

Quantum Yoga

Effortless Instantaneous Quantum Leaps Towards the Inner State of Immense Joy and Infinite Creativity

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Dedication

To the inner master, the infinite intelligence within

This is the primary textbook for the “Quantum Yoga” program offered at Sadhana School of Arts. Refer to the last chapter for the program details.

Foreword

Yoga is the scientific art of realizing innate nature of immense joy and infinite creative power. Quantum Yoga is the process of realizing this joyful and creative inner nature through a series of effortless and instantaneous quantum leaps.

Quantum Yoga is not a new form of yoga, but a synthesis of different forms of yoga and different fields of science. It is specifically designed for intelligent scientific-minded individuals who live in a stressful cosmopolitan environment!

The principles of Quantum Yoga arise from an unification of the essence of the ancient Vedas (Inner Science) and of Quantum Physics, Neuroscience, Cellular Biology and Computer Science (Modern Sciences).

The techniques of Quantum Yoga are synthesized from the existing techniques from the following fields:

- Hatha yoga (postures and breathing techniques)
- Dhyana yoga (visualizations)
- Mantra yoga (celestial sound techniques)
- Naada yoga (pure sound techniques)
- Music (musical notes, melodies and rhythm)
- Dance (movements and rhythm)
- Theater (movements and expression)
- Visual Arts (painting)

Quantum Yoga offers powerful tools to master the art of joyful living in a stressful cosmopolitan environment.

Wish you an entertaining and effortless inward journey amidst a chaotic external environment!

Blissfully yours,
Immaneni Ashok

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1 Introduction

1.1 The Essence of Inner Science (Vedas)

1.1.1 sOham

*I am That.
I am, therefore I am.*

There is no universal truth. Each of us creates our own truths based on deep-rooted beliefs.

- If I believe that I am a happy being, I experience myself as that.
- If I believe that I am a depressed being, I experience myself as that.
- If I believe that I am a creative genius, I experience myself as that.
- If I believe that I am an ordinary being, I experience myself as that.
- If I believe that I am a celestial musician, I experience myself as that.
- If I believe that I am God, I experience myself as that.
- If I believe that I am infinite, I experience myself as that.

This one word “sOham” gives the essence of the Vedas.

1.1.2 dEhO dEvAlaya prOktO jIvaSSiva sanAtanah tyajEt ajnAna nimAlyam sOham bhAvEna pUjayEt

*The body is said to be a temple and the indweller is the eternal master.
Discard the withered flowers of ignorance and worship with the understanding “I am That.”*

1.1.3 chidAnanda rUpam SivOham SivOham

I am the master; I am the master, the form of eternal bliss.

The deeper understanding and experience of the statements in this section and the previous section come when the awareness shifts to the zone of limitless thought (see below).

1.1.4 The Five Zones of Awareness

From the void, came limitless thought. From limitless thought, came light. From light, came sound. From sound, came matter (gas, liquid and solid). In a nutshell, this explains the process of material creation. Our life experience depends on the zone of our awareness. Given below is the description of experience for each zone of awareness. Please note that I choose to give three dimensions for sound, light and thought zones only to indicate that there are multiple levels of awareness within each of these zones. The continuous frequency spectrum has been discretized for the purpose of analysis and understanding.

The zone of Matter

- Dimensions: 1-3
- Creative power: Low.
- Experience:
 - Stress; survival mode.
 - Perception of being a small material body.
 - Craving for sensory desires.
- Primary influences:
 - Sensory stimuli: smell, taste, sight, touch and sound.
 - Emotions (silent sound energies).
- Association with human identity: High.
- Breathing: Fast, shallow and erratic (10-20 breaths a minute).

The zone of Sound

- Dimensions: 4-6
- Creative power: Medium.
- Experience:
 - Perception of being a large body of vibrating sound energy.
 - Clear view of the three-dimensional world and the play of senses.
 - Deep fulfillment of sensory desires.
 - No longer subject to the sensory cravings.
 - Deep experiences related to sound energies (music and emotions).
- Primary influences:
 - Silent sounds: emotions and celestial mantra sounds.
 - Light (electro-magnetic) energies.
- Association with human identity: Medium.
- Breathing: Slow, deep and rhythmic (5-10 breaths a minute).

