



Kriyayoga Meditation

as guided by Swami Shree Yogi Satyam



*“You Are Potentially Vast and Infinite...
Not realizing this Truth makes you realize illness and sickness of all kinds.
Kriyayoga practice is an ancient and ever- new technique
to make you realize your REAL NATURE.
Thus, Kriyayoga practice solves all problems of life permanently...”*

*- Swami Shree Yogi Satyam
(Kriyayoga Master and Scientist)*

I to 42 Steps of Standing Recharging

Introduction for Standing Recharging

Fundamental concepts:

To achieve optimal results, it is important to practise the Standing Recharging Steps with the continuous thought of the following main concepts:

- God means Omnipotent power, Omniscient Consciousness, eternal peace, ever-new joy and Immortal Consciousness.
- God has become all and therefore, this body, from toes to head, is manifestation of God consciousness.
- Each and everything that you feel in your body from toes to head is presence of God.
- Perceive all bodily changes and accept them as manifestation of God in the form of complete power, peace, knowledge and ever-new joy.

In practising steps 1 to 42:

- Keep your tongue rolled back comfortably.
- With closed eyes, fix your gaze upwards in the space in front of forehead.
- Remember to perceive all changes equally, both in the tensed and relaxed state.
- Remember that Standing Recharging is an important step of Kriyayoga meditation and that it is not physical exercise. Be aware not to practise this technique mechanically. Very little benefit will be received if one practises without awareness of holding the main concepts listed above.

Description of Tension (increased pressure)

Low vs. Medium vs. High

Definition of Tension/Pressure in Standing Recharging - progressive increasing wave of tension in specified body part to produce desired effect (eg. low, medium, high pressure, etc.)

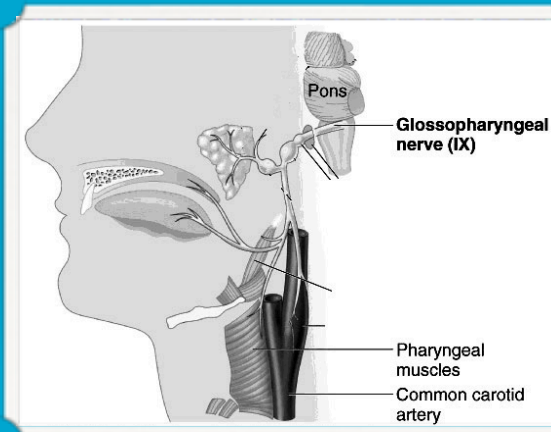
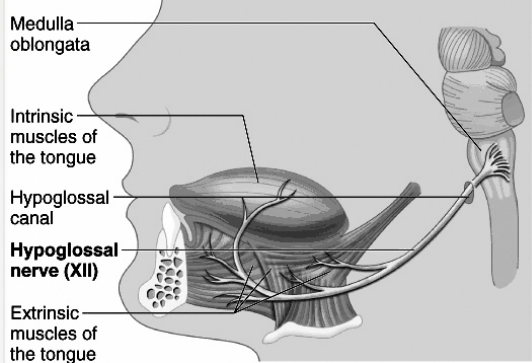
The majority of standing recharging is done by applying low to medium pressure in the specified body part. Up to high grade tension (Type 1) can be applied in the larger muscle groups such as thigh and upper arm. Applying high-grade tension Type 2 always is not recommended.

- **Low:** exertion of the lowest possible pressure causing minimum equal unified tension in specified body part so that if you relaxed a little it would be unequal, non-unified pressure.

- **Medium:** maximum unified pressure applied to specified body part to give a soothing, comfortable effect.
- **High - Type 1:** maximum, unequal, non-uniform pressure applied to specified body part without producing vibratory effect in body part.
- **High - Type 2:** maximum, unequal, non-uniform pressure applied to specified body part producing vibratory effect in body part.

