

Tools for Tough Times



Activities & Exercises
E-Booklet

Ananda  Chennai

Copyright 2002, 2008, 2010 Hansa Trust
All rights reserved

Excerpts from *The Art and Science of Raja Yoga*

ISBN: 978-1-56589-263-7

by Swami Kriyananda

Excerpts from *Awaken to Superconsciousness*

ISBN: 978-1-56589-228-6

by Swami Kriyananda

Excerpts from *Affirmations for Self Healing*

ISBN: 978-1-56589-207-1

by Swami Kriyananda

Excerpts from *How to Have Courage, Calmness and Confidence*

ISBN: 978-1-56589-249-1

by Paramhansa Yogananda

Ananda Publicatons:

www.AnandaPublications.com

Ananda India:

www.AnandaIndia.org

Ananda Chennai:

www.AnandaChennai.org

Table of Contents

1. The Power of Breathing
2. The Full Yogic Breath
3. Stress Relieving Breathing Exercise
4. Double Breath
5. Measured Breathing
6. Ten Minute Meditation
7. Superconscious Living Exercises
8. Magnetism Exercises for Strengthening & Protection
9. Affirmations
10. Chants
11. Healing Prayer Technique
12. Yogananda's Worry Fast
13. Ten Things You Can Do Right Now During the Coronavirus Crisis
14. Resources to Support You

The Power of Breathing

We not only draw air into our body as we breathe, but vitality, strength and courage as well. And when we exhale, not only do we throw out carbon dioxide from our system, but also mental and emotional impurities such as discouragement, weakness and despair.

When a deliberate effort is made to absorb prana from the air that we breathe, then breathing can give us psycho-spiritual benefits as well. There is an intimate connection between the mind and the breath. When we are emotionally disturbed, the flow of energy in the body is also disturbed, and the effect on the breath is instantaneous: The breathing becomes erratic and rapid.

This interesting truth can be turned to good advantage, for just as the mind influences the breath, so also does the breath influence the mind. Harmful emotional states can be overcome to a great extent by deliberate, deep, harmonious breathing.

The Full Yogic Breath

A good technique for learning the Full Yogic Breath is to stand up and inhale as deeply as you can in a smooth, flowing motion. Begin with the diaphragm; continue to the sides of the rib cage; lastly, fill the upper part of the lungs. Hold the breath several moments, then exhale slowly in reverse order.

- It may help you to breathe more deeply if you begin by stooping forward, your arms hanging limply before you. Exhale.

- Begin to slowly inhale. Feel, as you inhale, that you are filling your lungs from the diaphragm, and not only your lungs but your whole body with air.
- Straighten up slowly and bring your arms upward, your elbows out to the sides, your hands close to the body. Feel that you are stretching your rib cage outward, filling the middle part of your lungs.
- Then, with a graceful movement, extend the arms upward and outward above your head, filling the upper part of your lungs, and imagine that the air is filling your arms all the way to the fingertips. Hold this position momentarily.
- Then exhale slowly, lowering your arms and stooping forward again.
- Note: With every inhalation, feel that you are drawing not only air, but strength, vitality, and joy into every body cell, from the toes all the way up to the crown of your head. With every exhalation, feel that you are expelling from your mental world all weakness and negativity.
- With the last exhalation, lower your arms, but remain standing upright.

A Stress-Relieving Breathing Exercise

The next time you feel moody, depressed, worried, or simply scattered, instead of brooding over why you feel so moody, or worrying over the fact that you worry too much, try breathing your way to better spirits. Inhale very slowly and deeply. Feel that you are inhaling, not merely air, but joy, peace, strength, or courage—whatever positive quality you want especially to affirm. Sit very straight as you practice this exercise. Imagine the breath to be filling not only your lungs, but your whole body, starting at the feet, and culminating at a point midway between the eyebrows. Focus the breath at that point, and hold it there as long as you can do so comfortably; feel that you are burning up all negative thoughts in the blaze of divine light. As you exhale, do so forcibly, expelling forever from your body and mind the last vestiges of weakness and negativity.

