

**A Handbook to  
Siddhamrit Surya Kriya Yoga**



SHABAD SURAT SANGAM ASHRAM

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## **PREFACE**

*Shiekh Rauniki Ram was sitting with his wife when the phone rang. There was some bad news. Shiekh's shopping-store had caught fire. The moment Shiekh heard this he started crying. At that moment his mind felt intense grief which seemed beyond alleviation.*

*And then the turn of the tide! Sheikh's son came calling, telling his father that the property he was crying over had actually been sold before it had caught fire; therefore they had all been saved. The moment Sheikh heard this, what relief he felt! And slowly his peace and happiness returned. The mind was at rest again and the heart's thumping was heard no more.*

*And then, another phone call!*

*The businessmen to whom the property had been sold called up to let them know that the deal had not been finalized and the property that lay burning was still theirs.*

*And once more, Rauniki Ram was troubled. He felt angry, helpless, grievous- all at once.*

This incident gets rehearsed and enacted many times in our lives. It has plenty to convey.

First, happiness is not in the objects by themselves. Happiness or grief are but the attributes of the mind. It was the same piece of property that lay burning at all times. Still it was in the way Shiekh's mind related to it that caused him agony or happiness. So if we have to

look for peace or happiness we have to look it within the mind and not in the external objects. It's not that when 'I'll have a Mercedes I'll be happy' or when "My career is made I'll be happy'. Happiness is in the mind. And it is therefore, that the scriptures have implored us to search and explore the mind.

Secondly, when the mind is silent and undisturbed it naturally feels happy and light. This also suggests that the cause of our mental turmoil is the running of mind after one or the other thing.

However, the question of supreme interest to us is: What happens when the mind is undisturbed that makes it happy?

The answer is: it gets the taste of eternity and enormity that lies within! We are in ourselves the source of boundless potential, mental or physical. But to have a glimpse of that we have to halt and watch ourselves. This is also what sleep does to us. It connects us to ourselves. Just take a while to ponder how refreshed, light and energetic we feel after a deep sleep! We are refreshed because in sleep unknowingly we get connected to the very source of refreshment that lies within us. It is this source that the mind mistakenly goes on seeking outside at all times.

Thus, it will be clear that in whatever we do, we seek the same thing, always, at all times. This 'Thing' is so vast and creative that it can be reached through different channels and means. However, whosoever has found this Entity or State (whatever words we may use for it) has found it within oneself! Such is the nature of our eternal quest!

The argument can also be stated thus;

By very nature water makes everything wet

irrespective of the form in which it exists. Furthermore, water remains as water on its own. Even if you freeze it to ice or heat it to vapor, it will come back to the liquid form as soon as the external force is removed. The only thing it seeks is to become water. It cannot stay \_\_\_\_\_ but otherwise. Anything you fill in this blank is our Nature; our eternal quest. It is to be. To be what you are! Now the question is what we are?

Therefore, our quest is really after the self.

And what is the self? "You are that!" tell the scriptures. That, which is Omnipotent! Omnipresent! Omniscient! To know thyself is the true happiness. And to know is to be. Just Be!

Running after the four urges (food, sleep, fear and sex) we have almost forgotten who we are. Not only have we almost disconnected ourselves from our spirit (the source of happiness) but also now we fail to care even for our body and mind. As a result we have not only lost our happiness but also our health and general well being.

So we have to turn our focus inwards because only by nourishing the very roots can we can help the plant to grow.

By satisfying our urges we are only getting momentary achievements. So, it's not a permanent solution.

### **Fulfilling the Eternal Quest**

It is clear that we have to look within ourselves to satisfy our eternal quest. Then surely, we need some means to go within. Through eons of history, great men and women who have embarked on this quest have left after them a plethora of techniques that enable us to go

deep within: to the very source from where the life stems. A common word for this, though it may not be the ideal one, is spirituality i.e. connecting to the spirit.

### **The Gateway**

**Spirituality is the art and science of knowing who we are.** Today, it is normally approached in two ways. There are people who take spirituality to be something religious and there are others who take it to be a scientific approach, a proper methodology to reach the zenith of existence; free from all dogmatic notions. Since both these worldviews differ from each other, they are incomplete.

In fact, spirituality is the answer to any question that there can be, has been or will be. But it cannot be conveyed completely by mere words. It is the science that relates us to the very essence of life. Religion and science by themselves are incomplete. Leaving their self-created barriers and making a unifying whole is spirituality. It is a quest to realize the eternal Self. Thus, it cannot be confined to any limit set by religion or science.

In essence, we all are spiritual, knowingly or unknowingly. Later or sooner we have to choose spirituality, intentionally.

### **The Path of Yoga**

Yoga essentially is the art of bringing spirituality into our daily lives. It is the nearest doorway to enter into the domain of spirituality. Yoga is the ultimate utilization of human capacities. It utilizes all there is to accomplish the objective. We breathe, so it uses breath. We have a body so it utilizes the body. We have emotion, mind, intellect-yoga puts everything to use! One can pursue it in his

limits to ultimately become limitless.



*Asanas, pranayama, devotion, selfless-work, mantra, tantra, meditation;* the aspirant can choose his entry-door. But these remain limited in themselves until a culmination is reached wherein all streams join into one surging river. However, at our present level we can hardly use a fraction of our potential. Whatsoever we may try but there is a limit to everything. With these limited resources how far can we go?

A drowning man cannot save himself. He needs a support that is powerful. One cannot rise on his own shoulders. A support is needed there too. How far can we walk on our own feet! A vehicle would make the journey much faster and easier.

To understand the fundamental differences consider the following allegory: to water an entire hill we have got two ways. We can either build a reservoir of water at the

base, lift up the water to the top by a powerful motor and spread it all around; or possibly a reservoir can be made at the top of the hill itself, undoing the need for a motor.

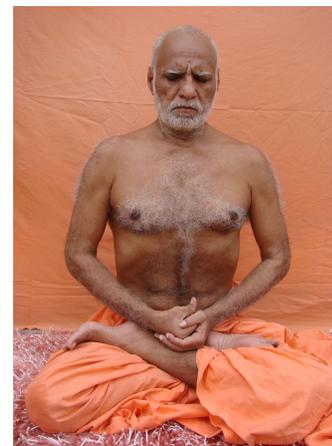


**Hereby we introduce a new method that makes use of a vehicle to make the journey joyous; that is the powerful support for the drowning; that is akin to watering the hill from atop; which makes possible a grand culmination of the various methods of inner research in true sense. This method is Siddhamrita Surya Kriya Yoga and the vehicle is the life-giving Sun!**

## INTRODUCTION

In modern days when we have countless means and objects of luxury and comfort easily available at our disposal; we also have gathered, somehow, loads and loads of diseases; physical and mental. Endless medicines and most sophisticated medical systems are available in market but to no real help. Alternative therapies are catching up among all sort of people these days due to very this reason. However, even they have their limitations.

The problem, as many of the scientist and doctors have also started recognizing, is that we are dealing only with the symptoms and not with the diseases themselves. The new phenomenon of quantum healing is all about this. The actual disease or the root cause of the disease lies deep under the skin rather in the mind and the prana (the life energy). If only our doctors knew how to tackle them...



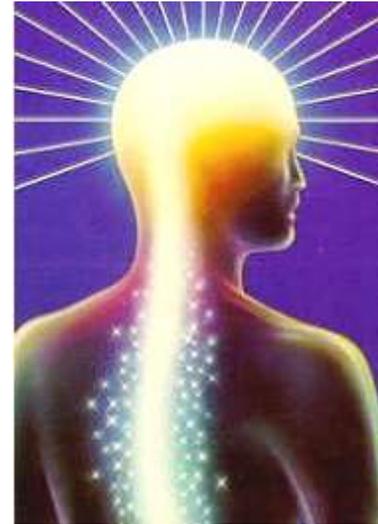
Paramhans Swami Buddhapuri Ji, popularly known as 'Spiritual Scientist' amongst his circle due to his experimenting behavior in spiritual science, had been pondering over such questions for last 35 years until he found a ray of hope. After perfecting various stream of Yoga viz. Hath Yoga (systematic practices using the physical

body as a tool), Raja Yoga (mainly using the mind & the prana as tools), Karma Yoga (Selfless Service), Bhakti (especially with flavor of classical music) and what not; he found that humans unaware of their hidden potential, in general are not strong enough to take charge of life and are seeking solutions for their permanent problems in the temporary sources outside. It is then he turned to Sun the ultimate source of power and energy. The very initial experiments were astonishing, much beyond the expectation so that he designed it to suit everybody's need and named it as 'Siddhamrita Surya Kriya Yoga' (SSKY).

Even though the name is new, the practice itself is age-old and has been documented in various scriptures (veda & puranas). In this Yoga we practice to absorb the heat and light of Sun (while it is mild) through closed eyes in the body. In advanced stages (there are as many as seven stages) one may practice with open eyes in combination with various 'Mudras' & 'Bandhas' & other secret 'Kriyas' and even while Sun is on its extreme height.

During the process, the solar energy reaches to the brain and stimulates the secretion of 'Melatonin', which is the 'Fluid of Life'. Further, it regulates the master gland (Pineal Body) that brings balance in combination with all other glands. At the same time, the sun rays adopted in the process helps in evacuating all the impurities from the nervous system. Thus, the body immunity gradually increases and body gets free from all the diseases on its own. The mind also gets stress free as this practice helps in getting sound sleep; causes the proper flow of blood through brain nerves that in turn rejuvenate brain cells to add on to the brilliance as well.

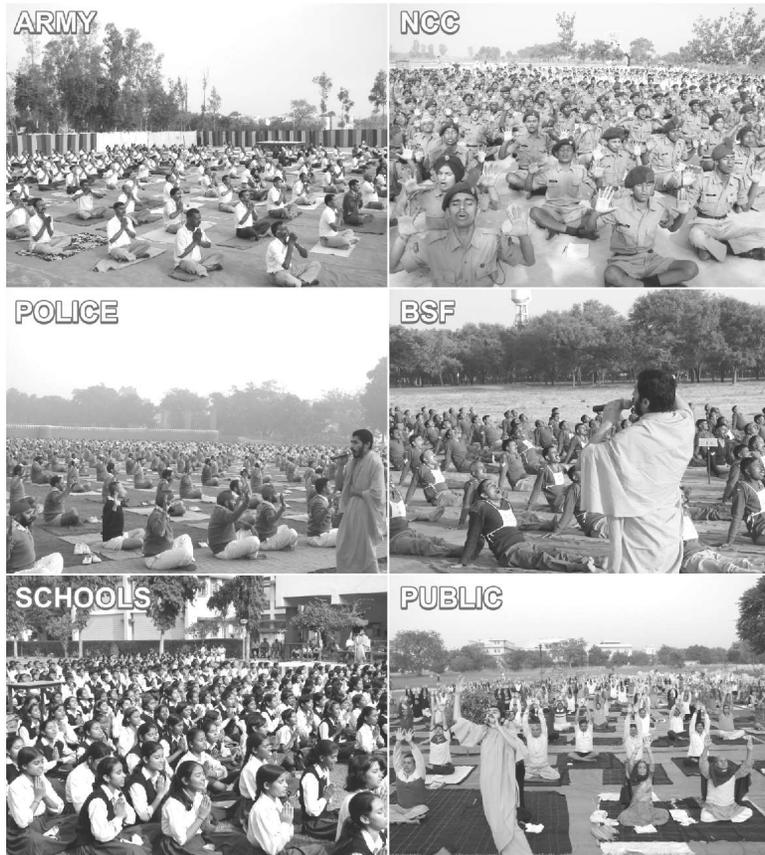
Nevertheless, **in spite of all the physical and mental benefits attached, it is not just a therapy or**



**healing technique rather a pure spiritual practice.** With regular practice, the inner awareness increases, and alongwith increases the energy flow in the body that leads to the awakening of 'Kundalini' the powerhouse. Next, the body goes beyond the natural urges of hunger, thirst, cold and heat. Ultimately, as scriptures

quote, it is possible to achieve an immortal body (siddha deha) free from all the disease, old age and even death.

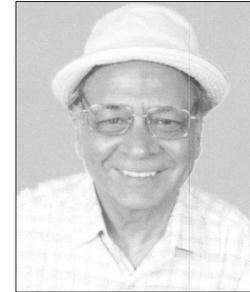
Since its conception in 2003 hundreds of SSKY camps have been conducted throughout India and abroad. And an experience of the participants of these camps has been nothing less than a miracle. SSKY has helped in curing migraine, sinusitis, hey fever, asthma, rheumatic pain, menstrual problems, impotency, skin diseases, weak eye-sight, diabetes, blood pressure, heart problem, digestive disorders, neurological problems, insomnia, depression, hypertension and many more physical and neuro-psychological problems to a very great extent. At the same time it has helped increasing concentration and memory power too. After all said it must be mentioned that it is a pure spiritual practice with a scientific approach and free from any dogmas & notions of caste, creed, and religion. And it is so simple that anyone & everyone can follow it easily let that be a kid or an old, a patient or even one who is on deathbed. And it is so powerful that anyone who practices it feels the effect for sure.



**Before we delve further,  
we introduce you to some valuable  
opinions on SSKYoga.**

Many camps have been conducted for schools & colleges & other educational institutions; security forces such as Police, Army & BSF; religious and social institutions; corporate companies and also media groups in addition to public camps in various cities of UP, MP, HP, Punjab, Haryana, Gujrat, Rajasthan, Kerala and the capital Delhi in India. Besides, many practitioners from abroad had been practicing it diligently back in their respective countries, which led to proper camps being conducted in Canada in the summer of 2008. These camps were attended and appreciated by hundreds of people.

## VALUED VIEWS ON SSKYOGA



Prof. Chandra Mohan

At a human level, the power of the Sun comes to us as naturally as vibrations of breathing come to the existence of life. The Sun remains intact with our physical movement, as a petal continues to stick to a rose flower. The Sun constitutes an inseparable part of our life-giving force; as a result we always welcome to see him face to face, all the time. Above all, the Sun remains our great co-traveler: whether we fly in the sky or we walk on the road or we travel by train, the Sun does not forget to navigate our direction from East to West, North to South, making in-between movements, playing all the roles so meticulously that the Sun is always seen walking with us as a never failing torch-bearer.

At an emotional level, the Sun, like a great mother, nourishes human beings in all ages of man. The sunrays help to induce an activity in a newly born baby and

provide gentler massaging like a smoothening touch of a mother. To an emotionally disturbed person, a prayer to the Sun enralls him to get fresh courage, spirited mood and aspirations for a good future.

At an astronomical level, the Sun is considered by far the largest object in the solar system, around whom the eight planets such as Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto continue orbiting. Similarly, in astrological cosmology, the Sun is interpreted as the most magnificent one endowed with an affirmative moment of the infinite universe of stars.

In this way from the very beginning of the universe to the current period of time, human beings have explored the power of the Sun by virtue of their individual approaches and their meritorious discoveries. In its multilayered manifestations, the Sun is termed as a God, a powerful spirit and an omnipotent character. The solar folklore is full of legends, myths containing deeply thoughtful and spiritually significant stories; legendary Sun dances and traditional customs that describe the Sun as the father figure.

At a spiritual level, the Sun works wonders. The images of the several Deities, Gods and Goddesses whom we often worship, come to our realization through the powers of our intuition or sensory feelings only. On the other hand, the Sun remains such an almighty force whom we see everyday and feel its presence every moment. Thus, the Sun appears before the vast sea of humanity as the immeasurable natural environment and the kaleidoscopic range of nature's wonders reflecting the real epitome of omnipresent, omnipotent and omniscient power in the world. This matchless aspect of the Sun is very aptly described in Yajurveda in the form of a prayer. 'O Sun! O

Sun of Suns! Thou art all energy, give me energy; Thou art all strength, give me strength; Thou art all power, give me power.'

A new and glorious era commenced in the realization of the Sun power, when Swami Buddha Puri Ji appeared on the scene as a Visionary Extraordinaire. He was one of the few precious pearls picked up by God himself and induced within him a deep and warm missionary and selfless spirit at the young age of his professional career. As an instant response to his inner voice that conveyed him the divine message, Buddha Puri Ji relinquished his illustrious career as a faculty at MNREC and decided to set his mind and heart on the divine mission that aimed to serve the humanity at large with.

