



## Joy of Satan Ministries - 40 day Self Empowerment Programm.

40 Days of Power

-By High Priest Hooded Cobra 666

*Introduction:* Satanism is a serious religion and its called spiritual because Satanists are very serious in MEDITATING, which is the ESSENCE of mastering the SPIRIT and SOUL. In order to do Magick, improve as a person, get to know Satan all for yourself and finally, become a God in your own right- you must practice meditation and become adept in this discipline.

Let none stop you- not even  
your own “self”.



Do NOT forget to study the [Joy of Satan website \[Click Here\]](#) and embrace everything therein.

Read below and do not neglect to do this- as most points and questions will be covered here. If there are other questions, find us on the [Yahoo Groups](#).

*So, we shall begin.*

**The purpose** of this program is to help our new members grow in spiritual power fast, both for their general spiritual wellbeing and to help in the fight of the enemies of Satan as well. Its very important to mention some things before one proceeds. The enemies of Satan and those who oppose us, its True in every sense they do not want Humanity to advance spiritually. For this reason our people must be ready to counter all sorts of emotions, attacks and distractions that push them to not meditate. Spiritual Satanism is all about meditation. Be aware that even your own self, given many times we come from a very unspiritual background, might have reactions in not wanting to meditate. Be aware of this and ready to count this. There are many people and everyone has a different Soul, different problems may arise that may enforce you to stop. The Gods always help our newly dedicated members to advance and become powerful and act as guides. So in the same way, do what feels right and consult your Guardian Demons and Satan and ask for Guidance. Everyone comes into this life from different spiritual backgrounds and you must be aware of your own limits. With that being said, if something overwhelms you, or you have health problems that keep you from meditating, proceed carefully and wisely.

This program will be both for those who have just dedicated their Souls to Satan and those who are new and need some more guidance aswell. By



arranging the repetitions in a balanced manner, one will be able to benefit from this program anyways. If something feels wrong, do not do it and if anything makes you feel uncomfortable, avoid this and replace it with another meditation.

In Satanism one must be strong. The Spiritual Elite in Satanism are those who are actively fighting for Satan and those who persist in growing spiritually. Those are the people who reap the rewards. No matter if you once thought you were lazy, unable, incapable- we are all here to prove you, that you are none of these things. Prove this to yourself as well. Satan and the Gods are very understanding and patient. I have also tried to compose this program to be short in length for those who lack the time. For people who do not have enough time, break the program in 2 or 3 parts and do this on the morning and night. You get the deal here. What's important is that you follow this daily. You feel like you can't? You do it. You feel like struggling? You do it. You do not feel anything? Still do it. Have faith in yourself and you will succeed. I repeat and most people here know: Power does not come so fast and to become proficient, like in any other art, you need to persist.

Last but not least; do not overstress about the results. Some of you may feel results almost instantly and some might grow overwhelmed. Others of our family may be slower in attaining the results or being open in feeling the meditation's effects. **WHATEVER THE CASE, KEEP GOING!** Many of the people who are advanced today did not feel a thing once, or along these lines, as those who have been very spiritual in past lives are not most people. Satanists are not people who quit. Know that Satan and the Gods will blatantly show you the signs you need, the guidance to grow and have total belief in them. They guide you and they help you to grow spiritually.

Each day of the 40 day program will be split in meditations for the Morning and Night. By waking up 15 minutes earlier in the morning, you will be all set to go.



Power meditation must be done daily. This is the real 'prayer to God' that should be daily, not what the xians stupidly indicate.

Be loyal in your discipline and your discipline will reward you with power upon which you can gratify your desires. Know that those who fight for Satan and meditate actively are those who reap the greatest rewards from The Powers of Hell.

Meditations need NOT be rushed, but as you learn to do these they will take shorter time. Not all meditation sessions will be equally good and neither you will have total sensitivity at all times, whats important is these are done daily. IF YOU FEEL OVERWHELMED, ITS NOT NESSESCARY FOR THE PROGRAM TO LAST 40 DAYS- TAKE YOUR DAYS TO CATCH UP AND DO AS IT FEELS RIGHT AND COMFORTABLE!!!! IF SHORT ON TIME, CHOSE

**Note:**

#### **A LIFETIME COMMITMENT:**

- THE PROGRAM MUST BE CONTINUED EVEN AFTER THE 40 DAYS IN ORDER TO KEEP YOUR POWER GOING. BECOMING VERY POWERFUL SPIRITUALLY IS A LIFETIME COMMITMENT THAT YOU CAN COMMIT TO. MEDITATIONS CAN BE CHANGED FOR OTHER MEDITATIONS THAT YOU FEEL YOU NEED TO DO, AS THIS PROGRAM WILL BE FAIRLY SIMPLE, BUT IT WILL INCLUDES THE BASICS WHICH NEED BE DONE DAILY, SO THAT YOU WILL ADVANCE IN A SAFE AND POSITIVE MANNER, FASTEST AS POSSIBLE IN 40 DAYS. BUT THIS IS A LIFETIME COMMITMENT TO KEEP GOING.

