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Perfect Paradox, Inc.

Gouthum Karadi

[HOW TO RELAX LOSE WEIGHT AND LIVE STRONG WITH YOGA.]

In this eBook Perfect Paradox gives an introduction on how to use Hatha Yoga to calm the digestion, the mind, and the body. Distributed through OmMyGod.com & PerfectParadox.org

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Introduction

Natural healing is growing in importance and application as we hear daily on the news of problems with today's prescribed course of treatments—poisons described as pharmaceuticals. Today, modern medicine recognizes the value of ancient practices even as it originally spurned them. In fact, xenophobia and ignorance lead to their going underground hundreds of years ago. Yet like all truth, they return in different forms.

Perfect Paradox, Inc. is dedicated to all aspects of alternative healing and philosophy. We specialize in the basic application of ancient East Indian philosophies as drawn from the oldest religious and philosophical texts in the world.

Rather than force our audience to sign-up for long seminars or undertake study of these often difficult texts, we open these ideas to you in simpler eBook format. This eBook specifically deals with Hatha Yoga Asanas for digestion. It also offers links to several healing chakra oils which aid in this process.

Westerners and non-Indians know these physical postures and positions as “Yoga.” The term sources from root words meaning “to yoke” and “union.” We apply the idea to uniting the spiritual self and body with that of God. If you wish to know more, please download other eBooks or look at our recommended links.

We do not separate mind, body, and soul in our overall health practices. We recommend that while you perform these exercises physically you mentally think about the healing of your body. Simultaneously recognize that you are part of the whole of the universe as both external Western science and internal Eastern science prove.

A Note from the Founder

As with all training and nutrition programs, consult your physician before making any changes to your current diet. I make no promises as to the effectiveness of these methods other than the testimonial that they have helped me to manage my Ulcerative Colitis with no herbs, pharmaceuticals, or colonectomy.

If you want the full aspects of ancient Indian philosophy, it is recommended that you order my essential oil products and blends, other books, and take my in-person seminars or online training. Please click the embedded links in order to read more about my offerings.

Namaste, Hari Om, and God Bless!

-Gouthum Karadi

Stress Relief and Relaxation: Digestion, Metabolism, and Lower Back

These asanas--or postures--focus on relieving the stress and malabsorption to our work habits and modern Western diet. They allow us to release our suppressed emotions from our isolated and detached society. Drinking lots of water and creating meaningful relationships also decreases stress while simultaneously improving mental health, energy, and relaxation.

Asanas or Postures

The following poses come from ancient Indian texts and have been gleaned from a much larger set of exercises. They massage your internal organs encouraging the proper secretion of hormones, balancing of energy and overall mental and physical wellbeing with respect to the conditions mentioned above.

Format*

Below you will find the name of the Asana in Sanskrit, using the Roman alphabet, as well as a familiar name in English. There are variations on all of these from which we chose the easiest ones for beginners. Below the title is a sketch and short description and general relief provided by the individual pose. Please execute each one in order with the following guidelines:

Breathing

In each of the asanas, we recommend the following breathing stages for the noted times.

1. Inhale for time x once in the start position.
2. Hold for time x as you concentrate to begin.
3. Exhale over time x as you execute the movement.
4. Hold final position for x time once in the end position.
5. Breathe as you return to start.
6. Repeat.

Cycle Ranges

- Beginner: 4-8 second breathing cycle time x
- Intermediate: 8-12 second breathing cycle time x
- Advanced: 12-16 second breathing cycle time x

*For variation, you can insert Shavasana between each posture for the same amount of time as your skill level. Advanced or fit people can decrease the use of this posture as rest and recovery time.

Underactive or Deficient

Those with constipation and lethargy are recommended to concentrate forcefully while relaxing only during Shavasana.

Overactive or Excessive

Those with IBS/IBD, gastrointestinal burning, or diarrhea need to breathe slowly and deeply throughout, focusing on thoughts of water and cool blue turquoise or green aquamarine.
(Add colors for all of the other asanas.)

