

Khechari Mudra ~ Yogi Mahesvara

Car = moving around, circulating or taking off.

khā ≈ akāśa = emptiness

abiding, flying or dancing...

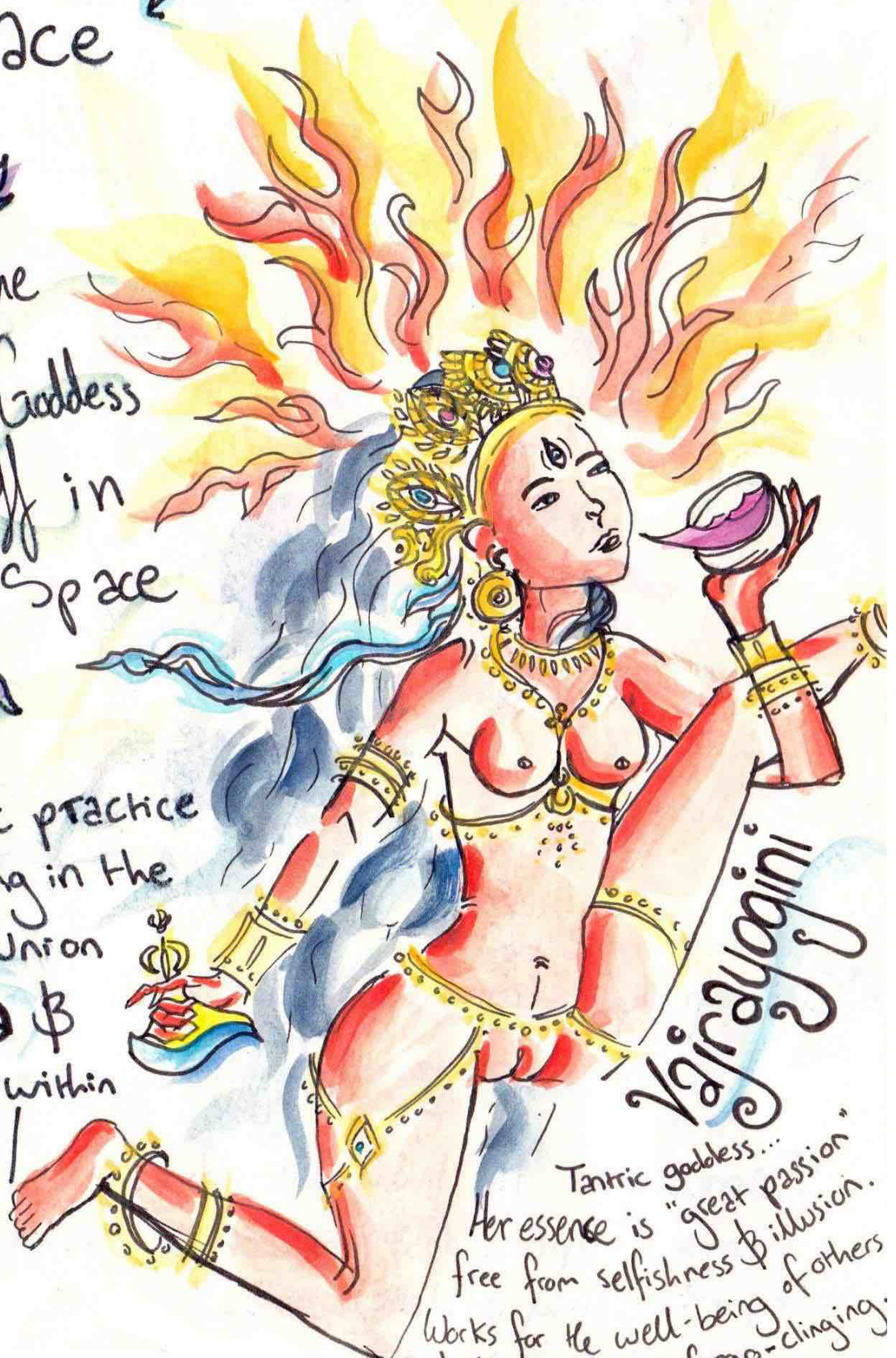
Space



When the
Divine Goddess
Takes off in
Inner Space



A tantric practice
partaking in the
mystic Union
of **Siva** &
Sakti within
the yogi/
yogini.