The zone of Light

- Dimensions: 7-9
- Creative power: High.
- Experience:
 - Inner peace and tranquility.
 - Perception of being an enormous body of radiating light energy.
 - Clear view of the "sound" world - play of emotions and celestial sounds.
 - No longer subject to emotional influences.
 - Deep experiences related to light energies.
- Primary influences:
 - Light energies.
 - Limitless thoughts.
- Association with human identity: Low.
- Breathing: Very slow, subtle, with occasional pauses (3-5 breaths a minute).

The zone of Limitless Thought

- Dimensions: 10-12
- Creative power: Infinite.
- Experience:
 - Joy, bliss and freedom.
 - Perception of being an infinite body of eternal thought waves, which exists beyond the time-space domains.
 - Clear view of the “light” world and the play of “time”.
 - No longer subject to the influences of “time” - past, future and constricting experiences related to the passage of time.
 - Creative genius; enlightened master; self-realized yogi; liberated being.
 - Effortless manifestation of thought into material reality.
 - Ability to shift realities instantaneously.
 - Ability to experience multiple realities simultaneously.
- Primary influences: Limitless thoughts.
- Association with human identity: None.
- Breathing: Extremely slow, subtle, with frequent long pauses (1-3 breaths a minute).

The zone of Void

- Dimension: Zero.
- Creative power: None.
- Experience: None.
- Primary influences: None.
- Association with human identity: None.
- Breathing: No activity.

1.2 The Essence of Quantum Physics

1.2.1 Wave-Particle Duality

Electrons (sub-atomic entities) exhibit dual nature of being a wave and a particle.

Life principle: My body is a combination of waves (energy) and particles (matter) and the composition is constantly changing.

1.2.2 Quantum Jumps

Electron particles disappear at one point and appear at another point instantaneously. This phenomenon is called quantum jump.

Life principle: The state of my body, thus my experience, can be changed instantaneously.

1.2.3 Need for an Observer to Manifest Matter

When no one is observing, the electrons exhibit wave nature. When there is an observer, the electrons exhibit particle nature, i.e. matter is manifested only when there is an observer.

Life principle: My perception determines the state of my body.

1.2.4 Effect of an Observer on the State of Matter

One cannot accurately measure both the position and velocity of a sub-atomic particle at any given time. The observation of the position affects the velocity, and vice versa.

Life principle: Deeply observing the state of my body alters the state.

1.3 The Essence of Neuroscience

1.3.1 Virtually Unlimited Learning Capacity

Very small percentage of the brain is used for normal day-to-day living. The dormant portion of the brain contains trillions of unused neurons, offering virtually unlimited learning capacity.

Life principle: I can increase my brainpower on demand.

1.3.2 Neuroplasticity

New experiences and new knowledge can be used to rewire the brain to function very differently from its past behavior.

Life principle: I can update my life experience at any time, using new principles and new techniques.

1.4 The Essence of Cellular Biology

1.4.1 Influence of Environment Over Genes

The behavior of an individual cell in the human body is controlled by the cell membrane, not the genes. Genes may specify predisposed behavior, but this is overridden by the cell membrane. The environment (collection of thoughts) influences the behavior of cell membrane. Thus, the environment is far more important than the genes.

Life principle: I can choose my life experiences based on my desires, passions and visions; I am not influenced by genetic patterns.

1.4.2 Continuous Cellular Regeneration

Human cells are constantly regenerated. Exposure to a new environment will eventually modify the behavior of the cells.

Life principle: I can become new whenever I wish, just by updating my thought process; I am not influenced by my past behavior.

1.5 The Essence of Computer Science

1.5.1 Hardware: The Raw Processing Power

Computer hardware consists of central processing unit(s), input/output units, super-fast access memory caches, fast access volatile memory units (RAMs) and slow access non-volatile memory units (hard disks).

Life principle: My brain is the hardware of my human computer.

1.5.2 Operating System: The Software Foundation

Operating system is the software that controls the hardware and offers a foundation on which applications can be executed.

Life principle: My belief system is the operating system of my human computer.

1.5.3 Applications: The User Experiences

Applications provide end-user experiences. The quality of experience depends on both the application design as well as the operating system support.

Life principle: My life experiences are the end-user applications of my human computer.