Unusually, while taking up this challenging task, he did not adapt the easy course of action which most of the modern gurus seem to follow, but rather Swami Ji preferred to first equip himself fully with the intellectual and physical requirements of the great mission. Like a true Sanyasi-Scholar he studied with dedication the rich treasure of related scriptures, meditated in the solitude of Himalayas and did experiments upon himself until he got the feeling that his tapasya has brought him to a certain level of perfection and competence in the adoration of the Sun; the quintessence of the Vedanta, Siddhamrit Surya Kriya Yoga, is the first ever introductory book to the understanding of the great subject that deals with various manifestations of the Sun, the beautiful lord of the world. This book has rendered the narrative of proper approach and method to comprehend the thought and spirit of the essential parts such as Siddhamrita Surya Kriya Yoga in a most lucid way.

This book highlights and ably demonstrates the

practical aspects of the SSKY (Siddhamrita Surya Kriya Yoga) and it makes a right claim that its continuous practice 'fights the roots of the diseases' and further justly aims at its higher goal to achieve 'a deathless, immortal physical body that could live on this earth unto eternity'.

With my deep reverence, I touch the holy feet of Swami Ji and offer my best wishes to this great venture.

**Prof. Chandra Mohan**

Advisor, International Higher Education  
Vice President, International Comparative Literature Association  
General Secretary, Comparative Literature Association of India



Prof. Rekha Jhanji

It has been a year since I began practicing Siddhamrit Surya Kriya Yoga. I practice it regularly in the mornings. In the evenings my session is limited to a deep homage expressed to the Sun-Power. Ever since I began, I must say that it has evolved into a love affair with the Sun. During rains too, when the Sun is shrouded by the crying heavens, the sunlight pours through, making itself omnipresent like the Lord himself. If only we could remove the veil that clouds our mind, would we witness the singularity of the Sun in the Lord!

Practicing SSKY brings along immense peacefulness. Various mental and physical problems are treated. The decay of sight comes to a halt. I am deeply indebted to his holiness Swami Buddha Puri Ji Maharaj who graced me with this practice. Being in intimate touch with the Sun elevates our life by bestowing us with wisdom and inspiring us to keep treading our path. The Sun that rises and sets each day at the exact pre-destined time teaches us to perform our activities with full zeal. The morning walks bring with them a feeling that the Sun not

only energizes the animate world but also leads to the expansion of the inanimate forms. Physical form of the Lord himself, the Sun is our window to the divine realms. We assimilate Sun's energy through our eyes for they are the only means to unite our consciousness with that of the Sun. The mudras and pranayama that deck the practice of SSKY are meant to assimilate the sunrays fully, which cures our diseases, both mental and physical, and make us experience our inherent divine form.

**Ms. Rekha Jhanji**

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Col. Raghbir Singh Kang

I was born at Layalpur (now in Pakistan) in the year 1936, in a family of army-men. My parents being deeply inclined to spirituality, it was but natural for the traits to pass on to me. Throughout my career in the Indian Army I was actively engaged in the various spiritual practices. Whenever I got the opportunity I tried to be in the company of the sages. I was actively engaged in the Art of Living courses as well. On my travels abroad I came face to face with various spiritual traditions and studied their respective texts. But something always seemed lacking until I came to meet Paramhansa Swami Buddha Puri Ji.

I had been quite troubled by Cervical Spondilitis. The head ached continuously and the situation was compounded by a constant attack of flu. Then in April 2006 one of my dearest friends, Retired Lieutenant-Colonel Harabans Singh, who too is a spiritual enthusiast and I participated in the Siddhamrit Surya Kriya Yoga camp held at Ludhiana. On 13th April with another of my friends S.S. Virk we visited the Harisar Ashram in Kilaraipur and availed the presence of Swamiji. The time we spent there

touched us to the core of our hearts. It was here that we vowed to dedicate ourselves to the practice of SSKY and also to take it to the general masses. With the grace of Shri Maharaj Ji, and the constant support and participation of Swami Suryendu Puri Ji, Sadhwi Yoganjali Chaitanya and Prof. Baldev Singh this effort is finding added strength as SSKY continues to reach schools, army and police centers and other organizations via the free of cost camps. Whenever we find anyone in need of SSKY we are ready and ever-enthusiastic to render a hand of service. To see the pain-stricken and gloomy faces betray a smile of joy leaves us truly enthralled. We have seen SSKY benefit so many people that it is now impossible to list all of them. Still it is tough to contain oneself from sharing some of our memorable experiences, which are as follows:

1. Prof. Ajit Singh Sikka who is a famous literary personality was troubled by cervical. The shoulders were completely stiff and in the octogenarian phase of life it was like rubbing salt to the wound. Today an ardent practitioner of SSKY he feels much better which is reflected by his active contribution in propagating SSKY.
2. Shri Gabba Ji who lives in our neighborhood had an attack of paralysis. The two friends got together and forcibly put him into the car, to take him to the SSKY camp. Since he was even unable to sit we made him practice lying down. His wife later told us that from the very first session he showed signs of improvement. On reaching home, amidst tears of joy he requested that he be made to practice regularly. When we went to meet him after a week he was able to walk a little, with support. After another week's time he impressed one and all showing us that he could shave all by himself. In a few months he recovered fully which was reflected by his vividly expressed happiness.

3. Shri Som Bahadur's condition was really bad after having met with an accident. An external bag was constantly attached to collect urine. He was clearly troubled one day as he had been unable to pass urine. The miracle occurred as we were taking him to the doctor. Due to some work we had to stop in midst of our route. For the meantime we made him lie in such a way (in the car) that he faced the Sun. When we returned he told us that he had begun to pass urine. Indeed the pouch was completely filled. All we could do was to pay our deepest homage to the Sun.
4. Our friend Col. Harbans Singh's acquaintance Shri Chadda Ji's eyesight was really weak and the eyes watered profusely all the time. Col. Harbans asked him to stand in the room where the Sun penetrated through the window. Shri Chadda Ji's eyes stopped watering instantly. Truly, every body was astounded. This built up Shri Chadda Ji's faith in the practice. Today he is a regular practitioner of SSKY and his eyesight has increased considerably.

Our own experiences with SSKY, reinforced by others' are the strong foundations of our trust in this practice. The really amazing thing about it is that it is completely scientific. It is our humble plea to all to give it a place in your lives and experience its benefits for yourselves. Especially, we urge our brothers serving in the army to incorporate this practice. We know how tough and stressful army life can be. Through this practice they can experience happiness in both body and mind.

**Colonel Raghbir Singh Kang**

Ludhiana



Baldev Singh

It was in year 1993 when my deteriorating physical and mental state exclaimed severe introspection. My body was occupied with all sorts of physical and mental problems, owing to my monotonous job that involved long sittings and left no time for physical exercises. Migraine, Sinusitis, Indigestion, Obesity, Malfunctioning Kidneys etc. the list of my perpetual companions goes quite long. I was diseased, not only physically but also at the core of my heart. In such a shape and tired of all sort of medicines, someone guided me towards Yoga. I came in contact with various good institutes and trainers, which helped me bringing my body back into shape.

With the regaining of physical health, the mind started to take interest in religion and spirituality, more than ever before. Participation in religious seminars and meditation camps fast became a habit. This new mindset of mine allowed spiritual talks to enter deep in my heart and stir it thoroughly. Life seemed meaningful now.

Still there was something lacking; a burning question

was disquieting my heart, all the time: Is this all? Is there nothing more to be achieved in life? Till the time one was busy practicing the various disciplines, the state of the mind was good but after that slowly the mind would start returning to its old grooves, the materialistic tendencies would resurface, engulfing the mind.

The thirst within finally brought about a chance meeting with Bramhgyani Swami Buddha Puri Ji Maharaj. In the very first discussion various doubts regarding the inner path found satisfaction. It was the end of year 2003 and Maharaj Ji had just begun to teach Siddhamrit Surya Kriya Yoga to the common people. Attending one such camp in the month of December brought results greater and better than what had been accomplished through ten years of yoga practice, shat karam (cleansing techniques), introductory meditation practices etc. In a way the stagnancy on the inner path was removed. The capacities of the body were increased dramatically. Various advanced yogic practices that are normally proscribed for householders like nauli, rolling back of the tongue, vajroli etc. were brought on with ease. This further removed the curtains lying on the inner path. The experiences of nada, prakash (light), which were earlier uncommon or rather the imaginations of the mind itself, were brought on easily with SSKY. The consciousness became more engrossed in the world within. Still the behavior softened still further. The perspective towards the external world that was earlier seen as an obstacle on the inner path also changed. The world too now seemed beautiful.

The process didn't stop here. Maharaj Ji encouraged one to propagate this practice so that more and more people could avail of its benefits. As a result thousands

more were acquainted with SSKY. Whoever practiced SSKY got results far greater than expectations. In the beginning, while acquainting a seriously diseased person, the mind was doubtful about the certainty of the expected results. But today, having seen so many people benefit, all such doubts have lost their ground. Surely, with the practice of SSKY anybody can be treated of any kind of malady.

And now making ones determination as the base, it is a humble prayer before Maharaj Ji that kindly make this being also a part of this unique path to being superhuman, and that one can take strong steps ahead on this path that aims at the evolution of all sentient beings.

**Baldev Singh**

Guru Nanak Dev Polytechnic College  
Ludhiana



Dr. N.L. Mishra

Shri Guruve Namah!

*'adityaya vidmahe  
sahasra kirnaya dhimahi  
tannah suryah prachodayat'*

I started practicing SSKY from the year 2004 but owing to irregularity in practice got no special results. However, after March 2005 (following the Shivratri Shivar at the SSS Ashram) the entire family began to practice it regularly and have got some miraculous results.

My daily course of work extends over 15 hrs, 8 hrs working as an employee at the Railways and 7 hrs running a clinic. This hectic schedule used to leave me quite fatigued. But the practice of SSKY has brought an end to fatigue. Many people inquire the secret of my happiness that stays despite working for such lengthy durations. When they ask what do I eat or do to achieve this, SSKY is my reply. Earlier the mind didn't cooperate in meditation practices but now the situation has improved drastically.

My wife, who is a little obese, was troubled by

rheumatic pains for past 4 years. With SSKY she was cured without the aid of any kind of medicine. The elder daughter had a large skin-protuberance on her hand, which has shrunk to a minimal size today.

In the year 2007, one became a certified trainer of SSKY with the grace of Gurudeva. This led to the establishment of the Siddhamrit Surya Kriya Yoga training center along with the already operational Harisar Arogya Kendra. Till date about 300 people have learnt the kriya and many have gained miraculous results. Special results have been obtained in the treatment of rheumatic pains, blood-pressure, diabetes and disorders of the stomach. This invention of Gurudeva is turning out to be universal blessing. Jai Gurudev!

**Dr. Nishamani Mishra**

Chandan Chal, Godhra Road  
Dahod (Gujrat)



Dr. Sachin Mishra

Mankind has evolved and continues to evolve under the Sun. Sounds a simple statement but it has many hidden facts in it. We as human beings possess enormous powers, which in most of the cases are yet to be revealed to us.

Right from the birth to our last breath, we are constantly on the track; enjoying the few happy moments we get and struggling rest of the time with the adverse circumstances that this society and the professional world make us face in order to achieve our dreams which again have a materialistic touch to them. This type of atmosphere in conjunction with a whole lot of expectations from ourselves- to achieve status creates stress all around us. Stress is like a magnetic field that attracts everything within its reach. Our mind and body are the easy targets for stress. As a consequence, we are mentally not in sync with ourselves and someday or the other it tells on our performance, which may be at the personal, social or occupational front.

In order to function properly, we require energy to

keep our brain-circuitry charged, and this mainly comes from natural foods. But there has been a gradual shift in our eating patterns, which is preventing us from performing to our maximum. The yogis of the early centuries have preached and established through their practice that there is another source of energy for us. It is the Sun. The Sun is supposed to be the ultimate power that feeds the life on earth. The energy from the sunrays if utilized in a proper and scientific way can yield miracles!

Although sunlight therapy formed an essential part of treating certain disorders like TB and rickets in the early and mid 18th century, the notion could not reach center stage, probably due to the lack of medical evidence supporting it and the simultaneous advent of various chemical compounds called medicines! However over last few decades, there has been a renewed interest into this field of science.

Today we have data from different trials to support sunlight therapy at least for few disorders like rickets, osteomalacia, osteoporosis- all secondary to vitamin D deficiency; seasonal affective disorder; tuberculosis; and certain skin and internal organ cancers. A recent data published in the Journal of American Academy of Neurology in July 2007, has further supported the role of sunlight in preventing an inflammatory disorder like multiple sclerosis, which so far has no cure and can be very disabling in its terminal stages. There is also some evidence based on anecdotal reports and personal experiences of some physicians that sunlight could be beneficial in many neurodegenerative brain disorders including Alzheimer's and Parkinson's diseases and can speed up recovery from strokes or post traumatic brain disorders.

There has been an ever growing evidence available to the medical field as to the role of sunlight radiation in maintaining the sense of our well being, which can be in the form of mental peace, stress management, maintenance of our normal hormonal circadian rhythm and sleep-wakefulness cycles via pituitary and pineal glands respectively, bone health, cardiac health and in short everything that needs to be incorporated into our existence to live a healthy and stress-free quality life.

Though the evidence that sunlight therapy works in certain disorders is mounting up, still its acceptance by the medical scientists at a global level is lacking. This is probably because of the lack of infrastructure and financial support required to conduct trials evaluating the role of sunlight in medical disorders.

Also what needs to be proven is the mechanism by which sunlight therapy works? Apart from the role of vitamin D and enhancement of immune system, there has not been significant work available to cite the mechanisms at the functional, biochemical or cellular level.

In this article, based on the physiological functioning of the brain, I have tried to put forth few theories as to how sunlight works. These are solely the ideas and they need to be confirmed and backed up by evidence through clinical trials focusing on the different structural, functional and metabolic imaging techniques available for the brain.

What I believe is that we have reached a state of medical understanding, wherein we know the ingredients and their characteristics (i.e. brain-circuitry and sunlight), and some of the evidence based results (i.e. benefits of sunlight, both medical and non medical), but what is lacking is the knowledge of the chemical reaction occurring

between these ingredients to produce the desired results (i.e. basic mechanism of functioning of sunlight). And I think it's high time that the medical fraternity directs its resources towards unraveling this science, because probably, this is the future of neurosciences.

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Dr. Pooja Somani

*“Asato ma sadgamaya.  
Tamsa ma jyotirgamya.  
Mrityorma amritam gamaya.”*

O Lord, take me from untruth to the Truth, from darkness to Light, from death to Immortality. This is the prayer of an aspirant to his Lord who in himself is the embodiment of Truth, Light and Immortality. Even when viewed from the perspective of the physical world that surrounds us, there are only two guiding lights that personify these qualities: Guru and Surya (the Sun).

The primordial Guru Surya from times immemorial, through his guiding rays, has enlightened our ignorant lives; given us the strength to be victorious over the sinful tendencies of the mind and has inspired Man to walk towards his goal. Similarly, the Guru too inspires the jiva (Man), deluded in the world of untruth and ignorance towards his eternal goal.

Surya Sadhana from the very beginning had been an inseparable part of human life but in the cycle of human

evolution it lost its spiritual and subtle aspects for the common man and is today reduced to a mere superstitious site of ruin. Param Pujya Swami Buddha Puri Ji Maharaj has cloaked this ancient, profound practice from the unbroken lineage of spiritual practices into the form of 'Siddhamrit Surya Kriya Yoga' that is conducive for everybody and fitting for the Man of modern times. In today's competitive world everybody is struggling with a lack of time and mental peace. The motive behind any action is the profit gained from it. If the profit is not immediate then not only the vigour to perform the practice is lessened but we also end up changing our directions.

Siddhamrit Surya Kriya Yoga is an incomparable boon for the aspirants. The practice performed for spiritual attainment also cures physical ailments, which has been experienced by this being along with her family members. The cure of physical ailments and maladies starts from the beginning stages of the practice.

This being is the resident of Kerela, the lowest part of India; where the hot and humid weather used to leave the entire body in pain, swellings, fatigue and sloth. Being away from family and the loved ones, the mind too felt insecure and dissatisfied. With Surya Kriya Yoga not only were the bodily ailments cured but also the mind gained strength. With the entire day spent under the protection of the Guru (Surya) one began feeling carefree like a child. This female body had a significant experience during pregnancy; the body was suffering from excessive vomiting and was unable to eat anything. But with regular practice of Surya Sadhana, then there were no experiences of bodily weakness or discomfort. Description of personal experiences shall be given a break here or the list would get lengthy.