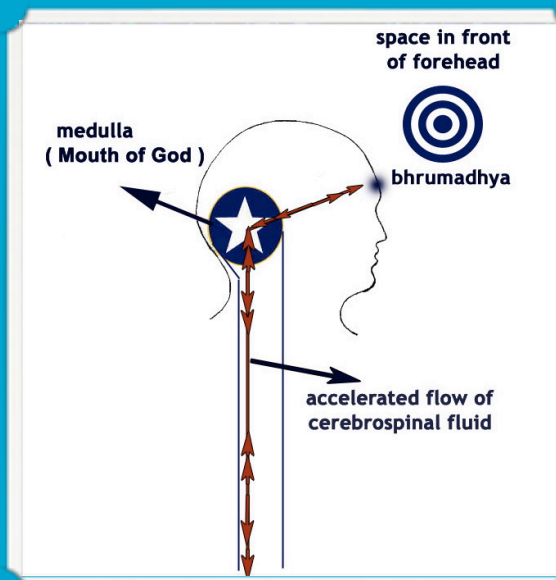
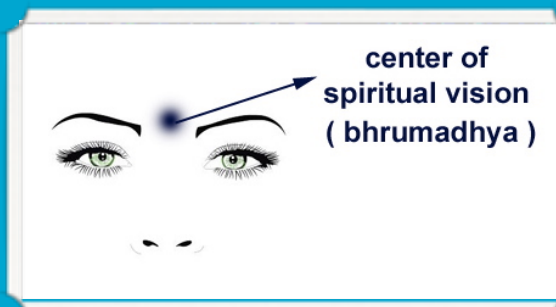
NOTE: If you are currently experiencing any physical challenges or if you are pregnant, please contact Guruji at yogisatyam@hotmail.com to receive recommendations for modified standing recharging techniques.

Why to role tongue back?



Rolling tongue back stretches hypoglossal and glossopharyngeal nerves which awakens medulla oblongata resulting in increase of intensity and quantity of concentration of mind.

Importance of upward vision...



Looking at the center of the spiritual vision (place on the forehead between eyebrows - bhrumadhya) or in the space in front of forehead accelerates the flow of cerebrospinal fluid in the brain and spinal cord.

Brief Description of the 42 Steps of Standing Recharging

1. Whole Body Recharging (Toes to Head)

- While inhaling through the nose, increase pressure from toes of feet to top of head. Tense toes, feet, calf muscles, thighs, hips, lower back, back behind abdomen, back behind chest, abdomen in, chest out, clench fists and raise arms upwards. Increase pressure in forearms, upper arms, shoulder, neck, face and head.
- Keep looking at the space in front of forehead and hold breath briefly while maintaining increased pressure throughout body.
- Then exhale through mouth and relax in the reverse order from head to toes of feet.
- At the end, slightly bend at knees and exhale twice simultaneously (huh-huh).

2. Leg Recharging and Ankle Rotation

- Place body weight on right leg. Raise and extend left leg forwards slightly. Increase pressure from hip to toes. Tense hip, thigh, calf muscle, foot and toes.
- Maintaining pressure in left leg, bend leg at knee joint, flexing as much as possible comfortably and relax in reverse order - toes, foot, calf muscle, thigh and hip.
- In the bent position, once again increase pressure from hip to toes then extend left leg forwards again. Relax in reverse order. Practise this 3 times.
- Rotate ankle of left foot clockwise and anti-clockwise 3 times.
- Now place body weight on the left leg and repeat the above steps with the right leg.

(**Note:** It is alright if you tend to lose your balance. Fix gaze upwards in the space in front of forehead and roll tongue back. Try not to hold on to anything for support. With repeated practice, balance will improve.)

3. Leg and Arm Recharging

In this step, we have to concentrate on both the leg and arm together at the same time.

- Place body weight on right leg.
- Concentrate on left foot and left hand. First tense both left foot and left hand simultaneously. Relax them. Then stretch them out. Then relax them. Practise this 3 times.
- Tense and relax both the left calf muscle and left forearm simultaneously. Practise 3 times.

- Concentrate on left thigh and left upper arm. Tense and relax them simultaneously 3 times.
- Concentrate on left hip and left shoulder. Tense and relax them 3 times simultaneously.
- Repeat the above steps with the right leg and right arm.
- Repeat the above steps with both legs and arms.

4. **Shoulder and Hip Recharging**

- Place body weight on right leg.
- Concentrate on the left side. Tense left lower back, left hip, left shoulder and left chest all together. Feel all changes. Relax them and feel again. Repeat 3 to 5 times.
- Place body weight on the left leg and practice the same with the right side.

5. **Back Recharging**

- Divide back into 4 areas – lower back, back behind abdomen, back behind chest and posterior surface of neck and shoulders.
- Tense and relax the left and right side of each area alternately: Concentrate on the lower back. Tense the right lower back. Feel all changes. Relax it and feel again. Practise the same with the left lower back. Repeat this 3 times.
- Concentrate on the back behind abdomen. Tense the right side and feel all changes. Then, relax it and feel again. Practise the same with the left side. Repeat this 3 times.
- Practise in the same way with the back behind chest and the posterior surface of neck and shoulders.