Repeat this exercise six or twelve times, or as often as you need to to put the forces of darkness to full flight.

Double Breathing

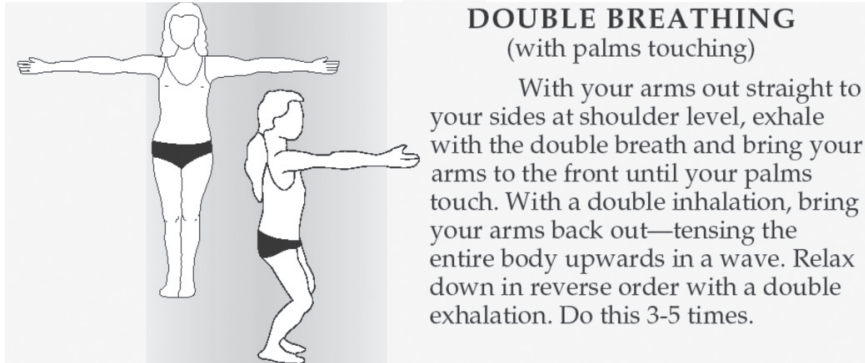
This breathing technique can help to increase the inflow of energy into the body. You can do this anytime you feel the need to bring more energy into the body:

- Inhale through the nostrils—a short breath, then a long.
- Exhale through the mouth and nose simultaneously—a short breath, then a long.

You can also practice the double breath with tension. As you

inhale, tense the whole body. As you exhale, release all tension—notice and feel the body in this relaxed state.

Full Body Double Breathing



Measured Breathing

1. Begin by inhaling through the nose, counting mentally to 12.
2. Hold the breath, counting to 12.
3. Exhale through the nose, counting to 12.
4. Gradually, if you can do so comfortably, increase this count to 20-20-20, but keep the count equal for all three phases of breathing.
5. Repeat this breathing exercise six to twelve times.
6. Then inhale and tense the whole body; throw the breath out and relax. Repeat two or three times.

Your body should now be completely relaxed, and your mind ready for meditation or the next activity.

A 10-Minute Meditation

“Watching the Breath”

Note: It can help to practice Measured Breathing (see above) before meditating.

1. Sit up with the spine straight. Do a double inhalation through the nose and tense the whole body. Do a double exhalation through the mouth and relax the whole body. Do this three times.
2. With eyes closed, position your eyes gently upward as though looking at the sun setting just above the horizon—at the point between the eyebrows. This is the seat of concentration, as well as of divine vision in the body. An upward eye position helps one to feel uplifted.
3. While breathing naturally in and out (no rhythm) and keeping the eyes closed but uplifted, become aware of the breath coming in and out of the nose.
4. Notice the coolness of the breath as it comes in and the warmth as it flows out.
5. Ignore the busy thoughts and just focus on the breath.
6. Concentrate with deep calmness at the point between the eyebrows. Affirm mentally: *“Thy light flows into me; I am filled with peace.”*
7. Do this for five minutes.
8. Now stop watching the breath and just sit in the silence for five more minutes with the eyes still uplifted. Make sure the spine is still straight throughout the meditation. Just enjoy the peace.
8. End by chanting “AUM”.
10. Say a healing prayer or affirmation for the world if you like (see healing prayer or affirmation sections).

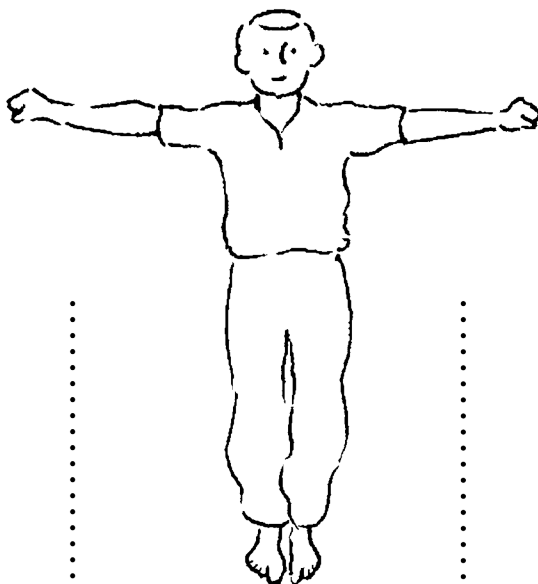
The Superconscious Living Exercises



1.