In brief 'jaake hriday Bhakti jas preetee, Prabhu taha

prakat sadaa tehi reetee.'(Those whose hearts are dear to devotion, for them the Lord is ever present, always). Surya Naarayana is bestowing his grace upon all, across space and time. With grace of the Guru we have been made aware of this and with belief whatsoever we connect to it, the grace of the Guru uplifts us to the realization of those beliefs. That all be blessed with this grace!

Jaigurudev

**Dr. Pooja Somani**

Mattancherry  
Cochin, Kerala

**THE GRAND CULMINATION**  
**SSKYOGA**

## WHAT IS SSKYOGA?

SSKYoga is a meditative technique synthesized from the heart of Yogic discipline; metamorphosed into a form to suit our need; to bring out the breathtaking beauty inherent in human life.

### **What DO the words ‘Siddhamrit Surya Kriya Yoga’ contain within them?**

There are two main forces i.e. The Sun & the Moon that rule the outside world. It is also true for the inner world; the seat of Sun is the naval plexus in our body and pineal gland is the seat of the Moon. Actually, we are a miniature universe in ourselves. Just like the whole universe, we too are made up of five elements, which have the same single origin. All the mysteries of nature may be opened to us if and only if we could understand this link between *Pinda* (Being) & *Brahmanda* (Universe). That is where SSKYoga plays a vital role. To understand this esoteric practice, let's try to grasp the meaning contained in the name itself.

***Siddhamrit:*** This refers to a subtle region in the body i.e. ‘*Sahasrar*’, the crown of the head or at the grosser level the brain and its subsidiary bodies; from where various juices (hormones) are secreted leading to nutrition & growth.

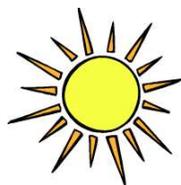
***Surya:*** The Sun, an ultimate energy source. In our body it refers to naval region, which is the abode of *Kundalini* or the mystical Serpent Power.

**Kriya:** An action or a complete procedure. Life itself means action.

**Yoga:** Unification with the ultimate, not merely by merging into Him after leaving the body, but by His descent to the physical level.

Therefore, SSKYoga is a complete process, to actively unite us with the Ultimate through the sun and thereafter benefit from this union. Though, we have a Sun (life force) within our body as well but that is dimmed by the accumulation of waste and toxic substances. So, we take help of the full-fledged Sun shining outside for invoking the inner one by joining them both directly through the eyes.

Let's take an example to understand it more clearly. Suppose we have a natural pond in our house that supplies water to all our needs. The pond gets filled automatically from a glimmering water stream but it takes too long and doesn't meet with our requirements on time. Moreover we can't spot that weak stream so how to fulfill our need? The best way is to connect the pond with a river flowing nearby. That is what we have to do. We definitely have an energy house within but we can't locate it. We reach there only in the gloom of sleep. Other times we are only spending energy through all the nine holes (indriya) i.e. through eyes, mouth, nose etc. and to make up for this loss we feed ourselves with some energy giving substance i.e. food. Here in SSKYoga we directly join with the infinite resource of energy, directly through eyes.



## Sun in the Scriptures

सूर्य आत्मा जगतस्तस्थुशब्च।  
सूर्याद्वै खल्विमानि भूतानि जायन्ते।  
सूर्याद्यज्ञः पर्जन्योऽन्नमात्मा।  
(सूर्योपनिषद्)

sūrya ātmā jagatastasthuṣaśca  
sūryādvai khalvimāni bhūtāni jāyante  
sūryādyajnah parjanyonnātmā.  
(Sūryopaniṣad)

### *Meaning :*

The entire animate and inanimate world  
owes its existence to the Sun,  
Lord manifested in the physical world.  
He gives birth to life.

All *yajna*, rain, food and consciousness are due to him.



*Truly the light is sweet,  
and a pleasant thing it is for  
the eyes to behold the sun.  
ECCLES 11:7*



cyustj uwie jjt srplu.

The moon and the sun are both the embodiment of light.

j}l A}ir b}nuAnplu.

Within their light, is God, the incomparable.

krur[ igAanl b}m blcau.

O spiritual teacher, contemplate God.

j}l A}ir W}Aa psau.

In this light is contained the expanse of the created universe.

pna 972, pw[ rankl l, Bgt kblr

Page 972, Pade, Ramkali, Bhagat Kabir, Guru Granth Sahib



A delve into the scriptures throws up resounding evidence in favour of the vast importance attached to the Sun from the very beginning and the practices associated with harnessing its energy for all round welfare. And it may surprise us that not only Indian scriptures but also the Bible and even the Koran have signaled mysteriously towards the principles that underlie the practice of SSKYoga. Sun has been the central hub of all the religions and spiritual practices of the world.

## THE SIGNIFICANCE OF THE SUN

It is a proven scientific fact that the SUN is the source of all energy, which survives our world (both animate and inanimate forms). This energy acquires form as the photosynthesized food in the plants. Therefore, it is this very energy that Man and animals take in through food and nutrition. The food we ingest is digested in the belly. The undigested food is excreted from the body. The digested food goes on to nourish blood, flesh, bones, bone marrow etc. The ancient Indian Science of Medicine (*Ayurveda*) goes on to say that even our mind, speech and *prana* (the esoteric life essence) get strength from the digested food.

### THE DEADLOCK:

All of us supposedly subsist on food. The ingested food nourishes our bodies with energy. This energy in turn endures our bodies because our bodies are formed from them. In nutshell it is said the food we take in that gives us energy, which in turn subsist our bodies. The food we take in becomes unpurified as it passes through the subsequent stages of the food chain. It is called unpurified because the food we ingest is matter+ energy. It is only energy that we seek through food but to obtain that energy we invariably have to take in matter as well, there is simply no choice. The matter we take in through food will continue accumulating the waste elements and thus create obstacles in free flow of the energy (*prana*).

With age, normally waste products get accumulated

within the body leading to the contamination of the blood and littering of body organs. The cells start malfunctioning, as a result the body starts to get diseased and finally decays to grow old and consequently die. The waste products we are talking about refer not just to the undigested food but also the products formed as the result of the very life sustaining processes, free radicals for example. Science is working day in and day out to stop aging and to find cures for all the ailments. Still, the number of diseased is only mounting up!

The solution therefore lies not in medicating the ailment, but in curing the very cause (root) of the ailment. One point is worth mentioning here that we identify all the ailments or diseases by the symptoms, not the cause, and so we treat only the effects instead of the disease itself. Thus, origins of disease should take precedence over the nature of disease process. And the most prevalent diseases are aging and death themselves.

### **RESCUE REMEDY:**

All Eastern texts on medicine regard our bodies to have been formed of 5 elements like the Universe itself i.e. earth, water, fire, air, ether. Though it should be noted that the elements (here) are not the same as those of the early chemists. The whole principle of the Indian *Ayurveda* or Chinese Acupuncture treatment revolves around balancing of these 5 elements. Out of these the earth and water elements are regarded as the gross elements (signifying heaviness and inertia) and the latter three as the subtle ones. Our bodies predominate in the gross elements. This is quite evident from the fact that we can hardly use about 1/10<sup>th</sup> of the total capacity of our brain and lungs.

Greater activity of the lungs will lead to greater oxygenation and rejuvenation of the brain. We all can try to imagine what a healthy and a greatly efficient human brain (i.e. efficient up to 100%) would be capable of! We won't only have a greater control over our environment but also ourselves. It would lead to the complete control over our muscular system, nervous system, cardiovascular system and the list goes on.... It should be always remembered that our bodies are self-sustaining ones. It is a misconception to believe that disease is a consequence of attack from outside; rather it results from the breakdown within the organism.

Lewis Thomas describes this perfectly when he writes; *'The man who catches a meningococcus (a bacteria causing meningitis) is in considerably less danger for his life, even without chemotherapy, than the meningococci with its bad luck to catch a man.'* It is now widely believed that our mental states affect resistance to infections. Louis Pasteur writes, *'How often does it occur that the condition of the patient: his weakness, his mental attitude..., form but an insufficient barrier against the invasion of the infinitely small ones.'* Therefore as already discussed, if we could control not only our mental attitude but also the various systems of our body it would spell doomsday for all our ailments and mankind could live more happily than ever before. In a way we would be masters of the complex interactions of mind, body and environment that affect resistance to bacteria.

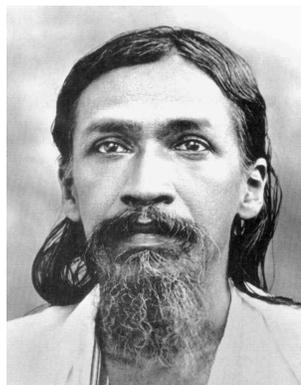
But here is a catch, in coping with the hustle-bustle of this jet-age our all attention and focus is shifted to outer material world, which has reduced our inner awareness drastically. This has made our internal organs less efficient. So that even if we try to intake more of oxygen or other

nutritional supplements our body would refuse, rather refrain them.

So, all we have to do is to find out some method through which we could increase the capacity of our brain, lungs, heart and the whole body. This will only become possible by shifting the balance of our bodies in the favor of the subtle elements i.e. by making our bodies predominate in the subtle elements rather the gross ones, which is the present scenario. But the prevalence of subtle elements doesn't mean absence of the grosser ones. The gross elements would be rather transformed to change their very nature.

#### **RESEARCHES:**

Sri Aurobindo of Pondicherry dedicated his life, working for the transformation of his physical body into a form that won't be touched by death (an immortal physical form). For this he expressed his need for a food, which would be free of waste and grosser elements and contain light or energy in its crude form. Presently the food we take in only



diminishes the fire in our bodies that breaks the food grains into energy molecules for the direct absorption. This is clear from how we suffer from eating too much, more than what our bodies can hold! As this fire diminishes, the nerves, the mind and all our body organs get filled with waste (free radicals etc.) and grossness (loss of vitality and *prana*). The link with our own infinite power reservoir (*Kundalini*) weakens. This is the cause of old-age and

death. We would never grow old if he could keep intact the marvelous system we were given as babies by nature.

Thus, all we have to do is to increase this fire in our bodies (which diminishes with age). For that we need a form of food, which either predominates in energy or which is completely energy. But before switching onto this completely new form of food we'll need a method to gradually increase the fire within ourselves so that we can completely digest the food we take at present and also are able to eliminate maximum waste from our bodies, so that it is not accumulated inside. And gradually the path within will open up and we will lead the royal road to reach the ultimate residing within. The source of such an energy rich food is the Sun and the way to ingest this food is SSKYoga.

The Sun in itself is Fire and its rays illuminate the Earth. So the Sun becomes our food if we can take in the energy from it directly through our eyes in the form of light, not indirectly through the Food Chain as we do now. Only if we can take the sun's energy directly will the fire in our bodies increase leading to maximum vitalization of the body organs thus ending all our ailments and diseases. In this way the Sun will lead us on the path free from all bondage. Even Bible says: *Man does not live by bread alone...* (Deuteronomy 8:3).

#### **TIME HAS COME:**

Now even some modern scientists have started seeing the SUN as the 'Energy of the Future', 'Medicine of the Future', and 'Food of the Future'. For instance, Dr. Jacob Liberman, O.D., Ph.D. (author of 'Light: Medicine of the Future') describes the body as a living photocell, stimulated and regulated by light. *Our lives, our health and well-*

*being are truly dependent on the sun. The human body is nourished directly by the stimulation of sunlight or nourished indirectly by eating foods, drinking fluids, or breathing air that has been vitalized by the sun's light energy.'* Here are certain excerpts depicting the slowly changing attitude of modern science on the SUN:

- When light enters the eye, millions of light sensitive cells convert the light into electrical impulses. These impulses travel along the optic nerve to the brain where they trigger the hypothalamus gland. The hypothalamus is part of the endocrine system, which governs most autonomic bodily functions such as blood pressure, body temperature, breathing, digestion, sexual function, moods, the immune system, the aging process, and circadian rhythm. -John Downing, O.D., Ph.D., Director of the Light Therapy Department at the Preventive Medical Center of Marin in San Rafael, California, has been conducting clinical studies on the effects of light for twenty years. According to Dr. Downing, *'We cause or worsen a wide range of health problems by spending ninety percent of our lives indoors under inadequate lighting conditions.'*
- In a recent study at the Clinical Pathology Department of the National Institute of Health, it was found that lack of a balanced spectrum of light contributed to loss of muscle tone and strength. Windows, windshield, eyeglasses, smog, and suntan lotions all filter out parts of the light spectrum and contribute to this problem.
- Light is the basic component from which all life originates, evolves, and is energized. Light and health are inseparable. Because we have managed to disconnect ourselves from the sources of light with our fluorescent lights, indoor lifestyles, glasses, contact

lenses, sunglasses, tanning lotions, flesh foods, processed foods and even cooked vegetarian diets, many of us suffer from chronic 'mal-illumination.' Like malnutrition, 'mal-illumination' deprives us of a level of nutrients and rhythmic stimulation that is essential for living as fully healthy humans. -Noble Prize Laureate Dr. Szent-Gyorgi describes *the essential life process as a little electrical current sent to us by the sunshine. Without light there is no health. We are human photocells whose ultimate biological nutrient is sunlight.*

The light therapy which is gaining prominence in modern world is just one of the imperfect forms of SSKYoga. Another popular therapeutic technique, Color or Chromo therapy also deals with a part of the solar spectrum. Whereas, in SSKYoga we can take in more of the electromagnetic spectrum and also effect its penetration deeper into the body through various efficient techniques.



## BONDING WITH THE SUN

Thus it is very clear that the Sun could be used as an efficient energizer of the human system. But hardly any method has been shown so as to how we could finally unite with the Sun? This method is SSKYoga. We take in gross food through our mouths and air through our nostrils but to assimilate light our eyes serve as natural gateways.

### THE EYES



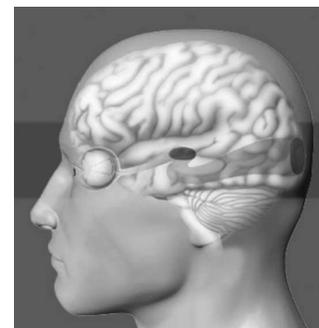
It is basically through the eyes that one relates with the outer world. On closing the eyes, one enters his inner world that is presently full of gloom thus goes into sleep.

The Bible says: *'The light of the body is your eye, when your eye is clear, your whole body is clear, your whole body is also full of light, but when it is bad, your body is full of darkness.'* (Luke 11:34) And Shakespeare says, *'The eyes are the windows of your soul'*.

It can be said that our eyes are the part of the brain that inspects the outer world. The brain, in turn is the working part of our mind. The pure mind is the soul. Therefore our eyes relate us not only to the outer world, but also to our brain, mind and soul. In other words eyes are the bridge between outer and inner world.

Though the brain and the eyes constitute just 2% of our body weight they utilize 25% of our food intake. The eyes also utilize 1/3rd of the oxygen that is availed by the heart. And it is through the subtle interactions of the eyes that we draw in *prana* from the universe, the activity of the nostrils and lungs is a subsidiary process. It is actually the medulla oblongata that controls the muscular activity that draws the air in and out. The scientists suspect an inter relationship between mental and optical diseases. It has been found that where 9% of normal individuals suffer from the eye-diseases, 66% of the depressed, alcoholics and other mentally diseased have optical disorders.

### THE BRAIN



It is still widely believed that the eyes only serve as a medium to view the outer world. But present discoveries have ascertained that this function of eyes is subsidiary to that of serving as efficient medium of relaying sunrays to the hypothalamus of the brain. In fact the sunrays govern the working of the Master Gland i.e. the Pineal Gland, by affecting the hypothalamus. The Pineal Gland secretes among others a hormone called 'Melatonin'. It has been found that the quantity of the melatonin secreted gradually increases until youth and after stabilizing there, decreases until old age and then finally stops. Scientists are

interlinking old age with decreasing quantity of melatonin. Also it has been found that the melatonin is secreted in the absence of sunrays and its secretion is at a maximum during 2-3 am. It should be remembered that during deep sleep our consciousness retreats from the eyes and rests in the heart. And since the secretion of Melatonin is at its peak during deep sleep, it can be said that melatonin is secreted when Man's consciousness connects with his inner self (during deep sleep).