Tantric goddess...
Her essence is "great passion"
free from selfishness & illusion.
Works for the well-being of others
and the destruction of ego-clinging.

The tongue is lengthened by regular stretching & the larynx tendon under the tongue may be cut.

The tongue is to be pushed against the soft palate:

And further up into the nasal cavity.



is the Sanskrit word for 'life force' in Hindu philosophy.

A Kosha is a 'sheath' & there are 5 covering the Atman, or supreme self.



"Clean up your traumas & you will again become what you truly are."

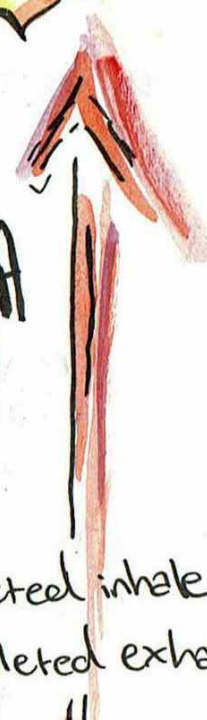
Samskaras (in Indian philosophy) are mental impressions, recollections or psychological imprints. They explain karmic occurrences as the result of these deep imprints.

• **Apana** is what governs eliminative functions, the exhale and the downward & outward flow of energy.

By reversing the flow of apana so that it rises towards the navel during exhalation as the prana too descends to the navel, one may awaken the

★ MANIPURA CHAKRA

(Solar Plexus)

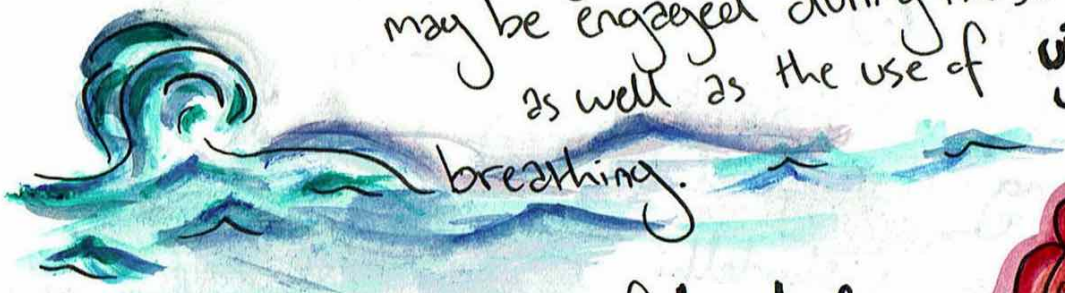


- **Anantara Kumbhaka** ~ Pause at a completed inhale
- **Bayha Kumbhaka** ~ Pause at a completed exhale

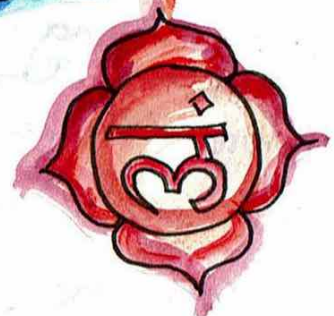
- root → Mula Bandha
 throat → Jalandhara Bandha
 abdominal → Uddiyana Bandha



may be engaged during these pauses, as well as the use of **vijayi** (ocean)



★ It is the awakening of **Kundalini** (Muladhara) in Manipura



"The sensation is highly
Sensual: that sweetness,
that sensitivity remind
me of the **vaginal**
entrance, a little
bit under the clitoris..."

