

Designing A Personal Practice: Based on *Vinyasa Krama*, *Tantra Shakti* and *Secrets of the Sutras*



Now it is time to apply your discernment to designing your next personal practice. Reflect on the Seven Components for Awakening *Kundalini* (Continuity, Clear Seeing, *Prana Dharana*, *Sushumna*, *Rudrani*, *Advaita*, *Bhakti*), to determine the two Components—one primary and one secondary—that would be most helpful for you to develop over the next three to six months. To make your determination, consider your life as well as practice.

From the context of the Seven Components, specify which two you wish to address in your practice and/or life, reflecting on what, on a personal level (emotionally, creatively, relationally, etc.), you perceive as the next step(s) in your evolution. Briefly explain.

Specify the meditation practice you will be doing consistently. Briefly explain your reason for selecting it:



If you intend to “seat” your meditation, indicate which one of the following centers you will focus on in your meditation: navel, heart, or 3rd eye. Please explain.

Self-prescribe a 30-90 minute regular personal practice—that you will do three to seven days a week. Review the Sutras Compendium, which includes all techniques from *Vinyasa Krama* and *Tantra Shakti*. To design your practice, first specify an *asana* category and two, a *pranayama* practice that you will emphasize.

- If you wish, you can include a *kriya* or preliminary meditation practice, (e.g. Still Lake of the Mind meditation, Cave of the Heart, a *vayu kriya*)
- Meditations are limited to: *Mantra*, meditation on the breath, *Kriya*, *Nishta Dharana*, *Chidakasha* or a few select others—see Compendium
- At a minimum, your prescribed meditation practice should include *prana dharana* + silent *mantra japa*)



Part 3.

Indicate below the *asana* category you will emphasize and why:

Indicate the *pranayama* practice you will emphasize. Explain your reasoning:

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If applicable, list the *kriya* that will precede your meditation practice. Briefly explain:



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