Both these phases i.e. the waking state and deep sleep are closely interlinked. If the waking state is wholesome and fine the sleep state will also be deeper. Or, the more we'll be able to draw sun's energy, *prana*, food, water etc. during the waking state greater will be the secretion of hormones like melatonin during sleep and in turn closer will be our association with our inner self. Also this increased quantity of melatonin secreted will make our sleep wholesome and deeper. As a result the refreshment we once gained by sleeping for 8 hours would be possible in much less hours. Even the bible tells, '*Light is sweet, and it is good for your eyes to behold the Sun*' (Ecclesiastics 11, v. 7)

The Koran says, '*Faksafna Anka Geta Aka Fab Saro Kalyavama Hadeed*'. It means that when the sunrays penetrated the curtains (retina) and entered the brain, the consciousness was drawn inwards. Before this the Man was only a materialist, disillusioning himself with the temporary happiness obtained from worldly objects.



## **THE GOAL OF SSKYOGA: A SUPER HUMAN RACE**

Once the process of uniting with the ultimate through the door of the sun commences, one starts feeling the difference in himself and consequently also in the world around. The very first is that of wiping of all physical ailments of all kinds. To follow a sequence one is freed of the diseases thus:

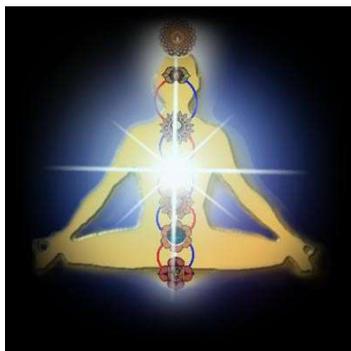
- Cure of all optical disorders, myopia, hypermetropia, astigmatism etc.
- Cure of constipation, indigestion, and gastric troubles.
- Cure of migraine, depression, insomnia and other mental disorders.
- Cure of all hormonal disorders and skin problems.
- Increased work efficiency & positive behavioral changes.
- Lesser need of sleep due to increase in the duration of REM sleep.

This list could be meaningless to an extent because SSKYoga with regular and efficient practice will cure any disorder known whether it is congenital, hormonal, infectious, degenerative, immunological or even neoplastic. Though it should be cleared from the very beginning that the cure of real serious diseases such as cancers or aids will require a unique way of practice but the basic requirement is indeed regularity and efficiency in the practice.

SSKYoga fights the roots of disease and not the mere symptoms, as does the modern medicine. So, once the disease is removed it's removed forever, for its cause within us is cured completely.

It may seem to you as a fairy tale! But in reality SSKYoga has something much bigger as its objective before which the cure of physical ailments is hardly a deal. These can be considered as the byproducts of the practice of SSKYoga. The concept which is going to be discussed in the following lines may seem strange to you for such a possibility has mostly been considered unfeasible unto now.

So, SSKYoga has as its goal, immortality not merely hypothetical (as by merging into the divine after leaving this body) but a concrete physical immortality which is reflected through an immortal body: a body that could live on this earth unto eternity, which would be beyond death and destruction by any known means. In such an immortal body the soul and the body will be indistinguishable. Needless to say, no disease or damage would ever affect it.



Remember, **immortal body is not the goal but mere testimony of the immortal state which implies the transubstantiation of the physical body by the**

**descent of the Ultimate.** And SSKYoga aims at not only evolution of one such being rather a complete race of such men. A superhuman race! The talk is well-supported by history where we find evidences about existence of such men who have busted the very cycle of rebirths by winning over death in its totality.

### **SUPER HUMANS IN THE PAST:**

Theosophy mentions Master Morya, Master Kuthumuni among others as such beings. Paramhansa Yoganada talked about Babaji Nagraj as having a youthful deathless body. However the most convincing of all such references is from the life of Ramalinga Swamigal, who dematerialized his deathless body at the end of the 19th century in Vadalur (Tamil Nadu, India) before the eyes of thousands. In his poetry he claims to have gained a deathless body, by the grace of God. His dematerialization has also been recorded in the official Gazette of Chennai. The District Magistrate who had inspected this incident along with an English officer, declared it to be true.



(Swami Ramalinga on his body, *'Skin has become supple; influx of nerves all over vibrates with pauses in*

*between (Medical Science believes if nervous influx stops, man will die); bones are pliable and plastic in its nature; blood has become condensed; semen has become concentrated into a drop and confined in the chest; petals of brain (sahasrara) blossomed; amrit (nectar) wells up; luminous forehead perspires; face brightens; breath is cool; tears of joy; mouth vibrates (calling of divine); ear tubes ring to the music; chest moves and hands join (in prayer)' - Arut Perum Jyoti. One may note that his body caste no shadow and also transcended photography.)*

This is where SSKYoga can take us but all depends only on our want to attain such a state of evolution, leaving aside all our longings for objects of sense-gratification. The harder we practice, the more efficiently we practice quicker will be our growth. But all need not undertake this practice to attain such a goal, one can simply start with the objective of attaining a sound physical body and gradually as the practice increases the goal would automatically change, for the mind will only wander where it finds greater happiness.

## THE SEVEN STGES

“SSKYoga has been divided into seven (3+4) stages. As it progresses it merges all there is available in the realm of inner research to propel one to the peaks of inner awakening.

In the **first stage**, the eyes are kept closed as the Sun's energy is absorbed in the body.

In the **second stage**, the eyes are gradually opened. However, the focus is inside and one does not stare at the external sun.

In the **third stage** the practice is done with com-

pletely opened eyes, keeping the focus within. The eyes are relaxed. By this stage, the body is freed of majority of ailments and is bubbling with life and energy. The base is prepared for the mind to sink deep within.

The **fourth stage**, is a new milestone in the SSKYoga practice, wherein the practice is performed to unravel the inviting secrets buried underneath the body. The signs of progress are the gradual expansion of *anahata nada* throughout the body i.e. gradual awakening of the *Kundalini*.

The **fifth and sixth stages** utilize *Khechari Mudra*, *Shambhavi Mudra*, *Kriya Kundalini Pranayama*, *Dhar Nauli*, *Svar Sadhana* (expansion on the 7 octaves of the musical scale) to spread the nectar oozing from the head and the fire blazing in the navel to every pore of the body. Pure *Bhakti bhaava* manifests within. It is preparing the base for the transubstantiation of the human body. The culmination is in the dawning of Samadhi, as documented in the *Shastras*.

**Stage seven** is when all comes together. It is the stage- post *Samadhi* or post- enlightenment. The practice may be performed without the aid of the external Sun because the inner Sun is completely lighted up. The macrocosm and the microcosm have begun to intermingle. The divine that shines in the *sahasrara* now descends from the peak to the base; from the subtlest to the subtle to the gross and to the grossest, until the body is indistinguishable from Him.”

## SSKYOGA & CONTEMPORARIES

### MODERN MEDICINE:

It is now widely believed that the roots of any ailment are deeper than the physical level (in the *pranic* or mental levels) and what appear on the physical plane are mere symptoms of underlying much serious problem. Therefore to



eradicate a disease from the root, the medication has to work at those deeper levels where the actual problem is! The practice of modern medicine involves either ingesting the medicine through the mouth or injecting it directly into the blood.

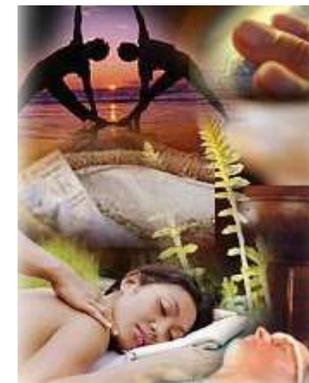
In this way the medication easily cures the symptoms at the physical level but the underlying disease remains unaffected. This is because the ability to draw the medication deeper to the subtle realms depends on the individual's own inner capacity. Since this capacity is affected by disease and the medication administered is such that it can't penetrate through the physical realm on its own accord, the disease is never eradicated from its roots. Further, The body never accepts foreign elements because it is the life force, which actually governs the absorption of any matter. Any artificial substance cannot be absorbed completely. Thus the symptoms can reappear. Also the drugs administered invariably lead to

malfunctioning of healthy body organs, what is called side effect.

It has been found that psychoactive drugs as tranquilizers and antidepressants besides having numerous side effects have no effect even on the underlying problems they are supposed to cure! Today in place of tuberculosis, cholera, polio have arisen host of other diseases called the 'diseases of civilization' as cancers, heart diseases. Physicians are clueless as to the cure of many of these and go on to say that their occurrence is inevitable owing to the wear & tear of the system. This is modern medicine, effective in case of surgical emergencies but otherwise extremely limited in its functioning and healing.

### PREVENTATIVE MEDICINE:

In today's paradigm shift more and more physicians have started following the old dictum, 'Prevention is better than cure.' They advise their patients to eat healthy. During disorders the patients are administered food in its digested form (e.g. vitamin). In this way the fire in the belly doesn't have to do the extra work of digesting the food, hence it is not diminished and the body also gets the required supplements. All very right and yes, it is effective!



But when it comes to inhibiting aging even its scope is limited. To stay healthy one will need proper nutrients. The fire in the process of digesting these will get diminished. Homolysis of oxygen molecules will produce free radicals as well. The body will thus, decay. One could argue that

he could take all nutrients in the form of digested food (as vitamin capsules etc.) and could thus sustain the fire but one should not forget that we also need energy to sustain life (nutrients only prevent wear and tear) and to obtain that energy food is indispensable. Thus, there is no respite from this vicious circle! Moreover, there is something in what we call life force or the self or even God, which is responsible for digesting even the digested food. Unless, we connect to that, all efforts are destined to go in vein.

### ASANAS AND PRANAYAMA:

These could solve most of our problems but how many of us can do all the *asanas* properly forget about the *pranayama*. *Asanas* and *Pranayama* have this limitation that everybody cannot do them. Moreover

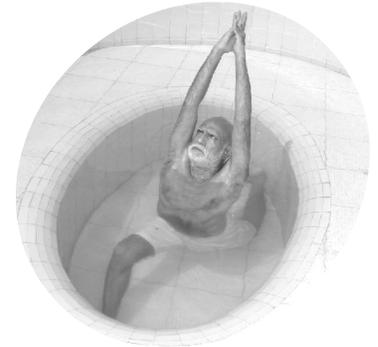


they have to be chosen carefully as there are specific sets for specific physical or mental conditions. Also it should be cleared that the *pranayama* we know today (*Kapalbhati*, *Bhastrika* etc.) is merely a set of breathing exercises and have nothing to do with the control over *prana*. These breathing exercises would indeed give their benefits but to inhibit aging and give victory over death, no way! Yes, practice of *pranayama* in the *sushumna* (central nervous channel) is indeed the solution but how hard it is to achieve that and especially in the absence of the true masters of the art, who are really hard to come by! Also, if practiced wrongly and excessively these could have adverse effects and as the texts put it, destroy the practitioner. The unavailability of true masters (only due to lack of true seekers) and the hardness of these practices serve as serious

limitations for them to be followed as the general course for all towards a control over our life.

### SIDDHAMRIT SURYA KRIYA YOGA:

This is indeed the practice that solves all our complications. Unlike the modern medicine the sunrays by their sheer force & a warm welcome from the practitioner are able to penetrate the physical, mental and the *pranic* sheaths thereby eradicating the



disease from its roots. It breaks the vicious circle of the preventative medicine as it severs our dependence on gross food thus not only conserving the fire rather increasing it. The body feels lighter, needs less sleep but remains full of vigor and energy.

This is quite understandable because at one time when we took food, the yield of energy was very less, for most of the food went undigested. Now we are taking only energy and energy was what we were seeking through food also (though taste is also sought after!). It has no limitations of *asanas* and *pranayama* as it easy to understand and practice once learnt from a certified trainer. It leads to purification of *sushumna* relatively easily. The inward penetrating sunrays easily bestow the introvert-ness so crucial for success of *asanas* and *pranayama*. Besides it can be practiced by anyone, even by people on their deathbeds. It should be remembered that through various *pranayamas* all we try is to increase the fire in our bodies, which is the very nature of the

sunrays. Thus, the fire is also increased with less of effort and with enjoyment. It cleanses our body and helps in transformation of the grosser elements.

## UNIVERSAL EFFECT

From what has been discussed up to now it is evident that SSKYoga is a practice for all, which spreads across all barriers. You may be an artist, a social worker, a student, someone old and diseased, or someone full of youthful exuberance; this revolutionary practice is sure to fill in you renewed energy so that you can continue your work efficiently. **It doesn't require of you anything as to change your lifestyle or to link yourself to a new tradition. All it requires is an open sky, an open heart and the SUN with which you can unite, through your eyes.**

Up to now we have contemplated on the 'what' & 'why' aspects of SSKYoga, but now it's time to get into the 'how'. And for that you would have to recall when you rode the scooter last time. To ride a scooter or any motor-driven vehicle for that matter need to be kick-started or ignited. Faster the vehicle greater the thrust needed to start that. Even the automatic systems need a start up. In SSKYoga a certified guide plays the role of kick-starter and a group provides for the fuel. In other words, there is hardly anything in this world, we learn ourselves. Even about the subjects we encounter daily, we need someone to guide us. Similarly in SSKYoga you need start under the supervision of a certified guide for actual practice.

Still, to develop proper understanding and insight of the practice, basic course is being discussed here in brief.

## THE BASIC COURSE

Though the main process involves relaying the sunrays into the brain by keeping the eyes closed, at 90 degrees to the sun; to make the process more effective and powerful, the basic practice has been integrated with the following six parts:

- 1) Eye energizing exercises
- 2) Breathing exercises
- 3) Chanting of Mantras
- 4) Mudras or Hand Gestures
- 5) Yoga Nidra (Yogic Sleep)
- 6) Prayer for Universal Well Being

The process extends over a period of 30-40 minutes. It is practiced two times a day, morning and evening. During summers, the morning session is started along with the rising sun and the evening session ends with sunset. However during winters the process may start when the Sun is completely lighted, burning-white and hot. As a general rule the practice should be carried at a time when the Sun feels warm on the skin without causing burning sensations.

The first 10 minutes are devoted to eye and breathing exercises. The next 20 minutes to the chanting of mantras with various mudras (hand gestures). During the last 10 minutes you lie down in yogic sleep. The process draws to a close with a prayer for universal well being.

### **Eye Energizing Exercise:**

Eyes are the main doorway for sunrays to enter our body. Thus they need to be purified and energized beforehand. For this we do palming and massage for relaxing the eyes and then few energizing exercises as follows:

Rub both hands to warm and then cover your eyes with a cupped palm, relax eyes inside the cup. (1 min)

Massage your eyes placing middle and ring fingers over the closed eyes. Apply low pressure and speed up from low to high (1 min) then gently massage your face, head, hands, feet, chest, tummy, back- the whole body.

Bring chin to chest and open eyes wide with breath-in and close tightly with breath-out (Repeat 20 times slow to fast pace – no looking at the sun, breathe forcefully).

### **Breathing Exercise:**

We follow 3-step breathing before starting with the meditation to expand the lungs & enhancing their capacity. The main hint is to keep eyes closed and towards sun. Sun being the main guiding force helps us draw more *prana* as deep as into the *sushumna*.

First step is Chest Breathing. In this we place both the hands over chest from side as high as in armits. While breathing in expand your chest and with breathing out empty the chest. Use your hands for support. Start with slow pace and no sound then gradually raise the pace and the force both, making sound. Finally inhale as much air as you can and hold inside, then slowly release slowly and silently to move to next exercise.

Second step is Abdominal Breathing. In this we place both the hands over lower abdomen, one over the other.

With inhalation expand the abdomen and with exhalation empty the stomach. Guide the movement with hands. Repeat for almost a minute or two from slow to fast. Then take deep long breath in, hold as long as comfortable and then release very slowly making no sound at all.

Third in the sequence is Backwards Breathing to force the *prana* towards *sushumna*. For this we sit upright and place both the hands on back over shoulders. Neck stretched backwards and then we repeat the breathing process from slow to fast for a minute. Then perform internal retention for time comfortable and finally release slowly and silently.

### **Chanting of Mantras:**

Sit straight facing the sun, hands resting in lap, eyes closed and head tilted to form straight line with the sun. In such a relaxed posture we set the focus inside and then start with the *mantras* in different *mudras*. The first mantra is *Shakti (Power) Mantra*:

AUM HRAAM HRIM HRUM SAH SURYAAY  
NAMAHA AUM (to be repeated 10 times forcefully in naman  
mudra only. Sound of Hraam, Hrim, Hrum and Sah  
should be forced from the Navel).

The meaning of this mantra cannot be explained but experienced. The different syllable in this *mantra* actually force open different energy centers (*chakras*) in the body.

Then we move on with the next mantra, the *Surya Gayatri Mantra* in all the other *mudras*. This mantra is a little different from the popular *Gayatri Mantra*. This mantra helps us in easily relating to sun for better absorption and inner awakening. Another aspect of the *mantra* is that it helps expanding our consciousness much beyond the limits of selfish ego. The *Mantra* is:

AUM AADITYAAY VIDMAHEY; SAHASRA KIRNAAY DHEEMAHI; TANNAH SURYAH PRACHODAYAAT . This has to be repeated ten times in each mudra.