Walk vigorously in place,
affirming repeatedly:

I am awake and ready!
I am awake and ready!



2.

Extend your arms vigorously
to the sides, then front, then
high overhead, affirming:

I am positive! energetic!
enthusiastic!

- Begin with your hands at the chest.
Fling your arms out to the side with
the affirmation, "I am positive!"
- Bring the hands back to the chest, then
extend the arms vigorously in front of
you with the affirmation, "energetic!"
- Bring the hands back to the chest,
then fling them high above your head
with the affirmation, "enthusiastic!"
- Finally, relax the arms at your sides.

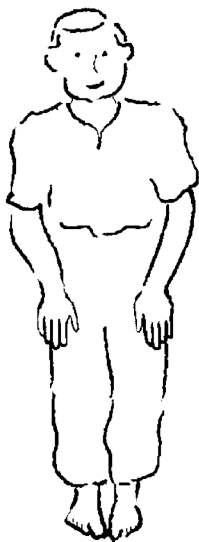
Repeat this exercise several
times.



3.

Rap your knuckles lightly
on the arms, affirming
repeatedly:

I am master of my body!
I am master of myself!

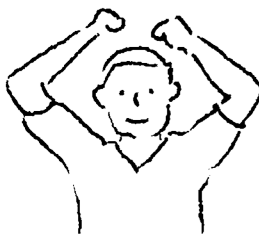


4.

With your palms, briskly rub your arms, legs, hips, chest, and other parts of your body while affirming repeatedly:

Awake!

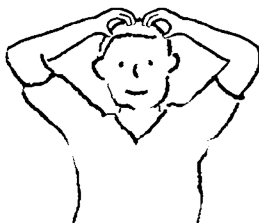
Rejoice, my body cells!



5.

Rap your scalp lightly with your knuckles, affirming repeatedly:

**Be glad, my brain.
Be wise and strong!**



6.

Massage your scalp lightly all over with the fingertips, affirming repeatedly:

**Awake, my sleeping
children! Wake!**

from the book, *Awaken to Superconsciousness*

by Swami Kriyananda

©2000 Crystal Clarity, Publishers

Magnetism Exercises to Strengthen and Protect

Excerpt from *Awaken to Superconsciousness*

by Swami Kriyananda

1. If those [negative] influences come to you unsolicited, remember: They may have been sent to you to help you grow stronger in yourself. A hothouse plant grows larger and more luxuriant than its cousins out of doors, exposed as they are to the wind, rain, and cold, but it has less stamina.

2. If you know you are going to be exposed to tamasic vibrations, take the time to meditate beforehand. Then harmonize the vibrations of your heart. Next, consciously emanate peaceful vibrations outward from your heart center to your environment. For human energy has two modes of expression; one of them is giving, the other, receiving or absorbing. If you can consciously enter the giving mode, you will find yourself much less affected by outside influences, whether good or bad. (for this reason it is wise also, as much as possible, to sleep and eat in a harmonious environment. For at such times, your energy is in the absorbing, or receiving mode.

3. Japa: Mentally chant, according to the sincere call of your heart: for example, “I am Thine. Be Thou mine,” or, less personally, “I am light. I am love. I am a fountain of unending peace!” or “Om Guru”.

4. Send the heart’s energy upward to the point between the eyebrows. Feel yourself surrounded and embraced by the divine light.

5. In the privacy of a room, place your arms down at your side. Then, mentally chanting AUM, bring them upward, straight out to the side, with your palms up, until you join the palms high above the head. Mentally create an aura of upward-moving light around your body.

