner silence and ecstatic conductivity. Together, these provide the fertile ground for the movement of inner silence through us, and outward. This is both the discovery of our inner potential, and the cultivation of it for our benefit and the benefit of others. To put it in more glamorous

terms, we can also call it the rise of abiding pure bliss consciousness, ecstatic bliss, and outpouring divine love.

Whatever we choose to call the process, it is quite attainable by anyone. As we engage in our practices, every step of development along the way is a new beginning of possibilities for greater joy and fulfillment that we could not imagine before. It is the stuff of miracles, and it is here with us right now, ready for the asking.

### **Becoming a Channel of Infinite Expression**

Some may be reading here who are interested in developing siddhis (yogic powers), becoming a healer, or miracle maker. Or maybe there are some gifts present already and we would like to expand on them. This is fine, but it is a fact that none of us will reach our full potential as long as we are only projecting our awareness outward into the thing we are seeking. Neither can we be as successful or fulfilled as we would like by attempting to possess an external expression of power. It just does not work that way.

Real spiritual power cannot be owned or applied for our personal use. It is much better than that.

Real spiritual power is essentially what we are, and it flows through us effortlessly as we attune ourselves to our own inner nature.

It might seem strange to say that what we already are we cannot own for our personal use. The truth is that we own it as we become our *Self*, our inner silence. Before then we are merely banging on the gate. It is foolhardy to be demanding what is in the castle from outside before we have taken up residence in the castle that has been ours all along. As it says in the Bible, “Seek first the kingdom of heaven, and all

will be added to you.” It is important to understand this point. If we want the treasure, we have to claim the castle that contains the treasure. In doing that, our entire life and point of view will be expanded in glorious ways, and the treasure will be lying around everywhere. We might not even notice the treasure because living in the castle is so much better than having the treasure. The treasure we thought would be so wonderful is a mere bauble compared to life in the castle. One thing is for sure. We will never get the castle or the treasure by chasing the treasure alone. On the other hand, we will always get the treasure if we take up permanent residence in the castle. Is this such a difficult choice to make?

So, if this is the case, why bother with the treasure at all? Many make this argument, speaking of yogic powers and such like they are the problem, a plague to be avoided at all costs. Well, it seems logical, except for one thing. In order to advance toward enlightenment (move into our castle), it is necessary to fully purify and open our nervous system to our inner reality and capabilities.

The purification and opening of the nervous system is a rather large project for most of us, and we need every tool at our disposal to progress as quickly as possible with the work. As we will see in the next chapter, the real genius of yoga is in the multiple angles (limbs) it has available for this work, with samyama being the icing on the cake of yoga, so to speak.

The practice of samyama is therefore not for the development of powers, but for advancing the process of purification and opening within us. Put another way, there is so much treasure lying around the doorway leading into the castle that we literally have to wade through the treasure to enter the castle. It is not such a tricky business if we come to samyama

with a good foundation of inner silence, which means a good foundation in deep meditation. Without inner silence we will not even find the doorway to the castle, or any treasure either – inner silence is the doorway, the castle, the treasure, and everything else.

But this is a bit of an oversimplification, because with our daily practices over months, years and decades, our inner purification and opening goes on, and on, and on, reaching ever more celestial heights. It simply does not end. Indeed, enlightenment is not as much a final destination as it is a never-ending journey of increasing divine expression. It is happening all around us in nature, yes? And we can continue the process as our individual evolution expands to become the evolution of our community, nation, world and the entire cosmos. As we become established in our inner silence and then begin moving outward through it ecstatically, we literally become a channel of infinite expression in the world. This is not a personal mission we carve out for ourselves. It is the natural expression of what we are as we continue to engage in our practices and go out into daily activity in a very normal way. There is nothing so exotic about it. It is only life being lived as it can be lived, in joy, freedom and outpouring divine love.

