

Shakti Dharana

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Shakti means energy, it's the primordial energy present in every human being. Dharana means act of holding.

Through Shakti Dharana processes we channelize and hold the energy in different forms to get the best benefit from each process.

These processes are developed by combining the intrinsic principles of Pranayama and Mudras. It gives instant energy, and eliminates discomforts created by sitting for longer periods of time or by a sedentary lifestyle.

Some of the benefits are:

- Stimulates muscles in the upper body and removes lethargy and fatigue.
- Prevents Cervical Spondylitis, Carpel Tunnel Syndrome and Fibromyalgia.
- Burns more calories – useful for people with Diabetes.
- Improves lung capacity that increases oxygen absorption - enhances immunity.
- Strengthens the Intercostal Muscles

Precautions:

- For people with Hypertension or Seizures or Severe Cervical Spondylitis it is advisable to practice under the supervision of a qualified yoga teacher.

How to practice:

- All Shakti Dharana practices can be practiced while standing or sitting on a chair or in any meditative asana (e.g. Sukhasana, Siddhasana, Padmasana or Vajrasana).

Shakti Dharana Practice 1



Fig 1-1



Fig 1-2

Fig 1-1:

1. Keep the palms together at elbow level.
2. Ensure that all the fingers are touching each other, and forearms are in a single line.
3. Keep the shoulder relaxed and in normal state.
4. Keep the back straight, take a deep breath-in, expand the chest.
5. While holding the breath, start pushing the palms as if they are sandwiching a thin air.
6. Stay there as long as the breath can be held and relax while exhaling (keep the palms together)
7. Repeat steps 4, 5 & 6 about 4 times.
8. Relax the arms and continue with normal breathing.

Concentration point: Between both palms.

Note:

- Do not hold the breath beyond capacity.
- Do not push the palms too much that the hands start shaking.

Fig 1-2:

1. Keep palms together at elbow level.
2. Interlock fingers like a fist and ensure that forearms are in a single line.
3. Keep the shoulder relaxed and in normal state.
4. Keep the back straight, take a deep breath-in, expand the chest.
5. While holding the breath, keep the interlock tight and start pulling at the elbows as much as you can.
6. Stay there as long as the breath can be held and relax while exhaling (keep the fingers interlocked together)
7. Repeat steps 4, 5 & 6 about 4 times.
8. Relax the arms and continue with normal breathing.

Concentration point: On both the elbows.

Note:

- Do not hold the breath beyond capacity.
- Do not pull the palms too much that the hands start shaking.

This can be practiced with eyes closed as well for better benefits.

Shakti Dharana Practice 2



Fig 2-1



Fig 2-2

Fig 2-1:

1. Hug yourself as shown in Fig 2-1 with elbows overlapping on each other, and left palm over right shoulder blade and right palm on left shoulder blade.
2. Keep the shoulder relaxed and in normal state.
3. Keep the back straight, take a deep breath-in, expand the chest.
4. While holding the breath, start hugging even tighter.
5. Stay there as long as the breath can be held and relax while exhaling (keep the hug)
6. Repeat steps 3, 4 & 5 about 4 times.
7. Relax the arms and continue with normal breathing.

Concentration point: In the middle of the chest.

Note:

- Do not hold the breath beyond capacity.

Fig 2-2:

1. Keep palms together at elbow level and interlock fingers like a fist.
2. Bring the interlinked fingers behind the head while ensuring that forearms are in a single line.
3. Keep the back straight, take a deep breath-in, expand the chest.
4. While holding the breath, keep the interlock tight and start pulling at the elbows as much as you can.
5. Stay there as long as the breath can be held and relax while exhaling (keep the fingers interlocked together)

6. Repeat steps 3, 4 & 5 about 4 times.
7. Relax the arms and continue with normal breathing.

Concentration point: On both the elbows.

Note:

- Do not hold the breath beyond capacity.
- Do not pull the palms too much that the hands start shaking.

This can be practiced with eyes closed as well for better benefits.

Shakti Dharana Practice 3



Fig 3-1



Fig 3-2

Fig 3-1:

1. Keep palms together at elbow level and interlock fingers.
2. Bring the interlinked fingers behind the head while ensuring that elbows are brought to front like in Fig 3-1.
3. Keep the back straight, take a deep breath-in, expand the chest.
4. While holding the breath, keep the interlock tight and start pulling the head forward while the head resists the pull.
5. Stay there as long as the breath can be held, and relax while exhaling (keep the interlocked fingers behind the head)
6. Repeat steps 3, 4 & 5 about 4 times.
7. Relax the arms and continue with normal breathing.

Concentration point: Back of the head where finger touch the head (*Sikha Stana*).

Note:

- Do not hold the breath beyond capacity.
- Do not put too much pressure on the head/neck.

Fig 3-2:

1. Bring the wrists together and rest the chin in the palms as shown in Fig 3-2.
2. Keep the back straight, take a deep breath-in, expand the chest.
3. While holding the breath, keep pushing the head upwards with the wrists while the head resists the push.
4. Stay there as long as the breath can be held, and relax while exhaling (keep the wrists together)
5. Repeat steps 2, 3 & 4 about 4 times.
6. Relax the arms and continue with normal breathing.

Concentration point: Chin.

This can be practiced with eyes closed as well for better benefits.

Note:

- Do not hold the breath beyond capacity.
- Do not put too much pressure on the head/neck.

Shakti Dharana Practice 4



Fig 4-1



Fig 4-2

Fig 4-1:

1. Keep the right palm on the right jaw as shown in Fig 4-1.
2. Ensure that all the fingers are touching each other, and forearm is parallel to the floor.
3. Keep the shoulder relaxed and in normal state.
4. Keep the back straight, take a deep breath-in, expand the chest.
5. While holding the breath, start pushing the right palm against the jaw while the head resists the push.
6. Stay there as long as the breath can be held and relax while exhaling (keep the palm on the jaw)
7. Repeat steps 4, 5 & 6 about 4 times.
8. Relax the arms and continue with normal breathing.

Concentration point: Jaw.

Repeat the above steps with left hand as shown Fig 4-2.

Note:

- Do not hold the breath beyond capacity.
- Do not push the palm too much that the hand start shaking.
- Do not put too much pressure on the head/neck.

This can be practiced with eyes closed as well for better benefits.

Shakti Dharana Practice 5



Fig 5-1



Fig 5-2

Fig 5-1:

1. Keep the right palm at the center of the forehead as shown in Fig 5-1.
2. Ensure that all the fingers are touching each other, and the upper arm is parallel to the floor.
3. Keep the shoulder relaxed and in normal state.
4. Keep the back straight, take a deep breath-in, expand the chest.
5. While holding the breath, start pushing the right palm against the forehead while the head resists the push.
6. Stay there as long as the breath can be held and relax while exhaling (keep the palm on the forehead)
7. Repeat steps 4, 5 & 6 about 4 times.
8. Relax the arms and continue with normal breathing.

Concentration point: Forehead.

Repeat the above steps with left hand as shown Fig 5-2.

Note:

- Do not hold the breath beyond capacity.
- Do not push the palm too much that the hand start shaking.

- Do not put too much pressure on the head/neck.

Practice 'Shakti Dharana 3-1' to complement this process.

This can be practiced with eyes closed as well for better benefits.