

Advanced Yoga Practices

Hello:

Thank you for purchasing this Advanced Yoga Practices (AYP) AudioBook.

This AudioBook has been divided into numerous MP3 files for your ease in listening and navigation. The files are numbered and may be sorted for correct order either by file name or MP3 file information. The files are named according to chapter, chapter section and chapter subsection. The chapters and chapter sections are included in the Table of Contents provided in this PDF file.

The AYP books are the primary source of financial support for the continuing work of preparing and making all of the AYP instructional materials on practices available worldwide. For this reason it is requested that you please keep this AudioBook for use within your own household, and not make unpaid copies for others outside your household.

If you know others who are interested, please encourage them to purchase their own Paperback, eBook or AudioBook version of the AYP writings. It can be done easily through the AYP website.

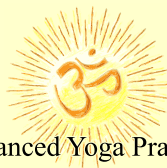
If there are any difficulties with opening or listening to your AudioBook, please write for assistance at yogani99@yahoo.com.

Many thanks for your consideration, and I wish you all the best on your chosen path. Practice wisely, and enjoy!

The guru is in you.

Yogani

www.advancedyogapractices.com



Advanced Yoga Practices

Diet, Shatkarmas and Amaroli - Yogic Nutrition & Cleansing for Health and Spirit

AudioBook Tracklisting

(chapter titles are in caps)

01 - INTRODUCTION	(5:22)
02 - Chap 1 - YOU ARE THE CITY OF GOD	(4:45)
03 - Chap 1 - A Branch of Yoga called Purity	(9:00)
04 - Chap 1 - Nine Gates of the Body	(2:52)
05 - Chap 1 - The Call from Within	(6:21)
06 - Chap 2 - YOGIC DIET	(1:46)
07 - Chap 2 - Are We What We Eat?	(4:25)
08 - Chap 2 - Diet and Health	(3:20)
09 - Chap 2 - Weight Loss	(5:03)
10 - Chap 2 - Overcoming Hunger	(5:53)
11 - Chap 2 - The Road to Cardiovascular Health	(4:24)
12 - Chap 2 - Must We Become Vegetarians	(4:27)
13 - Chap 2 - Vitamins Herbs and Supplements	(4:29)
14 - Chap 2 - Diet Spiritual Development and Kundalini	(2:38)
15 - Chap 2 - Diet and the Neurobiology of Kundalini	(12:28)
16 - Chap 2 - Food Preparation and Consumption	(6:36)
17 - Chap 2 - Eating Habits Addictions and Flights of Fancy	(1:06)
18 - Chap 2 - Inner Silence and Eating Habits	(2:31)
19 - Chap 2 - Addictions	(4:35)
20 - Chap 2 - Flights of Fancy	(3:54)
21 - Chap 2 - Hallucinogenics and Yoga	(4:00)
22 - Chap 2 - Fasting	(10:36)
23 - Chap 2 - The Body-Mind-Spirit Connection	(3:05)
24 - Chap 3 - SHATKARMAS FOR CLEANSING	(3:25)
25 - Chap 3 - Bodily Purification and Enlightenment	(7:45)
26 - Chap 3 - Cleansing of Mouth Nasal Passages and Sinuses	(1:04)
27 - Chap 3 - Mouth and Tongue	(2:24)
28 - Chap 3 - Nasal Passages and Sinuses - Neti Pot	(5:51)
29 - Chap 3 - Nasal Passages and Sinuses - Water Bowl	(2:29)
30 - Chap 3 - Colon Cleansing	(6:14)
31 - Chap 3 - Intestinal Wash	(3:04)
32 - Chap 3 - More Shatkarmas	(1:34)
33 - Chap 3 - Nauli	(4:04)
34 - Chap 3 - Kapalbhathi	(2:45)
35 - Chap 3 - Trataka	(9:38)
36 - Chap 4 - AMAROLI - INNER REJUVENATION	(2:27)
37 - Chap 4 - How to do Amaroli - Urine Therapy	(8:18)
38 - Chap 4 - Enhancing the Subtle Biology for Inner Silence	(5:15)
39 - Chap 4 - Additional Aspects of Amaroli	(1:22)
40 - Chap 4 - Amaroli with Fasting	(2:53)
41 - Chap 4 - Urine Compresses for Wounds and Skin Ailments	(2:17)
42 - Chap 4 - Using Urine with Nasal Wash	(3:01)
43 - Chap 4 - Amaroli and Natural Vajroli	(3:39)
44 - Chap 5 - PUTTING IT ALL TOGETHER	(3:52)
45 - Chap 5 - The Ecstatic Body	(4:00)
46 - Chap 5 - Self-Pacing in Practices	(7:22)
47 - Chap 5 - Stillness in Action	(5:02)
48 - Appendix - Ayurveda Diet Guidelines	(5:46)
49 - Appendix - The Six Tastes and Balancing the Doshas	(9:24)
50 - FURTHER READING AND SUPPORT	(2:54)