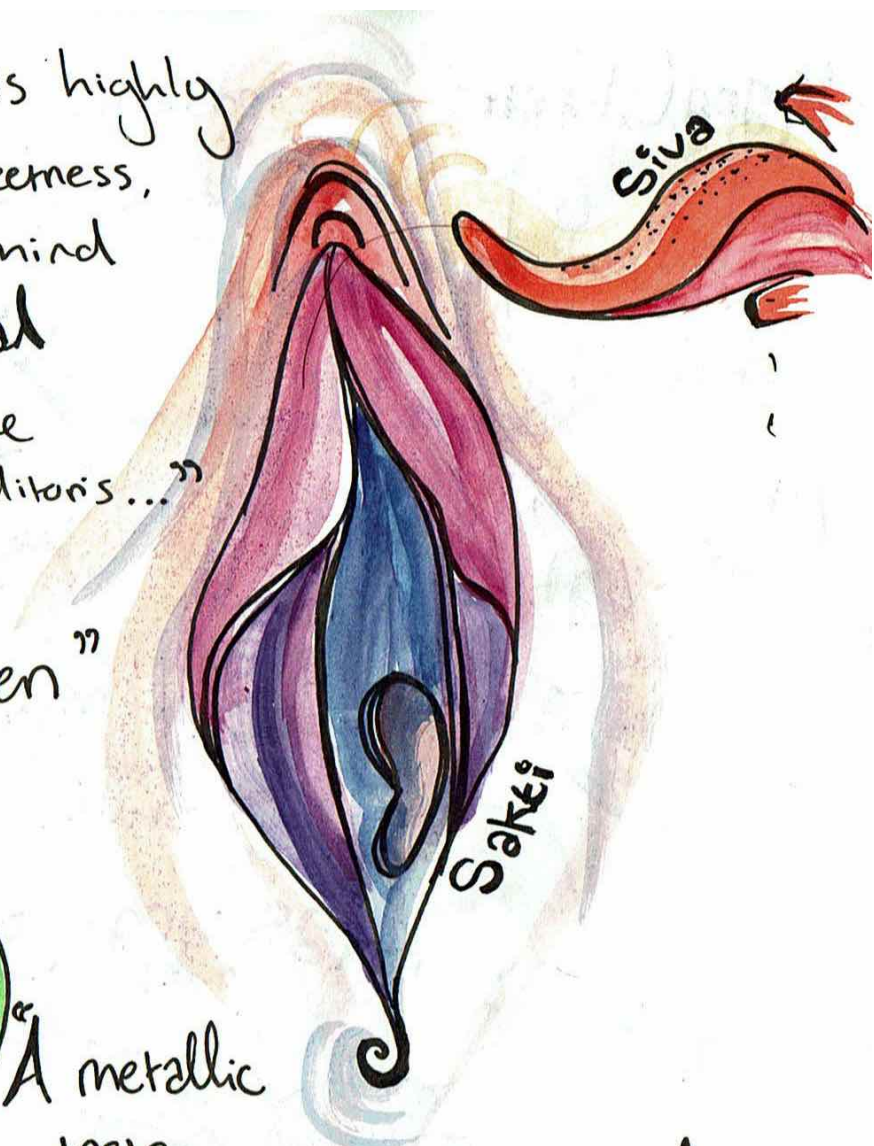
"Union can happen"



"A metallic
taste..."

a taste I experienced with **Mescaline**,
psilocybine & **LSO**"

"I am experiencing the effects of a powerful
psychoactive substance secreted by
my organism & catalysed by
the **Divine mudra!**"