The meaning of the *mantra* is: We (not I) have come learnt about the immense power and life giving potential of the Sun, which is guiding the whole animate and inanimate world. Thus we take refuge into him and meditate upon his thousand of golden rays full of energy and luster. To such a source of enormous power we request for guidance on the path of power, knowledge and bliss.

### Mudras or the Hand Gestures:

There are seven main *mudras* we use in the practice in the order given below:



**Naman (Praying) Mudra:** Bring both palms together, put thumbs in the throat cup and index fingers under the chin and other three pairs of fingers away from the chin. With closed eye looking at the sun. This mudra connects us

to the source of life and vigor.

### Aavaahan (Invitation)

**Mudra:** Raise both arms up vertically, thumbs locked and fingers separated and stretched up, palms facing the sun. Once connected we invite the sun to rivitalize us with his power. In this *mudra*



we may swing and sway around for involvement with a

caution that the eyes should remain inlined with the sun.



### Sinhakrant (Lion)

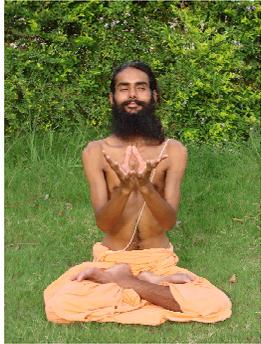
**Mudra:** Both arms raised to the shoulder level and bend at elbows simulating an attacking pose, fingers stretched like lion's paws and vibrating, chest out and tummy in. With closed and

rasied eyes turned inwards we roar the mantra as if the soundwaves are going straight to the brain.

### Utthan (Rising) Mudra:

There are two ways to perform this *mudra*. You may either sit in proper asana and place both the palms over knees, fingers turned inside Or you may simply spread both legs fully in front, lean back placing both the hands on ground behind. In this mudra we also perform *uddiyaan bandha* to stir the fire in the belly and letting the sunrays in there to awaken the inner sun. Once awakened the serpent power rises up.





**Pankaj (Lotus) Mudra:** Thumb and the little finger of both the hands joined together and rest of the fingers spread, make a lotus shape. Elbows together resting at chest and arm spread in front. In this mudra sing sweetly, smilingly (teeth), deeply as sunrays from the top and serpent power from the base (*muladhara*) are meeting in the heart

center and opening it up like a lotus.

**Aalingan (Embracing)**

**Mudra:** Arms stretched out at the shoulder level (like wings), fingers separated and stretched forward but relaxed. Sing the *mantra* with laughter and joy embracing the beloved sun. The voice should be melodious and whole body should enjoy the vibration and delight.



**Arghya (Offering) Mudra:**

a) Arms touching sides, both hands together forming a wide cup flowing down from the navel, eyes closed to the sun, pray to the Sun god with emotions (surrender, love) to bestow his grace on us so that we do not forget Him, His prayer and path of light. Sing deep from the navel region



with emotions. Close mouth, breathe-in deep, hold the breath and call out inside without making any sound to win the love of Sun.

- b) With eyes turned upwards and closed from outside, body stable and mind focused inside, breathe in and out from the tip of nose. Feel that head is full of sunrays and the divine food of light and energy is flowing up through the whole body and the *Sushumna* (spinal cord), and the latent energy (*kundalini*) is rising up the spine.
- c) Breathe-in deeply from nose to navel and breathe-out from navel to nose with sound. Feel light in every cell of the body. Focus on the point where angles from our two eyes meet inside the head (here is the third eye – the union of human body and cosmic body-seat of Sat-Chit-Anand; nectar flows from here). With eyes up and closed, gently rub the whole body with hands, especially the parts which have any pain or have tension.



**Yoga Nidra (Corpse Posture on Tummy):** Lie face down keeping head towards the sun and using the

maximum surface of the ground beneath, turn the neck left or right as you feel comfortable, eyes closed. Breathe from tummy and relax well. Relax in the lap of mother Earth by releasing all your tensions of body and mind mentally into her.

After 5-10 minutes Stretching your body, sit upright again in *Naman Mudra* (Praying Posture) and chant *Shakti Mantra* ten times.

**Universal Prayer:** Sit in Naman Mudra, eyes closed facing sun and chant the Prayer for Peace, Prosperity and Happiness in the world:

SARVEY BHAVANTU SUKHINAH; SARVEY SANTU NIRAAMAYAAH. SARVEY BHADRAANI PASHYANTU; MAA KASHCHID DUHKHA BHAAGBHAVET. AUM SHAANTIH SHAANTIH SHAANTIH.

Bow to Mother Earth (Head, hands, knees and feet touching the Earth) and thank her.

This whole process take hardly 30-40 minutes. But one thing we must keep in mind that the body is the vehicle and the ground for the divine power thus we should not ignore or burden it. All the exercises and mudras should be performed in a manner that you don't strain. For any specific question one may refer the FAQs.

## MYTHS & TRUTHS

It has become a norm now that any mention of assimilating energy from the sun only rouses in our mind certain vague ideas about Sun Bath or certain *asanas* (*Surya Namaskara*), being widely taught at the various Yoga classes. Some would get a little closer and regard it as gazing at the sun during sunrise and sunset. But SSKYoga is a completely different practice and cannot be compared to the above-mentioned inadequate and empty practices.

### SSKYoga is not sun bath

Today we can find crowds of people sitting on beaches with their skins exposed to the sun in search of relaxation, vitamin D, & a better skin colour. Although by this one does get close to the sun but unfortunately it can only be regarded as a spoilt and empty form of SSKYoga, void of any substance.

This process is like an invitation given to a king to come to one's house. But just consider the scenario if one closes all the doors and windows of the house just at the arrival of the king. How the king would enter the house! Of course he would return back disappointed or even enraged and that would only lead to bad consequences. Similarly in our body, our head and eyes serve as doors for the sunrays to enter our brain. But by keeping the heads covered and wearing sunglasses the Sunbathers close the doors of their houses and the King cannot enter the

house. In this way the sunrays are absorbed only in the upper layers of the skin. Because the rays cannot be relayed deeper into the body via the skin as it is covered with lots of lotion or cream, the benefits are scarce. Instead over exposure could lead to serious consequences like sun burns etc. Sun Bathers are always cautioned not to stay in sun for more than 45 minutes as it may not only cause sun-burns but may also lead to severe skin cancer. Reports show that every year thousands of people die only due to skin cancer or other problems caused under sun.

In SSKYoga one relays the sunrays through the **closed** eyes to the deepest centers of the brain and therefore can absorb more of the sun with triplicate benefits. Even in SSKYoga there is an initial time limit, which is gradually and slowly increased under the guidance.

### **SSKYoga is not sun gazing**

It is not at all related to sun gazing; let that be gazing at the rising sun to improve one's eyesight or staring at bright sun in the name of spiritual practice, which could be even damaging to eyes. When we open eyes in sun they naturally become strained. To maintain the gaze at sun they need to put lots of efforts, which shifts our consciousness outwards. SSKYoga on the contrary is a meditative technique. In this practice one absorbs energy from a fully illuminated sun in order to absorb complete electromagnetic spectrum in a way that is completely harmless instead pleasing and joyful and of course not just to improve one's eyesight!

One does develop eye contact with sun but keeping the eyelids closed. But in this contact one connects directly to the Sun and further to the Supreme Sun (Almighty) through him, effortlessly. One doesn't look at the sun,

rather enjoys life-giving sun looking at him. The focus is maintained deep within allowing sunrays to travel all the way down to the inner sun.

### **SSKYoga is not religion oriented**

It doesn't attach to any superstitions or dogmas. It adopts a completely scientific approach to the practice indicated in various spiritual and yogic texts, verified through experiments and experiences with researches still going on. It connects us to the source of all life & creativity on earth, the Sun. This connection makes us more dynamic at all levels of our being. SSKYoga holds the Sun at the core of this practice, which is uniform for all.

### **SSKYoga is not any form of medicine**

It is not meant just to cure one's physical ailments. It goes much further than this. It is purely a spiritual practice. A simple rule is, a healthy body has a healthy mind and only a healthy mind can attain to a healthy spirit. Thus any practice that develops us spiritually must first and foremost strengthen our body and mind. (Much has been discussed under the heading The Goal Of SSKYoga).

### **SSKYoga is not a new invention**

Various men and women have practiced it for ages even though under different name. All the texts available to us from religious traditions or scientific inventions do talk about the power of Sun and also mention some or the other way to reap its benefit. In India, '*Sandhya*' used to be a must for all the so-called religious or spiritual people from very beginning back to 'Vedic Age'. That is nothing but a semblance of SSKYoga, though now it has lost its original form in the cruel hands of time. In fact, SSKYoga is conceptually based on '*Vedic Sandhya*' itself.

But the presentation is new, in sync with the needs of a modern man.

### **Sun and thus SSKYoga causes skin cancer and blackens the skin**

It is tragic that the Sun from whom life stems has been given such a demonic form by us that we shun away from his contact by applying sunscreens and lotions. New studies have found that people staying indoors have a greater threat of skin cancer. Even people who are more susceptible to sun burns etc. should note that the practice of SSKYoga will in no way worsen their problems, rather improve them and regarding the blackening of the skin, the practitioners of SSKYoga needn't worry at all. SSKYoga has to be performed only in mild Sun initially and that doesn't affect our skin color. In fact with regular practice we will also be able to digest the melanin produced in hot afternoon sun. This fact is completely verified.

### **Poor eyesight may affect the practice of SSKYoga**

Even if the eyesight is poor, light will continue to enter the eye and that is all we need. Therefore, no problems! Instead the eyesight will be improved by the practice of SSKYoga.

### **Clouds and rain inhibit the practice of SSKYoga**

This is only true during the beginning of the practice. Even then it is easily possible to practice SSKYoga (in India for sure) for at least nine months during the year and that will grant most of the benefits. During the advanced stages the practice severs even the barriers of clouds and rain. Then the Sun and Moon within us are fully activated. The process becomes self-sustaining.

## **Frequently Asked Questions (FAQ)**

## ABOUT BATHE AND WASH

**Q 1. Can we take bath soon after doing SSKYoga.**

Ans. Even after getting up from the practice body and mind enjoy a meditative state for long. So it's recommended that either we take bathe before the practice or we wait for at least one hour after practice.

**Q 2. Can we wash our face or at least eyes after doing this practice?**

Ans. It takes a little time to absorb the energy particles assimilated over the surface i.e. our skin. So it is not right to wash our face or eyes soon after the practice. If we feel any irritation then we may take a drop of '*Ghee*' and gently massage our eyes with it for relaxation or we may simply rest for a little more time to get back to normal.

**Q 3. Is it necessary to perform this practice after taking bath?**

Ans. Not really but it good in a way as it will cleanse and freshen up your body for better absorption of Sun energy and help you in deep meditation.

## ABOUT BREATHING EXERCISES

**Q 4. What is the role of breathing exercises before Sun meditation?**

Ans. As we know that the functionality of this body is achieved by the regular flow of *prana*. When and where *prana* flow is obstructed, diseases creep in. With growing age *prana* becomes weak due to our

outward nature. In fact only an infant can breathe properly and completely. We perform 3-step breathing exercise before meditation, which is meant to regain our inherent capacity of breathing completely. It allows *prana* flow efficiently throughout the body for better assimilation of sun energy.

**Q. How are these different from other pranayama exercises?**

Ans. The very meaning of *pranayama* is to fill up the body completely with the *prana* so that no toxins, waste, disease or malicious matter may find place in there. This is possible only when we can breathe properly and forcefully. This is the main reason why some people feel fatigue after doing long *pranayama*. These exercises prepare us for actual *pranayama*. Moreover, the center to draw *prana* in our body is in our eyes; nostrils are meant to pull in merely the gross air. And eyes are indeed an extension to the brain. In SSKYoga eyes are forced and focused inside the brain, thus with inhalation *pranic* current stimulates the brain and from there flows naturally throughout the body energizing it from tip to toe. In the process the subtle channels are opened and the brain becomes fully activated. Brain remains active and involved in exhalation too. Whereas, in absence of sun, only a part of the brain is stimulated that too only during exhalation.

**Q. Is it compulsory to perform all the three exercises?**

Ans. Well, the three pieces are joined together in a way that helps our lung to expand in all the direction

and draw in more *prana*. So it will be good to do them all. But in case we are short on time then we should do at least the middle one in which we place our hands over naval and breathe deep till there.

**Q. Is there any sequence or we can perform these exercises randomly?**

Ans. Well, the order described above is idea. Cause the air is initially sucked in lungs, which are at the chest level thus the chest breathing. When the lungs feel fresh and are able to spread sideways properly we try to push the diaphragm down and expand the *prana* in stomach region by doing abdominal breathing. Once the *pranic* current is able to move from top to bottom we now push it backwards towards *sushumna* for that we do the backward breathing taking support of the hands over shoulder and bending the neck backwards.

## ABOUT CONTEMPORARY PRACTICES

**Q. Could we do asana-pranayama along with SSKYoga?**

Ans. SSKYoga has no conflict with any practice. The only hint you have to keep in mind is that SSKYoga is a meditative practice so it's better to perform it after asana and pranayama.

**Q. Could we do exercise or go for a walk after doing SSKYoga?**

Ans. As already told that SSKYoga is a meditative practice so any physical activity that needs outwards focus or involves physical movement is not recommended immediate after SSKYoga.

**Q. If someone performs regular Sun-Salutation, do they need SSKYoga separately?**

Ans. Sun-Salutation is a set of 12 asana, which is good for merely physical fitness. But SSKYoga is an integrated Yoga that strengthens our being at physical, mental and spiritual, all the three levels.

**Q. Is SSKYoga similar to Sun-Gazing?**

Ans. Essentially, both are poles apart. In Sun-Gazing eyes are opened and we are looking at the Sun. In the process all muscles are stressed and the focus is outside while in SSKYoga we look at ourselves keeping the eyes closed. Relaxed muscles and inward focus guide the consciousness inside and let sun energy enter within.

**Q. We daily offer water to the Sun and chant manta for a couple of minutes, is that sufficient?**

Ans. These rituals are good as they make your faith stronger but actually they have little effect at the physical level. So we can't compare them with SSKYoga.

**Q. SSKYoga contains no physical movements, so how would it help a sportsman or a man concerned with physical work?**

Ans. It's well known that the pranic force guides the physical movements. SSKYoga helps in securing that subtle force for us. Moreover, Sunrays actually give strength and energy to our skin, muscles, blood, bones and every part of the body. They also intensify our brainpower to help better control over the physical.

**Q. Could we perform our daily worship soon after the practice, which involves reading of religious texts?**

Ans. Well, you may very well do the worship if it involves meditation and chanting. But reading or any activity, which requires outward focus, is not recommended immediately after the SSKYoga.

#### ABOUT DURATION AND TIME

**Q. The timing of sunrise and sunset keep on changing, so how do we know what is the right time to practice?**

Ans. The best check is to see that the sun is warm over eyes but doesn't feel hot at cheeks. The time has to be adjusted along with the calendar. In summer we may start in the morning even a little before sunrise to commence the sun meditation with first ray of sun and in the evening we may choose such a time that sun sets down when we are at rest in Yog-Nidra. This will help to cope with the hot summer. On the other hands in winters we need not worry much as sun is pleasant throughout the day. Still a time has to be chosen carefully when your eyes can face sun easily and don't strain.

**Q. What is the ideal time for performing SSKYoga?**

Ans. We can't stick to our clock as the Sun changes its cycle along with the calendar. Generally, in the morning when the Sun has turned into bright golden disc, we may start the practice. And in the evening, we start at the time when our eyes can easily face the Sun & the skin doesn't complain too.

In winters we may do it a little late in morning and early in the evening. While in summer we may start the morning practice with sunrise and in the evening we may complete the course when the Sun has completely set down.

**Q. Is it necessary to perform it both the times morning & evening; it may be difficult for working people?**

Ans. Well, both the sittings are complimentary. In fact one sitting may give you as less as 25-30% of the benefit gained in two sittings. So one must practice twice a day. In case you go to college or work, you may find a place where you could stand or sit in sun for 10-15 minutes. There you may just meditate in sun without any mantra or mudra to complete the cycle to certain extent. If, even this is not possible then you may learn certain supplementary practices such as Sanjivani Kriya and perform them instead, when you cannot make it in sun.

