



Samyama Technique

This is a simplified explanation of what is described in the “Yoga Sutras of Patanjali” in the “Portion on Accomplishments” These techniques have been used to manifest many “Siddhis” or powers that may seem miraculous to the mind. We must use this technique from a place of wanting to deepen our awakening only, Siddhis will come to us eventually but let us always remember these are powers of the Self and never an individual person. If we try to claim these abilities as belonging to us, we lose access to them and in this way the practice is safe and cannot ever be misused.

It is advised that you begin with the 8 basic sutras listed below and then after at least one month of consistent practice you can begin to add others from the additional list. If you have not been consistent in your practice of the basic 8 sutras, that is ok but it is not advisable to add any more sutras until you have practised consistently for at least a month. Any extra sutras you add should be added slowly and with consistency. Do not add one on Wednesday then another five on Friday, work with one new one per month (or at the bare minimum two weeks). Again, these guidelines assume you are being consistent and if you have not been consistent more time should be allowed before adding more sutras.

Begin by using each sutra once each day, after meditation and then when you feel ready you can add a second repetition later in the day. Simply bring the word to your mind and then release it into the inner stillness or silence, consciousness or presence. You simply think it, then let it go. After approximately 15 seconds you can move on to the next sutra. If you get distracted by random thoughts during the process, simply continue the list again at the next sutra in the list that you got to before you were distracted. Eventually you may build up to two repetitions of each sutra in a morning (which should take 16 times 15 seconds approximately) and then the same in the evening. It should always be done after meditation is complete.

Important points for this practice:

1. Eyes open or closed is fine for this practice, sitting down
2. Rest after the sutras do not do any further spiritual work for at least 5 or 10 minutes. Let the sutras do their work.
3. This is a non doing, using only the power of intention and as such is awesome in its power and effect. Doing more repetitions of the sutras than recommended is NOT recommended and will impede your progress because it will overstimulate your energy system and cause you to have to stop the practice altogether for a while. Less is more and **consistency is all important**. If you do not feel you can be consistent it is advised that you wait until you can be before beginning. Respect the power of the Self, respect the body and pace your process accordingly.

4. If you have any health conditions, chronic illness, energy challenges or disease begin very slowly and perhaps add only 2 or 3 of the basic list for a week or two. Then you can add more of the basic list week by week, only one repetition each sutra per day and allow your body time to adjust. Later, you can do two repetitions each day and then later still move up to 2 repetitions in the morning and 2 in the evening.
5. Add to the list of your sutras from the extended list carefully and respect your body as it will tell you if it is ready for more. Again, consistency is key.
6. The sutras are not mantras and work by meaning, association and vibration. For this reason, if English is not your first language and you want to translate the sutras into your own language, that is highly encouraged. By comparison, with a mantra it is the sound we are using and so to change the word would change the sound, so we chant in the language the mantra was made in.
7. The sutras do their work subtly and with increasing momentum. It helps to watch for signs they are manifesting. The first thing they will do is to show you the beliefs in the way of the sutra and you will need to question them. For example, with the “health” sutra there may be a belief it is impossible to heal or that it takes time etc. These ideas must be challenged and contemplated. Another example is the “akasha” sutra which brings lightness of air and will allow the physical body to have the qualities of air/space (akasha means space). The first thing this sutra did for me was to show me I still felt the physical body is solid and at the effect of gravity. I had to challenge this belief and so will you if you want to let the sutra do its work fully.
8. The greatest impediment to the sutras working will be your own thoughts, mostly what you believe is possible. The sutras always work. **Always**. There is no “if they work” but only how long we resist looking at what is in the way of them.
9. It really is important to be open to (or willing to be open to) miracles, superhuman abilities and instant manifestation if you wish to progress. Normal human thinking is so very limited and we believe totally in physical reality only. Simply put, if it is in the list of sutras, it is possible and has manifested in the Sages many times but we do not remember or come across these stories if we are not willing to have faith or are still enamoured with physicality. There is much more possible than even listed in the list of sutras!
10. Lastly, please use these with respect and responsibility. For example, if you are underweight and need to gain weight, do not use the “Trachea” sutra.

Basic list of sutras

Love
Radiance
Unity
Health
Strength
Abundance
Wisdom
Inner sensuality

The list above is not basic in terms of what will manifest for you, only in terms of where we begin. These 8 sutras in themselves will be totally adequate for most beings.

Further optional sutras

Add these ONLY when it feels right, after you have worked with the basic 8 for a while (recommended a month at least) and feel ready to open up more. Add them one at a time, slowly and CONSISTENTLY. Take at least a month before adding another to your practice.

The sutra is listed in bold and that is all you bring forth in your mind, just the basic word(s) (a short description is added to help you understand the meaning of the sutra and this description should not be repeated in the Samyama practice).

Akasha - lightness of air Allows the body to defy/be unaffected by gravity. Permeates the mind with lightness of air.

Healing list - use this sutra to send healing to everyone on the healing list (on the Samyama page)

Past, present, future – Gives one knowledge of the past, present and future

Trachea – cessation of hunger and thirst

Word, object, idea – gives knowledge of the meaning of sounds produced by all beings.

Karma – gives foreknowledge of death

Breath – brings immunity from disruptions in the external physical environment and exit from the body at will.

Renunciation – brings destruction of the seeds of illusion, yielding liberation

Latent impressions – brings knowledge of previous births

Digestion – gives radiance of the body from inside

Elements – gives mastery over the five elements (earth, water, fire, air and inner space) enabling manipulation of all matter, including the size, appearance and condition of the body.

Body's appearance – brings disappearance of the body from view (others are unable to see your body)

Friendliness – brings increased friendliness

Sun – gives knowledge of the cosmic regions

Moon – gives knowledge of the arrangement of the stars

Pole Star – gives knowledge of the motions of the stars

Navel – gives knowledge of the composition of the body

Bronchial tube – brings calmness

Inner intuition – brings omniscience

Heart – gives knowledge of the mind

Bondage of the mind – brings knowledge of occupying another body

Unseen obstructions – brings removal of unknown veils covering illumination

Organs of action – mastery over the five organs of action (hands, feet, vocal chords, sexual organs and anus) and the ability to project actions from a great distance

Inner intellect – brings stewardship of all beings

Sequence of moments – gives the ability to differentiate self from illusion

Coronal light of “___” (insert name of deity or group of beings such as Krishna, Siddhas, Angels, Fairies etc) gives visions of such beings.

Please note this list is not complete and for a full list I suggest reading and assimilating the “Yoga Sutras of Patanjali”.

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