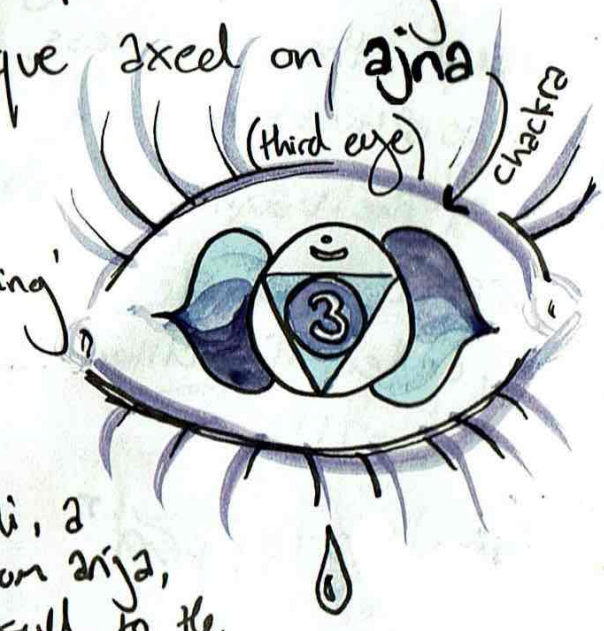
Kapalabhati ~ a powerful breathing technique based on

ajna
(third eye)
chakra



'Skull'

'Shining/Illuminating'



A new nadi, a pranic flow from ajna, to middle of skull, to the top of the skull.

Sahasrara
(Crown) Chakra



"can feel the thousand petals opening & closing"

"... there where time becomes irrelevant."

-Another 'anchoring point': Hair ~ "I observe that if I position my hairs on top of the skull it is helping the energetic flux to go that way."

The hair knot
Shares information
with moolabhanda,
Kecari & Shambavi.



The more the hair
locks & gets mingled
and thickens, the bigger
the quantity of prana
that is going to pass
through it.



• "if I walk barefoot on Earth I can feel the telluric energy entering me through my feet & circulating inside my body."

• "Everything takes place as if I was supposed to transform myself into a tube connecting Sky & Earth."

• Vijnanamaya Kosha is the link between the individual & universal mind. Inner knowledge comes to the conscious mind from this level... one begins to experience life at an intuitive level, to see the underlying reality behind outer appearances. This leads to wisdom.



“Just like some emptiness that has been fully filled up, nothing exists anymore but at the same time everything is there.”

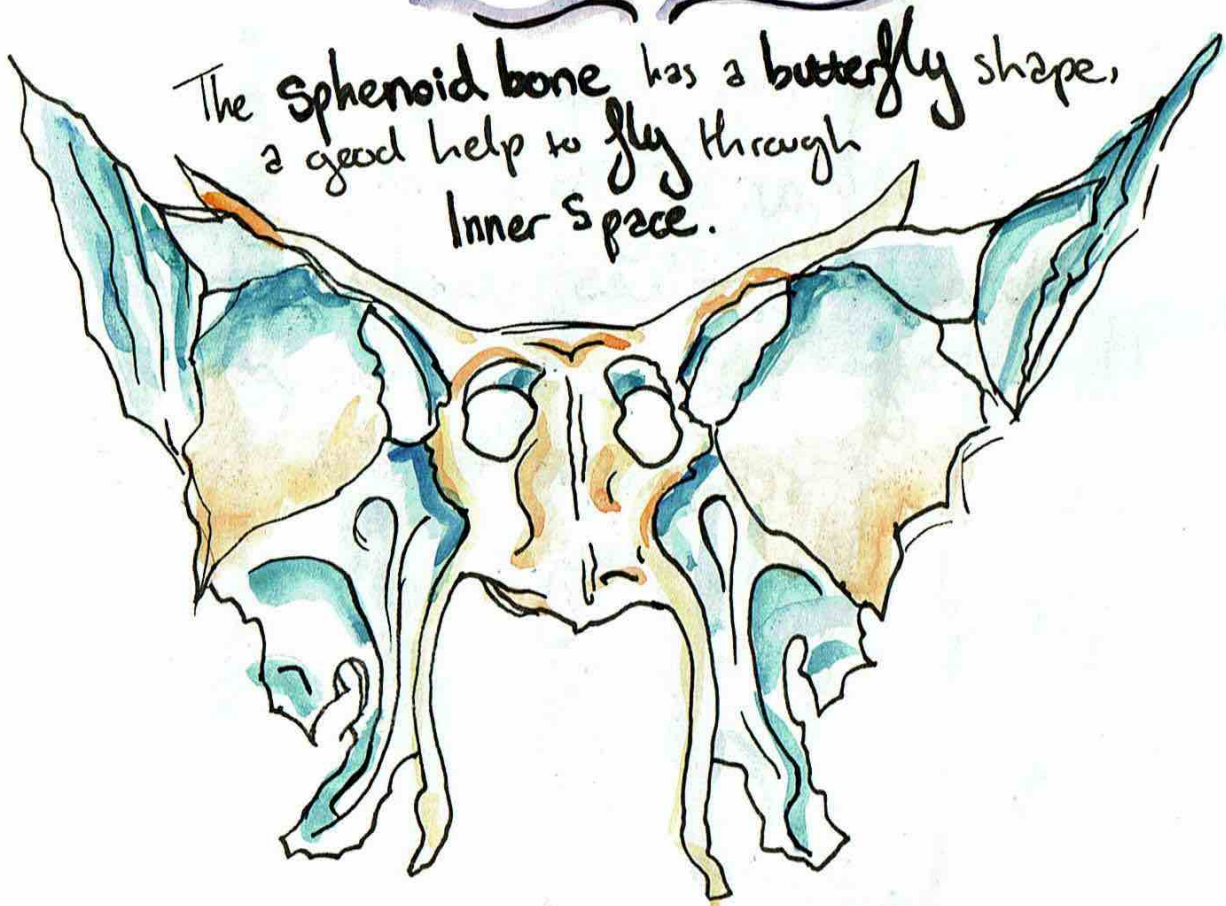
“Like a déjà vu my body recognises the Original Signal.”