6. Extend your arms before you, your palms touching. Then move them out and around your body in a broad circle until the palms or fingers touch once again behind your back. Mentally, while repeating this process, chant, “AUM-TAT-SAT”. Repeat this process at least three times. After you’ve finished it, feel yourself surrounded by that protective vibration.

7. Try not to look into the eyes of, or shake hands with people whose vibrations are negative. This avoidance may prove a little socially awkward at times so I don’t insist on it, but I should state that these are two of the strongest ways by which magnetism is exchanged between people.

8. When you find that you must enter a disharmonious environment, keep a spiritual “body guard: with you: someone who is on the same spiritual wavelength as you, to help keep your magnetism strong.

* * *

Also, stay out of negative behavior: talking about other people behind their backs (gossip), indulging in complaining and negative thoughts, giving into anger, etc... These habits will dissipate our magnetism. Decide not to be a negative influence yourself. If you have a problem with a situation, take your concerns to those who have the power to make the changes rather than gossip to peers who can’t do anything about it.

Affirmations to Try

Affirmation to Help the World Overcome Crisis

God's light is within me and around me. With the sword of faith in my hand, with the love of God in my heart, I am a warrior of light. I join my brothers and sisters everywhere to overcome fear with faith, hatred with love, and disease with health. Let us fill the world with God's light.

From *Affirmations for Self-Healing*

by Swami Kriyananda

For Joy

I am even-minded and cheerful at all times.
I know that joy is not outside me, but within.

For Energy

Within me lies the energy to accomplish all that I will do.
Behind my every act is God's infinite power.

For Success

I leave behind me both my failures and accomplishments.
What I do today will create a new and better future,
filled with inner joy.

For Self-Confidence

I live in the assurance of God's truth within.
In my inner Self, and not in the opinions of others,
lies true victory.

From *Inner Culture Magazine*, 1942

by Paramhansa Yogananda

I will go forth in perfect faith
In the power of Omnipresent Good
To bring me what I need
At the time I need it.

From *Scientific Healing Affirmations* (1924 edition)

by Paramhansa Yogananda

I am brave, I am strong.
Perfume of success thought
Blows in me, blows in me.
I am cool, I am calm
I am sweet, I am kind
I am love, I am sympathy
I am charming and magnetic
I am pleased with all
I wipe the tears and fears of all
I have no enemy
Though some think they are so.
I am the friend of all.
I have no habits,
In eating, dressing, behaving
I am free, I am free.
I command Thee, O Attention
To come and practice concentration
On things I do, on works I do.

I can do everything
When so I think, when so I think.
In church or temple, prayer mood
My vagrant thoughts against me stood
And held my mind from reaching Thee
And held my mind from reaching Thee
Teach me to own again, O own again
My matter-sold mind and brain
That I may give them to Thee
In prayer and ecstasy
In meditation and reverie.
I shall worship Thee
In meditation
In the mountain breast and seclusion.
I shall feel Thy energy
Flowing thru my hands in activity
Lest I lose Thee
I shall find Thee in activity.

Chants to Sing

From Joy I Came

by Paramhansa Yogananda

From Joy I came,
For Joy I live,
In sacred Joy I melt again.

I Awake in Thy Light

By Swami Kriyananda

I awake in Thy light, I awake in Thy light,
I am joyful I am free, I awake in Thy light.

I awake in Thy joy, I awake in Thy joy,
I am joyful I am free, I awake in Thy joy.

I awake in Thy love, I awake in Thy love,
I am joyful I am free, I awake in Thy love.

Healing Prayer Technique

by Paramhansa Yogananda

Sit up straight in a chair and concentrate at the spiritual eye. Focus with eyes closed at the point between the two eyebrows and then think of the spiritual eye of the person you want to send healing energy to. (If they are not present, you may have a picture of the person in front of you to visualise them better.) Don't think of the disease. Think of the healing process, trying to strengthen the healing power in that person. Visualize the healing light going through your medulla oblongata at the base of the brain. Then draw that healing light through the point between the two eyebrows which is the seat of will power in the body.

