

Index

S.No.	Particulars	Page
I	Forward	1
II	Preface	3
III	My own experiences (Yogiraj Shri Chander Mohan Ji Maharaj)	4
IV	Neti Kirya	5
V	Jiwan Tatav Sadhan (Life Force Exercises)	
	(1) Sarvotan (Relaxation) (3 times only)	6
	(2) Skandh Chalan (Shoulder Movement) (15 minutes)	7
	(3) Pag Chalan (Leg Movement) (8 minutes)	8
	(4) Nabhi Chalan (Navel Movement) (3 times each side)	9
	(5) Janu Prasar (Thigh Expansion) (2 minutes)	10
	(6) Bal Machlan (child Persistence) (1 minute)	11
	(7) Bal Dhyam (Child Meditaton) (5 minutes)	12
	(8) Nadi Sanchalan (Nerve Control) (15 minutes)	13
	(9) Utkshepan (Limb Jerking) (1 minute)	14
VI	Shri Sidh Gufa - An Introduction	15

PREFACE

The practices for developing Life Force are the personal experiences of our reverend Master Shri Ramial Ji Maharaj who was a great saint and Yogi. When my Master returned from the Himalayas to the Plains, his holiness evolved certain practices out of his own mind for the welfare of mankind. Many people with different kinds of ailments used to come to my Master for their treatment. These practices are so simple that these can be done by a child as well as an old-man. There is no mention of these practices in any other Yogic literatures. These practices for developing the Life Force are one of the important practices that have been invented by my Master. These practices are capable of curing all kinds of diseases and they contain aggregate values of all poses mentioned in Yogic literatures. These practices must be done in the order given in the book.

When my Master used to get these practices done by the aspirants, his holiness, by his spiritual power created a certain kind of heat called 'VRIK ' in their abdomen. The result was that they used to digest Kilograms of raw vegetables or raw Grams or milk and curd even in excessive quantities. That is why the Master did not teach these poses to the persons, who were accustomed to fasting under any religious belief, because these practices stimulate greater appetite. It is necessary to take food when such an appetite is there, otherwise there is every danger of loss to health. If any body practising these exercises observed fast, the so called heat created in the stomach dislocated the digestive system and the person suffered from blood motions. An abnormal fire of this nature was created by the will power of my Master.

Among the practices for developing Life Force, there is one exercise called Child movement (Bal Machalan). After this exercise, the aspirant has to meditate on a child at play. It has been observed that during this meditation, the aspirant usually has the vision of a child, and he feels himself to be a child. This idea fills him with bliss and he, like a child, moves around in a joyous mood. The special feature of this exercise is that all the mental disorders disappear and he becomes as simple and innocent as a child. This type of meditation on a child creates a rapture which removes all kinds of diseases from the body of the aspirants.

Chander Mohan

My Own Experiences

Yogiraj Chander Mohan Ji Maharaj

I want to relate my own experiences in this connection for general information of all interested persons. It will show how my Reverend Master and Yogiraj Shri Ramlalji Maharaj created vibrations in the body of the aspirants through his own spiritual-power.

One of our Yogic Institutes is located at Rishikesh (Himalayas). Once a few aspirants were practising the exercise for developing Life Force under the guidance of my Master. As a result of these practices, the abnormal 'VRIK' heat had risen in them and they were eating raw grams in large quantities. I began to ponder how these people are eating like animals. Immediately my Master asked me—"Chander Mohan, what are you thinking of?" I replied that I was thinking nothing but I was sitting in an ordinary way. My answer was apparently wrong, because I was thinking of those persons who were eating like animals.

My Master was omniscient and His Holiness came to know my falsifications. He laughed and said, "Well my son, sit there." "His ridiculous attitude created a marvellous effect in me. I began to feel that a ball of fire had developed in my stomach and that was moving around in abdomen. Due to this an excessive appetite rose in me and this appetite could only be extinguished in many days.