1.6 Quantum Yoga: The Unification

Quantum Yoga defines a scientific process to shift awareness from the matter zone to the limitless thought zone, making use of principles from Vedas, Quantum Physics, Neuroscience, Cellular Biology and Computer Science.

1.7 Organization of this book

Chapter 2 presents the Human Computer Model. Chapter 3 describes the process of updating the operating system of life. Chapter 4 describes the process of updating life experiences. Chapter 5 presents new perspectives on life, time, body, death, career, relationships and parenting. Chapter 6 summarizes the principles of Quantum Yoga and presents the collection of techniques.

2 The Human Computer Model

The basis of Quantum Yoga is the *Human Computer Model*, which is described below.

2.1 Brain Hardware

Brain is the hardware of the human computer. The brain has virtually unlimited processing power and fast-access memory. The resources of the brain are activated on demand. It is like adding CPUs and memory units to the electronic hardware. Thus, brain is like the hardware of a super-computer. It has the capacity to execute large varieties of life experiences for hundreds and thousands of years.

2.2 Belief Operating System

The software foundation of the human computer is the “Belief Operating System.” While limited beliefs support the execution of a limited number of ordinary life experiences, unlimited beliefs support the execution of virtually unlimited number of extraordinary life experiences.

When the human baby is born, the baby synthesizes a belief system from the belief systems of the parents. As the baby grows up, the little kid imbibes more beliefs from the environment. Within a few years, the operating system becomes quite bloated!

2.3 Reality Manifestation Applications

On the human computer, the end-user experiences are caused by the “Reality Manifestation Applications.” Each of us, either consciously or unconsciously, executes these applications every single day. Most of the people run the same old applications, which either produce unpleasant experiences or pleasant experiences that are no longer fulfilling. Most of the applications are borrowed from the environment and produce ordinary, predictable experiences. Very few people are able to design their own Reality Manifestation Applications.

The next two chapters describe the process of installing a new Belief Operating System and designing and installing new Reality Manifestation Applications.

3 Installing the New Belief Operating System

3.1 Designing the New Operating System

Your current operating system might be having quite a few limited beliefs imbibed from your parents and the environment. It is interesting to know that some of these beliefs conflict with each other. These are like software bugs -- they cause havoc! Instead of analyzing the existing operating system and fixing the bugs, it is more efficient to install a new robust operating system filled with unlimited beliefs that are harmonious with one another. When you allow the new unlimited beliefs to start working in your life, the old limited beliefs will slowly dissolve.

Quantum Yoga gives the starting point for designing your new operating system with a kernel consisting of four unlimited beliefs. You can complete your operating system by adding a few unlimited beliefs, which are harmonious with the kernel beliefs. In the following two sections we discuss this new kernel.

3.1.1 *Operating System Kernel*

Quantum Yoga has four basic principles, which form the “kernel” of the operating system. These are discussed in detail, in Chapter 6.

1. I know that I can shift my awareness into the zone of Limitless Thought, the abode of immense joy and infinite creativity.
2. I know that unlimited intelligence is dormant in my brain; I know that portions of this intelligence can be activated simply out of desire to use them.
3. I know that others have unlimited intelligence within themselves; I know that they can activate dormant portions of their intelligence simply out of their desire.
4. I know that I can command my body to be in youthful, perfectly healthy state as long as I want.

3.1.2 *Examples of Other Unlimited Beliefs*

Body and death

- I know that I can command my body to increase its vibratory frequencies to light frequencies so that I can transcend material death.

Purpose of Life

- I know that the purpose of my life is to simply live joyfully while experiencing the rich creation on the material plane.
- I know that the purpose of my life is to effortlessly manifest my thoughts into material world experiences.
- I know that the purpose of my life is to joyfully express my creativity in the material world.

Life experience

- I know that I am a free being and I can experience the joy of freedom every moment.
- I know that I can effortlessly create wealth and harmonious community simply out of my desire.
- I know that I will be successful in any career path that I choose out of my desire.

Relationships

- I know that I cannot be controlled by anyone through fear, greed, lust, pride or attachment.
- I know that others have the freedom to experience life as they wish and I will provide them non-judgmental space for their free expression.

3.2 Preparing for Installation

Contemplate on the first principle: I know that I can shift my awareness into the zone of Limitless Thought, the abode of immense joy and infinite creativity.