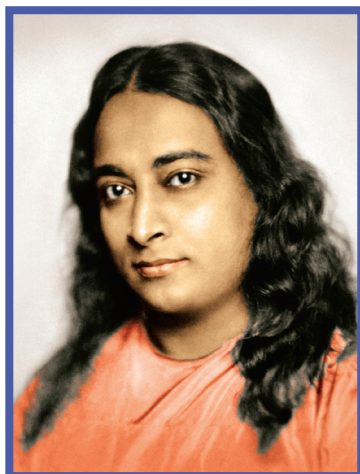
Finally, send the light into the spiritual eye of the person you want to heal or to your own body. For a period of time, fill your/their whole body with that healing light. Close by affirming aloud, "Divine Mother, Thou art omnipresent, Thou art in all Thy children. Thou art in (name of the person). Manifest Thy healing presence in my/his/her body, mind, and soul." Then rub the hands together briskly until you feel a magnetic charge. Hold your hands up, palms out, to send the energy to a person at a distance. Chant AUM three times as you continue to hold up the hands, moving them up and down in space. Visualize sending the energy as long as you feel the inspiration. See that part of the body as being well.

Healing Prayers for the World

Visualise the World surrounded in healing energy. See all the leaders, health workers, scientists, and victims of the virus protected and filled with courage and light to face all obstacles. Close by affirming aloud, “Divine Mother, Thou art omnipresent, Thou art in all Thy children. Manifest Thy healing presence in ALL bodies, minds, and souls.” Then rub the hands together briskly until you feel a magnetic charge. Hold your hands up, palms out, to send the energy to the world. Chant AUM three times as you continue to hold up the hands, moving them up and down in space. Visualize sending the energy as long as you feel the inspiration.



Swami Kriyananda
Ananda Sangha's Founder
Direct Disciple of
Paramhansa Yogananda



Paramhansa Yogananda

The Worry Fast

Excerpt from *How to Have Courage, Calmness and Confidence* by
Paramhansa Yogananda

Worries are often the result of attempting to do too many things too quickly. Do not “bolt” your mental duties, but thoroughly masticate them, one at a time, with the teeth of attention, and saturate them with the saliva of good judgment. Thus, will you avoid worry indigestion. Do not feed your mind with mental poisons of worries. Learn to remove the causes of your worries without permitting them to worry you.

If you are suffering from mental “ill health,” go on a mental fast. A health-giving mental fast will clear the mind and rid it of the accumulated mental poisons from a careless mental diet.

Go on worry fasts. Three times a day, shake off all worries:

At seven o’clock in the morning: say to yourself, “All my worries of the night are cast out”

From 7 to 8 a.m. “I refuse to worry, no matter how troublesome are the duties ahead of me. I am on a worry fast.”

From noon to 1 p.m.: say, “I am cheerful, I will not worry.”

In the evening, between six and nine o’clock: while in the company of your spouse or hard-to-get-along-with relatives or friends, mentally make a strong resolution: “Within these three hours I will not worry. I refuse to get vexed, even if I am nagged. No matter how tempting it is to indulge in a worry feast, I will resist the temptation. I must not sabotage my peace-heart by shocks of worries. I cannot afford to worry—I am on a worry fast.”

After you succeed in carrying out worry fasts during certain hours of the day, try fasting for one or two weeks at a time. Then, try to prevent the accumulation of worry poisons in your system entirely. Whenever you find yourself indulging in a worry feast, go on a partial or complete worry fast for a day or a week. Whenever you make up your mind not to worry, stick to your resolution.

You can calmly solve your most difficult problems, putting forth your greatest effort, and at the same time absolutely refuse to worry. Tell your mind, “I am satisfied and happy that I am doing my best to solve my problem; there is absolutely no reason to worry.”