6. **Shoulder Recharging**

- Place both palms on the shoulder joint and rotate both shoulder joints clockwise 3 times, then anti-clockwise 3 times.

(**Note:** Rotation should only occur at the shoulder joints.)

7. **Throat Recharging**

- Contract and relax the anterior throat muscles 3 to 5 times. To help in feeling the anterior surface of the neck better, place palm on it.

8. Neck Recharging (Forward and Backward direction)

- Gently drop head forward, chin touching the chest.
- Slightly increase pressure in the neck and extend head backwards slowly, while maintaining pressure.
- In the backward position, relax pressure.
- Again tense the neck and bring head forward slowly until the chin touches the chest again. Relax pressure.
- Repeat the above steps 3 to 5 times.

9. Neck Recharging (Lateral direction)

- With head facing the front, keep head and neck relaxed.
- Tense the neck with low pressure and turn head towards the left shoulder. Relax neck in this position.
- Again tense the neck and return head to the forward position. Relax neck.
- Tense the neck with low pressure again and move head towards the right shoulder. Relax neck in this position.
- Tense neck with low pressure and return to the forward position. Relax neck.

10. Head Rotation

- Increase low pressure in the neck muscles.
- Rotate head clockwise 3 to 5 times then anti-clockwise 3 to 5 times. Ensure that the face faces towards the front through this step.

11. Spinal Twist

In this step, the spine is divided in two parts and each part is twisted in the opposite direction

- Divide the body in two parts: above the waist and below the waist.
- Place body weight on the left leg (the sole of the left foot is placed firmly on the ground). Raise the heel of the right foot with the toes remaining on the ground.
- With clenched fists, fold both arms at 90 degrees angle, placing them at the sides with a slight distance between the fists.
- Twist the upper part of the body towards the right with the support of the arms by moving them towards the same direction. At the same time, twist the lower part of body along with the right knee in the opposite direction towards the left. Then return body to original position.

- Switch to place body weight on the right leg. Raise the left heel with the toes of the left leg touching the ground. Repeat the step above in the opposite direction: Twist the upper part of body towards the left along with the arms and twist the lower part of body along with the left knee towards the right.
- Repeat this 10 to 15 times.

Note:

- ✦ In the practice, when the lower body is twisted, the front portion of the foot (the ball) is used as a pivot for twisting the foot and is never raised off the ground.
- ✦ Keep the head facing the front at all times.
- ✦ Care should be taken to ensure that the twisting is done gently without any jerk.

12. Spinal Rotation

- Stand with feet together. Place both hands on the waist with the thumbs facing forwards and the fingers towards the back.
- Slightly bend upper body (above waist) forward and rotate clockwise 3 times then anti-clockwise 3 times.

Note:

- ✦ Ensure that the extent of bending as the body rotates is equal in all directions.
- ✦ Keep head facing forward at all times.

13. Spinal Recharging (Lateral Bending)

- Place both hands on the waist with the thumbs facing forwards and fingers to the back.
- Curve upper body to the right in 3 parts:
 1. head and neck
 2. chest
 3. abdomen and lower back.
 Hold in this position for a few seconds.
- Slowly return body to the original straight position in 3 parts in the reverse order:
 1. abdomen and lower back
 2. chest
 3. head and neck
- Repeat the above steps this time curving body to the left side.
- Repeat this 3 times on each side.

14. Spinal Adjustment

- Stand with legs slightly apart from each other. Bring hands to the lower back region placing fingertips on the lowest vertebrae of the spine. Then tilt upper body slightly forwards.
- Press fingertips forwards on the lowest vertebrae then gently tilt upper body backwards simultaneously. Relax pressure on vertebrae and return body to straight position.
- Slide fingertips upwards to the next vertebrae and repeat the tilting of body forwards and backwards while pressing and relaxing upon vertebrae.
- In this way, move hands upwards on the spine to the highest vertebrae possible.
- Then start moving fingertips downwards in the same way until the lowest vertebrae is reached.

(**Note:** This step should be done very gently and care should be taken not to tilt head forwards and backwards.)

15. Spinal Swing

- Keep legs fixed in position and maintain a little distance between them.
- Bend both arms, placing hands on shoulder joints
- Swing only the upper body above the waist along with the head towards the right and left ten to fifteen times.