Ask yourself the questions: Do I really believe in this? Do I really want to experience being in the zone of Limitless Thought?

If you are not sure, you are not yet ready. You can consider experiencing zones of Sound and Light by mastering techniques of your choice described in Sections 6.1, 6.2 and 6.3. Periodically, you can revisit this question to check if you are ready to experience the zone of Limitless Thought.

How do you know if you are ready? When you contemplate on this principle, focus on the reactions produced by your body. If your body produces pleasurable sensations, then the answer is yes. Go ahead and master the technique(s) of your choice described in Sections 6.4 and 6.5.

Once you mastered a technique to shift your awareness into the zone of Limitless Thought, you have already started the installation process -- the first belief is established in your system!

3.3 Installing the New Operating System

To complete the installation process, follow these steps for each unlimited belief:

- Contemplate on the belief until your desire to establish this belief into your system is intense -- you want it so badly that you cannot stop thinking about it.
- Shift your awareness into the zone of Limitless Thought.
- Allow a day for this belief to be absorbed into your cellular system.
- You may need to repeat this process a few times to firmly establish this belief in your system. You will know when to move on to the next belief.

Note that some of the old limited beliefs will still be around, and they will eventually dissolve. Just focus on energizing the new unlimited beliefs and actively using them in your daily life.

4 Installing New Reality Manifestation Applications

4.1 Step 1: Designing a New User Experience

The first step is to design a new life experience. You can use your desires, passions, visions, dreams and fantasies as a basis for this design. Focus more on the “extraordinary experience” rather than the details of how it will be manifested in the material world, and formulate an “I want to experience” statement. Here are some examples:

- I want to experience vitality and lightness of body.
- I want to experience harmony with my partner.
- I want to experience harmony with my kids.
- I want to experience effortless, joyful parenting.
- I want to experience effortless growth in my career.
- I want to experience an exciting and joyful career.
- I want to experience effortless progress in my musical training.
- I want to experience being a celestial musician.
- I want to experience the celestial qualities of *gaNESa*.
- I want to experience the celestial qualities of *lakshmi nArAyaNa*.

4.2 Step 2: Validating the New Design

The second step is to validate the design by visualizing the experience as though it is happening right now. Include all the sensory and emotional experiences in this visualization. It must be so real that you must be feeling all the sensations in your body. Essentially, you are creating a “real experience” in your “thought world.”

Ask yourself the question, “Do I really have the intense desire to manifest this experience in the material world?” If the answer is a clear yes (which you can find out by the way your body reacts), proceed to step 3. Otherwise, go back to step 1 and design another experience.

4.3 Step 3: Evaluating Operating System Support

The third step is to evaluate the operating system support for manifesting the new experience in the material world. Quite often, there is an inner conflict -- part of you wants the new experience, but part of you doesn't want it. The latter is caused by a few unlimited beliefs manifesting as a fears or a doubts. If the operating system needs to be updated, go to step 4. Otherwise, go to step 5.

4.4 Step 4: Updating Belief Operating System

The fourth step is to install new unlimited beliefs, if required. Create new unlimited beliefs to allow the dissolution of the old limited beliefs, and follow the process described in section 3.3 to install the new beliefs.

4.5 Step 5: Installing the New Application

Visualize the new experience and follow the installation process described in section 3.3. Then start taking relevant actions to allow the manifestation of the new experience in the material world.

5 Quantum Yoga Principles

Quantum Yoga uses four principles:

- 1. I know that I can shift my awareness into the zone of Limitless Thought, the abode of immense joy and infinite creativity.**
- 2. I know that unlimited intelligence is dormant in my brain; I know that portions of this intelligence can be activated simply out of desire to use them.**
- 3. I know that others have unlimited intelligence within themselves; I know that they can activate dormant portions of their intelligence simply out of their desire.**
- 4. I know that I can command my body to be in youthful, perfectly healthy state as long as I want.**

These four principles form the “kernel” of the Belief Operating System.

The first principle establishes the freedom to design own life experiences, and invokes feelings of joy and freedom (*chidAnanda rUpam*).

The second principle establishes inner mastery (*SivOham SivOham*) and invokes feelings of independence, confidence, security and stability.

The third principle establishes equality with all other beings and invokes feelings of harmony and acceptance.

The fourth principle establishes supremacy over genes and environment, and invokes feelings of youthfulness and beauty.

