



Siddhanath Surya Meditations (Basic and Advanced): Evolution of Consciousness

Yogiraj Siddhanath

[Download now](#)

[Click here](#) if your download doesn't start automatically

Siddhanath Surya Meditations (Basic and Advanced): Evolution of Consciousness

Yogiraj Siddhanath

Siddhanath Surya Meditations (Basic and Advanced): Evolution of Consciousness Yogiraj Siddhanath
The crest jewel of the Siddhanath Surya Yoga is its meditation. Not only is this a meditation for the evolution of consciousness, but also a dynamic osmosis of pranic healing (Ot-Prot technique). The first stage of the meditation is dynamic. It flushes out the toxins from the system and rejuvenates your body and mind with fresh and tingling life-energy, activating your chakras and keeping the body metabolism in a balanced state. The advanced stage of the meditation, called the Hamsa Surya, goes on to awaken your pranic lotus chakras and the informing Spirit of the sun (Surya) gives each one of your Soul chakras the sensation and realization that you are born of him. The pranic-healing energy ascends to transform itself into the Swan of Self-Realization and merge into the sun, Hamsa Surya. This is the advanced pathway to Self-Realization. In the advanced Surya Yoga meditation the energy is of an expanding spiral and vertical movement with held breath (kumbhak) in between. During the contraction phase, one visualizes a snake swallowing its own tail. The snake keeps swallowing its tail till it becomes a dot. Further tension of the body and concentration on the dot is done to vanishing point. The pattern of Puraka, Kumbhaka and Rechaka breathing is repeated in every chakra till one reaches the crown where the Soul, in the form of a Hamsa Swan, is exhaled to take flight in the inner mental sky, expand and merge into the spiritual Sun. The Hamsa merged into the Surya is Hamsa Surya. From the first to the third chakras is the Kundalini Surya, the path of the serpent ascending the spine. From the fourth to the seventh chakras is the Hamsa Surya, the path of the Soul Swan taking flight up and out of the mind's lake to the Supra-conscious states of ecstasy. A stanza from Yogiraj's poem Surya Yoga, is recited at each of the centers. Every verse is a solar healing meditation in itself. Unique in its intimacy with the sun, this sacred poem is like a mantra in English, and can be used as a chalice to invoke the healing and evolutionary properties of the sun's nectar.

 [Download Siddhanath Surya Meditations \(Basic and Advanced\): ...pdf](#)

 [Read Online Siddhanath Surya Meditations \(Basic and Advanced ...pdf](#)

Download and Read Free Online Siddhanath Surya Meditations (Basic and Advanced): Evolution of Consciousness Yogiraj Siddhanath

From reader reviews:

Russell Carson:

Book is written, printed, or highlighted for everything. You can know everything you want by a book. Book has a different type. We all know that that book is important matter to bring us around the world. Adjacent to that you can your reading ability was fluently. A book Siddhanath Surya Meditations (Basic and Advanced): Evolution of Consciousness will make you to be smarter. You can feel a lot more confidence if you can know about everything. But some of you think that will open or reading a new book make you bored. It is far from make you fun. Why they might be thought like that? Have you trying to find best book or acceptable book with you?

Edward Florez:

Hey guys, do you wants to finds a new book to read? May be the book with the concept Siddhanath Surya Meditations (Basic and Advanced): Evolution of Consciousness suitable to you? The particular book was written by famous writer in this era. Often the book untitled Siddhanath Surya Meditations (Basic and Advanced): Evolution of Consciousness is one of several books this everyone read now. This particular book was inspired a lot of people in the world. When you read this publication you will enter the new shape that you ever know ahead of. The author explained their plan in the simple way, so all of people can easily to be aware of the core of this e-book. This book will give you a wide range of information about this world now. To help you to see the represented of the world on this book.

Barbara Fontenot:

Don't be worry in case you are afraid that this book may filled the space in your house, you could have it in e-book approach, more simple and reachable. This specific Siddhanath Surya Meditations (Basic and Advanced): Evolution of Consciousness can give you a lot of friends because by you looking at this one book you have factor that they don't and make you more like an interesting person. This particular book can be one of one step for you to get success. This guide offer you information that perhaps your friend doesn't understand, by knowing more than different make you to be great folks. So , why hesitate? We need to have Siddhanath Surya Meditations (Basic and Advanced): Evolution of Consciousness.

Mildred Vang:

A lot of people said that they feel bored when they reading a book. They are directly felt that when they get a half regions of the book. You can choose often the book Siddhanath Surya Meditations (Basic and Advanced): Evolution of Consciousness to make your own reading is interesting. Your current skill of reading ability is developing when you such as reading. Try to choose basic book to make you enjoy to study it and mingle the impression about book and reading especially. It is to be first opinion for you to like to available a book and read it. Beside that the guide Siddhanath Surya Meditations (Basic and Advanced): Evolution of Consciousness can to be your new friend when you're feel alone and confuse in what must

you're doing of the time.

Download and Read Online Siddhanath Surya Meditations (Basic and Advanced): Evolution of Consciousness Yogiraj Siddhanath #IEA0X5RLO7Z

Read Siddhanath Surya Meditations (Basic and Advanced): Evolution of Consciousness by Yogiraj Siddhanath for online ebook

Siddhanath Surya Meditations (Basic and Advanced): Evolution of Consciousness by Yogiraj Siddhanath Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Siddhanath Surya Meditations (Basic and Advanced): Evolution of Consciousness by Yogiraj Siddhanath books to read online.

Online Siddhanath Surya Meditations (Basic and Advanced): Evolution of Consciousness by Yogiraj Siddhanath ebook PDF download

Siddhanath Surya Meditations (Basic and Advanced): Evolution of Consciousness by Yogiraj Siddhanath Doc

Siddhanath Surya Meditations (Basic and Advanced): Evolution of Consciousness by Yogiraj Siddhanath Mobipocket

Siddhanath Surya Meditations (Basic and Advanced): Evolution of Consciousness by Yogiraj Siddhanath EPub