Total Run Time - 3 Hours, 52 Minutes

Diet
Shatkarmas
and
Amaroli

Yogic Nutrition & Cleansing
for
Health and Spirit

Yogani

From The AYP Enlightenment Series

Copyright © 2007 by Yogani

All rights reserved.

AYP Publishing

For ordering information go to:

www.advancedyogapractices.com

Library of Congress Control Number: 2007924700

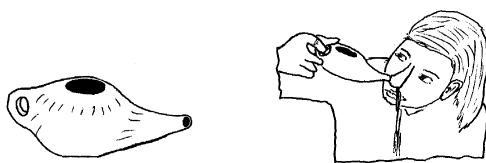
Published simultaneously in:

Nashville, Tennessee, U.S.A.
and
London, England, U.K.

This title is also available in eBook format – ISBN 978-0-9789344-0-8
(For Adobe Reader)

ISBN 978-0-9786496-4-7 (Paperback)

into the sink, as illustrated here:



Use of a Neti Pot

This is first done through one nostril, and then through the other nostril. The order does not matter. As long as the head is tipped forward during this procedure, no water will find its way into the throat. A little might spill over into the mouth, and that can be easily expelled through the mouth. (See the next section on doing jala neti using a bowl.)

In the course of doing this easy procedure with a neti pot, the sinuses will also be filled with the saline solution, gently massaging and cleansing them. Once both nostrils have received and emptied the neti pot, and have drained, it will take a few minutes more to drain the sinuses. This is done by slowly tilting the head to the left and the right, and then up and down over the sink. Water will continue to come out of the sinuses for a few minutes, so be patient. If you walk out of the bathroom too soon, you may end up draining your sinuses on the living room rug!

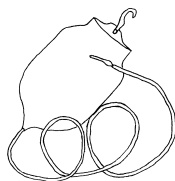
The amount of salt we put in the water is important, as this determines the comfort (or lack of it) we will find in doing jala neti.

Obviously, if the practice gives us discomfort, we will not be inclined to do it. So getting the salt content right is essential. Everyone will be a little different in this, so some trial and error will probably be necessary to get the salt content just right for you.

Slightly warm tap water can be used, if the water is sanitary. It is preferred to use pure salt without additives, such as iodine. One to two teaspoons per quart or liter of water is a range of concentration,

(ascending), across from right to left just above the navel (transverse), and back down (descending) the left side of the abdomen to the rectum and the anus.

Basti is a simple warm water enema with a gravity bag, hose with clamp, and an insert fitting at the end, which fits in the anus.



Enema Bag

Slightly warm tap water can be used if it is free of bacteria. If not, use bottled water. No salt is used. With the bag hung a few feet above the anus, carefully fill up the colon with about a quart or liter of water (or less), either leaning forward on the toilet or lying down on the left side. To protect against urinary tract infection, care should be taken not to leak water from the anus on to the urethra – ladies especially. Wait for a few minutes before expelling. Some light nauli (described later in this chapter) can be done while sitting on the toilet before and during the emptying of the colon. This easy and quick procedure will provide a good colon clean-out.

For spiritual purposes basti can be done every morning before bathing and sitting practices, along with jala neti/nasal wash. However, this is not a routine for beginning yoga practitioners, nor needed for advanced practitioners with ecstatic conductivity well established. The shatkarmas are most useful for spiritual purposes in the middle stage cultivation of ecstatic conductivity, done in conjunction with a full yoga routine.

The Six Tastes and Balancing the Doshas

Diet can play a key role in balancing the doshas. This is done through management of the intake of different types of foods, which are categorized by the six tastes and how they affect our inner constitution. The six tastes and the types of foods they are associated with include:

1. **Sweet** – Fruit, grains, sugars, milk.
2. **Sour** – Sour fruits, yogurt, fermented foods.
3. **Salty** – Natural and unnatural salts, sea vegetables.
4. **Bitter** – Dark leafy greens, certain herbs and spices.
5. **Pungent** (strong) – Chili peppers, garlic, certain herbs and spices.
6. **Astringent** (drying) – Legumes, raw fruits and vegetables, and certain herbs.