Chakra Oils

Humanity has a serious issue with outdated philosophy. We over-think things and work too hard and aggressively. We also see ourselves as separate from each other and the world around us. As a result we fear connectedness and emotional openness.

We judge our feelings and suppress them. As a result they come out through health issues, running around frenetically waving our arms, violence, and mental obsession. Naturally the solution is to open our hearts and voices to allow the human family to process together.

Yet if we open up now many of us may become, violent, depressed, or even more ill. First we need to sedate and release our suppressed feeling. Then, once that is done, we can open up and share ourselves more freely.

Since this eBook only focuses on the common issues of depression, inflammation, immune system, nervous system and metabolism, we recommend chosen four [Chakra Oils](#). If you wish more advanced healing take our courses or treatments.

The four oils are Heart, Solar Plexus, Sacral, and Root. We apply them in this order:

1. [Root Chakra Oil](#) applied to tailbone or base of spine.
2. [Sacral Chakra Oil](#) applied to are around bellybutton.
3. [Solar Plexus Chakra Oil](#) to the base of the sternum, or solar plexus
4. Perform Asanas.
5. [Heart Chakra Oil](#) upon the heart area.

NOTE: All oils can be added to both the front and back of the body and this process may be repeated for each asana.

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Paschimottasana (Seated Forward Bend)



Instructions

Sit flat on your buttocks with your legs straight out. Lift your gluteus--buttock muscles--out of the way, spreading them so that your actual pelvis, hips, lie on the ground. Keep your back straight with its slight natural arch. Ease forward at the waist as opposed to reversing the natural curvature of your spine. Bend elbows and grab the backside of your calf muscles.

Notes

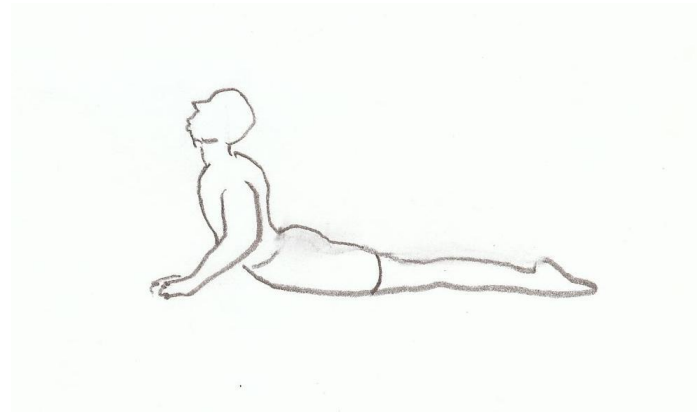
Keep natural arch of back, bend at pelvis, and relax back. Focus in stretch of hamstrings (i.e., backs of legs). Eventually, you will be able to touch your head to your knees and grab your toes. Practice stretching hamstrings before performing; may hurt lower back if sensitive or muscles are cold. Care is needed to insure that you do not increase conditions such as IBD or IBS. Focus on coolness, relaxation and relief for intense digestion including heartburn. Focus on energy flow and heat for constipation and abdominal swelling.

Benefits

Increases digestive power, including constipation, overall energy and depression relief, and metabolic conditions such as diabetes.

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Bhujangasana (Cobra or Serpent Pose)



Instructions

Lie facing downward on your stomach with your palms on the floor. Keep hands arms parallel to the body with elbows pointing upward rather than outward. Keep legs straight out behind you with buttocks clenched and toes pointed as if you have a mermaid tail. Slowly raise your upper body with lower back muscles while maintaining a spinal curve all the way up through the head. Gently try to tip your head back and see the ceiling without using the arm or shoulder muscles.