6 Quantum Yoga Techniques

Quantum Yoga techniques are grouped into five categories based on the starting and ending zones. For each category, there are multiple types of techniques. Here is an overview:

Techniques to Shift Awareness from the Matter Zone to the Sound Zone

- Breathing techniques
- Sensory techniques
- Music Listening techniques
- Body Movements
- Body Energizer techniques
- Yoga Postures

Techniques to Shift Awareness from the Sound Zone to the Light Zone

- Expressive Pure Sound Techniques
- Expressive Laughing Techniques
- Expressive Singing Techniques
- Expressive Dancing Techniques
- Expressive Acting Techniques

Techniques to Shift Awareness from the Matter Zone to the Light Zone

- Naada Pranayama techniques
- Naada Hatha Yoga techniques
- Mantra Pranayama techniques

Techniques to Shift Awareness from the Light Zone to the Limitless Thought Zone

- Dynamic 3D Light-Form techniques
- Mental *maNDala* Creation techniques
- Creative Visual Art techniques
- Fantasy techniques
- Contemplation techniques
- Laya techniques

Techniques to Shift Awareness from the Matter Zone to the Limitless Thought Zone

- Mantra Pranayama-Dhyana techniques
- Celestial Musical Note techniques
- Vocal Music Exercises with Metronome
- Yoga Nidra techniques

Here is the complete list of textbooks referenced in the following sections of this chapter:

1. *Quantum Yoga: The Scientific Art of Joyful Living* (this book).
2. *Enlightenment Engineering: A Scientific Approach for Innovative Independent-Minded Seekers*.
3. *Sonorous Sound: Voice Range and Resonance through Naada Kriya Yoga*.
4. *Celestial Musical Notes: Musical Intelligence through Naada Kriya Yoga*.
5. *Silent Emotion Sounds: Emotional Intelligence through Naada Kriya Yoga*.
6. *Mantra Yoga: Experience Inner Peace and Awaken Creative Potential through Silent Sound Vibrations*.
7. *Playing with Mysterious Time: Rhythm Exercises for Mastering Laya*.

6.1 Techniques to Shift Awareness from the Matter Zone to the Sound Zone

One can shift awareness from the Matter zone into the Sound zone by deeply observing one or more of the following:

- Breath
- Sensory experiences
- Body movements

6.1.1 Breathing Techniques

Reference: *Sonorous Sound*.

List of simple deep breathing techniques:

- Natural belly breathing in lying down position (4.1.1)
- Belly breathing with hold in lying down position (4.1.2)
- Belly breathing with hold in standing position (4.1.3)
- Belly breathing with hold in sitting position (4.1.4)
- Big bulging belly breathing technique (4.2)

6.1.2 Sensory Techniques

Reference: *Enlightenment Engineering*.

List of techniques:

- Yoga of Food (3.5)
- Yoga of Comfort (3.6)
- Yoga of Nature (3.7)

6.1.3 Music Listening Techniques

Reference: *Enlightenment Engineering*, Section 3.3.

6.1.4 Body Movements

Reference: *Sonorous Sound.*

List of movements:

- Spinal movements (3.1)
- Cat-Cow movement (3.2)
- Twists (3.3)
- Movements to open the upper chest (6.1.2)
- Up-down tight exercise (7.1.1)
- Buttock kicking with 'sh' sound (7.1.2)

6.1.5 Body Energizer Techniques

Reference: *Celestial Musical Notes.*

List of energizers:

- Base Energizer (4.1.1)
- Sacral Energizer (4.1.2)
- Solar Energizer (4.1.3)
- Throat Energizer (4.1.4)

6.1.6 Yoga Postures

Reference: *Sonorous Sound.*

List of postures:

- Salutation pose (5.1.1)
- Fish pose (5.1.3)
- Forward bend (6.1.1)
- Eight limb pose with deep belly laughter (7.1.2)
- Bow pose (7.1.4)

Reference: *Celestial Musical Notes.*

List of postures:

- Yogic Symbol (4.2)
- Half Wheel (4.3)
- Sitting Crane (4.4)
- Grasshopper (4.5)
- Supine Pose of Firmness and Light (4.6)
- Kneeling Pose of Firmness (4.7)
- Triangle Movement (4.8)

6.2 Techniques to Shift Awareness from the Sound Zone to the Light Zone

One can shift awareness from the Sound zone into the Light zone by deeply observing one or more of the following:

- Audible sounds originating from the body
- Emotion (silent) sounds originating from the body (muscular vibrations)
- Celestial (silent) sounds originating from the body (bone vibrations)

6.2.1 Expressive Pure Sound Techniques

Reference: *Sonorous Sound*.