**Q. Is it important to do it for 30 minutes or we can do less or may be more?**

Ans. Well, it depends on various factors viz. age, season, physical state and probably availability of time J. For kids below 12 years, 15-20 minutes are sufficient. Old-age people may do a little longer. In winters long sitting may make you feel even better while in scorching sun of June you may prefer finishing early.

Even for people with sensitive skin mild sun is recommended initially. On the other hand, people suffering with acute disease such as cancer are recommended long sittings that too for 3-5 times

a day depending on the severity. But these choices are better made under expert consultation.

**Q. Is there any difference in timing and the duration of SSKYoga for kids and sick?**

Ans. There is, as told in previous answer.

#### ABOUT EYES AND RELATED ISSUES

**Q. Are eyes exercises important before the practice?**

Ans. Eyes are the main entryway, so it's really important to prepare them by palming, massage etc. But one should remember that eyes are very sensitive so don't apply excessive pressure over them. And don't even open them in front of Sun.

**Q. What should be the position of eyes in SSKYoga?**

Ans. The eyes should be closed and placed exactly opposite the Sun i.e. they should form 90° angles with the Sun.

**Q. Is it important to keep eyes closed throughout the practice?**

Ans. It is really important. The reason is when we open our eyes focus is outside; the orientation of the nerves and muscles, the flow of *prana* and even the mind are focused outside. Hence, the goal of letting the sunrays in and reaching the inner reservoir of divine energy doesn't get fulfilled this way.

Eyes should be closed from outside and focused inside the brain but relaxed and tension free. And they should not even flicker for best results.

**Q. I've no problem in looking straight at Sun; Could I perform this practice with open eyes?**

Ans. We suggest NOT! It's not about staring at the sun but about assimilating the sun energy. As already discussed, with open eyes we will end up only wrestling with the Sun. It may provide us with a little strength in eye-muscles but not even a slight benefit of what SSKYoga has to offer.

**Q. If we get burning sensation or redness or heaviness in the eyes after doing this practice what shall we do?**

Ans. This may happen if our eyes open/flicker during practice or if we try to push our limits, which we should not. In such a case we may gently massage our eyes with a drop of 'Ghee' and then rest for 5-10 minutes. We must not wash our eyes.

**Q. Any guidelines for people wearing glasses?**

Ans. Glasses or contact lenses must be taken off while performing SSKYoga.

**Q. Is there anything additional one needs to keep in mind to get rid of spectacles?**

Ans. SSKYoga in itself is a very effective for improving eyesight. It gives strength to eye muscles and helps correct the lens. Still, it will be good if we could reduce the usage of spectacles/contact lenses. The reason is if we always wear the glasses then our muscles and lens will not get chance to correct themselves, even after gaining strength through SSKYoga. So that we used use them only when required and not otherwise for faster results.

**Q. What about using Sunglasses (colored and photo chromatic)?**

Ans. Well, there are certain researches done in recent past regarding this. As per them colored sunglasses may actually harm our health. The reason is our brain, which is the controller of all the body activities, is guided mostly by the signals received through eyes. When we put on the glasses, eyes signal the brain that the outside climate is cool and dark while the whole body claims against it. As a result brain gets confused and fails to maintain the body temperature in sync with the outside atmosphere. This further disturbs the endocrine system and other inner mechanisms of the body.

Thus hat and umbrella should be given preference to save yourself from heat. And if you want to save your eye from dust and wind (as in riding) use plain colorless glasses.

**Q. What precaution should be taken for eyes undergone surgery or wearing lenses?**

Ans. Those, who have gone under eye-surgery or who have lenses fitted in their eyes, may start SSKYoga after 3-4 weeks of the surgery. But they shouldn't do eye-massage and should not apply pressure over eyes in other eye-exercises.

**Q. What is the guideline in case of non-surgical operation (laser etc.)?**

Ans. Well, even though they are not restricted to face sun still we recommend them start slowly and don't massage or strain the eyes..

**Q. Can we perform SSKYoga when we have infection in eyes?**

Ans. We rather must do it with a precaution that we skip the eye-exercises.

#### ABOUT FOOD & DIET

**Q. What should be the gap between practice-time and mealtime?**

Ans. As most of you would know that before performing any spiritual or yogic practice you must have a light stomach. So you must not take anything for one hour before you start SSKYoga and after completion of the practice you should wait for at least half an hour. In fact you won't need it as sunrays raise your energy level to put away any hunger or fatigue. Normal plain water is not prohibited.

**Q. Is there any prohibition about the type of food we may take along with this practice?**

Ans. Well, by doing regular practice your body and mind will resist the unwanted and unsuited food; this is the beauty of SSKYoga. The main care has to be taken about the timing of food. It's been told by many practitioners that after starting with SSKYoga and reading about the science of food in *Kund Agni Shikha* they developed distaste for non-vegetarian and junk food. There are other instances when people involuntarily stopped taking intoxicants after starting with SSKYoga.

**Q. What should be the ideal diet of an SSKYoga practitioner?**

Ans. We recommend only liquids (milk is a solid diet) for breakfast and no tea/coffee before that, a

complete but late lunch and a light & early dinner. And no munching throughout the day. We also recommend keeping away with T.V. during mealtime as it disturbs the digestion. (For details one may refer *Kund Agni Shikha*, a quarterly magazine from the ashram)

**Q. As it is said to be an energizing practice, does this practice affect our hunger anyways?**

Ans. It surely does. Sunrays not only make our digestive system stronger but they also regulate our endocrine system for better control of natural urges. As a result our hunger is regulated and the food is properly digested. Lots of obese people have reduced weight while few skeletal people have gained that too.

**Q. Is there any remedy for drug-addicts? Is there any special instruction for them?**

Ans. Well, as we have learnt from the experiences of people the drugs actually stimulate the brain and sunrays too. It's been found that leaving addiction of any drug is easy with SSKYoga, once we have the determination, by reducing the dose gradually. Actually, sunrays compensate for boosting the brain and the advantage is they don't make brain dull as drugs do. They rather energize the brain cells. Still an expert supervision will be more helpful.

#### ABOUT LADIES

**Q. Is there any exclusion for ladies during periods or they may do it everyday?**

Ans. It is rather strongly recommended for ladies, everyday. SSKYoga has proved to be a miracle

medicine for ladies. There are ample of evidences for cure in menstrual problems and complications.

**Q. Could ladies do this practice during pregnancy ?**

Ans. It is established by the medical studies today that sunrays help the growth of a child and provide strength to the mother too. The care has to be taken about how they perform this practice. As they may take chair if they feel discomfort sitting on ground; they may not chant mantras loud; they may use only as many mudras as they are comfortable with; they may either lay on back or sideways or even rest on bed for *Yog-Nidra*.

#### ABOUT LAUGHING AND CHANGING TONE

**Q. Does laughter really help us anyways, or it is for mere entertainment?**

Ans. Is entertainment bad? Laughter removes all strains and negativity. It also helps us in being relaxed and natural so that we can draw in more energy from the Sun. If you notice there is psychological theme weaved within this practice. Sometime we chant loud and soft at other times. And not only we laugh but also cry at times. The basic idea is to cleanse our emotions purify our heart.

**Q. So why do we change tone or pitch of chanting in every Mudra?**

Ans. There is big science behind it; still we will try to understand this in brief. If you notice, there is a curve being formed; we start with low pitch then gradually we keep on raising it to again come down in *Pankaj Mudra* and so on. One reason is that

different tone of sound waves affect different *chakras* in our body and the difference in pitch decides how deep would it affect us. So, by changing the pitch and the tone we actually try to stimulate each and every *chakra* in the body. Secondary, when we chant loud as in *Sinhakrant Mudra*, we release all the frustration and anxiety and negativity and depression and anger so that we become light at heart. Subtle channels get cleared and the seminal energy moves upwards from *Muladhar*, the seat of *Kundalini*. This is the reason why everybody just bursts into laughter afterwards in *Pankaj Mudra* even involuntarily.

#### ABOUT MANTRA

**Q. Is it necessary to chant mantras loud?**

Ans. Mantra-chanting is very crucial at initial stage. The vibrations of the mantras help opening the path inside. They also guide the mind inwards and stimulate the *pranic* force.

In case we are at a strange place where we can't chant loud then we may chant in a manner that even though we apply same force inside but out comes only whispering tone.

**Q. What is the importance of the selected mantras?**

Ans. The *Shakti Mantra* vibrates each and every *Chakra* (energy centers) in our body to awaken the hidden potential. *Surya Gayatri Mantra*, on the other hand, helps in creating space inside body and mind for sunrays to nourish the inner sun. The *Shanti Mantra* helps in expanding our consciousness.

**Q. Can we use some other mantras?**

Ans. These mantras are chosen for their powerful effect after much of the research and experiment. Still if someone is not able to or not willing to (due to whatsoever reasons) then the best option is *Guru-Mantra* if he/she has one. Otherwise, we may take any prayer in any language but preferably related to Sun.

**Q. If we can't pronounce them right, wouldn't they have some negative effect?**

Ans. When the mantra is used for personal favor then the right pronunciation is really important but that is a separate category of mantras. The mantras, selected in SSKYoga are focused on common welfare. If we chant with purity in heart and surrender them to almighty then all they spread is joy and positive vibrations.

**Q. When we mix mantra with laughter, isn't the mantra distorted?**

Ans. Voice is a divine gift to humans and laughter is a bonus. You must have noticed that it's difficult to speak while laughing. When we laugh from deep inside and chant simultaneously the whole body vibrates with joy and liveliness. Even though we can't speak the mantra properly out, inside it does play its role. In fact laughter only helps in guiding mantra vibrations further deep.

**ABOUT MUDRAS**

**Q. What is the significance of Mudras?**

Ans. The significance is multifaceted.

1. All the nerves find rest in hands (the basis of acupressure) so by using them we actually guide the energy throughout the body.
2. Lip and hand movements are the most demanding task for the brain. So it helps involving the brain too and enhancing its power, as a consequence.
3. The *Mudras* have been woven in a theme that help cleansing and strengthening of our body aura.
4. This theme has its psychological implication too, which helps in purifying our emotions and thoughts and releasing all negative energy.
5. 5 fingers are control point of 5 elements, so these *Mudras* help purify and energize the elements too.

**Q. Is there any sequence or we may perform these Mudras randomly?**

Ans. Definitely there is a sequence. But in case you forget it sometimes there is no harm. Regular reading and conscious practice will bring the correction.

**Q. Can we skip any of the Mudras, if we feel strain in our arms?**

Ans. The basic idea of any yoga practice is to expand not to strain our body and mind, which is the main vehicle of our spiritual journey. So don't strain yourself but don't be ignorant either. With regular practice all constraints will be removed gradually.

**ABOUT PLACE AND POSTURE**

**Q. Is it necessary to perform the practice on ground or we can go on top?**

Ans. Its good if you could make it on ground. But even

if you do it on top of the building, you don't suffer any loss. The main thing you need is the direct contact with the mighty Sun.

**Q. Shall we use blanket as it provides insulation with ground?**

Ans. NO. We don't need any insulation rather earth connection will only enhance the benefit. But we may definitely use cotton or other non-insulating material for comfortable sitting.

**Q. If we have problem in sitting down what shall we do?**

Ans. You may take a chair. There is no compulsion that you should sit on ground to practice. You may as well perform SSKYoga standing. Even if someone can't sit at all (due to some disease such as paralysis), we suggest him/her this practice by lying down on bed in front of Sun and head raised with the support of pillow to form the proper angle.

**Q. Shall we take off the clothes so that we may gain more of Sun energy?**

Ans. It's not necessary. But the clothing must be light colored, loose and preferably non-synthetic.

#### ABOUT PRACTICING AT STRANGE PLACE

**Q. If we are at a strange place, suppose in office or college, and we don't want to miss the practice then how do we do it that we don't disturb others and others don't make fun of us?**

Ans. It must be clear in mind that the basis of SSKYoga is to develop eye contact with Sun while keeping

them closed. If you are at a place where you cannot chant *Mantra* loud or even cannot perform *Mudras*, there is no worry. You may simply sit quite at some bench or chair or may even stand facing the Sun. For 15-20 minutes you may quietly chant the *Mantra* in your mind and follow the theme involved in *Mudras*. Even this imagination will help you, as Sun is available to help you. But remember, this will give you complete results only if you practice properly as and when time and place allow you.

**Q. Can we do it through glass when traveling in a car or bus?**

Ans. Well, the car glasses are double layer blocking most of the sunrays, so it is recommended that we do it in open sun. Moreover we should not try SSKYoga while moving and shouldn't drive immediate after it, as it is a very absorbing meditative practice.

#### ABOUT RELIGIOUS CONNECTION

**Q. SSKYoga seem to be a practice of Hindus as it uses Veda-Mantras, is it true?**

Ans. It's true that these *Mantras* are taken from the *Vedas*. But there is no mention of *Hindu* in any of the *Vedas*. The point we want to emphasize upon is that the *Vedas* are not any proprietary text. They belong to all human beings. As one should know, the *Sanskrit* language used in the *Vedas* is most logical language second to none. There is nothing in this language, which is meaningless. These *Sanskrit Mantras* are chosen due to their special effect over our being. However, one may choose the mantra of their choice preferably related to sun.

**Q. Only Hindu scriptures consider Sun as a deity and SSKYoga stick on this belief; so is this practice is meant only for Hindus or there is any connection to other religions?**

Ans. It's not true. Sun worship was practiced by the Iroquois, Plains, and Tsimshian peoples of North America and reached a high state of development among the Native Americans of Mexico and Peru. The Babylonians were sun worshipers, and in ancient Persia worship of the sun was an integral part of the elaborate cult of Mithras. The ancient Egyptians worshiped the sun god Ra. In ancient Greece and Rome the deities of the sun were Helios and Apollo. Sun worship persisted in Europe even after the introduction of Christianity.

In fact Sun is the only deity worshiped through length and breadth of earth in every era. He fascinates even scientists being the main source of life on earth.

**Q. Are there any evidences of this practice in any of the religious texts?**

Ans. Yes and No. As discussed earlier, sun worship has always been very popular. In every religion and civilization we find some or the other clue about Sun meditation. SSKYoga is mainly based upon the concept of *Sandhya* in the Vedas but it incorporates all those tips given in different religious and spiritual texts. With help of modern scientific researches, it has been customized to suit the need of modern man and is flexible enough for mass adaptation.

## ABOUT SICK AND DISABLED

**Q. How to treat a person (e.g. a paralyzed one) who can't do any Mudra or Chanting?**

Ans. Such a person is made to recline in bed with support of cushions so that his eyes form a proper angle with the Sun. We may play a record of Mantra or if possible chant for him so that the vibrations of the Mantra fall on his eardrum and traverse further deep. As we know in SSKYoga, the main role is played by the Sun. So as long sunrays are directed inside through the eyes, benefit is assured.

**Q. Is there any disease that doesn't get cured or may even intensify by this practice?**

Ans. So far we have seen the results against almost all the common disease, slight or severe. This has cured even patients of sun allergy. It has intensified healing in Cancers and AIDS too. In case of degenerative diseases, even though we haven't achieved complete success but slowing down (even halt in some cases) of degenerative process is noticed. The best part of this practice is that there is no side effect or harm, as long we follow the rules and regulations.

**Q. Does SSKYoga has any effect over sleep?**

Ans. It certainly does. The sleep-wake cycle and other physical and mental changes called as Circadian Rhythms are controlled by the body's biological clock. SSKYoga helps in correcting this rhythm by allowing sufficient sunrays enter the deep regions in brain, which are responsible for the regulation of this rhythm. This also helps us in passing more

time in REM sleep, which is responsible for the restoration of the body. In brief, SSKYoga helps in bringing quality sleep.

**Q. What help could SSKYoga offer if someone has allergy from the Sun?**

Ans. Allergy means we are not able to cope with 'the thing'. Sun-allergy means our body's energy level is very low so that we are not able to face the strong sunrays. By SSKYoga body restores the vigor. But it will be better for such people to practice under expert supervision.

**Q. Heart patients don't feel comfortable laying on stomach so what shall they do for Yog-Nidra?**

Ans. We lie down on stomach for *Yog-Nidra* in SSKYoga. The very reason is to turn the *pranic* flow inwards. But the patients of heart or hypertension may either lie on back or sideways.