Notes

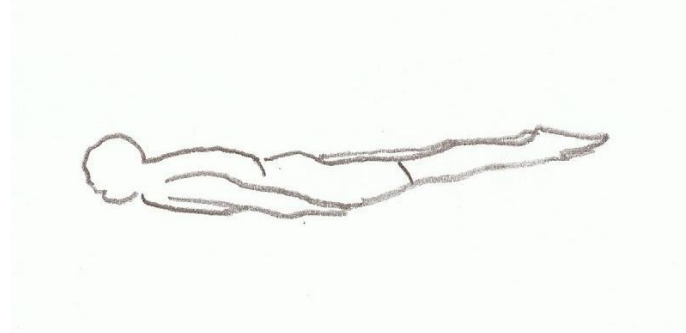
Be extremely careful not to use the arms and shoulders to forcibly arch your back. The important thing in this asana is to firmly, not rigidly, contract the muscles as one. With repeated practice, your body naturally rises.

Benefits

Increases overall digestion as opposed to just the power or agni/fire above. Gastrointestinal issues such as IBS, IBD, and constipation. Thinking of cooling and release again for irritation; metabolism and warmth for constipation, lethargy and lack of energy.

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Shalabhasana (Locust)



Instructions

Begin with lying with your stomach flat on the ground, chin and face downward. Place palms flat on the ground underneath hips with elbows and arms parallel and underneath the body. Slowly raise lower body upward at an angle as one. Point toes and feet straight out the entire time. There is a natural curve to the lower body as it rises toward the sky.

Notes

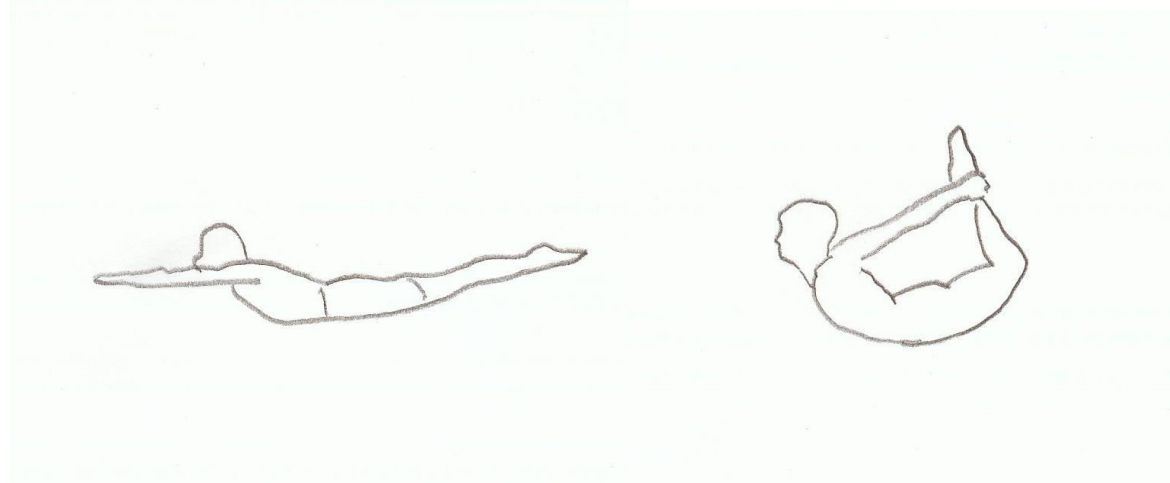
As with this entire series, be careful again not to forcibly arch the back or squeeze and compress the vertebrae too tightly. Use back and stomach muscles to lift rather than hands, body, neck, shoulders or head.

Benefits

Improves quality of digestion especially absorption and other gastrointestinal issues.
Decreases physical weaknesses by circulating prana.

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Dhanurasana (Bow Pose)



Instructions

There are two main versions of this asana. The first, for the beginner, involves arching both ends of the body simultaneously as if stretching a bow. Like an actual bow of the yew tree, it takes conditioning before complete stringing. So, in the same way, start slow. In the second version, the person actually reaches behind and grabs the outside of the ankles with the thumbs downward and the palms inward.

Notes

Be careful of pushing too far too quickly thereby injuring shoulder, hips, back, ankles or neck. It is important that this is a natural movement and progression where you become more flexible over time as you breathe fluids and flexibility back into your joints and muscles.

