



Ipsalu Tantra, Inc.
Ipsalu Tantra Kriya Yoga



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WHAT IS IPSALU TANTRA?

Ipsalu Tantra Kriya Yoga is a unique approach within the variety of Tantric paths. What distinguishes Ipsalu is the focus realizing your True Self, attention to emotional flow, and the skillfully designed sets of yogic techniques for safely activating your cosmic consciousness—*kundalini*. "Ipsalu" means "going beyond desires." The ego mind believes having its desires fulfilled will bring happiness but that is seldom true. The Soul lives in bliss. By identifying more and more with your divine nature, you release your desires and discover who you truly are.

Kriya Yoga: Cobra Breath is the capstone of the science of Kriya Yoga. "Kriya" means "action" and refers to the conscious manipulation of energy through the body. The other yogic tools from this sacred science, which we use in support of the Cobra Breath, include the following:

- **ASANAS:** Postures to purify the physical vehicle
- **PRANAYAMA:** Breathing techniques to expand consciousness
- **DHYANA:** Meditation to attune yourself to the Divine Current
- **MANTRAS:** Transcendent sounds which resonate in the body
- **YANTRAS:** Visual manifestations of mantras
- **MUDRAS:** Gestures to activate body currents
- **BANDHAS:** Energy locks to conserve and move pranic energy
- **MAITHUNA:** Sexual Union

Through the practice of **Ipsalu Tantra Kriya Yoga**, you prepare your body and mind as a dwelling place for God, as a place where your Higher Consciousness is always present. Being present requires an unwavering commitment to staying in your body. Most of us live in our thoughts, ignoring the body's attempts to communicate its needs, disassociated from the currents of emotion that are seeking expression. Other spiritual paths encourage people to leave their bodies. The greatest challenge for the tantrika is to stay present. The dimensional doorway to transcend the lower mind is found in the present moment. The mind is absorbed in rehashing the past and fantasizing about the future. It cannot function in present time. Soul exists only in the moment. Coming into the Eternal Now opens up a space beyond pain or pleasure, a space beyond illusion and judgment, the temple where God can dwell, can create, can celebrate life.