The six tastes are inclined to balance or aggravate the three doshas as shown in this table:

<u>Taste</u>	<u>Vata</u>	<u>Pitta</u>	<u>Kapha</u>
Sweet	Balance	Balance	Aggravate
Sour	Balance	Aggravate	Aggravate
Salty	Balance	Aggravate	Aggravate
Bitter	Aggravate	Balance	Balance
Pungent	Aggravate	Aggravate	Balance
Astringent	Aggravate	Balance	Balance

With this information, we can construct a complete ayurvedic diet to aid in balancing our inner energies, which will help maintain good health. Note that herbs and spices are mentioned in the taste categories above. They can play a significant role in balancing the doshas, as generally indicated in the food charts in this appendix. More targeted utilization of herbs, spices and other ayurvedic (mineral) supplements is an important field of knowledge for

Vata Balancing Diet Suggestions

	<u>Balancing?</u>	<u>Favor or Avoid</u>
Fruits	Yes	Sweet fruits, apricots, avocado, bananas, berries, cherries, coconut, figs (fresh), grapefruit, grapes, lemon, mango, melons (sweet), oranges, papaya, peaches, pineapple, plums
	No	Dried fruits, apples, cranberries, pears, persimmon, pomegranate, watermelon
Vegetables	Yes	Cooked vegetables, asparagus, beets, carrots, cucumber, garlic, green beans, okra (cooked), onion (cooked), potatoes (sweet), radishes, zucchini
	No	Raw vegetables, broccoli, brussels sprouts, cabbage, cauliflower, celery, eggplant, leafy greens, lettuce*, mushrooms, onions (raw), parsley*, peas, peppers, potatoes (white), spinach*, sprouts*, tomatoes (* indicates Okay in moderation with oil dressing)
Grains	Yes	Oats (cooked), rice, wheat
	No	Barley, buckwheat, corn, millet, oats (dry), rye
Animal Foods	Yes	Beef, chicken/turkey (white meat), eggs (fried/scrambled), seafood
	No	Lamb, pork, rabbit, venison
Legumes	Yes	Mung beans, tofu, black & red lentils
	No	All other legumes
Nuts	Yes	All nuts in small quantities
Seeds	Yes	All seeds in moderation
Sweeteners	Yes	All sweeteners except white sugar
	No	White sugar
Condiments	Yes	All spices are good
Dairy	Yes	All dairy in moderation
Oil	Yes	All oils are good

Pitta Balancing Diet Suggestions

	<u>Balancing?</u>	<u>Favor or Avoid</u>
Fruits	Yes	Sweet fruits, apples, avocado, coconut, figs, grapes (dark), mango, melons, oranges (sweet), pears, pineapple (sweet), plums (sweet), pomegranate, prunes, raisins
	No	Sour fruits, apricots, berries, bananas, cherries, cranberries, grapefruit, grapes (green), lemons, oranges (sour), papaya, peaches, pineapples (sour), persimmon, plums (sour)
Vegetables	Yes	Sweet & bitter vegetables, asparagus, broccoli, brussels sprouts, cabbage, cucumber, cauliflower, celery, green beans, leafy greens, lettuce, mushrooms, okra, peas, parsley, peppers (green), potatoes, Sprouts, zucchini
	No	Pungent vegetables, beets, carrots, eggplant, garlic, onions, peppers (hot), radishes, spinach, tomatoes
Grains	Yes	Barley, oats (cooked), rice (basmati), rice (white), wheat
	No	Buckwheat, corn, millet, oats (dry), rice (brown), rye
Animal Foods	Yes	Chicken/turkey (white meat), eggs (whites), rabbit, shrimp (small amount), venison
	No	Beef, eggs (yoke), lamb, pork, seafood
Legumes	Yes	All legumes except lentils
	No	Lentils
Nuts	Yes	Coconut
	No	All other nuts
Seeds	Yes	Sunflower, pumpkin
	No	All other seeds
Sweeteners	Yes	All sweeteners except molasses and honey
	No	Molasses, honey
Condiments	Yes	Coriander, cinnamon, cardamom, fennel, turmeric, black pepper (small amount)
	No	All other spices
Dairy	Yes	Butter (unsalted), cottage cheese, ghee, milk
	No	Buttermilk, cheese, sour cream, yogurt
Oil	Yes	Coconut, olive, sunflower, soy
	No	Almond, corn, safflower, sesame