Benefits

Through solar plexus and metabolic system improves liver function while increasing eliminative digestion, excellent for constipation, kidneys, endocrine, thyroid and adrenals-energy.

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Matsyendrasana (Spinal Twist Pose)



Instructions*

We will explain the right leg version. Sit on the floor and move both gluteus muscles out of the way such that your pelvis is on the ground, as explained in the first asana in this series. Next, cross the right leg underneath the left as if beginning to sit cross-legged, or in a lotus position. Then, instead of bringing your left leg into a similar cross, you step over the left and place its foot and heel flat on the ground.

Now, your left palm goes flat onto the ground behind you with the wrist side as close to the buttocks as is comfortable. Reach over the left knee as in the diagram while twisting the spine carefully and calmly. Do not turn violently as you may injure yourself. Instead keep the spine erect and straight as if a line went straight up from the core of the Earth all the way to the sun at noonday.

Notes

Be extremely careful of bending, arching or forcing your spine. Do not increase twisting pressure on shoulder girdle, neck, or wrists. Calmness, steadiness, and consistency build in this type of Hatha Yoga.

Breathing

Breathe in as you prepare, exhale as you twist. Hold for the correct number of seconds as dictated by your ability level: beginning, intermediate, advanced. At each stage, count the appropriate time. Inhale for x Seconds, hold for x Seconds, exhale for x Seconds, hold empty for x Seconds.

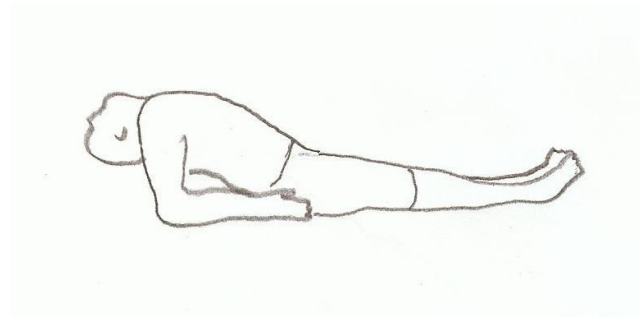
*Our diagram shows the intermediate or advanced form of this posture. In the beginning version, the hip belonging to the leg on the floor extends straight outward.

Benefits

This pose improves all around systemic function including energy flow, digestive fire, and endocrine issues. Beneficial for excessive or deficient digestive power-both constipation and diarrhea (IBS/IBD).

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Matsyasana (Fish Pose)



Instructions

In this position, begin with back flat on the ground, arms to the sides parallel to the body with palms flat. Keep natural curvature of the spine slowly rising off of the ground. Use the pelvis to pivot like a hinge. This process ensures that the appropriate muscles and systems are exercised without undue stress on an already overtaxed lower back.

Notes

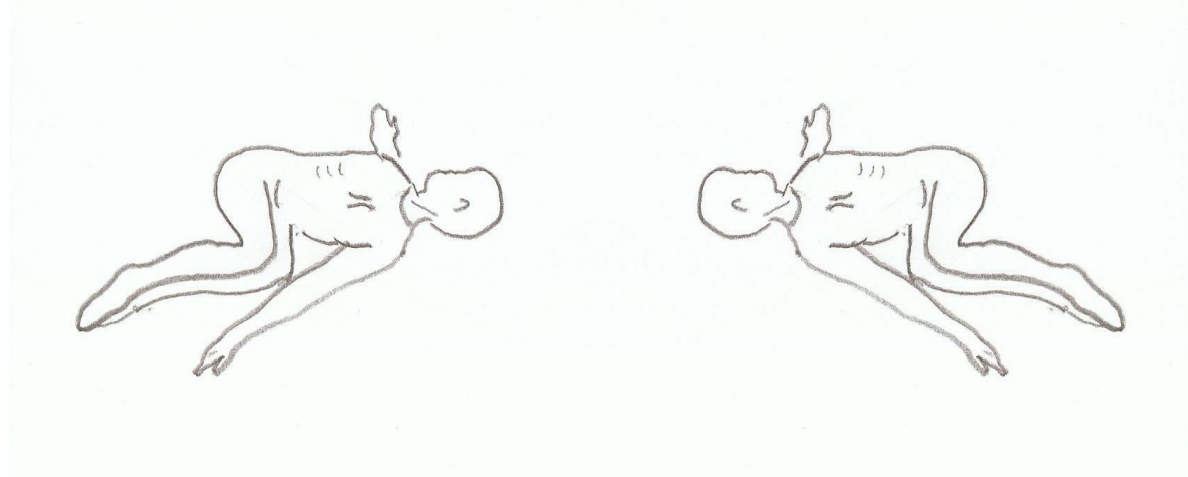
Be sure to bend the elbows as your upper body angles upward without putting pressure on shoulder girdle elbows themselves, wrists, or neck. Keep head tilted rearward without letting it rest on the ground. As you become more proficient your body will naturally bend and flow in one graceful movement.