List of simple pure sound techniques:

- 'I' sound resonating in the frontal sinus (5.2.1)
- 'I' sound resonating in the ethmoid sinus (5.2.2)
- 'I' sound resonating in the maxilla sinus (5.2.3)
- 'yA' sound resonating in the mastoid sinus (5.2.4)
- 'A' sound resonating in the throat chamber (5.2.5)
- 'U' sound resonating in the mouth chamber (5.2.6)
- 'ng' sound resonating in the sphenoid sinus (5.2.7)
- 'aing' sound resonating in the sphenoid sinus (5.2.8)
- 'Om' sound resonating in the heart chamber (6.1.3)
- 'A' sound resonating in the heart chamber (6.1.4)
- 'hm' sound resonating in the heart chamber (6.1.5)
- 'Om' sound resonating in the base chamber (7.1.5)
- 'hrIm' sound resonating in the base chamber (7.1.6)
- 'dhUm' sound resonating in the base chamber (7.1.7)

6.2.2 Expressive Laughing Techniques

Reference: *Enlightenment Engineering*, Section 3.2.

6.2.3 Expressive Singing Techniques

Expressing specific feelings through singing.

Reference: None.

6.2.4 Expressive Dancing Techniques

Expressing specific feelings through dancing.

Reference: None.

6.2.5 Expressive Acting Techniques

Expressing specific feelings through acting.

Reference: *Silent Emotion Sounds*.

6.3 Techniques to Shift Awareness from the Matter Zone to the Light Zone

One can shift awareness from the Matter zone into the Light zone by simultaneously observing the body, breath and sound.

6.3.1 Naada Pranayama Techniques

Ocean Breath Technique

Technique

- As you breathe in and out, use your throat muscles to squeeze the windpipe to make an “ocean sound”.
- You can first practice the technique by keeping your mouth open. Once you figure out how to make the sound, try making the sound with your mouth closed, inhaling and exhaling through your nose. You should still hear the sound as an “ocean sound” as you continue to breathe.
- Start with 4:4 count: 4 sec inhalation and 4 sec exhalation.
- Gradually increase the count to 8:0:8:0, one step at a time, based on your capacity and ability to reduce the airflow.

6.3.2 Naada Hatha Yoga Techniques

Reference: *Sonorous Sound*.

List of techniques involving posture, breath and sound:

- Head Resonance Technique (5.3)
- Heart Resonance Technique (6.2)
- Base Resonance Technique (7.2)

Sun Salutation movement synchronized with 4:4 Ocean Breath

(1) Mountain pose (2) Back bend (3) Forward bend (4) Lunge (alternate right-left)
(5) Downward facing dog (6) Cobra (7) Eight limb (8) Cobra (9) Downward facing dog
(10) Lunge (alternate left-right) (11) Forward bend (12) Back bend.

6.3.3 Mantra Pranayama Techniques

Reference: *Mantra Yoga*.

List of techniques:

- *gaNESa prANAyAma* (4.2)
- *sarasvatI prANAyAma* (5.2)
- *lakshmi nArAyaNa prANAyAma* (6.2)
- *muruga prANAyAma* (7.2)
- *durgA prANAyAma* (8.2)
- *rAjarAjESvarI prANAyAma* (8.5)
- *tirumUlAr Siva prANAyAma* (9.2)
- *AnjanEya prANAyAma* (9.5)
- *gAyatrI prANAyAma* (9.8)

6.4 Techniques to Shift Awareness from the Light Zone to the Limitless Thought Zone

One can shift awareness from the Light zone into the Limitless Thought zone by one or more of the following:

- Intensely visualizing colors and shapes
- Visualizing a life experience involving senses and emotions
- Deep contemplation on an abstract subject
- Deeply observing the time (using movement of sound)

6.4.1 *Dynamic 3D Light-Form Techniques*

Visualize moving three-dimensional objects made up of colored light and change the colors and shapes dynamically.

