Table of Contents

Acknowledgments / Note to the Reader				
•	Introduction to Shakti Naam Yoga			
INTROD	OUCTION • Vibration and Transmutation	3		
	e Lineage of Shakti Naam	9		
	e Science of Sukshma Vyayama	10		
1110	ocionico di daksimia vyayama	10		
CHAPTI	R 1 • Developing a Personal Shakti Naam Yoga Practice	13		
CHAPTI	ER 2 • Foundations of Alignment	21		
•	Sets			
CHAPTI	ER 3 • Sukshma Vyayama Exercises: Building the Subtle Body	27		
1	Mani-Bandha Shakti Vikasaka (Developing the Wrists)	29		
2	Kara-Prashtha Shakti Vikasaka (Developing the Back of the Hands)	32		
3	Anguli-Mula Shakti Vikasaka (Developing the Finger Joints)	35		
4	Kara-Tala Shakti Vikasaka (Developing the Palms)	38		
5	Skandha Tatha Bahu-Mula Shakti Vikasaka	41		
	(Developing Strength of Shoulder Blades and Joints)			
6	Bhuja-Balli Shakti Vikasaka (Strengthening the Forearms)	42		
7	Arm Toning/Bicep Curls with Flat Palms	45		
8	Arm Toning/Bicep Curls with Shakti Mudra	46		
9	Seated King Kong	47		
	Anguli Shakti Vikasaka (Strengthening the Fingers)	48		
11	Vaksha-Sthala Shakti Vikasaka (Developing the Chest)	51		
12	Seated Twist	53		
CHAPTI	ER 4 • Healing Hand Movements	55		
1	Healing Hands Meditation for Joy & Prosperity (ver. 1)	57		
2	Healing Hands Meditation for Joy & Prosperity with Clapping (ver. 2)	59		
3	Healing Hands Meditation for Joy & Prosperity with Head Turns (ver. 3)	61		
4	Healing Hands Meditation for Joy & Prosperity with Head Turns & Clapping (ver. 4)	63		
5	Meditation for the Heart and Immune System with RaMa	65		
6	Meditation for a Powerful Projection with RaMa	66		
7	Meditation for Healing and Connecting with Your Higher Self	68		
8	Meditation for Building Energy	70		
9	Meditation for the Heart and Emotions	71		
10	Meditation to Help Regulate the Blood Pressure	72		
CHAPT	ER 5 • Seated Cardio Warm-up Sets	75		
1	For Healthy Digestion and Prana	77		
2	For Pure Blood and the Liver	80		
3	To Purify the Blood and the Thyroid	83		
4	For the Lungs and to Purify the Blood	87		
5	For the Brain and the Thyroid	90		
6	For the Kidneys and the Lungs	93		
7	For the Brain and the Lungs	96		
8	For Renewed Vigor, Baby Blood and Beauty	99		
9	,	102		
10		107		
11		110		
12	For the Thyroid and the Kidnevs	112		

	13	For The Lungs and Lymph and Releasing Stress	115
	14	For the Heart, the Arteries and Digestion	121
	15	For the Heart and the Arteries	123
	16	For the Heart, Magnetism and Vitality	127
	17	For the Arteries, the Thymus and the Heart	130
	18	For the Spine, the Thyroid, and the Aura	134
	19	For the Cardiovascular System and a Strong Heart	139
	20	Building the Subtle Body (1)	142
	21	Building the Subtle Body (2)	145
	22	For Happiness and a Positive State of Mind	148
	23	For the Heart and the Thymus Gland	151
	24	For the Brain and Renewed Energy	154
	25	For the Brain and the Mind	158
	26	For Clarity, Healthy Digestion, and Pure Blood	161
	27	For the Thyroid, Digestion and Positivity	165
СНА	APTE	R 6 • Standing Cardio Warm-up Sets	173
	1	Lateral Squats	174
	2	Standing Receiving Energy From Heaven	175
	3	Brain Boosting with HAAA	176
	4	Mini Brain Boost	177
	5	Brain Boost with Palms Facing the Ground	178
	6	Energizing Arm Swings	179
	7	Jumping with Arms Overhead in "V" Position and HAR	180
	8	Moving "V" Position Overhead	181
	9	Cross Walking with Clapping and HAR	182
	10	Lateral Side Stepping with Clapping	183
	11	Overhead Shakti Mudra Dancing with Breath of Glow	184
	"	Overhead shakii Madia bahcing wiiri bleairi of Clow	104
•—		The Infinite Blessings of RaMa	
CHA	APTE	R 7 • RaMa Meditations for Specific Benefits	187
	1	Meditation for General Healing, Energy and Removing Tension	189
	2	Meditation for Confidence, Leadership, Balance & Protection	190
	3	Meditation for Balance and Protection	191
	4	Meditation to Heal Problems and Ailments Related to the Throat	192
	5	Meditation to Heal Back Problems	193
	6	Meditation for a Bright Aura, Energy, Enthusiasm and Motivation	194
	7	Meditation for Protection and Blessings	195
	8	Meditation for Protection and a Peaceful Mind	196
	9	Meditation for a Strong Magnetic Field	197
	10	Meditation for Protection and Strength of Mind	198
	11	Meditation to Balance the Nervous System	199
	12	Meditation to Remove Excess Cholesterol	200
	13	Meditation for Health and Spiritual Growth	201
	14	Meditation for Confidence and a Strong Aura	203
	15	Meditation for Overcoming Obstacles and Bringing Equilibrium	204
	16	Meditation for Confidence	205
	17	Meditation for Synchronizing the Brain	206
	18	Meditation for Abundance	207
	19	Meditation for Self-Healing	208
	20	Meditation for Wiping Out Past Karma	209
	21	Meditation to Help Depression	210
	22	Meditation for Magnetism and Victory	211
	22	-	
	22	Meditation for Vouth	212
	23	Meditation for Connecting with Your Source of Unlimited Energy	212

	4	Medianorior Connecting with roal source of shiftined Energy	210
	25	Meditation for Healing	214
	26	Meditation for Purity and Blessings	215
	27	Meditation for Energy and a Strong Auric Field	216
	28	Meditation for Vitality and Mental Clarity	217
	29	Meditation for the Aura and Self-Healing	218
	30	Meditation for Neutrality and Blessings	219
	31	Meditation for Overcoming Obstacles	220
	32	Meditation for Health and Strength	221
	33	Meditation for Healing and Harmony	222
	34	Meditation for the Magnetic Field and Spiritual Strength	223
	35	Meditation for Strengthening the Heart	224
	36	Meditation for a Strong Electro-magnetic Field	225
	37	Meditation for Saving Grace	226
	38	Meditation for Youth and the Aura	227
	39	Meditation for Stamina	228
	40	Meditation for Willpower	229
	41	Meditation to Strengthen Your Intuition and Prosperity	230
	42	Meditation for the Tattvas and Aura	231
	43	Meditation for the Heart and the Electro-Magnetic Field	232
	44	Meditation for the Electro-Magnetic Field and the Nervous System	233
	45	Meditation for Confidence and Leadership	234
	46	Meditation for Healing and Connecting with Your Higher Self	235
	47	Healing Hands Meditation for the Aura	237
	48	Meditation for Thyroid Health	239
	49	Meditation for a Strong and Bright Aura	240
	50	Meditation for Purification	241
	51	Meditation for Blessings and Sending Healing Energy	242
	52	Meditation for Prosperity and Protection	243
CHAPTER 8 • Deepening Your Practice		245	
CHAPTER 9 • The Next Level		251	
CONCLUSION			253
About Dr. Joseph Michael Levry			255
Glossary			267