



Yogi

*Living in Calm and Solitude
Subduing body and his Mind
Within himself in gratitude
Ridding Desires of all Kind.*

*Neath Sylvan bowers in his Seat
Cool Stream flows by deerskin laid neat
This is the Yogi's true retreat
In meditation is his treat.*

*The Asans selected best are two
For him to meditation do
The first Padmasana lotus trance
Then Siddhasana the perfect stance.*

*Yogi's in Dhyan become aware
How breath at birth did them ensnare
Twenty one thousand thirty score
Japa leads soul to salvation's door.*





*In Padmasan do bandh trine
Focus on Kundalini in spine
Practice breathing Pran-apan
Know precious Kundalini Gyan.*

*By Hard Practice sweat beads form
Rub them into the body form
Then Yogi must of milk avail
Avoid all food, acid and stale.*

*Food is energy for the mind
And goes to mental making
Soft sweets and fruits oh! Yogi eat
At every fast of breaking*

*For psychic nerves to Purify
One must move both sun and moon
And all humours is us to dry
We must perfect maha-mudra try*

*Hamsa is Gayatri's ajapa japa
Opener of Yogi's heavenly door
Breathing with awareness let him strive
And let not him his animal drive*





*From Kundali is Hamsa born
Flowing is spine as Pran-apan
Yogi's stilling the Pran-apan
Are true adepts in sama Dhyan.*

*This knowledge is all supreme
It's practice melts the magic dream
Experience of the "Hamsa Still"
Makes Us know Divinity's will.*

*Oh valiant Yogi striving free
By pranic kumbak break the seal
The Brave by storm the heaven's take
Nirvan through kundali they make*

*Having blocked with her face
The path leading to Shiva's shrine
Awake! Oh Kundalini mine
And lead me to my home divine!*

*The Yogic Prana ablaze unites
With Kundalini to ignite
Mind intellect then penetrate
Sukhna chakras living light*