(**Note:** Ensure that the lower part of the body (below waist) remains fixed in position. Swinging at the knees can cause injury to them.)

16. Recharging of Head

I. Knocking of Head:

- Clench fists and gently knock head with knuckles randomly all over the head. Feel all changes.

II. Scalp Rotation:

- Place fingers on the scalp of the head at one location and fix fingertips in position. Rotate scalp clockwise and anti-clockwise at that location. Move fingers to another area of the head and repeat the same. In this way, cover the entire scalp.

(**Note:** The fingertips should remain fixed in position, without gliding over scalp during rotation.)

17. Recharging of Facial Muscles

- Massage the different areas of the face with fingers of both hands, applying different grades of pressure on the different areas as given below:
 - ✦ forehead (high pressure)
 - ✦ eyes (low pressure)
 - ✦ nose (medium pressure)
 - ✦ cheeks (high pressure)
 - ✦ chin (high pressure)
 - ✦ on and around ears, stretching them upwards, downwards and outwards (medium pressure)
 - ✦ throat (medium pressure)
 - ✦ posterior surface of neck (medium pressure)
 - ✦ posterior surface of head (medium pressure)

18. Biceps Recharging

- Place both palms on the top of the head with fingers interlocked.
- Tense and relax the bicep muscles (upper part) of the right and left arms alternatively.
- Repeat this 3 times.

19. Lateral body recharging

I. From spine outwards towards periphery:

- Stand with legs a small distance apart with arms placed down at the sides with palms facing inwards towards the thighs
- While inhaling through the nose, tense body from spine outwards towards the periphery of the body while slowly moving arms forwards and inwards.
- While exhaling through the mouth, relax in the reverse direction from the periphery towards the spine. At the end, exhale twice (huh-huh) and slightly bend at knee joint.
- Tense and relax in this way alternately for 3 to 5 times.

II. From periphery inwards towards the spine:

- Stand with legs a small distance apart with arms placed down at the sides with palms facing to the front
- While inhaling through the nose, tense body from periphery towards the spine, moving arms outwards and backwards.

- While exhaling through the mouth, relax body in the reverse direction, from the spine outwards towards the periphery, moving both arms forwards and inwards. At the end, exhale twice (huh-huh) and slightly bend at knee joint.
- Tense and relax in this way alternately for 3 to 5 times.

20. Whole Body Recharging (part by part)

- Divide the body in half: right and left (R&L).
- Tense and relax alternately right and left parts of body (starting from feet).
- Tense & Relax: toes (R&L), feet (R&L), calves (R&L), thighs (R&L), hips (R&L), lower back (R&L), back behind abdomen (R&L), back behind chest (R&L), back behind shoulders & neck (R&L), abdomen (R&L), chest (R&L), hands (R&L), forearms (R&L), upper arms (R&L), shoulders (R&L), neck (R&L), face (R&L), and head (R&L).
- Tense and relax each part 3 times.

21. Whole Body Recharging (Toes to Head)

Tense whole body then relax pressure of each part of body in a controlled manner from toes towards head. (It is like Kriya #1, except that the arms are not raised up and breathing is kept regular and is not related with the tension and relaxation of body.)

- With arms hanging down at the sides, increase pressure (tense) from the toes to head. Starting from toes, feet, calves, thighs, hips, both sides of back in 4 parts (lower back, back behind abdomen (middle back) and back behind chest and shoulders (upper back)), abdomen in, chest out, hands, forearms, upper arms, shoulders, neck, face and head. Pressure is held evenly in all parts from toes of feet to top of head. Feel and observe body in tensed state.
- Relax body parts in the reverse order from head to toes – Head, face, neck, shoulders, upper arms, forearms, relax fist, chest in, abdomen out, both sides of back in 4 parts (upper back, middle back and lower), hips, thighs, calves, feet and toes. Feel and observe body in relaxed state.
- Repeat the above 3 times.

22. Recharging of Arms (Down to Shoulders)

Moving arms from downward position towards the shoulders:

- Place arms hanging downwards by the side and increase pressure in both arms. Tense shoulders, upper arms, forearms and clench fists.

- Bend both arms at elbow joints and bring the fists towards the shoulders. In the folded position, relax pressure in both arms. Relax the fists, forearms, upper arms and shoulders.
- Again, increase pressure in both arms. Tense from shoulders towards fists and extend arms back to original position hanging down by the sides. Relax both arms.
- Repeat the above 3 times. Feel all changes in both relaxed and tensed conditions.