Relax and know, this is not going to be hard, as everything will be explained throuhoutly.

In anyway, lets proceed.



So, the main aim of this program is to advance you spiritually to where in 40 days:

- You will establish a strong aura of protection that will actively protect you.
- Your Aura will be more powerful and you will be able to feel energy better.
- Your chakras will be far cleaner than they ever were.
- Your chakras will be awakened and open, which is necessary in working magick.
- The levels of your bio-electricity will be far more powerful.
- You will be competent enough to join in the fight of fighting the enemy, if this is what you will, in the shortest time possible. It's advisable that you should.
- You will feel far better in terms of how energetic and how healthy you feel.
- Other effects include you will have a sense of strength and feel powerful.
- Psychologically you will have proven to yourself how capable you are and how you can stick to a program.
- You will have made the Gods of Hell and Satan proud in your obvious attempt and dedication to grow spiritually. Lazy bummers, fearful people and those who want to sit back and watch the world burn...

*Lastly, this meditation program will include:* [Press on the names of the Meditations to navigate in the Joy of Satan website] :

- Aura Cleaning:  
A clean aura will rid you of bad influences and bad energies, keeping you strong and healthy. Should be done daily.  
Aura cleaning should be done without MANTRAS until the program tells you to do this.
- Aura of Protection:  
Aura of Protection should be done daily as to protect you from psychic attacks and negative energies. Should be done daily.
- Chakra Openings:  
Do these when indicated by the program, as these are important exercises to open your centers of psychic energy.
- Chakra Spinning:  
This should also be done daily and does not take much time at all when you get a hang of it, it also raises your energy levels and keeps your chakras clean and on a higher level of vibration/existence.
- Breathing Exercises:  
These should be done daily once started. These breaths increase the so called “Vril” or “Life force” or “Chi” and they increase this energy . Increasing your bioelectricity is the essence of power. Breaths should be done in moderation and forcing yourself should NEVER be done.
- Physical Yoga:

[ [Hatha Yoga Routine PDF](#) ] [ [Kundalini Yoga Routine PDF](#) ].

Physical Yoga will make you more flexible and it also palpitates your bioelectricity, increases your Bioelectricity. Physical Yoga in this Program will Include Hatha Yoga and Kundalini Yoga, as one empowers your energy flow [Kundalini] and the other [ Hatha ] increases your flexibility.



WHEN STARTED ITS MANDATORY YOU DO NOT STOP THESE OR LET MORE THAN 24 HOURS ELAPSE. [For more information, Click Here.](#)

- [Void Meditation.](#)

Void meditation with your eyes either open or closed. Better open as many times, one may fall asleep without them willing to do so.

### **Optional Meditations:**

These will be for those who, during the 40 day empowerment program have felt it does not cover them fully and do not feel they are doing as much as they should. This should be the minority. These can be practiced after the 40 day program is over with.

The meditations that need be continued after the 40 day period are:

- Aura Cleaning
- Aura of Protection
- Breathing Exercises
- Hatha and Kundalini yoga.

The above must be contained in all meditation programs when started. If one for whatever reason chose to not do these, they can skip them. Its advisable that you should keep on these, other things can be altered and changed, but all these are mandatory to keep your main energy, your Bioelectricity up, running and pumping.

Again, for any questions, come to the [Yahoo Groups.](#)

**-Lets Proceed.-**



# Days 1-3 Meditations

- *I was, am now, and shall have no end. I exercise dominion over all creatures and over the affairs of all who are under the protection of my image.*

*– Satan, AI –Jilwah.*

## Morning Meditations for today :

-Aura Cleaning:

-Aura of Protection:

-Void Meditation with your eyes open for 2 minutes.

## Night Meditations for today:

-Aura Cleaning:

-Aura of Protection:

-Void Meditation with your eyes open for 2 minutes.

The same meditations need be done for 3 days in a row.

As you get the hang of these, the exercises will be very easy for you to do, and may total 4 minutes of your day in the morning and in the evening. The void meditation can also be done anytime in your day, just by focusing on some object. So in the morning you just have to put the aura of protection and clean your aura and chakras. Which totals only around 2 minutes. Have focus and make sure you fully clean your aura and chakras.





# Days 4-5 Meditations:

- *I am ever present to help all who trust in me and call upon me in time of need.  
There is no place in the universe that knows not my presence.  
– Satan, Al-Jilwah.*

## Morning Meditations for today :

-Aura Cleaning:

-Aura of Protection:

-Void Meditation with your eyes open for 2 minutes.

-Breathing Exercise “Complete Yogic Breath” for 5 rounds.

## Night Meditations for today:

-Aura Cleaning:

-Aura of Protection:

-Void Meditation with your eyes open for 2 minutes.

