



## ***Conscious pranic recharging exercises***

This series of exercises are my personal reinterpretation of the classic series codified by my Guru Paramhansa Yogananda. After practicing and studying them for over 20 years, I felt that I could create a different version that followed the same principles but working with a different approach. I also incorporated some of the exercises proposed by Guruji in the beginning.

I also integrated some exercises and practices following the principles of some related systems, including Danda bhaska, an ancient system practiced in southern India by indu warriors. This system was later introduced by Bodhidharma and other monks in China and Japan and was later adopted by Shaolin monks.

It refers to the principles of dynamic and slow contraction, with deep mental concentration and mentally sending prana to the parts of the body involved in the movement. Another similar practice are the 7 tiger moves, codified by martial arts expert John McSweeney and the dynamic strength exercises of Kung Fu Master Harry Wong.

The fundamental difference is that in Yogoda exercises and in my variant, the emphasis is on sending vital energy to the parts of the body that are involved.

The practice as I have did it, is composed of around fifty exercises and is divided into 3 parts:

**1- Initial warm-up**, consisting of exercises that work on the cardiovascular level and then on the dissolution of tensions in the spine. Walking and running on site can be performed by counting at least 20/30 steps or, if you want to do more intense work from 100 to 300 steps. Squats from 15 to 30 reps or more if you want. For spinal exercises do 10 to 20 repetitions for each one, focusing on the spine and the muscles around it, keeping them slightly contracted, as if moving against resistances and imagining to practice them.

**2- Exercises of dynamic tension**, characterized by movements made maintaining a continuous tension of the affected muscles, imagining to lift and / or lower, pull or push a considerable weight, concentrating deeply on the muscles and joints that work, in order to intentionally send prana to these parts. 6 to 10 repetitions are done using maximum strength to achieve the most important effects, or moderate strength to perform maintenance work. If the goal is to burn fat tissue and develop endurance, do up to 25 repetitions. It is important to combine deep breathing with each movement, generally by inhaling when the limbs approach the body and exhaling when moving away. Or breathe in when raising your outstretched arms, exhale when lowering. Do not hold your breath at this stage, unless specifically indicated.

**3- The last phase is that of isometric recharge exercises**, during which muscles or muscle districts contract for 5/6 seconds until they vibrate, thinking of sending energy to these parts through intention and muscle contraction. Here, too, I advise you not to hold your breath. The ideal would be to inhale quickly and completely and then exhale throughout the contraction / recharging of the part for 5/6 seconds. This phase allows to fix prana in the various districts of the system and allows the sadhaka to tangibly perceive its flow in the system. It is the healing phase and can be performed completely or in part even several times during the day to increase its thaumaturgical potential.

This practice in itself is complete and should be performed every day, or at least every other day. However, leave one / two days a week off. It can also be followed by a simple Hatha Yoga practice to make it even



more complete. If you want to get the best results, keep your gaze towards the point between the eyebrows throughout the practice. Energy enters the medulla oblongata, is stored in the brain and is sent to the various parts from the point between the eyebrows. Mental concentration is the fundamental key of this system, what can make the results literally spectacular. The higher our willpower and concentration, the more important the results will be. The mind must be focused on the muscles that work, imagining sending prana to them. Also imagine lifting very heavy weights, using the same type of force that would be used if the weights were right there.

***Its effects on the system are extraordinary and include:***

The whole body is enormously strengthened and toned, the superfluous fat is burned, and, if performed as indicated, with constancy and dedication, the biological machine becomes as beautiful as that of the athletes of antiquity, with the same results of those who work hours and hours in the gym with weights and various machines.

The blood circulates perfectly in every district, feeding the system, alkalizing it and purifying it from toxins and bacteria. The internal organs are massaged, purified and toned. The lungs are ventilated and breathing improves. Prana circulates abundantly in every cell, revitalizing and magnetizing the entire body. Mental concentration improves and you acquire the power to send prana as needed to various parts of the system.



Bisnu Gosh, (Yogananda's younger brother and famous Hatha yogi and bodybuilder of the last century) performing Nauli Kriya