23. Recharging of Arms (Double Breathing)

This step is similar to Step 19B.

- Bend both arms at elbow joints at 90 degree angle, placing them close to the body in the front with forearms parallel to the body and wrists relaxed.
- Increase pressure from the periphery towards the central part (spine) while inhaling through the nose, slowly moving both bent arms laterally with palms facing outwards. The arms remain bent throughout the whole practice.
- Then relax in reverse direction from the central part towards the periphery while exhaling through the mouth, moving both arms back to the original position at the front. At the end, relax all parts. Bend slightly at knee joints and exhale twice (huh-huh).

24. Recharging of Arms (Sides to Shoulders)

- Stretch both arms laterally (horizontally) with palms facing upwards.
- Increase pressure in both arms. Tense shoulders, upper arms, forearms and clench fists.
- Bend arms at elbow joints and bring fists towards the shoulders in tensed condition. Then relax arms in the bent (flexed) position in the reverse direction from the fists towards the shoulders.
- In the bent (flexed) position, again increase pressure from shoulders towards fists and straighten arms (extend arms out) laterally again. Relax both arms from fists towards the shoulders.
- Repeat this practice three times.

25. Recharging of Arms (Arm Rotation)

- Stretch arms out laterally parallel to the ground with open palms.
- Rotate arms in small circles clockwise 10 to 15 times then anti-clockwise briskly.

26. Recharging of Arms (Down to Forehead)

Raising arms from downward position towards forehead. (Like Step No. 22 but the elbows of the folded arms will be raised to the level of forehead and the fists will be placed on the shoulders.)

- Place both arms hanging downwards at the sides (down position).
- Increase pressure in both arms. Tense shoulders, upper arms, forearms and fists.
- Bend arms at elbows and raise elbows to the level of forehead or as high as possible without strain, placing fists on shoulders. The fists do not go behind the shoulders. In the bent position, relax pressure in the reverse direction from the fists towards the shoulders.
- Again, in the bent position, increase pressure from the shoulders towards the fists. Return arms to the original Down position and relax arms.
- Practise this step 3 times.

27. Recharging of Fingers

- In this step, we recharge the hand by clenching (closing) and stretching (opening) fingers and palms quickly while stretching arms out to 4 positions: downwards, laterally, to the front then upwards.
- Bring arms back to the original downward position. Repeat once more.

(**Note:** In the forward and lateral positions, the arms are parallel to the ground.)

28. Recharging of Arms

In this step, like step 27, the arms will be placed in 4 different positions - downwards, laterally, to the front and upwards.

- Arms are relaxed and placed hanging downwards by the sides. Increase pressure from the shoulders towards the fists and bend arms at elbows, bringing the clenched fists towards the chest. In the bent position, relax arms from fists towards the shoulders.
- Tense arms again from shoulders towards the fists and stretch arms out laterally. In stretched out position, relax arms. Then tense arms again from shoulders to fists and bend arms at elbows, bringing fists towards the chest again. In the bent position, relax both arms.
- Then tense both arms and while tensed, stretch both arms out to the front. In the front position, relax both arms. Again tense both arms and fold arms at elbows again, bringing the fists to the chest. Relax both arms in bent position.

- Tense both arms and raise tensed arms upwards. In the upward position, relax both arms. Then tense both arms again from shoulders to fists and fold arms again to bring fists to chest. Relax arms from fists to shoulders. Once again tense both arms from shoulders to fists and bring arms to downward position, pushing fists down. Then relax arms from fists towards shoulders.
- Repeat this practice 3 times.

(**Note:** In all positions, tense from shoulders to fists and relax from fists towards shoulders.)

29. Body Recharging (Raising arms up)

Raising arms up with double breathing – right, left, then both.

- Stand with both arms hanging downwards at the sides. While raising the right side of body by standing on toes of right foot, raise right arm upwards and inhale long breath through nose. Keep left side of body relaxed with the left arm hanging downwards on the left side. Pause for a few seconds then exhale twice (huh-huh) through the mouth while bringing the right arm down and returning body to original position. Return right foot to flat position on the ground.
- Repeat the above with the left side. Then again repeat with both arms together.
- Practise this step 3 times.