Kapha Balancing Diet Suggestions

	<u>Balancing?</u>	<u>Favor or Avoid</u>
Fruits	Yes	Apples, apricots, berries, cherries, cranberries, figs (dry), mango, peaches, pears, persimmon, pomegranate, prunes, raisins
	No	Sweet & sour fruits, avocado, bananas, coconut, figs (fresh) grapefruit, grapes, lemons, melons, oranges, papaya, pineapple, plums
Vegetables	Yes	Pungent & bitter vegetables, asparagus, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, eggplant, garlic, leafy greens, lettuce, mushrooms, okra, onions, parsley, peas, peppers, Potatoes (white), radishes, spinach, sprouts
	No	Sweet & juicy vegetables, cucumber, potatoes (sweet), tomatoes, zucchini
Grains	Yes	Barley, corn, millet, oats (dry), rice (small amount – basmati), rye
	No	Oats (cooked), rice (brown), rice (white), wheat
Animal Foods	Yes	Chicken/turkey (dark meat), eggs (not fried or scrambled), rabbit, shrimp, venison
	No	Beef, lamb, pork, seafood
Legumes	Yes	All legumes except as listed
	No	Kidney beans, soy beans, black lentils, mung beans
Nuts	No	No nuts at all
Seeds	Yes	Sunflower, pumpkin
	No	All other seeds
Sweeteners	Yes	Raw honey
	No	All other sweeteners
Condiments	Yes	All condiments except salt
	No	Salt
Dairy	Yes	Ghee, goat milk
	No	All other dairy
Oil	Yes	Almond, corn, sunflower (all in moderation)
	No	All other oils

Further Reading and Support

Yogani is an American spiritual scientist who, for more than thirty years, has been integrating ancient techniques from around the world which cultivate human spiritual transformation. The approach he has developed is non-sectarian, and open to all. In the order published, his books include:

Advanced Yoga Practices – Easy Lessons for Ecstatic Living

A large user-friendly textbook providing 240 detailed lessons on the AYP integrated system of yoga practices.

The Secrets of Wilder – A Novel

The story of young Americans discovering and utilizing actual secret practices leading to human spiritual transformation.

The AYP Enlightenment Series

Easy-to-read instruction books on yoga practices, including:

- ***Deep Meditation – Pathway to Personal Freedom***
- ***Spinal Breathing Pranayama – Journey to Inner Space***
- ***Tantra – Discovering the Power of Pre-Orgasmic Sex***
- ***Asanas, Mudras and Bandhas – Awakening Ecstatic Kundalini***
- ***Samyama – Cultivating Stillness in Action, Siddhis and Miracles***
- ***Diet, Shatkarmas and Amaroli – Yogic Nutrition and Cleansing for Health and Spirit***
- ***Self Inquiry – Dawn of the Witness and the End of Suffering***
- ***Bhakti and Karma Yoga – The Science of Devotion and Liberation Through Action*** (2nd half 2007)
- ***Eight Limbs of Yoga – The Structure and Pacing of Self-Directed Spiritual Practice*** (2nd half 2007)

For up-to-date information on the writings of Yogani, and for the free *AYP Support Forums*, please visit:

www.advancedyogapractices.com

Diet, Shatkarmas and Amaroli provides diet guidelines and practices for cleansing and optimizing the functioning of the inner neuro-biology. This is more than a diet book. It is an integrated set of instructions on yogic nutrition, hygiene and rejuvenation, aiding and facilitating the process of *human spiritual transformation*.

The human body is the doorway between our outer world and a boundless inner realm of peace, love and creative energy. When the doorway has been opened through balanced spiritual practices - health, productivity and happiness in daily life are the natural result.

Yogani is the author of two landmark books on the world's most effective spiritual practices: ***Advanced Yoga Practices – Easy Lessons for Ecstatic Living***, a comprehensive user-friendly textbook, and ***The Secrets of Wilder***, a powerful spiritual novel.

The AYP Enlightenment Series makes these profound practices available for the first time in a series of concise instruction books.