Samyama is an essential ingredient in all of this, because it stimulates the movement of pure bliss consciousness (our inner silence) to flow outward into expression in the world.

This is why samyama is so often associated with siddhis and miracles. But the siddhis and miracles are incidental to the much greater process that is going on. If we want siddhis and miracles for ourselves, we cannot have them, not without incurring a large cost to our evolution (the dark side). But if we want to help others and take care of our inner business (the

cultivation of inner silence and ecstatic conductivity), we will constantly be surrounded by spontaneous miracles, in addition to the sea of miracles we are living in already.

The real blessing is not the miracles themselves, but the fact that we human beings have the ability to fully express the infinite divine intelligence that resides within us.

Now that we have covered a few of the basics, let's move into the practice of samyama. As we go along, we will expand on the possibilities mentioned so far. What we will find is that we are dealing with a universal principle that is found in many fields of human endeavor. It is the business of learning how to manifest the very best we have to offer from within ourselves. We have much more to give than we ever imagined, and we can do it with relative ease.

By the time we are done here, we will have covered a formidable array of samyama tools that can be used in practical ways to enhance our life and the lives of our loved ones, friends and everyone else both near and far.

## Chapter 2 – Samyama

While yoga is a fascinating subject to read about, ponder and discuss, the real benefits come from practice. By this we do not mean an occasional dipping in of the toe, though that is better than nothing. What we mean is daily practice over months and years. If we do that with some dedication, we can experience huge improvements in the quality of our life.

It isn't so difficult. We are not talking about going off to live in a cave or anything like that. As a matter of fact, with an efficient approach to yoga practices, like we discuss in the AYP writings, it can all be done in a half-hour, more or less, twice each day. So we can continue with our regular daily life as we did before. As a matter of fact, it is preferred that we continue with life as before, because this helps stabilize what we gain in our daily practices, and this speeds our progress along the road toward enlightenment.

We will find that samyama is an optimized approach to doing what we have been doing for all our life already – moving toward what we want. With a difference. We will learn to systematically *let go* of what we want, and in doing so, we will receive it a thousand-fold. The principle of samyama is the same one found in the sometimes popular and always perennial methods for utilizing our innate ability to attract what we want into our life (*law of attraction, law of abundance, etc.*). In doing so, we are releasing the things that have been holding us back. Samyama is a systematic and highly efficient way of doing this. It can work for everyone, because everyone is endowed with a human nervous system. It is the human nervous system that is the doorway to the

infinite, and to all that flows from that divine realm within us.

Let's take a quick look at where the knowledge of samyama comes from, so we will have an understanding of its context within the overall scheme of yoga. No part of yoga stands alone. Each practice we find in yoga is a part of the whole, and the whole of yoga is much greater than the sum of its parts.

### **The Yoga Sutras of Patanjali**

Samyama is a word that we find in an ancient Indian scripture called the *Yoga Sutras of Patanjali*. It is one of the greatest scriptures of all time, because it codifies in a few pages the essential principles and practices for cultivating the natural process of human spiritual transformation. All scriptures contain elements of the famous eight limbs of yoga described in the *Yoga Sutras*. But very few scriptures contain all of the limbs. So, besides being an excellent guide on the essentials of spiritual practice, the *Yoga Sutras* make a pretty good checklist by which the efficacy of any spiritual path can be measured.

The eight limbs of yoga are simple to list:

**Yama:** Restraints – non-violence, truthfulness, non-stealing, preservation and cultivation of sexual energy, and non-covetousness.

**Niyama:** Observances – purity/cleanliness, contentment, focus/intensity, spiritual/self study, and surrender to our highest ideal.

**Asana:** Those yoga postures we all know and love.

**Pranayama:** Breathing techniques for awakening and cultivating the inner ecstatic energies.

**Pratyahara:** Introversion of sensory perception – awakening to inner space and beyond, ultimately transcending sensory attachments altogether.