Khecari Mudra ~ continued...

Why does Shakti take off (in inner space?)

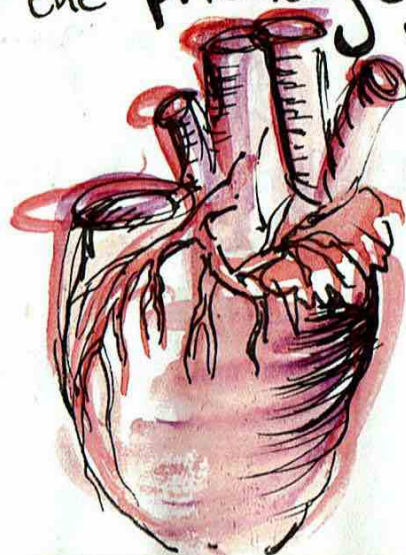
~ She wants to reach her cosmic lover
Siva.



The tongue climbs to touch the sella
turcica that shelters the pituitary gland

A new fuel, a
New nourishment:

Bhakti



• Love &
• Devotion



God
is just a static
principle and it is
only through his Sakti that
he can manifest his power. She is
the one bringing the power
and capacity for
action.

Sand proceeds creation and manifestation...



- Pragmatically, the reality of divinities rests in their capacity to connect us to the Divine: the important thing is that it works. The large number of divinities corresponds to the people's diversity

We must lower
all of our defenses and
abandon ourselves sincerely, without
a safety net & without the possibility
of returning to our old
ways.

Samadhi

A state of intense concentration
achieved through meditation;
Regarded in Hindu yoga as the
final stage, at which union with
the divine is reached.

A deity or the Divine may be called / summoned through the practice of Asanas or Mantras.



"I started to consider the asana as an exteriorisation of the Sakti."

Sakti feels at home & mixes herself in the whole body with the aim of seducing her cosmic lover, Siva.

The physical body has no choice but to bow to all her wishes

The divine will is bound to come to everyone for Siva, the eternal spirit, has reduced himself into jivas, transient beings, and every creature has to become reconvered



again into Siva.