Benefits

Gastrointestinal disorders, ascending and descending colon. Absorbtion of nutrients and expulsion of wastes.

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Jathara Parivartasana (Lying Spinal Twist)



Instructions

Lie flat on your back and bring your knees to your chest as if preparing to hug them. Spread arms straight outward from the shoulder with palms flat on the ground. Then, slowly twist them to one side while keeping them bent and hinging at the lower back. You will feel your spine gently wring like a wet towel, expelling toxins and moistening joints. Eventually the lower leg lays flat on the ground.

Notes

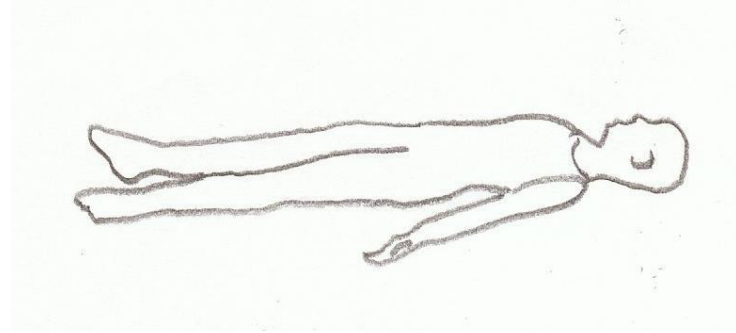
A partner can assist by placing gentle pressure on the thighs, one arm pushes simultaneously on the upper shoulder. This allows your spine to adjust to the natural curve. Do not force or put excessive pressure on shoulder girdle, or hips. Start slowly and gently concentrate on a steady breathing cycle.

Benefits

Metabolism, fat reduction, liver, spleen, pancreas intestines, abdominal organs.

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Shavasana (Corpse Pose)



Instructions

Lay flat upon your back with legs and arms spread at a slight angle. This comes naturally without force and may not look exactly like the picture. The space between the ankles may be 12-18 inches more or less, and the hands with palms upward are 8-12 inches from the sides of the body. These numbers are guidelines and will change based on several factors, including, but not limited to, shoulder width, width of hips, openness of joints, height, weight, etc.

Notes

As you breathe in this posture, it is the crown of your Hatha Yoga practice. Mastering the state of conscious relaxation takes a special level of concentration: without force, and without yielding, like floating on the surface of a glass of water.

Benefits

Too many benefits to list. It is recommended that all people finish their routine with this asana.

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Summary

Each of the above Asanas were chosen based on many fields of inquiry, including chakra systems, energetic and vibrational healing-including Reiki, Ayurveda, Western or Allopathic medicine, and Chinese Medicine. Finally, personal and clinical experience round out the modalities merged herein.

In simple words, we at Perfect Paradox tried to create a simple method by which an individual could easily gain relaxation and health benefits without having to concentrate too hard. Let's face the reality, over-concentration in the wrong way caused the problem in the first place.

How many people understand electricity and magnetism? Maxwell's equations? Binary numbering? Not too many. But does that stop these people from turning on their computer and watching a video or reading this book? I think not.

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