-Breathing Exercise “Complete Yogic Breath” for 5 rounds.

Adding this breath will increase your power and your bioelectricity and this is the foundation of Pranic Breathing. The above totals around 5 minutes, depending on how much you choose to hold. No more than 5 minutes, still. This is only 10 minutes from your day, total.



# Days 6-8 Meditations:

- *To me truth and falsehood are known. When temptation comes, I give my covenant to him that trusts in me.*

*– Satan, Al-Jilwah.*

## Morning Meditations for today:

-Aura Cleaning:

-Aura of Protection:

-Void Meditation with your eyes open for 2 minutes.

-Breathing Exercise “Complete Yogic Breath” for 10 rounds.

-Chakra Spinning:

## Night Meditations for today:

-Aura Cleaning:

-Aura of Protection:

-Void Meditation with your eyes open for 2 minutes.

This right here is a mini program and will only take around 11 to 12 minutes when you get the hang of it. It will take less time as you get the hang of it fully. One who is proficient can do these meditations in like 6 minutes. IF YOU FEEL OVERWHELMED, YOU CAN TAKE 2 ADDITIONAL DAYS OR AS LONG AS YOU NEED TO ADJUST.



# Days 9-11 Meditations:

- *I requite the descendants of Adam, and reward them with various rewards that I alone know.  
– Satan, Al-Jilwah.*

In order to save space, the mentions on [Aura Cleaning:](#) , [Aura of Protection:](#) , [Void Meditation with your eyes open:](#) as these are mandatory and to be done in every single day of the program. These meditations will be displayed as [\[AC\]](#) [\[AP\]](#) [\[VM\]](#) In one sentence, as to save space. Still these can be pressed as links.

## Morning Meditations for today:

-[\[AC\]](#) [\[AP\]](#) [\[VM\]](#)

-[Breathing Exercise “Complete Yogic Breath” for 8 rounds.](#)

-[Chakra Spinning:](#)

-[Foundation Meditation](#) for 15 breaths. Retain the energy inside of yourself. Imagine you are drawing White-gold energy from the Sun inside your whole Soul.

## Night Meditations for today:

-[\[AC\]](#) [\[AP\]](#) [\[VM\]](#)

-[Chakra Spinning:](#)

## OPTIONAL MEDITATIONS FOR THE NIGHT:

[Foundation Meditation](#) for 11 breaths. Retain the energy inside of yourself. Imagine you are drawing White-gold energy from the Sun inside your whole Soul.

\*IF YOU FEEL OVERWHELMED, YOU CAN TAKE 2 ADDITIONAL DAYS OR AS LONG AS YOU NEED TO ADJUST. THIS PROGRAM IS NOT BOUND TO BE 40 DAYS, IT CAN BE LONGER! LISTEN TO YOUR FEELING ABOUT THIS!



# Days 12-16 Meditations:

*I place my affairs in the hands of those whom I have tried and who are in accord with my desires. I appear in diverse manners to those who are faithful and under my command.*

*– Satan, Al-Jilwah.*

## Morning Meditations for today:

- [AC] [AP] [VM]
- Breathing Exercise “Complete Yogic Breath” for 8 rounds.
- Chakra Spinning:
- Foundation Meditation for 15 breaths. Retain the energy inside of yourself. Imagine you are drawing White-gold energy from the Sun inside your whole Soul.

The estimated time of the above should be around 6 minutes.

## Night Meditations for today:

- [AC] [AP] [VM]
- Chakra Spinning:
- Opening of the Third Eye Chakra

[This can be done either in the morning, or the night, whichever one you have chosen. If you have chosen to meditate only in the morning or the night, this must be done for the days 12-16. The night is more effective in opening the Third Eye Chakra]



## Days 17-20 Meditations:

*I lead to the straight path without a revealed book; I direct aright my beloved and chosen ones by unseen means. All my teachings are easily applicable to all times and all conditions. I punish in another world all who do contrary to my will.*

*– Satan, Al-Jilwah.*

### Morning Meditations for today:

- [\[AC\]](#) [\[AP\]](#) [\[VM\]](#)
- [Breathing Exercise “Complete Yogic Breath” for 8 rounds.](#)
- [Chakra Spinning:](#)
- [Hatha Yoga Routine PDF](#) instead of Foundation meditation.

Do each pose for 2 breaths, fully breathing and relaxed. At the end of the session, relax fully- This will not take more than 5 minutes. This in total is 30 breaths. Be relaxed and comfortable.

Total, around 15 minutes by now.

### Night Meditations for today:

- [\[AC\]](#) [\[AP\]](#) [\[VM\]](#)
- [Chakra Spinning:](#)
- [Opening of the Crown Chakra](#)



## Days 21-22 Meditations:

*I reveal my wonders to those who seek them, and in due time my miracles to those who receive them from me.*

*– Satan, Al-Jilwah.*

### Morning Meditations for today:

- [\[AC\]](#) [\[AP\]](#) [\[VM\]](#)
- [Breathing Exercise “Complete Yogic Breath” for 8 rounds.](#)
- [Chakra Spinning:](#)
- [Hatha Yoga Routine PDF](#) instead of Foundation meditation.