Just as water freezes

into ice, and ice melts into

water, so this play of

transformation of Siva

into jiva and jiva

into Siva

goes on

and on

through

Eternity

Yagna:

A sacred

fire



Lotus

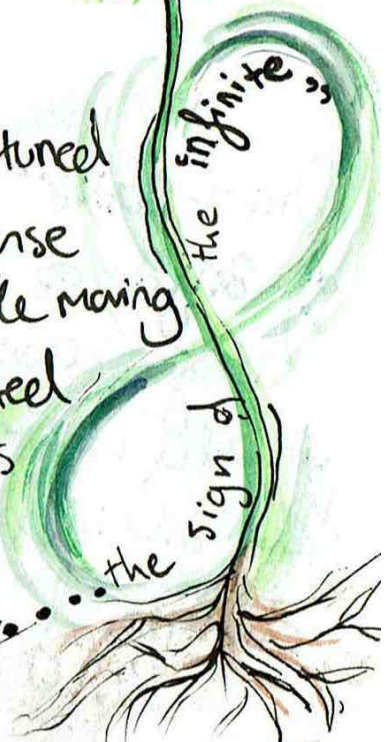
position = Padmasana



the infinite

the sign of

... I realise that my body sways tuned to the sound (of the mantra), in the sense that movements get coordinated with the moving of the spatial energetical flux generated by the sound... My torso starts to design circles in shape of a horizontal eight. I then 'see' the mantra moving as well as an eight.



Postures & breathing techniques are not necessary,
 Simply chanting in devotion & love of the
 Divine can be enough. Bhakti.

which burns our
 it is like a fire.

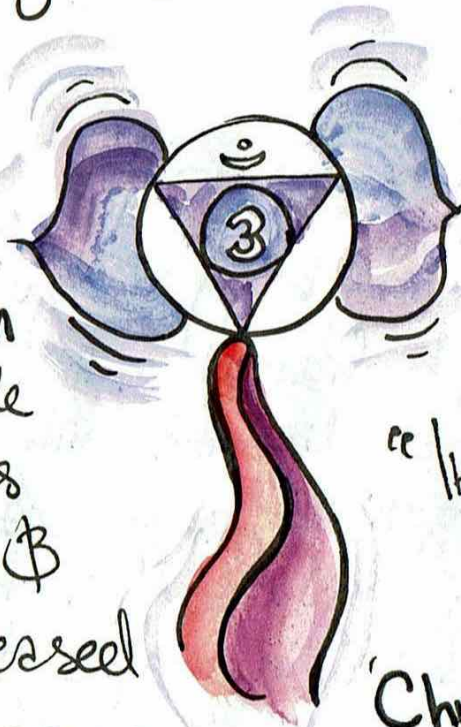


Dohan Kriya



Milking the tongue
 for stretching

"I am now able to close
 the air passages in a
 given nostril by blocking
 the nasal cavity with
 the tip of my tongue."

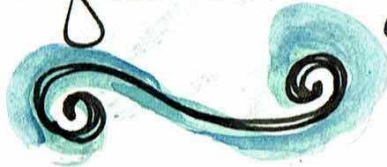


Direct activation
 of ajna as the
 tongue goes
 directly to it &
 feels an increased
 density of prana.

"It pulses very
 strongly"
 Churning charges
 ajna

"Patience, perseverance, gratitude & most of all total and full

Surrender & Confidence in the Divine are the ingredients of success."



In Sanskrit the Jrenum is called:

Bandhamritiyur : 'the death link'

the bond of death

"The reason for us to be here: to realise the Mystic Union within ourselves."



Awakened & nourished by yoga practice, **Sakti** is totally decided to join her cosmic lover **Siva** that is waiting for her on top of mount

Meru.

'Initially the body needs to receive the amrita's flow, but once the practice is well established Hecari is rather pushing to seal the passage.'