When you are on a worry fast, drink copiously of the fresh waters of peace flowing from the spring of every circumstance, vitalized by your determination to be cheerful. If you have made up your mind to be cheerful, nothing can make you unhappy. If you choose not to destroy your peace of mind by worrying about unhappy circumstances, none can make you dejected. Concern yourself only with the untiring performance of right actions, and not with their results. Leave the results to God, saying, “I have done my best under the circumstances; therefore, I am happy.”

Worry fasting is the negative method for overcoming worry poisoning. There is also a positive method: One infected with the germs of worry must feast frugally, but regularly, on the society of joyful minds. Every day he must associate—if only for a little while—with “joy-infected” minds. There are some people the song of whose laughter nothing can still. Seek them out, and feast with them on this most vitalizing food of joy. Steadfastly

continue your laughter diet, and at the end of a month or two you will see the change—your mind will be filled with sunshine.

The mind must manifest calmness. Where the worries and trials of everyday life are concerned, the mind must be like water, which does not retain any impression of the waves that play on its surface. This is not an excuse for negligence in business, which should be avoided as carefully as the unnecessary concern arising from an inflated sense of responsibility. You must remember that without health, peace, and happiness, material success is of little value to you. What does it avail you if you become seriously ill from worry?

Therefore, let go of your worries. Enter into absolute silence every morning and night, and banish thoughts for several minutes each time. Then, visualize some happy incident in your life; mentally go through the pleasant experience over and over again until you forget your worries entirely. Mental relaxation is the ability to free the attention at will from haunting worries over past and present difficulties, the pressure of constant responsibilities, dread of accidents, and disturbing thoughts and attachments. Mastery in mental relaxation comes with faithful practice. It can be attained by freeing the mind of all thoughts at will, and keeping the attention fixed on peace and contentment within.

Ten Things You Can DO Right Now During the Coronavirus Crisis

People can feel overwhelmed with a sense of powerlessness during a crisis. Find ways that you can feel in control of your life by doing the following:

1. Limit the amount of news you watch and read: check it once or twice per day but don't dwell on the bad news.
2. Limit the amount of time you talk about the bad news with others. Try to think of positive things to talk about!
3. Think of ways to help others—even if it is only remotely.
4. Get regular exercise and eat plenty of fruits and vegetables. Avoid sugary foods as sugar can reduce immunity.
5. Learn to meditate! If you already know how--meditate more!
6. Read an uplifting book.
7. Search for “Good News” on the internet. You'll find stories of heroes and the good that people are doing for the world.
8. Be kind. Spread kindness. Be a source of light and inspiration for those around you who can't do it for themselves.
9. Sing a beautiful song. Music will touch your heart and bring peace and joy into your life.
10. Pray continuously. Do the healing prayers in this booklet. Ask God to help all those in need including leaders, health workers, and those who are suffering. Visualise the virus dissolved by God's healing light.

Ananda Resources to Support You

Ananda Chennai Website:

www.anandachennai.org

Ananda Chennai YouTube Channel:

www.YouTube.com/c/AnandaChennai

Ananda India Website:

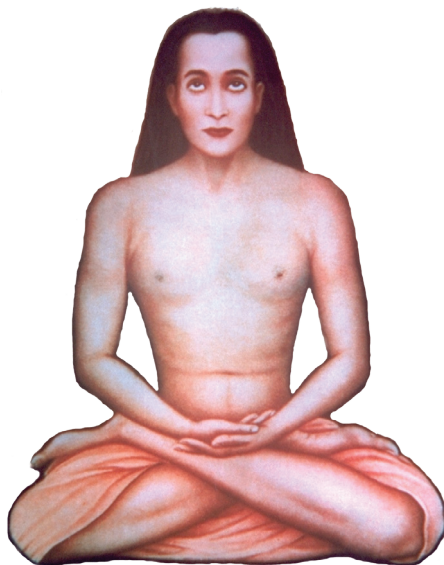
www.anandaindia.org

Ananda Worldwide Website:

www.ananda.org

Ananda India Publications Website:

www.anandapublications.com



Mahavatar Babaji
The Deathless Kriya Yoga Guru