When my Master asked me, "Tell my boy whether you want to pacify this heat or you too want to eat grams like an animal?" I then realised my Master's satirical mood, I requested, that I was not suffering from any disease but wanted to pacify that heat. In this way the Master showed me a charm. It is astonishing that I was given large quantities of edible articles for full three days and three nights but my appetite could not be satisfied. After three days, my Master asked me to go to the Ganges and sit in the water and meditate under moon and practise "Sheetali Pranayam." Those were the winter days of February, The water of the Ganges was icy cold. It was a difficult task to enter the water and it was terribly hard to sit in the water and practise cold producing Pranayam. However with the grace of my Master I could do all this and thus my appetite came to be extinguished after four days. Then I knew the effects of the spiritual power of my Master. Ordinarily every body feels hungry and this hunger is satisfied after taking food, but the appetite created by the spiritual-power of my Master could be satisfied only after the process as mentioned above.

It was the year 1928 when I tended the feet of my master, I saw that all his disciples of the Ashram practised these exercises. No other exercise was got done by them and they obtained perfection through these practices only.

Now in our Ashram, we teach the practices of Thread Neti, Water Neti and Milk Neti and when these exercises are done along with practices for developing the Life Force the effect is tremendous.



(A disciple practising Thread Neti)

Our Yogic literatures speak well of Neti exercises and we have found them efficacious in our Ashram. Hence we lay stress on these practices also.



(A disciple practising Water Neti)

We hope, every one, practising Neti exercises as mentioned above along with the Life Force practices, will obtain extremely good results by the grace of my Master.

(1) SARVOTAN (Relaxation)**(For 3 Times only)**

Lie flat on your back, Clutch the fingers of your both hands in each other and turn them straight on your head side.

**(Relaxation Kriya)**

Now stretch your whole body from head to feet as far as possible. Then relax it. Again stretch and relax. Do this for three times only. This exercise rejuvenates all the nerves of the body, strengthens the sluggish organs and gives new life to the system.

In this era of jet travel, mountains of tranquillizers and sleeping pills are being swallowed daily by the citizens of the civilized world, in frantic attempt to unwind themselves. But if they could only know the art of relaxation, they could avoid inevitably approaching **coronaries or break downs**. Relaxation is one of the classical yogic poses that was introduced by the great yogies. It stimulates the body and mind and revitalizes the "Sadhak" (practiser). In spite of its simplicity this is often one of the most difficult poses to achieve, because it demands control over mind. You can use this pose as mirror of your mind. If your mind is relaxed, so will your body.

(2) Skandh-Chalan (Shoulder Movement)**(Time limit-Fifteen Minutes)**

Sit carefully in any of the meditation pose-Siddhasan, Kamalasan or Swastikasan. Put your hands on your knees. Now you have to move your shoulders in cyclical order.

***(Shoulder Movement)***

First lower your right shoulder as down as possible, automatically left will go up. Then stoop forward your right shoulder and slowly raise it and move it to back side. Concurrently your left shoulder will move in the opposite direction. In this way both the shoulders will move forward and backward in the manner of a cycle pedals. It is done first from back to front side for half the time and then from front to backside for another half. The main aim of this practice is to move both the shoulders in a cyclical order.

This practice regularises the functioning of both the lungs. Disorders of **liver** and spleen are removed. All ailments of **lungs** and the **respiratory organs** are cured. It also helps in sound functioning of **ears** and improves **nervous system**. Cervical problem & blockade of Coronary arteries are not faced by the practiser.

(3) Pag Chalan (Leg Movement)**(Time limit-eight minutes)**

Lie flat on your back with arms by the sides. Now you have to put your one foot on the other and move it slowly. It will be done in the following manner :-

*(A disciple doing leg movement)*

Put your right foot on the ankles of left foot and touch the heel of your right foot on the ground towards your left then touch the ground with the toes of your left foot towards your right. This may be done repeatedly. After about four minutes put your left foot on the ankles of right foot and touch the heel of your left foot on the ground and then touch the ground with the toes of your right foot. This may also be repeated for four minutes.

This exercise should be done for eight minutes. It is a very simple exercise, but is efficacious for the health of the **intestines**. Their functioning can be regulated through this exercise. It cleans the inner walls of the **small and large intestines** so that small intestine could continue its function of **sucking the juices of the food taken**.

(4) Nabhi Chalan (Navel Movement)**(Time limit-fifteen minutes)**

This exercise is done in the same manner as a crocodile does after swallowing any animal. The crocodile while lying in the sand moves his abdomen from one side to another.

Lie flat on your back with hands on sides. Now move from right to left side and from left to the right side, but your head & hands should not move. Only the body will move from one side to another.