**Q. How long will it take to restore my health?**

Ans. This question is really funny. Who would know you better than yourself? If there is any answer to this question, only you may have that. Every person is different thus it is never possible to generalize the results. The only assurance possible is that you may have results in very first week of the practice, provided give your heart to it and stick to the norms. Time for complete healing will vary from person to person. Moreover, until you uproot the very basis of the diseases that lies in old age and death, you can never be completely healthy. And that is the goal of SSKYoga, to go beyond all limits, even beyond the limit of death.

**Q. Should I increase the time of practice for faster result?**

Ans. Well, no one can digest two meals at once even if they know that they wont get to eat throughout the day. Stick to the norms and have patience for better results not the bitter and faster.

**Q. Does this affect problem as deep as in bones or bone marrow?**

Ans. Well, we have proof from medical science that the sunrays are best remedy for even osteoporosis, which is a very acute problem of bones and widespread in Indian women. SSKYoga does help in calcium formation and gives us vitamin-D essential for bones. Moreover, deep penetrating rays such as Uvs help in curing very critical and deep-rooted problems too.

**Q. What about the depression and other psychosomatic problems, which are too prevalent these days?**

Ans. This is the beauty of SSKYoga that it starts working from the brain, which is the controller of all body functions and mind too. This is also a reason why SSKYoga is able to help most of physical and mental ailments. Even medical science claims that the best remedy possible for depression is sun. Winter blues strongly prove the need of sun.

#### ABOUT SKIN CARE

**Q. Whenever I go out in Sun I develop rashes, doctors have forbidden me from going out in Sun, So that I'm afraid of trying SSKYoga?**

Ans. Well, have you ever wondered why all westerners

develop wrinkles in old age? And have you read the modern researches, which tell us that Sun may actually cure us from skin cancers in contrast with earlier studies. It is agreed that some people develop rashes or other allergic symptoms and doctors forbid them from going out, as they have no better option. But SSKYoga helps in toning up our skin & muscles too through sunrays. Moreover, in meditation the sunrays enter our body through the doors of eye, which otherwise accumulates over the surface and causes trouble. On entering the body, sunrays actually enhance our body potential. There are ample of evidences when people with sun allergy have been cured through SSKYoga. So don't be afraid.

**Q. In case of sun-allergy is any lotion or cream is recommended?**

Ans. NO. In such case we may perform SSKYoga in mild sun. But any such cream or lotion may rather prove harmful. It's been found in studies that people who don't use any sunscreen are less prone to skin cancer. Allergy means we are already weak and thus not able to cope with the strong sunrays. If we put on sunscreen then we are actually allowing sunrays to accumulate on skin that may possibly cause some damage to our skin. But in SSKYoga we are drawing the energy in, which actually enhance our potential.

**Q. Could ladies wear makeup during practice?**

Ans. NO. Due to above stated reasons.

**Q. Wouldn't the strong sunrays affect the skin color specially face?**

Ans. Not at all, if we perform the practice on right time

and for ideal duration and in meditative mood i.e. without any worry or tension. Because if we are tense then we won't be able to draw in the sun energy completely and this may result in raised level of melanin, but not otherwise.

**Q. Whenever I stay out in Sun even if for an hour, my skin turns dark in color due to its sensitive nature. Then how could I try SSKYoga?**

Ans. When we go out or work in Sun, our eyes are strained and focused outside. In SSKYoga, on the other hand, eyes are relaxed and focused inside. This difference causes all the miracles. In this way we are able to assimilate the sun energy, which only adds to our body potential.

**Q. If someone develops irritation or rashes on skin after doing this practice, what is the remedy?**

Ans. In such a case increase the intake of liquids such as buttermilk, juices, soup and cut short on spices and fried foodstuff. Also check the time and duration of practice if they need to be changed a bit. Keep patience, it shouldn't last for more than a day or two.

#### ABOUT SPIRITUAL BENEFITS

**Q. We have learnt that SSKYoga may heal most of the physical and mental ailments, but what is the spiritual benefit of it?**

Ans. To understand the spiritual gain of SSKYoga one point needs to be ingested in our minds. Unless a body is free from all diseases and pains it will attract

the mind to the problem-region again and again. And unless mind is focused inwards, there is no spiritual progress possible. This is the beauty of SSKYoga that it works on all the three plains simultaneously. It heals and energizes the body; it turns the mind inwards and make that stable; it awakens the latent power (popularly known as *Kundalini*) within which is the basis of all spiritual progress, whatsoever. It must be made clear here, even though briefly, that to tread any spiritual path (*jnana, bhakti, hath, raj, kriya* etc.) we cannot by-pass this power, which is but the proof of spiritual progress.

**Q. What is the goal of SSKYoga?**

Ans. Descent of the supreme power down to the physical level. We may as well call it immortality, but remember it is not mere deathlessness. As we all believe that we are made of one substance what we may call Almighty God. So how could we be different from him? To remove this difference and bring out the divine power latent within every human is the very goal of SSKYoga.

**Q. Considering the simplicity of the process, this goal seems a bit too big, isn't it?**

Ans. We, due the complexity of our brain, always tend to miss the beauty of simplicity. This is the result of all our misery. God is simply present everywhere in everything and still we miss him. Let's not repeat the mistake. SSKYoga has seven stages; it is the first stage that is being propagated amongst the masses. Even that has given miraculous results. As you grow further, you would learn the immense

power hidden beneath. Now you may understand why Maharaj Ji (Mahayogi Swami Buddha Puri Ji) has to remain locked in and work endlessly experimenting upon various practices recorded in spiritual texts, ignoring all physical comforts and food and even sleep.

**Q. If the goal is to awaken the inner Sun, then why to beat around the bush, why don't we straight away focus on the inner Sun?**

Ans. If we had such a strong determination, life wouldn't have been such miserable. It's true that we have to awaken the inner Sun but as of now the road to there is blocked, that too tightly and even the Sun inside is latent. So that we take help of the Sun shining in the sky through which the power of Almighty is reaching to us.

**ABOUT UNAVAILABILITY OF SUN**

**Q. If Sun is not available due to clouds or rain or fog then what shall we do?**

Ans. Well, India has Sun for almost 7-10 months every year. So if we regularly perform SSKYoga then we don't have to worry much. When there is no Sun, lit up a butter (*Ghee*) lamp or if possible set up a fire; meditate upon that with open and stable eyes. You may or may not use the *Mudras* but chanting should be pursued.

**Q. Living in metro cities, its difficult to find Sun in near vicinity then what is the option?**

Ans. Well, the option to life is none other than life. We will have to work it ourselves to find a suitable place.

**Q. In western countries Sun is hardly available so how could they reap benefit of SSKYoga?**

Ans. There is no alternative to the simplicity and supremacy of SSKYoga. There are many ways to awaken the inner Sun, a little lengthy though. They need personal supervision too. Still, if we perform SSKYoga whenever Sun is available we would definitely reap some benefit.

**Q. What are the complimentary practices and how effective they are?**

Ans. The list is long viz. *Sanjivani Kriya*, Fire Meditation, *Kriya Kundalini Pranayama* and much more. But they all need regular personal guidance from a master of inner science and much effort.

**Q. In winters if the practice is done behind glass window, would that have any benefit?**

Ans. Some. In western countries its difficult to go out in snow so this choice is not bad. But it will be further good if we could replace our plain window glass with UVT glass.

#### ABOUT U. V. RADIATION

**Q. U.V. rays are very dangerous, wouldn't they harm us?**

Ans. U.V. rays are very strong but not dangerous. Modern science has approved the advantageous effect of these rays. In fact, lots of diseases are being treated by U.V. rays these days. Moreover, we perform SSKYoga in mild Sun; at that time U.V. rays are almost negligible. One should keep in mind that at advanced stages an SSKYoga

practitioner acquires so much strength that he may meditate upon Sun throughout the day without incurring fatigue or allergy or damage.

**Q. If U.V. radiation is beneficial then why do we need the eye contact with Sun as these rays find their way in through the skin itself?**

Ans. Well, U.V. radiation is just a fraction of what all sunrays bring to us viz. light, heat, I.R. radiation and much more. The whole idea of SSKYoga is to awaken the inner Sun with the help of external source. For that we will have to go in, and as Shakespeare had rightly said, 'eyes are the windows to the soul.'

#### ABOUT YOG-NIDRA

**Q. Is Yog-Nidra necessary, as I enjoy meditation more?**

Ans. *Yog-Nidra* is an indispensable part of SSKYoga. It's not different from meditation. It rather helps us going deeper. It helps us to digest the energy we have drawn from the Sun. It's important to let the powerful sun energy settle down before we start with our routine work.

**Q. Why do we lay on stomach here while everywhere else Yog-Nidra is taught laying on back?**

Ans. This is a very important aspect and need proper attention. As we all know that the source channel of *prana* is *Sushumna*, which is a subtle channel inside the backbone. *Prana* is always flowing outwards through nine doors in the body (2 eyes, 2 nostrils, 2 ear holes, 1 mouth and 2 doors in the

lower part of the body). When we lay on stomach pressure is applied on these doors and back is relaxed to let energy (assimilated from the sun) flow inwards into *Sushumna*. This is the secret why we feel more energetic after performing SSKYoga and also get rid of all diseases in due course of time.

**Q. If I enjoy it, can I do it for a little longer?**

Ans. There is no harm in elongating the time but remember after 10 minutes its more likely to turn into mere *Nidra* i.e. sleep J, So Beware!

**A glimpse of the benefits reaped  
by some practitioners.**

## TESTIMONIALS



Khushi Kohli was born on 22nd June 2006 in 7th months of the pregnancy. Probably due to this reason her body was very light in weight and small in size. After one month she weighed only 1.65 k.g. Even doctors were concerned in addition to her family but to no real help. Then she was treated with SSKYoga as instructed by Swami Ji. In hardly few weeks she reached to 3.43 k.g. Over all growth was also considerably better to the surprise of even doctors. Soon she was like any other normal child.



Ten years old Abhimanyu Sahdev was diagnosed Jaundice. Situation got worst with time passing. He was unable to eat or drink anything. Even little water used to induce vomiting. Stomachache had gone beyond his tolerance. Body was visibly pale and puny. Then his parents happen to meet Professor Baldeo Singh who introduced them to SSKYoga and guided the child for the same. Within 2 days pain disappeared and vomiting stopped. He slowly improved on digestion too. And jaundice was cured fast.



Anju Gupta (32 years) was having trouble with her spine. A sharp curve at L1 was pretty visible in MRI. Disk was dislocated it seems and pain was severe. She was unable to even sit comfortably leaving the household work. On being guided by Maharaj Ji, She started SSKYoga with devotion and dedication. By regular practice of six months she was free from all the pain and was able to do all household work without any complaint. Next MRI showed normal spine. Another problem of sleeplessness was also cured.



Amardeep Singh (35 years) working at a senior position in an MNC somehow fell prey to Depression and Fobia. He started feeling afraid of solitude, darkness and every other thing. Work, home, and child nothing was comforting him. Sleepless nights were a terror. When medical aid didn't make him any better, his father introduced him to SSKYoga, who was a regular practitioner. Within two days he was able to sleep for whole night. Soon he regained his confidence and energy.



Harjinder Kaur (60 years) was facing the problems of old age. All the joints in body were getting stiff and painful. Eyes were unable to see properly without the glasses of high potency (3.5 each). Within months of SSKYoga, power of the glasses has come down to 1.0 and body is regaining the strength. Joints' pain is completely cured.



Lt. Col. Harbans Singh (64 years) reluctantly joined an SSKYoga camp just to accompany his friend. But the very first encounter was so absorbing to him that he never misses on the practice ever since then. It has helped his temper to cool down and his long-standing problem of headache, which may be due to his short-temper, was alleviated from the root. Energy and cheerfulness have occupied his life. Quite a many spiritual experiences have helped his body aura expand and become bright.



Col. Raghubir Singh Kang (70 years) had keenly tried most of the popular practices of healing and inner awakening. But his body condition just like his mind was not up to the mark. Being a new practice, he tried his hands on SSKYoga too. But even before he could make any analysis, he realized his old alliance with Sinusitis and Cervical Pain was on the verge of parting. His eyesight improved and memory proved better. This all with a pure spiritual practice, so he sticks to it.



At a tender age of 12 years, Gurpreet Singh was diagnosed with two holes in his heart. Abandoned from PGI, CHD he had nowhere to go. Pale and frail body of 17 kg was visibly dying with dark red eyes, black lips, curved nails, inconsistent breathe, inability to walk and the fear created from all of these. When Professor Baldeo Singh made him sit in sun with closed eyes, a miracle was performed. Within 2 months body weight was raised to 25 kg and he was playing and riding bicycle to school. And he is still doing well.



Dev Kumar Garg had all those problems he could gather in 72 years of government job; diabetes, thick glasses, stiff joints, aching body and sleeplessness. Retirement allowed him all time to try SSKYogaa and he did take advantage of it. Soon he could read without spectacles, body felt energetic and fresh, sleep became sound and sugar level came down to normal from its long-stable figure of 390-400. He started using his regained health for social cause and as a consequence he does eat sweet dishes enough but digests them.



Vikramjit Singh in his late teens noticed sudden fall in his eyesight, probably due to the effect of career pressure. He had to put on glasses of power 1 on left eye and of power 1.75 on right one, though he detested them. He learnt about SSKYoga from one of his friends and immediately jumped to it. Lo! Soon he didn't need glasses anymore. Rise in concentration, confidence and inwardly ness was a bonus.



Harjot Verma (12 years) was all jolted by the regular attacks of asthma. Forget playing around, even walking was a struggling task for her. Probably this made her more sensitive. With SSKYoga it didn't take her more than few days to make it to playground. Asthmatic symptoms started reducing day-by-day, adding to her determination of making the SSKYoga an essential part of her life.



B. C. Azad (42 years) works with railways as an engineer. His left eye was working hardly 20% when he learnt about having diabetes too. Medical treatment was inescapable though it offered little help. The situation may have worsened when a friend advised him for Siddhamrit Surya Kriya Yoga. Soon he found to his delight that the dependence on medicines was reducing and eyesight was improving.



Manmohan Singh, who works at a managerial post, had accumulated all those disorders in the middle of his age, a manager is blessed with; diabetes, indigestion, gastric trouble, rheumatic main and farsightedness. He came across the Siddhamrit Surya Kriya Yoga quite unexpectedly. But his intuition forced him to follow the course. Soon he found all the ailments disappearing. Body felt full of vigor and mind felt at peace.



Kulwant Kaur wasn't too old to develop severe arthritis. But at the age of 58 years, life was proving to be a terrible experience for her. She couldn't do nothing better but ingest medicine and cry quietly before she got acquainted with SSKYoga; regular practice of which doesn't allow her feel old. Pain is diminished and energy flows through the body letting her work tirelessly.



Amninder Kaur Gill had some neurological problem, which used to result in epileptic fits leaving her unconscious finally. A variety of treatments were tried but results were never long lasting even if there were some improvements. It was really a phenomenal cure for her through SSKYoga in hardly few days. Inspired by the results not only she became a regular practitioner of Siddhamrit Surya Kriya Yoga but also learnt many yogic practices even as intense as Nauli.



Bakhshishpreet Singh preferred avoiding food at the age of 9 years when food is the biggest reward for kids. The reason was regular aching in his stomach. Professor Baldeo Singh somehow convinced him to sit in sun for 5 minutes keeping eyes closed. His all pain and detest to food evaporated unbelievably within few days. He is enjoying good health and good food too, since then.



Vaibhav Sharma (8 years) had a persistent problem of sore throat and common cold since early childhood. His ears were also affected with this. He attended a 'Bal Sanskar Shivir' in Malke ashram and SSKYoga there. Soon he could hear and smell the world properly. This further added to his confidence and sharpness of brain. And also inspired him towards yoga and spirituality at such an innocent age.



Kamaljit Kaur (15 years) developed soreness in her left eye after having some particle of dust fallen in her eye. While being treated for the same in a government hospital, she was further wounded by blade due to rashness of a doctor. Her left eye was almost shut to light and to vision therefore. She was taken to almost every possible for treatment but to no fruits. Then she was brought to ashram in 2005. One year of practice provided with incredible results. She could see everything clearly and even the mark of wound was faded.



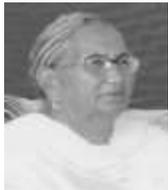
Balwinder Kaur (40 years) was acutely troubled with menstrual problem for years. Medical treatment could only add to more doses of medicines but actually no relief, whatsoever. This causes many more problems in her body and mind and then she was guided to Malke Ashram. Here she was initiated in SSKYoga and as it was expected, considering the successful results of past, she gained the relief in few weeks and regularity in menses since then. This helped her restore her health and figure too.