Do each pose for 3 breaths, fully and relaxed. At the end of the session, relax fully- This will not take more than 8 minutes. This in total is 45 breaths. Be relaxed and comfortable. IF THE BREATHS ARE TOO MUCH, STICK TO 3 BREATHS OR EVEN TWO!

### Night Meditations for today:

- [\[AC\]](#) [\[AP\]](#) [\[VM\]](#)
- [Chakra Spinning:](#)
- [Opening of the Throat Chakra](#)



# Days 23-26 Meditations:

*But those who are without are my adversaries, hence they oppose me. Nor do they know that such a course is against their own interests, for might, wealth and riches are in my hands, and I bestow them upon every worthy descendant of Adam.*

*– Satan, Al-Jilwah.*

## Morning Meditations for today:

- [\[AC\]](#) [\[AP\]](#) [\[VM\]](#)
- [Breathing Exercise “Complete Yogic Breath” for 8 rounds.](#)
- [Chakra Spinning:](#)
- [Hatha Yoga Routine PDF](#) instead of Foundation meditation.

Do each pose for 5 breaths, fully and relaxed. At the end of the session, relax fully- This will not take more than 10 minutes. This in total is 75 breaths. Be relaxed and comfortable. IF THE BREATHS ARE TOO MUCH, STICK TO 3 BREATHS OR EVEN TWO!

## Night Meditations for today:

- [\[AC\]](#) [\[AP\]](#) [\[VM\]](#)
- [Chakra Spinning:](#)
- [Opening of the Heart Chakra](#)



# Days 27-30 Meditations:

*Three things are against me and I hate three things. But those who keep my secrets shall receive the fulfillment of my promises. Those who suffer for my sake I will surely reward in one of the worlds.*

*– Satan, Al-Jilwah.*

## Morning Meditations for today:

- [\[AC\]](#) [\[AP\]](#) [\[VM\]](#)
- [Breathing Exercise “Complete Yogic Breath” for 8 rounds.](#)
- [Chakra Spinning:](#)
- [Hatha Yoga Routine PDF](#) instead of Foundation meditation.

Do each pose for 5 breaths, fully and relaxed. At the end of the session, relax fully- This will not take more than 10 minutes. This in total is 75 breaths. Be relaxed and comfortable. IF THE BREATHS ARE TOO MUCH, STICK TO 3 BREATHS OR EVEN TWO!

## Night Meditations for today:

- [\[AC\]](#) [\[AP\]](#) [\[VM\]](#)
- [Chakra Spinning:](#)
- [Opening of the Solar Plexus Chakra](#)





# Days 31-34 Meditations:

*But those who are without are my adversaries, hence they oppose me. Nor do they know that such a course is against their own interests, for might, wealth and riches are in my hands, and I bestow them upon every worthy descendant of Adam.*

*– Satan, Al-Jilwah.*

## Morning Meditations for today:

- [\[AC\]](#) [\[AP\]](#) [\[VM\]](#)
- [Breathing Exercise “Complete Yogic Breath” for 8 rounds.](#)
- [Chakra Spinning:](#)
- [Hatha Yoga Routine PDF](#) instead of Foundation meditation.

Do each pose for 5 breaths, fully and relaxed. At the end of the session, relax fully- This will not take more than 10 minutes. This in total is 75 breaths. Be relaxed and comfortable. IF THE BREATHS ARE TOO MUCH, STICK TO 3 BREATHS OR EVEN TWO!

## Night Meditations for today:

- [\[AC\]](#) [\[AP\]](#) [\[VM\]](#)
- [Chakra Spinning:](#)
- [Opening of the Sacral Chakra](#)



# Days 34-38 Meditations:

*It is my desire that all my followers unite in a bond of unity, lest those who are without prevail against them. Now, then, all ye who have followed my commandments and my teachings, reject all the teachings and sayings of such as are without.*

*– Satan, Al-Jilwah.*

## Morning Meditations for today:

- [\[AC\]](#) [\[AP\]](#) [\[VM\]](#)
- [Breathing Exercise “Complete Yogic Breath” for 8 rounds.](#)
- [Chakra Spinning:](#)
- [Hatha Yoga Routine PDF](#) instead of Foundation meditation.

Do each pose for 5 breaths, fully and relaxed. At the end of the session, relax fully- This will not take more than 10 minutes. This in total is 75 breaths. Be relaxed and comfortable. IF THE BREATHS ARE TOO MUCH, STICK TO 3 BREATHS OR EVEN 2!

- [Alternate Nostril Breathing](#) for 1 round.

