



MATRIKA YOGA
& ARTES MEDITATIVAS

Matrika Yoga Winter 2006 Volume 1

Paramahaṃsa Prajñānānanda



Matrika Yoga Winter 2006 Volume 1:

Nourishing the Teacher Danny Arguetty, 2009 A text intended to facilitate and highlight the multifaceted and fluid experience we humans have been gifted in the embodied realm Arguetty utilizes the vast intelligence of Tantric yoga philosophy nature and ancient cultures to invoke insights which ignite a path more fully aligned with the vast intelligence of nature and the pulsing beauty of our own hearts

Who's Who in Science and Engineering 2008-2009 Who's Who Marquis, Marquis Who's Who, 2007-12

Matrika Vilas 1 Swami Jayramdas, 2017-11-18 After meeting with several psychic experiences while he was hardly nineteen years old Swami Jayramdas even though born a French Christian Catholic left for India and fully adopted the Indian spiritual culture He is in this way as much acquainted with the best of European education as with the finest of eastern spiritual traditions and knowledge So guided by his great vision and his strong will towards the realisation of God he finally reached India where he met his first Guru Dhyanyogi Madhusudandasji at Rishikesh in 1974 Followed five years of an intense Sadhana in the desert of North Gujarat where Guruji had his Ashram Two years after answering the call of American disciples Guruji left for the USA while Swamiji kept on praying and meditating and always deepening his Sadhana At Guruji's request he then left for France and England and taught meditation there for several years But he very much missed his country of adoption and went back for good to India in 1990 where he resumed his Sadhu way of life first at Karnali on the banks of the sacred Narmada river second at Nikora near Bharuch where he established his little Ashram He was then inspired to take initiation into the Shri Vidya lore and got the blessings of Guruji to do so just before the passing away of his spiritual guide in 1994 He was then initiated by Dr Ravindra Bhatt a Shri Vidya master from Ahmedabad Gujarat He earnestly and methodically studied all the elements of Shri Vidya under the guidance of his second Guru and after ten long years received Purnabhishek Diksha the most essential Shri Vidya initiation He is now still living in his Ashram and carrying on doing his Sadhana with the same fervour and the same method as he was always used to This book Shri Matrika Vilas is a study in 2 volumes featuring the Matrikas the 51 letters of the Sanskrit alphabet as natural forces of the universe via sounds or vibrations The 1st volume The Essence of the Tantric Lore deals with each of these Matrikas the 16 vowels and the 16 Nityas followed by the 35 consonants their correspondences and the way to worship each of them in a right manner The 2nd volume is about The Use of the Matrikas in Shri Vidya and Kundalini Yoga Through this detailed study of the Matrikas we can better understand the intricacies of their action We can say they are the sound representation of the universe universe being the sound unit Om the primal sound decomposed into these Matrikas presiding over different functions of the creation The Hindu Tantrics have always tried to associate them with physical forms like Goddesses Yantras etc maybe to make them more vivid For us we have to consider their present links to the Chakras and the Kundalini Each of these Matrikas is in a seed form capable to unfold various functions and powers within our three bodies awakening the different potentials of the Kundalini making the Chakras to vibrate and activating the different endocrine glands allowing

new hormonal secretions responsible for human evolution These Matrikas are used here in the practice of Laya Yoga or Laya Krama each letter dissolving into each other through elements dissolution from Muladhara to Sahasrara via Sushumna The Kundalini Shakti once awakened is led to Brahmarandra where it dissolves into the Parama Vyoma supreme ether earth into water water into fire fire into air air into Akasha that is ether or space ether into Prana Prana into Maha Prana and Maha Prana into Supramental consciousness These Matrikas are the microcosm merging into the macrocosm both being only one one Matrika being Shiva the next one Shakti it is a constant interplay between Shiva and Shakti Prakasha and Vimarsha light and consciousness So let the Matrikas fulfil their spiritual purposes and lead the Sadhaks to Samadhi and natural merging of Jiva into the over soul This is the real purpose of life which has to be fulfilled Dharma Yoga Volume 1 Ananth Ananth,Ravi Swaminathan,2023-04-05 Yoga the Sacred Science Volume 1 Swami Rama,Barbara Bova,Kay Gendron,2002 **Yoga - Pathway to the Divine** Paramahansa Prajñānānanda,2009

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