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3 Most Powerful Yoga Pranayamas and Kriyas - Sodarshan ...

'Su' means proper, and 'darshan' means vision. 'Kriya' in yogic science means to purify the body. As a whole, Sudarshan Kriya means 'proper vision by purifying action.' Sudarshan Kriya Yoga is a unique breathing practice that involves cyclical breathing patterns that range from slow and calming to rapid and stimulating.

How To Do Sudarshan Kriya And What Are Its Benefits?

DOWNLOAD NOW » Yoga is the science of Psycho-engineering. Just as physical sciences and technologies involve kinetic and potential energies for their operation, similarly science of psycho-engineering and maantrika technology developed in ancient India was based on Bhaavanaa Sanskaara or psychic energy.

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Kundalini Yoga Pranayama Sodarshan Chakra Kriya is described in this part 1 of the series 3 most powerful yoga pranayamas and kriyas. This pranayama bestows not only psychic powers but also delivers the aspirant from the mundane to the holy, from the dual to the Universal Oneness.

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