## Night Meditations for today:

- [\[AC\]](#) [\[AP\]](#) [\[VM\]](#)
- [Chakra Spinning:](#)
- [Opening of the Base Chakra](#)



# Days 39-40 Meditations:

*O ye that have believed in me, honor my symbol and my image, for they remind you of me. Observe my laws and statutes. Obey my servants and listen to whatever they may dictate to you of the hidden things. Receive that, that is dictated, and do not carry it before those who are without, Jews, Christians, Muslims and others; for they know not the nature of my teaching. Do not give them your books, lest they alter them without your knowledge. Learn by heart the greater part of them, lest they be altered.*

*– Satan, Al-Jilwah.*

## Morning Meditations for today:

- [\[AC\]](#) [\[AP\]](#) [\[VM\]](#)
- [Breathing Exercise “Complete Yogic Breath” for 8 rounds.](#)
- [Chakra Spinning:](#)
- [Hatha Yoga Routine PDF](#) instead of Foundation meditation.

Do each pose for 5 breaths, fully and relaxed. At the end of the session, relax fully- This will not take more than 10 minutes. This in total is 75 breaths. Be relaxed and comfortable. IF THE BREATHS ARE TOO MUCH, STICK TO 3 BREATHS OR EVEN 2!

- [Alternate Nostril Breathing](#) for 2 rounds.

## Night Meditations for today:

- [\[AC\]](#) [\[AP\]](#) [\[VM\]](#)
- [Chakra Spinning:](#)
- [Kundalini Yoga PDF](#) x4 breaths on All Exercises



# End of Program.

Instructions for after the period of 40 days:

- [AC] [AP] [VM]

Should be done daily without fail, no matter what you add to your program. In cleaning your Aura, you can add the RAUM mantra when this feels right to do.

Things you can do are as follows: Add additional meditations from the Joy of Satan meditation Page. Experiment. The program until the 40<sup>th</sup> day has taken you to where your chakras are awakened and your bioelectricity is open, exactly as promised.

For instance, the breaths in Kundalini Yoga can be increased daily by one or two until these reach 108. Same thing with breathing in the Positions in Hatha Yoga. The same can be done for Breathing. You can add more breaths when you feel ready.

As far as working with your chakras, you can add additional meditations. This program when mastered will be fairly easy and will not consume much time at all. It will be about 20 minutes total in your day. Upon this you can add more meditations in accordance to the Joy of Satan meditation Section.

Do not fear to experiment. Just know that once you add a meditation, make sure to keep on it daily. This will ensure you will be steadily moving forward.

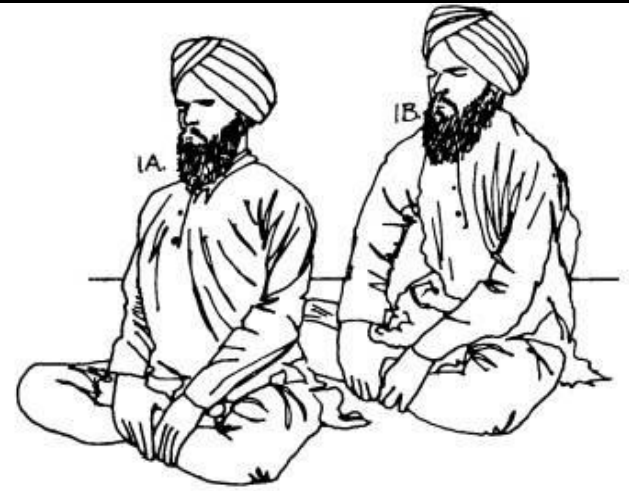
Stay Strong, keep fighting for your own evolution and Satan. Let's get back what is, has been and will forever be ours!

## **40 Days of Power**

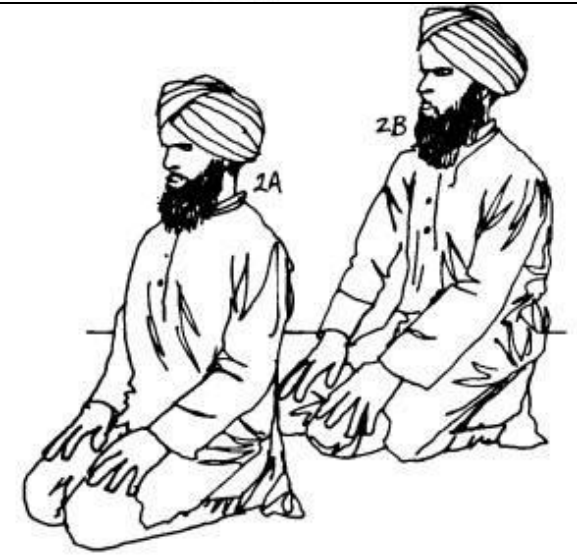
**-By High Priest Hooded Cobra 666**

**HAIL SATAN!!!!**

## **Kundalini Yoga Routine** *Kundalini Yoga Basic Spinal Energy Series* KY kriyas



1. Sit in easy pose. Grab the ankles with both hands and deeply inhale. Flex the spine forward and lift the chest up (1A). On the exhale, flex the spine backwards (1B). Keep the head level so it does not "flip-flop." Repeat 108 times, then inhale. Rest 1 minute.