6.4.2 *Mental maNDala Creation Techniques*

Visualize creating a *maNDala* (intricate geometric pattern, *yantra*) step-by-step with precise shapes and colors.

6.4.3 *Creative Visual Art Techniques*

Create an art piece involving shapes, colors and blending of colors.

6.4.4 *Fantasy Techniques*

Visualize a life experience involving senses and emotions. It must be so real that you must be feeling all the sensations in your body.

6.4.5 *Contemplation Techniques*

Figure out answers to deep questions such as “Who am I?”, “Why am I here?”, and “What is the purpose of my life?”

6.4.6 *Laya Techniques*

Reference: *Playing with Mysterious Time*, chapters 2, 3, 4 and 5.

6.5 Techniques to Shift Awareness from the Matter Zone to the Limitless Thought Zone

One can shift awareness from the Matter zone into the Limitless Thought zone by simultaneously observing breath, sound, and light or time.

6.5.1 Mantra Pranayama-Dhyana Techniques

Reference: *Mantra Yoga*.

List of techniques:

- *gaNESa prANAyAma-dhyAna* (4.2+4.3)
- *sarasvatI prANAyAma-dhyAna* (5.2+5.3)
- *lakshmi nArAyaNa prANAyAma-dhyAna* (6.2+6.3)
- *muruga prANAyAma-dhyAna* (7.2+7.3)
- *durgA prANAyAm-dhyAna a* (8.2+8.3)
- *rAjarAjESvarI prANAyAma-dhyAna* (8.5+8.6)
- *tirumULAr Siva prANAyAma-dhyAna* (9.2+9.3)
- *AnjanEya prANAyAma-dhyAna* (9.5+9.6)
- *gAyatrI prANAyAma-dhyAna* (9.8+9.9)

6.5.2 Celestial Musical Note Techniques

Reference: *Celestial Musical Notes*.

List of techniques:

- *sA*: Ecstatic Elephant, Charging Elephant and Levitating Light (5.1, 5.2, and 5.3)
- *rI*: Roaring Waterfall and Powerful Whirlpool (6.1 and 6.2)
- *gA*: Dormant Volcano and Radiating Fire (7.1 and 7.2)
- *mA*: Gentle Waves and Buzzing Ocean (8.1 and 8.2)
- *pA*: Booming Thunder and Whistling Bamboo (9.1 and 9.2)
- *dA*: Crouching Tiger and Galloping Horse (10.1 and 10.2)
- *nI*: Tranquil Mountain and Enchanting Sky (11.1 and 11.2)

6.5.3 Vocal Music Exercises with Metronome

Sing songs while aligning the musical notes with the *tambUra Sruti* and synchronizing with the metronome. The most challenging exercise given to the Carnatic vocal music students at Sadhana School is to sing a varnam in five speeds - 2/3/4/6/8 per beat with metronome set to 40 BPM.

6.5.4 Yoga Nidra Techniques

Yoga Nidra: Chakra Sounds and Colors Technique

Part-1: Move awareness into Sound zone

- Lay down on your back.
- Relax your body by moving your awareness from feet to head, squeezing muscles (while inhaling slowly and deeply) and relaxing muscles (while exhaling quickly).
- Roll your legs in and out, hands in and out and head side to side.
- Practice Ocean Breath (4:4) technique (section 7.4.1) until you start feeling vibrations all over your body and you can hear your heartbeat and pulses clearly.

Part-2: Move awareness into Light zone

- Continue Ocean Breath and slow down to (6:6).
- Visualize a ball of bright golden light sweeping through your body, part-by-part, starting from your head and ending at your feet.
- Observe your “light-body” until your Ocean Breath naturally slows down to (8:8).
- Allow the light to dissolve and bring awareness to your skeletal system.

Part-3: Move awareness into Limitless Thought zone

Repeat the following technique at seven different bones using specified colors and mantras: Focus on the bone. Visualize swirling colored light. Chant the mantra aloud, vibrating the bone. Shift to silent chanting while clearly feeling the bone vibration and visualizing the swirling colored light.