**(Navel Movement)**

This exercise removes **indigestion and stimulates** appetite. Those suffering from **gastic troubles** will greatly be relieved by this exercise. This exercise is capable of curing all **stomach troubles**. It keeps the body fit and smart. The practiser gets the strength to digest even raw and heavy food. It helps even in **Kundalini awakening**, the most important aspect of yoga, which is almost impossible to achieve through other difficult methods. It reduces fats and provides strength to a weak body. The practiser never gets problem of stone in Kidney or Gall Bladder. The stone, if any, already there in the kidney, can be removed with this exercise.

(5) Janu Prasar (Thigh Expansion)**(3 times each side)**

This exercise must be done after navel movement. Lie in the same manner. Now turn your right leg upward and put the sole of your right foot on the thigh of your left leg. Then lower your knees and thigh on right side and touch it on the ground. Your left leg has to remain straight. Be in this position for sometime and then raise the knee back.



(Thigh expansion)

Repeat this exercise again. Similarly it should be done by putting the sole of left foot on the thigh of right leg and touching the knee to the ground.

This exercise should be done three times with the right leg and three times with the left leg. In this exercise, a kind of relaxation is created and it stimulates the **nervous system**. It makes the **kidneys function** properly.

(6) Bal Machalan (Child Persistence)**(Time limit-one minute)**

Lie flat on your back. Now you have to move your right and left hands and legs in such a manner as a child does when he is displeased with his mother and persists for a particular object.



(A disciple in a pose of child persistence)

In this exercise, when you raise your right leg, simultaneously your right hand will go upwards, and when you raise your left leg, your left hand will go upward. In this way this exercise should be done quickly, but the head should remain in the same position.

This practice is the copy of the child persistence and while doing this exercise, the person is filled with natural **child like pleasure**. It gives **freshness to the body and the mind**.

(7) Bal Dhyān (Child Meditation)**(Time limit-five minutes)**

Lie flat on your back and relax your whole body.

*(A disciple doing child meditation)*

Too much of a load of worry and fatigue may make the total relaxation difficult, so there is a further step that can be taken. That is of building your own mental Ashram. An Ashram is a retreat, a hideway. Real Yogis will of course go to an actual retreat, usually to some out of the way hut, or cave in the Himalayas, where the air is clean and the surroundings are serene. In your mind there is surely some place, or garden or park, where you like to be and where you may have already visited. A beautiful quiet place where you spent an ideal week or so. If there is no place that you can recall, then create a place mentally, an ideal place where you would like to be.

Now think of a child of about two to three years, who is playing in that ideal place. Mentally begin to play with that child. You will be astonished that after a few days practice, the child will apparently appear in your vision and you will yourself feel to be a child.

This is the most important exercise of all the practices. The meditation of a child creates a delight which removes all kinds of **diseases from the body**. It creates **new blood cells** in the body and relieves the 'Sadhak of tension'. It is a combination of 'Shavasan' and meditation. It cures insomnia (sleeplessness) if practised before going to bed.

(8) Nadi Sanchalan (Nerve Control)**(Time limit-fifteen minutes)**

For this exercise sit down straight. Now expand your both the legs forward apart from each other. The legs should be straight and the knees should be touching the ground. There should be a difference of at least 40 inches between the two legs.



(A Sadhak doing nerve control Exercise)

After spreading the legs, lean forward and touch the toe of left foot by your right hand and keep your left hand backward in a straight way. Again move and touch the toe of the right by your left hand keeping the right hand backward. In this way go on moving your hands in the same order.

By practising this exercise **the nerves of the abdomen are regulated and kept in a right position. Dyspepsia is removed. Circulation of blood is regulated and the person becomes energetic, strong and healthy.** Each and every nerve gets activated & **blood-clots are removed.** In nutshell it is a **life-rejuvenating exercise.**

(9) Utkshepan (Limb Jerking)**(Time limit-one minute)**

Stand up straight. Jerk your hands and legs vigorously, First jerk your right hand, and right leg simultaneously and then jerk your left hand and left leg in the same manner.



(Limb jerking Kriya)

Do it for one minute. This would stimulate the system of the body and fill you with new vigour and energy. All the systems of the body will begin to work in a **proper order**.