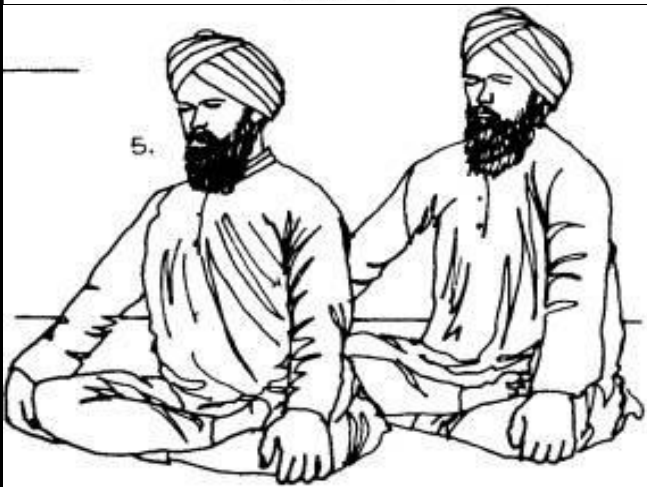
2. Sit on heels. Place the hands flat on the thighs. Flex spine forward with the inhale (2A), backward with the exhale (2B). Think "Sat" on the inhale, "Nam" on the exhale. Repeat 108 times. Rest 2 minutes..



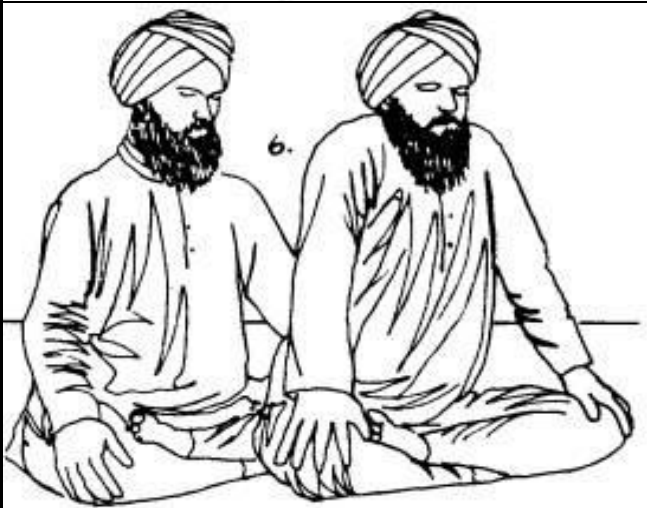
3. In easy pose, grasp the shoulders with fingers in front, thumbs in back. Inhale and twist to the left, exhale and twist to the right. Breathing is long and deep. Continue 26 times and inhale facing forward. Rest 1 minute.



4. Lock the fingers in ear grip at the heart center (4A). Move the elbows in a see-saw motion, breathing long and deep with the motion (4B). Continue 26 times and inhale, exhale, pull on the lock. Relax 30 seconds.



5. In easy pose, grasp the knees firmly and, keeping the elbows straight, begin to flex the upper spine. Inhale forward, exhale back. Repeat 108 times,



6. Shrug both shoulders up with the inhale, down with the exhale. Do this for less than 2 minutes. Inhale and hold 15 seconds with shoulders pressed up. Relax the shoulders.

7. Roll the neck slowly to the right 5 times, then to the left 5 times. Inhale, pull the neck straight.



8. Lock the fingers in bear grip at the throat level (8A). Inhale -apply mul bhand. Exhale -apply mul bhand. Then raise the hands above the top of the head (8B). Inhale - apply mul bhand. Exhale -apply mul bhand. Repeat the cycle two more times.



9. Sat Kriya: Sit on heels with arms stretched over the head (9A). Interlock the fingers except for the two index fingers which point straight up (9B). Say "Sat" and pull the navel point in; say "Nam" and relax it. Continue at least 3 minutes. Then inhale -squeeze the energy from the base of the spine to the top of the skull.

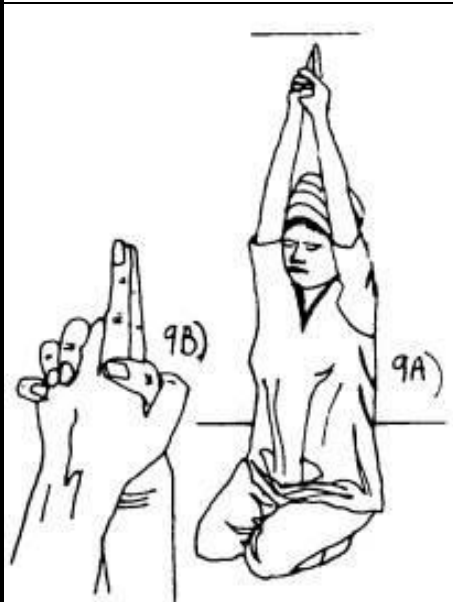
#### COMMENTS:

Age is measured by the flexibility of the spine; to stay young, stay flexible. This series works systematically from the base of the spine to the top. All 26 vertebrae receive stimulation and all the chakras receive a burst of energy. This makes it a good series to do before meditation.

