

# Householder Yoga

Who has the time to meditate for hours each day? In the bustle of modern living, there is not space to retreat to an ashram or temple to devote your days to meditation while continuing to participate in society. Yet, everyone has the need for authentic personal and spiritual growth. The Tantric Kriya Kundalini Pranayama (Cobra Breath) is known as Babaji's gift to humanity because practicing just seven repetitions each day will catalyze profound levels of growth, healing and expansion more common to ashram-temple practice. Additional repetitions accelerate growth even further.

These techniques are called Householder Yoga. Householders are ordinary people like you and me who participate fully in society. We have careers, raise children, have hobbies and pay taxes. We are the glue that hold society together. Householders don't have time to dedicate to temple-level spiritual practice. Powerfully concentrated householder yoga techniques featuring the Cobra Breath allow aspirants to achieve tangible spiritual growth in just a few minutes each day. Not only do these practices have powerful effects on the meditators, they also affect their children, coworkers, friends and family. Without effort, practitioners exude higher vibrations just as a rose exudes its fragrance, influencing those around them.

The Cosmic Cobra Breath is a powerful transformational technique that catalyzes authentic personal growth. In traditional Kriya Ashram settings, aspirants must practice for five years prior to receiving Cobra Breath transmission and initiation. My teacher, Goswami Sunyata Saraswati, determined that humanity is in crisis and that some safeguards should be removed in the hopes of accelerating evolution, so we can solve these existential issues. He condensed the preparatory practices and I have condensed them further. Dedicated aspirants can receive Cobra Breath transmission and initiation after three to six months of dedicated practice.

Beginning practitioners need to prepare for Cobra Breath practice. Their energy bodies must be activated in a deliberate, regulated manner. In an introductory workshop (Reclaiming Tantra Level 1 Kriya Jyoti Tantric Yoga), you will learn practices to open your energy circuits and develop their capacity to safely conduct increasing amounts of energy. These introductory practices in themselves are powerful and can bring profound emotional healing and spiritual expansion as they prepare you for Cobra Breath practice.

Everyone breathes. No matter how busy you are, you have to breathe. You might as well get maximum benefit from your breathing! In just a few minutes each day, you can transform your life from the inside out. Enhance your life. Become the You that you were meant to be. If you are a householder, these practices are meant for you.

-Hari Om Tat Sat  
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