Mr. Bhardwaj (65years) developed allergy to congress grass, which is plenty in Chandigarh. The allergy caused irritable thick spots over skin. He went to his son in U.S. for better treatment but to not much help. Then he participated in an SSKYoga camp and liked it a lot. Liking made him practice it regularly. In two months of time almost 70% of the allergic spots were cured.



Kiran Tewari had earned a whole lot of troubles in 38 years such as asthma, low blood pressure, depression, sleeplessness and menstrual abnormality. Hospital had become another home for her, where she used to spend at least a week per month. When she started with SSKYoga, first and foremost her menstrual problem met the improvements. And gradually all other problems disappeared too.



Kaushalya Devi (63 years) has reached a state where her eyes were unable to see properly even with powerful glasses. Doctors have insisted on surgery; it was scheduled after one month. And then she just happens to learn SSKYoga in the very first camp in Chandigarh. After a month when she went back to the doctor for her scheduled eye-operation, doctors re-examined her. To there surprise she had recovered by an extent that they recommended her not to go under surgery rather continue with what she was doing. She even cured a whole bunch of lumps on stomach with SSKYoga.



Dr. Sunita Kaushal (46 years) was wearing glasses for more than 25-30 years. She could not even imagine her world without that. But after regular practice of Siddhamrit Surya Kriya Yoga for few months she could easily do away with that. She also had extraordinary spiritual experiences during the practice.



Premlata (59 years) were allergic to sun for four years. She was diagnosed with 'Contact Dermatitis' and was advised not to go out in sun at all. She was dependant on anti-allergic tablets, which had their side effects. SSKYoga helped her in getting rid of not only allergy but the lethargy and other side effects too. Soon she could easily skip the medicine and even go out in sun.



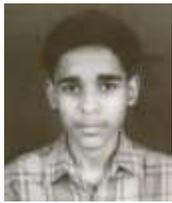
Kamlesh Rani (50 years) was struggling with diabetes. She used to feel hungry anytime and every time. Body was swiftly moving towards obesity and sleep was a tiring task for her. The immediate impact of SSKYoga she had on her hunger, which was regulated. Soon sugar level came down to normal and stayed there. Even her sleep was improved in quality to make her feel energetic and fresh in the morning.



Veena Sharma (52 years) was unable to walk properly as her leg joints were constantly paining and swollen too. She was diagnosed with severe arthritis and her legs started bending. Regular medication provided no help at all. She was not able to perform even routine work properly due to extreme pain. In a year of regular practice of SSKYoga she has cured the swelling and pain and is able to walk properly.



Surendra Mohan Soni (68 years) maintained a slender body since the age of 25 years. He never put on weight whatsoever remedy he tried. Digestion was not at all good. Blood was very less in body. Within a few months of Siddhamrit Surya Kriya Yoga his body weight reached to normal level and even HB level in blood touched the peak. Diet was regulated and digestion was improved significantly.



Sukumar Prince Bhardwaj (16 years) was suffering from Allergic Rinitis for 3 years. Daily he used to encounter 25-30 sneeze with a severe headache. He tried different therapies but to no results. After being recommended SSKYoga by a doctor he started practicing regularly with devotion. It took him six months to get cured completely. He never encountered the problem again.



Kamini Verma (61 years) was allergic to sharp and strong odor, foul or fair. She also had respiratory problem, eyesight was too weak for near and far both, sleep was a nightmare for her, and angina pain had slowly crept in probably due to ever-rising obesity. Having faith in the master, she started with the SSKYoga and did reap its benefits. It took her almost two to three years though, to get cured of all these problems. But now she feels as if she is 20 years less than her actual age.



Surekha Sahu was not so old in 38 years but constant attacks of migraine, cervical spondilitis, and chronic endometriosis made her feel so. By the time she crossed the figure of 40 she was feeling much better with SSKYoga. In almost three years she regained her health and spirit. Mind was stable and at peace and constantly focused inside.



Dr. Aysha Khatun (45 years) was troubled from to weak eyesight and upset stomach. Body was accumulating fat due to poor digestion and blood pressure was a constant low. Nights used to long for sleep and days were lethargic. In around 8 months of devoted practice all these symptoms disappeared and body was full of energy and light.

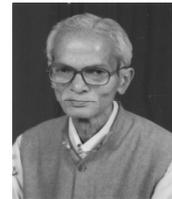
Kripa Shankar Sahu (50 years) never liked his spectacles but had no other choice due to his poor eyesight. His poor health



may have been the culprit. Anyways, regular practice of SSKYoga improved the power of his eyes by one in hardly a month. He used to have pain in upper abdomen at times but even that was cured soon. Body became energetic and light.



R. S. Sharma (70 years) had the problem of blood sugar. After trying every other thing in world he happen to participate in an SSKYoga camp. Soon he felt improvement in his digestion and could easily regulate his diet. Persistence in practice gradually brought his sugar level to close to the normal level in a month. He is pursuing the practice further with a determination to eliminate the diabetes completely.



Dr. V. V. Bajpai kept his body quite fit in 75 years. Still the effect of age could not be resisted and was pretty visible at physical and mental both level. SSKYoga helped him to regain his original self. Body became more energetic and mind relaxed. Regular improvements in metabolism are also visible. And the practice is on to fruit more results.

## **An Introduction to the Mission**

### **A WORD ABOUT THE INVENTOR**

**Mahayogi Swami Buddha Puri Ji**

Swami Buddha Puri Ji, the pioneer of Mission Immortality, is a yogi who lives not in far-flung caves of the Himalayas but amongst the people of the world, guiding both the adepts and the beginners at their own levels, and someone who has brought a very scientific outlook to spirituality. Having done M. Tech. from IIT Delhi and lecturing in Motilal Nehru Regional Engineering College Allahabad (MLNREC), it seems obvious for him.

Spiritually inclined from his childhood itself, he finally decided to devote his life completely to spiritual ascent in 1974 when he resigned himself to the presence of his Gurudeva, Swami Dyal Puri Ji who represented the lineage of which were part Swami Totapuri Ji (who had initiated Ramakrishna Paramhansa into Nirvikalpa Samadhi). For nine years, his life knew nothing but the continuous recitation of the guru-mantra and one-pointed service to his Master, which left his mind thoroughly cleansed, making it a vessel fit for spiritual awakening. After Gurudeva's Mahanirvana, while contemplating upon the Vedantic wisdom, he gained the direct experience of the state that the Brahm alone is the Truth.

In a period spanning more than 10 years hereafter, he walked the vast stretches of Northern India, continued contemplating in the far-flung caves of the Himalayas, and experimented with varied methodologies. Though, he was now self-realized in the normal sense still certain

questions remained unanswered. It was clear that Brahm alone was the Truth but then why was it not possible to behold him with such clarity in his own creation? Would the body continue to be affected by disease, decay and death despite all spiritual disciplines? The questioning culminated in an inspiration that the goal was rather to manifest the Divine, experienced in Samadhi, to the material plane of existence. In this way the Divine itself would manifest to thrust the process of evolution. The practitioner himself would be completely merged into the Divine to an extent that the Divine will shine in his physical body too.



Maharaj Ji Performing Nauli Kriya

And to this day Swamiji persists in his research on the manifestation of Divine to the level of the material plane. His path has brought him victory over hunger, thirst and sleep—the external signs of progress on the path of Mahayoga. Today, a complete outline of this path of Mahayoga has been prepared, and the advent of Siddhamrit Surya Kriya Yoga has made this impossible

fantasy, a probable possibility in the future.

The intensity of Swamiji's solitude has only grown over the years and today he spends almost all his time researching, confined in a room at the Shabad Surat Sangam Ashram in Punjab. His experiences are published as articles in a quarterly magazine 'Kund Agni Shikha' and various other books in hindi and punjabi.

## ABOUT ASHRAM

If you are among those:

*Who are done with their futile quests in this world and long for its creator.*

*Who are not looking for mere information, but aspiring for knowledge.*

*Who know, God is not restricted to any religion or belief, cast or creed.*

*Who trust the scriptures and dare to explore them, than blindly deny or follow.*

*Who have learnt that learning starts with complete surrender to a Master.*

*Who are not satisfied with realization of God alone, and are striving for His actualization.*

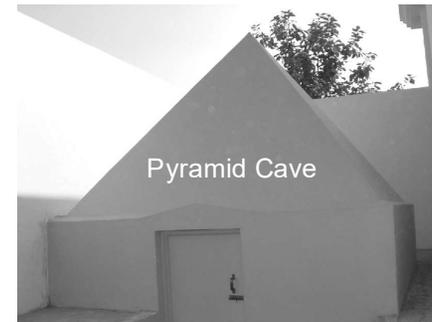
Then, You are welcome to the Shabda Surati Sangam Ashram!

The SSS Ashram is the *sadhna-sthali* (place of meditation) of *Mahayogi* Swami Buddha Puri Ji where the hidden secrets of *Mahayoga* are researched, applied and made available to the general masses. *Mahayoga* is the path of the sages like *Agstya, Thirumular*; saints like *Jnaneshwar, Gorakh, Kabir, Nanak, Mira, Milareppa and Swami Ramalingam*. It aims at the actualization of the Divine in body, mind and spirit and not merely its realization, which is incomplete and may be even illusory

if confined to the mental level. The completion of such a goal is signified by the transformation of the physical body into a divine, radiant form that is inseparable from the Divine Being, and is beyond the grasp of disease, decay and death.



The SSS Ashram enshrined in the vibes of *Swamiji* is a place well suited to the aspirants of this path. The place is well suited for long periods of solitude. The 5 *pyramid caves* designed to serve this purpose, are a seeker's delight with modern day facilities and pure, ancient atmosphere brought together. The lush lawns, fruit-laden plantations and vast tracts of fields around the campus only add to the tranquility and peace of the place. There are almost 50 en suite rooms, large halls, a rich library, eating place and other places of necessity. All this has sprung up on a site that was but a decade back a wilderness, overrun with reptiles.



The SSS Ashram is a non-profit organization that runs on donations. It does not profess allegiance to any religion but respects people from all walks of life, sects and creeds. With two mass spiritual retreats a year in March and October, the SSS Ashram reaches out to people and bestows on them a great chance of spiritual evolution. Besides people are welcome to visit, serve and devote time to solitude practice. The advanced practitioners of this Ashram visit various parts of India to teach SSKYoga, *Sanjivani Kriya*, lecture, and inspire. Various other branches of the Ashram are scattered throughout the state of Punjab, Haryana and Himachal Pradesh. Swami Chinmaya Puri Ji is the one responsible for their administration.

**‘Mission Immortality’** - A programme initiated by Swamiji himself and propagated by his direct disciples (Swami Suryendu Puri, Sadhwi Yoganjali Chaitanya, Brahmachari Guru Chaitanya) is an effort to raise general awareness about *Mahayoga*, which we see as the definitive answer to all deadlocks within and without. A quarterly magazine *Kund Agni Shikha* published by the Ashram is the log of Swamiji's experiences that spans across barriers of caste and culture and takes one to the depths of spirituality that will be tough to find at most places.

The main practice being taught at the SSS Ashram is

*Siddhamrit Surya Kriya Yoga*. It is a way of life; that keeps one energized and healthy through the daily chores to begin with, and then paves the way to deep spiritual unfoldment. Another practice conducive for the general masses is the *Sanjivani Kriya*. Other advanced, esoteric practices of yoga such as *Khechari, Shambhawi, Dhar Nauli, Kriya Kundalini Pranayama, Kewal Kumbhak etc.* are also taught. The path followed is the synthesis of various streams like Kriya Yoga, Bhakti, Jnana, Hatha Yoga, Raja Yoga, Japa, Kirtan, Swar Sadhana etc. However, the entrance into the path is through the method kriya yoga, a set of techniques disclosed by Swamiji at the time of *deeksha* (spiritual empowerment). Later, the other techniques are slowly and gently added and incorporated to add to the force of the practice.

If you realize that all miracles that you seek, all happiness that you seek is within you, or you yourself are the miracle and happiness that you seek, then the SSS Ashram may be the place that can be of service on your inner Quest.

For more information visit our website:  
[www.shabadsuratsangam.org](http://www.shabadsuratsangam.org)



## SOME OTHER BOOKS

PUBLISHED BY

**SHABAD SURAT SANGAM ASHRAM**

**Chingaara Ton Brahma Jot (Punjabi) - Rs. 750/-**

A voluminous scripture written by Swami Ji, consists of 19 extensive chapters and several sub-chapters. In this great mystagogic work, fetching into reality the grandeur of the word-consciousness in the hues of the experiences of a great searcher, he has revealed the mystery of a drop of water aggrandizing into an ocean and a spark into Brahm Jot- the divine flame. The realization brewing out of the spiritual consciousness and the philosophical maxim Yat Pinde Tat Brahmande (what lies in the body, pervades through the cosmos), is the basis of the creation of this wonderful bonanza of theosophy.

**Akaal Patha (Punjabi): Rs. 20/-**

This book is Swami Ji's maiden creation, in which he is answering the mystic queries of the seeker. It has delineated the ways to attain the fruit of the penance of years in moments. All the doubts and skepticism concerning the Prana (vital energy channeled by breathe), the Manas (mind) and their ultimate abode find their resolutions. The science of 'Omkar' and the proper method of its chanting is also described in very simple and understandable language.

**Bhajnaamrita (Punjabi Poetry): Rs. 30/-**

This book is a collection of Punjabi Bhajans created by Swami Ji himself. In simple languages all the human emotions have been touched deeply. For daily inspiration and motivation these songs are of great help. The candor of the punjabi language and the cologne of divine grace put together in the heart of a devout yogi come out as a sweet nectar which form the essence of these songs. Generally there are 108 beads in a garland but here are only 107 and you need to add your heart as the last and the final one.

**Gyaanaamrita (Hindi Poetry): Rs. 50/-**

This poetic creation is an elucidation of the issue bearing the path of knowledge of divine attainment, meditation and service. This was developed in the year 1996 in a cave of Charan Paduka near Badrinath when Swami Ji stayed there all alone for whole year watching the extreme of winter and. Probably the true form of nature got him more closure to life and thus was born such incredible teaching for day to day life. All the aspect of life material or spiritual are directly addressed and tips are given to make them better and focused on the goal. There is also a huge collection of inspirational and motivational songs in this.

**Saadhana Sutra (Hindi): Rs. 30/-**

Another compilation of his dialogues talks about 'The Goal of Life'. How are we all heading towards one single goal some knowingly while others unknowingly? Why is chanting an important practice in present age? What is the reason of our petty happiness and sorrow and how to go beyond them? And the role and importance of this

human body in attaining that 'Goal of Life'. In a very simple and straight forward manner he prepares the foundation for spiritual advancement.

**Amritaanubhava (Hindi): Rs. 65/-**

This book contains a collection of his discourses mainly focusing on one single theme i.e. role of Sadhak (aspirant), Guru (guide) and Mantra in anybody's spiritual involvement. In nine different topics he has discussed how to chant the Guru Mantra correctly, how to take its vibrations to deeper levels inside the body, determination and the function of other Kriyas (practices), the various levels of Mantra recitation and its effect, what is the real guidance, and how to awaken the latent energy 'Kundalini' through such practices.

**Patraalok (Hindi): Rs. 50/-**

It is an anthology of 160 letters written as answers to the spiritual queries made by the seekers of the divine knowledge. As Swami Ji used to live most of the time in solitude, and even today the schedule is more or less same unless he is on any of his rare tour, the guidance was sought through letters and he never turned any query down however busy or secluded he was. Most of the people find their own queries amongst them some known and some unknown but anyway pat comes the answers. A compilation of letters in 2 volumes written by the Master of Swami Ji is also available with the name Patravali for the same price.

**Satopanthe (Hindi): Rs. 75/-**

It presents a description of the elysian sights witnessed by the pilgrims 28 Kms. from the shrine of Badrinath, at

the height of 16,000 feet. The last Indian village as well as last army post is just 3 Kms. from Badrinath after that there are no man or animal to be seen and even vegetation is in form of little shrubs of few inches scattered here and there. This place is considered very holy and full of divine vibrations but the the pathway is such dangerous that only the true aspirants or seekers dare to reach there. Particularly the four Kms. long glacier is toughest of the journey as you never know when you slip in one of the slits for your life. Generally some sadhus or enthusiastic devotees visit the place for Darshan but stay for hardly a day or two. But for the first time in its history there was such a huge crowd of almost 30 people that stayed a fortnight. Anyway, it was worth the stay as there did happen something unusual and super natural. What and how its all described in the book in the words of Swami Ji himself who lead the camp.