In a beginner's class each exercise that lists 108 repetitions can be done 26 times.

The rest periods are then extended from 1 to 2 minutes.

Many people report greater mental clarity and alacrity after regular practice of this kriya. A contributing factor is the increased circulation of the spinal fluid, which is crucially linked to having a good memory.



END OF KUNDALINI YOGA ROUTINE

**HATHA YOGA ROUTINE**



# HATHA YOGA For SATANISTS

Physical yoga, along with Kundalini Yoga drastically amplifies vril, chi, witchpower, the power of the life force, etc. Below is a basic session you should do every day.

It is important to never force yourself in any of the stretches. Feel the stretch, this should be pleasurable and tension relieving, not ever painful. Yoga is very different from athletic stretching. It should be done in a relaxed state and never forced. It is right-brained and the goal is to empower ourselves. Anyone can learn on physical yoga their own, contrary to the popular notion of having a teacher.

**You do not have to practice any special way of life. Nor do you have to be a vegetarian. Live your life as you choose, have sex as you choose with whom you choose, eat, sleep, work, and have fun as you choose.**

If you feel a sense of lightness, increased bioelectricity, and power, you are performing the asanas [positions] correctly. Yoga is also best done alone, as others or a class can be a distraction.

Go with how you feel. As you progress, you can hold for longer periods, if you choose, but the routine below, combined with kundalini yoga [in this packet] will be enough to drastically raise your vril/witchpower. Some adepts hold the handstand and other asanas for 10 minutes or more. Remember, we are all individuals. For timing yourself, for example when holding a minute, just count to 60, like "one thousand one, one thousand two, one thousand three, one thousand four... You should relax and remain perfectly still when in each asana. Never jerk, tug, strain or pull and remember- only go as far as you are comfortable and feel a tension relieving stretch.

The sequence given below should be done in order.

**\*Inverted asanas should not be attempted by those who have brain problems, detached retina, cervical problems, those who are very overweight or have any condition that could be aggravated by increased pressure or blood flow to the head and neck.**

**Women on their menstrual period should leave inverted asanas out until the period is over with.**

**Pregnant women should not do any inversions or anything that might strain the baby.**

**You can do the other asanas and leave the inverted ones out. Inverted asanas are when you are upside-down, such as the tripod, the Shoulderstand, the headstands, and handstands.**

ALWAYS compliment a front bend with a back bend. There always has to be an opposite move in yoga. If you twist to the left side, you must also twist to the right side.

Every yoga program should include:

- Standing asanas
- Sitting asanas
- Forward bending asanas
- Backward bending asanas
- Side to side bending asanas
- Twisting asanas
- Inverted asanas (these can be left out for those who have medical problems as I mentioned in the above).
- Lying asanas

**The routine below is adequate by itself, and serves as an example of a hatha yoga session. If you are interested, you can design your own routine. There are many resources in books and online. To really amplify your powers, you can do the routine below twice a day, but space this out- a few hours in-between.**

**Hatha [Physical Yoga] helps open the 144,000 nadis of the soul, distributing and evening energy flow, opening blocks in both the chakras and the nadis. This ensures safe ascension of kundalini.**

## **1. Seated Forward Bend**

Raise your arms straight over your head, back and legs straight and then reach forward and grab hold of your knees, calves, ankles, feet, or beyond as the completed posture in the third illustration below, depending upon how flexible you are. Remember- never strain. Yoga is not athletics. Only go so far as is comfortable for you as an individual.



## 2. Butterfly, Diamond

Bring your feet together as shown in the illustration below and lower your knees. You can place your hands on your knees to get them lower to the floor. If you are able to get your knees very close to the floor, then lower your chest as in the photo below and **hold for 1 minute**



### **3. Straddle Stretch**

Spread your legs as wide as possible without any pain. If you are able to, put your forearms flat on the floor as shown in the second illustration below. If you are more flexible, then walk your hands out and place your chest flat on the floor as in the third illustration below. If you are flexible enough, slide your legs into a center split and lower your chest to the floor as in the fourth illustration below. **Hold this position for at least 1 minute, up to 5 minutes.**

#### 4. Cobra Stretch

Lay flat on your stomach on the floor and then gently press your body up, arching your back into the position shown below. If you are less flexible, you can bend your arms. Go only as far as is comfortable. If you are more flexible, you can straighten your arms. In the second photo below is the advanced completed position. Working towards this begins with bending your knees and working your



5. The



**Locust**

Begin with your stomach flat on the floor and then raise both your chest and legs off the floor, as you are able to. Don't worry if it is only a couple of inches. This is a difficult asana for many people. Strength will come with consistent practice. **Hold for 15-30 seconds Begin with 15 seconds if you are new.**



## **6. The Bow**

Begin with your stomach flat on the floor. Raise your chest and bent knees off of the floor and grab hold of your ankles. Use the strength of your back, chest and hips to maintain the asana, do not pull on your ankles.