1. Pubis bone: Red; ‘*lang*’.
2. Sacrum bone: Orange; ‘*vang*’.
3. L1 bone (solar plexus): Golden yellow; ‘*rang*’.
4. T4 bone (between shoulder blades): Green; ‘*yam*’.
5. C7 bone (bottom of your neck): Blue; ‘*ham*’.
6. Sphenoid bone (center of your head): Purple; ‘*a-u-ng*’.
7. Parietal bone (crown): White with violet-tinge; ‘*Ong*’.

Yoga Nidra: Moving Light Ball Technique

Part-1 and Part-2: Same as above.

Part-3: Move awareness into Limitless Thought zone

Repeat the following technique at each point: Inhaling, visualize a ball of white light radiating at that point. Exhaling, move the ball to the next point.

- 1-3: Parietal (crown), occipital bone, C7
- 4-31: (Right-side) Shoulder blade, shoulder joint, elbow, wrist, little-finger-tip, ring-finger-tip, middle-finger-tip, index-finger-tip, thumb-tip, wrist, elbow, shoulder joint, C7, (Left-side) shoulder joint, ...
- 32-34: T4, L1, sacrum
- 35-58: (Right-side) Hip joint, knee, ankle, little-toe-tip, ..., big-toe-tip, ankle, knee, hip-joint, sacrum, (Left-side) hip joint, ...
- 59-64: Pubis, bottom-of-breastbone, top-of-breastbone, jawbone, sphenoid, parietal

7 Quantum Yoga Program offered at Sadhana School of Arts

The Quantum Yoga program is designed for adults and 8+ year old kids. All the programs offered at Sadhana School promote the development of a well-rounded genius-type personality, with the focus on the following qualities:

- Focus and brainpower (ability to concentrate for long periods)
- Memory (ability to store and retrieve detailed information)
- Deep listening (necessary for quick learning and harmonious relationships)
- Effortless learning of difficult subjects
- Independent self-learning with minimal guidance from the teachers
- Discipline, will power and passion to excel in any field of choice
- Spontaneous creativity
- Confident and clear expression of deep feelings and complex ideas

Here is the complete list of reference textbooks:

1. *Quantum Yoga: The Scientific Art of Joyful Living* (this book).
2. *Enlightenment Engineering: A Scientific Approach for Innovative Independent-Minded Seekers*.
3. *Sonorous Sound: Voice Range and Resonance through Naada Kriya Yoga*.
4. *Celestial Musical Notes: Musical Intelligence through Naada Kriya Yoga*.
5. *Silent Emotion Sounds: Emotional Intelligence through Naada Kriya Yoga*.
6. *Mantra Yoga: Experience Inner Peace and Awaken Creative Potential through Silent Sound Vibrations*.
7. *Playing with Mysterious Time: Rhythm Exercises for Mastering Laya*.

The Quantum Yoga program material is covered in five classes:

- Principles of Quantum Yoga
- Yoga for Music: Sounds of Music
- Yoga for Music: Rhythms and Mantras
- Yoga for Dance
- Dance and Theater

Given below is the content covered in each class and the schedule, which is effective Sep-Dec 2007. The students can choose a set of classes based on the content of their interest and their schedule.

7.1 Principles of Quantum Yoga class

Schedule:

- Sat 10:20 AM monthly class (check the website for specific dates)

Categories of Techniques:

- Breathing Techniques
- Yoga Nidra Techniques

7.2 Yoga of Music: Sounds of Music class

Schedule:

- Sun 10:30 AM and Tue 6:30 PM alternate weeks (check the website for specific dates)

Categories of Techniques:

- Breathing Techniques
- Naada Hatha Yoga Techniques (relaxed)
- Expressive Pure Sound Techniques
- Expressive Laughing Techniques
- Celestial Musical Note Techniques

7.3 Yoga of Music: Rhythms & Mantras class

Schedule:

- Sun 10:30 AM and Tue 6:30 PM alternate weeks (check the website for specific dates)

Categories of Techniques:

- Laya Techniques (advanced)
- Mantra Pranayama-Dhyana Techniques

7.4 Yoga of Dance class

Schedule:

- Wed 7:00 PM weekly

Categories of Techniques:

- Breathing Techniques
- Hatha Yoga Techniques (intense)
- Laya Techniques (basic)
- Rhythmic Movement Techniques

7.5 Dance and Theater class

Schedule:

- Wed 8:00 PM weekly

Categories of Techniques:

- Expressive Dancing Techniques
- Expressive Acting Techniques