30. Lateral Bending with Raised Arm

- Keep legs a small distance apart from each other and place both arms hanging downwards at the sides with palms facing inwards towards the thighs. While inhaling, raise right arm straight up. Hold breath and curve body towards the opposite side, stretching right arm across over the head in the same direction. Slide the left hand downwards on the left thigh.
- Hold for 3 to 5 seconds then return body and arm to straight position. Then while exhaling twice, bring arm down to the right side.
- Repeat this with left arm.
- Practise this 3 times.

31. Spot Walking

In this step, we walk on the spot moving arms and legs. The speed and style of walking occurs in 4 stages:

- **1st stage:** walk slowly with body relaxed. Lightly Bend and straighten arms and legs. Legs are raised only slightly.

- **2nd stage:** slightly increase speed of walking while tensing and relaxing back, arms and legs. Legs are raised only slightly.
- **3rd stage:** further increase speed of walk while stretching arms backwards & forwards and raise knees higher.
- **4th stage:** walk with fastest speed while stretching arms upwards and downwards. Raise knees as high as possible.

32. Spot Running

- Tighten back and bend arms at elbows, placing fists at the sides of chests.
- Run on the spot increasing speed in 3 stages:
 1. Run with slow speed.
 2. Run with medium speed.
 3. Run with fastest speed, lifting legs as high as possible.

33. Fencing

This step is practised in 2 parts:

1st:

- Stand with legs together. Arms are bent at elbows with clenched fists held at the level of the chest.
- Take a long step forward with the right leg and slightly bend at knee to support the weight of body. At the same time, stretch outwards and forwards the right arm and exhale twice (huh-huh) through the mouth.
- Pause for 2-3 seconds then return right leg back to normal position alongside the left leg and inhale through nose.
- Practise the same with the left side. Repeat this 3 times with right and left side alternately.

2nd:

- Repeat the above step, this time stretching forward the opposite leg and arm.
- Practise this 3 times with right and left side alternately.

34. Recharging Arms (Rotating Arms)

Rotating arms clockwise and anti-clockwise direction while Inhaling and exhaling.

- Stand with small distance between both legs.

- Raise arms in clockwise direction (backwards and upwards) while inhaling deeply through nose. Hold breath with arms upwards for 2 to 3 seconds. Then continue to bring both arms down (forwards and downwards), exhaling twice through the mouth (huh-huh). Repeat this practice twice.
- Practise similarly the above step this time raising arms in the anti-clockwise direction (forwards and upwards) while inhaling deeply through the nose. Hold breath and arms upwards for 2 to 3 seconds. Then continue to bring both arms down (backwards and downwards), exhaling twice through the mouth (huh-huh). Repeat this practice twice.

35. Recharging of Abdomen

- Stand with legs a small distance apart. Keep face forward and lean body forwards to place both palms on thighs just above the knees and slightly bend at knees to support the weight of the body.
- Exhale long breath through the mouth and hold breath. Tense abdomen by pulling abdomen inwards and upwards, then relax quickly. Tense and relax as many times (8 to 12) and as quickly as possible before any strain in breath. Relax breath. Breath normally for 3 to 5 seconds. Then repeat tension and relaxation of abdomen. Repeat tension and relaxation between 30 to 40 times.

36. Repeat Kriya #1

37. Repeat Kriya #2

38. Leg Rotation in largest possible circle (both directions)

- Rotate each leg, first right and then left, in as large a circle as possible.
- First rotate right leg in clockwise and then in anti clockwise direction.
- Then repeat same with left leg.

(**Note:** Do not bend legs at knee joint and do not hold on to anything for balance while rotating legs.)

39. Lowering Height with arms raised up

- Raise arms up, stretching palms out.
- Lower height by bending at knee joint. Remain in this position for 10-15 seconds.
- Return to normal position.

40. Lowering Height with palms on medulla

- Keep hands on the posterior surface of head.
- Lower height more than in Step 39 by bending at knee joint and remain in this position for 10-15 seconds.
- Return to normal position.

41. Lowering Height with hands on lower back

- Hands on respective sides of lower back (thumbs forward, fingers behind).
- Lower height by bending at knee joint as much as possible while keeping back straight.
- Remain in this position for 15-20 seconds and then return to normal position.

42. Living Without Breath

- Stand with arms bent at elbows with fists placed at chest.
- Take breath in normally. Then while stretching arms forwards and out, exhale breath twice (huh-huh). Hold this position without breath for a few seconds.
- Before any strain in breath, once again inhale through nose and bend arms again, bringing fists towards chest.
- Repeat this 3 times.

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More about Kriyayoga at:

www.Kriyayoga-YogiSatyam.org

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