**Hold for 15-30 seconds Begin with 15 seconds if you are new.**



## **7. Twist**

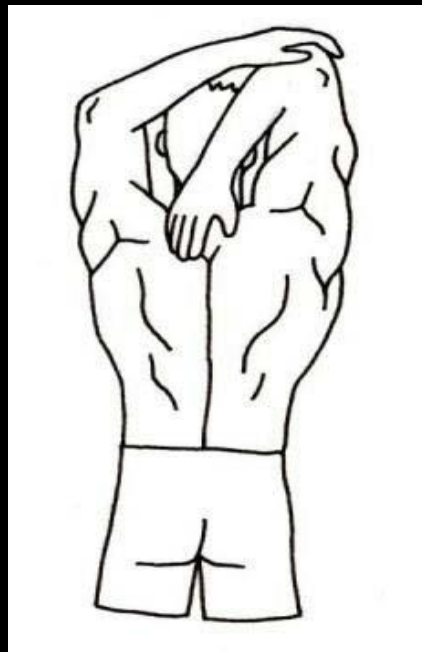
**Hold for 30 seconds to 1 minute for each side**



### **8. Shoulder/Triceps Stretch**

Sit in a cross-legged position, grab your elbow as shown in the illustration below and gently pull down

**Hold for 15 to 30 seconds each side**



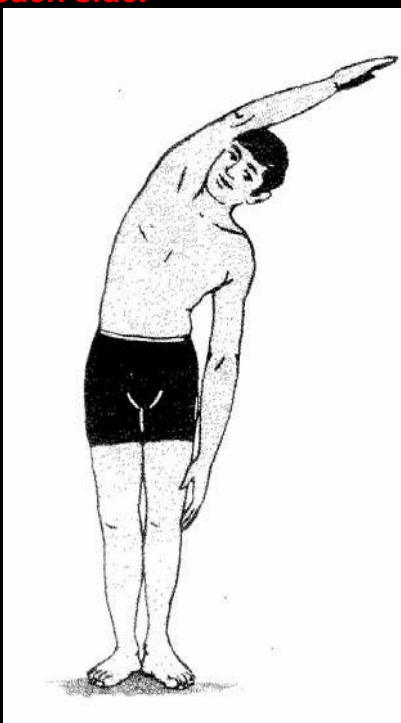
### **9. Chest Stretch**

**Remain in the cross-legged position.** Reach both of your arms behind you, interlace your fingers and keeping your arms straight, and raise your arms as high as you can comfortably. **Hold for 15-30 seconds.**





**10. The Side Stretch**  
Hold for 30 seconds for each side.



**11. Tripod, Headstand, OR Handstand**

All of these positions can be done against a wall for support. If the headstand or handstand is too difficult, start out with the tripod, as shown below.

For the tripod, put the crown of your head on the floor, hands in the position shown below and place each knee on each elbow. **Hold for 30-60 seconds, working up to 60 seconds/1 minute.**



The headstand or handstand as shown in the photo below can be done against a wall for support. **Begin with a hold for 15-30 seconds if you are new to this. You can gradually work up to a full 10 minutes for advanced. You can do this by adding 15 seconds longer as you feel you are able to. Hold this position for 1 minute.**



**12. Immediately after you come out of the tripod, head or handstand, hold the position below for at least half of the time you spent inverted. For example, say you held the headstand for 60 seconds, you would position yourself in the asana below, forehead on the floor, eyes closed for 30 seconds [half of that time].**



### 13. The Shoulderstand

**Hold the Shoulderstand for 1 minute.** This position, like the head or handstand can be held as long as 10 minutes for advanced practitioners if so desired. If you are new, you can begin by holding for 30 seconds.



### 14. The Plough

Stay in the Shoulderstand position and then lower your feet behind your head, as shown in the illustration below. Your arms should be in the position shown below with hands flat on the floor. **Hold for 1 minute.**



If your back is inflexible, or you are unable to lower your feet to the floor, you can do the modified asana below:



### 15. The Fish

You can have your arms at your sides if you choose, no need to sit on them as in the photo below. The point of this asana is to counterbalance the Shoulderstand and open the throat. **Hold this position for half of the time spent in the Shoulderstand. If you held the Shoulderstand for 1 minute, hold the fish position for 30m seconds.**



16. Rest on your back comfortable for 5-15 minutes. This is very, very important. Meditate on the energy buzz you feel. This will amplify and grow over time if you consistently perform the above exercises - Hatha Yoga.