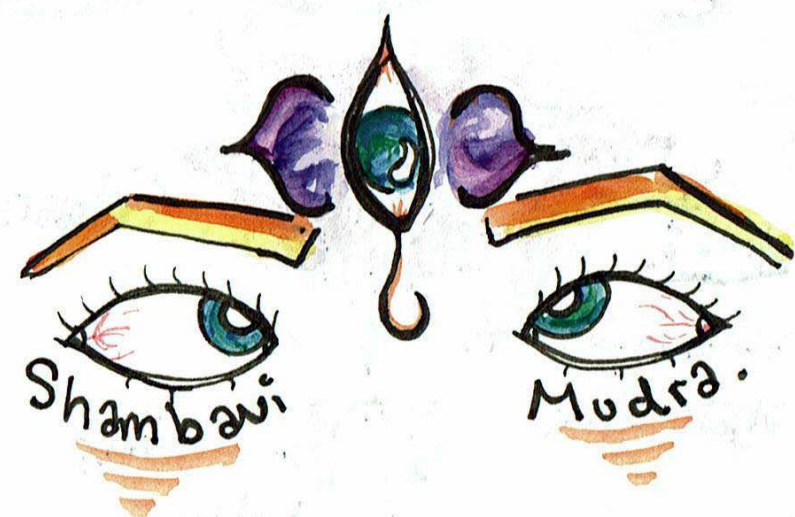
'The Kundalini phenomenon is universal: every human being possessing a spine is endowed of a Kundalini aiming to awaken.'

The Kundalini: latent female energy lying coiled at the base of the spine.

Sanskrit: 'snake'



Arcari and Shambavi move together and are



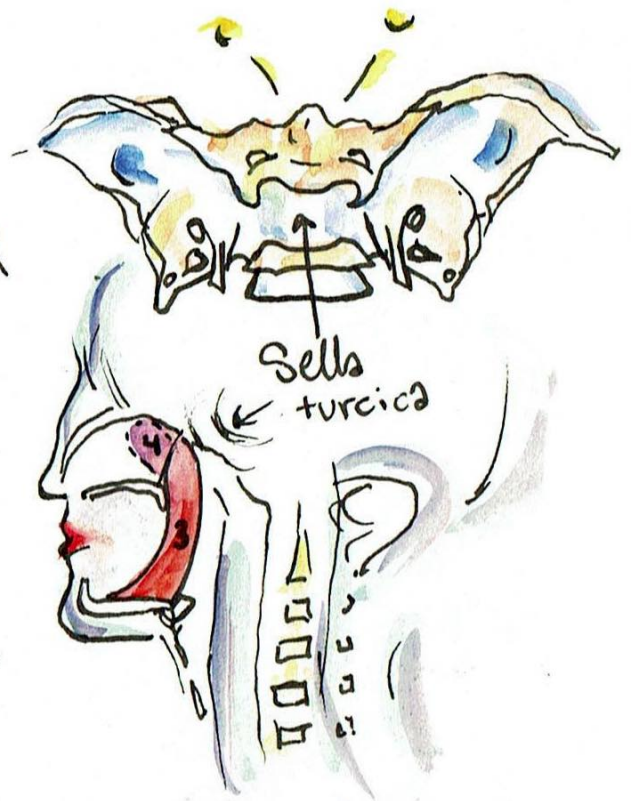
Perfectly attuned to support ascending pranic movement.



It is possible to practice alternate nostril breathing by using the tongue to block one nostril from the inside.

In the third stage of
Khecari the tongue
climbs behind the nasal
Septum into the nasal
pharynx to reach the
Sella turcica.

In the fourth stage the
thinned tip of the tongue
enters the nasal passages internally
to climb the summit of the nasopharynx
towards Ajna



The Gardener's Mudra

• Asana: Sitting posture

• Anchoring points:
moola bandha, shambhavi,
khecari & hair knot.

• Pranayama: Square
breathing in sama vritti:
inhale, retain, exhale,
retain, repeat...

Visualisation:

Inhale - lotus petals of
select chakra open

Retention - Petals open
& close.

Exhale - Petals open up

Mantra: bija mantra
for each lotus.

Watering our
inner garden.



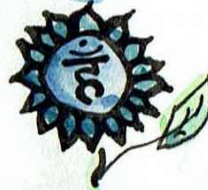
Sahasrara



Ajna



Lalana



Vishuddhi



Anahata



Manipura



Swadhisthana



Muladhara