**Dharana:** Putting attention on an object.

**Dhyana:** Meditation – natural dissolving of the object in the mind.

**Samadhi:** Absorption of the object and attention in stillness, inner silence, pure bliss consciousness.

*Samyama* is a specific means for combining the last three of the eight limbs of yoga to produce a natural flow of inner silence outward, or what we call *stillness in action*.

While the limbs of yoga are fairly easy to list and ponder, practice is another matter. The most difficult part of yoga practice is keeping it simple!

There is a common tendency among yoga practitioners to take a rigid and difficult approach to the eight limbs of yoga. This can happen easily if one starts at the beginning with the restraints and observances, focusing on perfecting those before being permitted to move on to the more powerful practices further down the list. In this case, we can end up with a life lived by rules of conduct, with the natural joy and spontaneity of the inner divine life being somewhat hard to come by.

This is not the approach in the AYP writings. Instead, we go through the list somewhat backwards, and find the beginning of the list so much more natural and easy that way, manifesting on its own

from inner silence, with rigid enforcement of the rules of conduct rarely being necessary. We find the divine qualities of harmonious conduct coming from within us automatically.

We do this by beginning with deep meditation, and then a form of pranayama we call spinal breathing. Besides making for an easy and enjoyable approach to the eight limbs of yoga, beginning in this way fulfills a very important prerequisite for samyama. As was mentioned in the last chapter, if we do not have resident inner silence, samyama practice will not be doing much. So this is the route that is suggested. It is quick and effective, and brings much peace and joy right from the start. Then we will find all of our practices coming along very well, including samyama. Before we know it, we will be noticing the rise of inner silence in our daily life (the witness), and divine energy pouring out in everything we do.

### **The Technique of Samyama**

Deep meditation is the process of easily bringing the attention inward to stillness, inner silence, pure bliss consciousness, the witness state, samadhi. All of these are describing the same thing. We have a particular deep meditation procedure that we do for a set amount of time twice-daily. The procedure of deep meditation is fully covered in *Deep Meditation – Pathway to Personal Freedom*, and in the *AYP Easy Lessons* book.

Deep meditation works like clockwork and, over time, as we meditate each day and then go out and are active, our nervous system becomes naturally accustomed to sustaining and radiating inner silence. Our daily life then becomes calmer from the inside. We are less overwhelmed by external events. This is the rise of the first stage of enlightenment, which is

inner silence present in our life, twenty-four hours per day, seven days per week (24/7).

Once we have some abiding inner silence, even just a little, we have the opportunity to begin to operate from that level of infinite potential residing within us. All that exists is manifested from that, and we, being that, are capable of manifesting from that infinite reservoir of life within us. So, with our toe in infinite inner silence, we can begin to move from there for the benefit of our purification and opening toward enlightenment. It is simple to do.

In deep meditation we use the thought of a sound, a mantra, to systematically allow the mind to go to stillness. In the case of using a mantra we do not use meaning, language or intellectual content, even if our mantra happens to have a meaning in a particular language. We just easily pick up the mental sound of the mantra, and we are able to dive deep into pure bliss consciousness. The nervous system also goes to silence with the mind, and our metabolism slows way down.

With samyama, we go the other way, from the inside out, instead of from the outside in. And we use meaning.

After our deep meditation time is up, we sit quietly for a minute or two, and then we transition into samyama. We begin, continuing in our customary sitting position with eyes closed, in an easy state of not minding any mental activity, just resting in our silence. If thoughts are coming, we just let them go without entertaining them. In samyama practice we do not entertain our mantra either. We start by not favoring anything but being easy in our silence, however much silence we have from our just completed meditation session, and also naturally present in us from our months or years of daily deep

## Further Reading and Support

Yogani is an American spiritual scientist who, for 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 Novel*

The story of young Americans discovering and utilizing actual secret practices leading to human spiritual transformation.

### *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 for the free *AYP Support Forums*, please visit: