

The Art of Kaya Kalpa

'Kaya Kalpa' is a powerful technique that was discovered in principle and practiced in various ways since ancient times. For the past two decades, since 1985, it was synthesized in a simple format and taught to thousands of men and women by Sri Vethathiri Maharishi as a daily routine to enhance vitality, promoting maximal health and longevity. The valuable theory and practice presented here are given as taught personally by Sri Vethathiri, and we are profoundly grateful to him for giving us this Art of Kaya Kalpa. The practice is based on the teachings of the South Indian Siddhas and has a three-fold objective:

1. Withstanding the ageing process;
2. Maintaining youthfulness and physical health;
3. To promote longevity as far as possible so that one may live to attain wisdom and spiritual fulfilment.

The practice of Kaya Kalpa confers significant spiritual as well as physical benefit because the mind and body are energized and harmonized. This practice is a restructuring process of the body in a natural way, so there are no medicines or herbs involved. Through regular practice of this simple technique significant results have been obtained in various types of chronic diseases and in overall improvement of health and immunity. Kaya Kalpa is thus an anti-ageing technique; it helps cure and prevent diseases and relieves many of the troubles that come with ageing.

Sri Vethathiri explained the theoretical base of Kaya Kalpa with the idea that one would understand the theory and practice the technique. It is not simply a set of postures and movements that are to be learned by imitation -- the practice of Kaya Kalpa should be done with understanding and application of mind in order to be most effective. There are two practices:

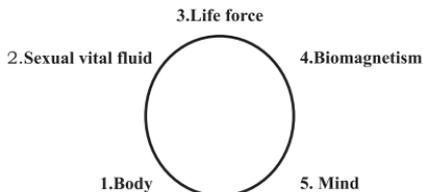
1. Ojas breath, and
2. Toning the nerves

These two practices are done in several different postures, personally demonstrated during the course.

Theory

I. The Science of Body Chemistry

The diagram represented below will help you remember the esoteric principles of body chemistry that are the base of the Kaya Kalpa practice.



The physical body is sustained by food, air, water and other radiations from earth and the cosmos. The metabolic routines separate and synthesize the chemical elements needed for the digestive juices and to make the blood, flesh, fat, bone, marrow and sexual vital fluid.

According to the science of ayurveda, each of these is extracted from the previous one and thus the sexual vital fluid is a precious essence, distilled after a complex and wonderful process.

The sexual vital fluid is concentrated in the reproductive organs (both males and females), and it is also distributed in small quantities throughout the body, the endocrine glands and the brain. The sexual vital fluid comprises several chemicals and hormones and is highly energetic. This vital fluid is the chemical base where the life energy (akash particles) is concentrated and intensified, just like acid is the base for electricity in a battery. Hence, because it is the base of the life force we can understand that maintenance of good quantity and quality of sexual vital fluid is crucial to our well being. It is our biological nature that there is an urge to release sexual fluid every now and then. Releasing the surplus is healthy. But there is a tendency to become deficient in quantity and quality of the sexual vital fluid due to lack of proper habits in food, work (activity), rest, sexual habits and use of thought force. All these factors have an effect on the sexual vital fluid and hence on our life force.

Life force is the energy that circulates all over the body; it is what we call 'life' itself. To be alive there must be circulation of life force. The life force is comprised of free energy particles in circulation all through the living body, and the base of this energy is the sexual vital fluid.

Just as all energy particles radiate a magnetic wave, the life force particles in the body constantly radiate a magnetic wave that we call 'biomagnetism'. The biomagnetism is the affecter, receptor, recorder and reflector for every action, function and experience –whether physical or mental. Hence, sufficient quantity of sexual vital fluid charges the life force, and a strong life force is needed to maintain intensity of the biomagnetic wave that carries out all the routines and functions of the body and mind.

Now, keeping this explanation in mind, please refer to the diagram above. You will see why all the five points are linked to form a circle. Kaya Kalpa practice sustains the health of body and mind by optimum maintenance of the sexual vital fluid, which is essential for a strong life force and fully charged biomagnetism. To put it in the sequence of our circular diagram:

1. The Body secretes sexual vital fluid; the
2. Sexual vital fluid is the concentrated base for the life force; the
3. Life force radiates biomagnetism; the
4. Biomagnetism carries out all the functions and actions of the
5. Mind, as well as the Body.

The Kaya Kalpa technique of 'Ojas breath' helps conserve the sexual vital fluid by reducing the excreting tendency and also recycles it at a subtle level throughout the body. This conservation of sexual vital fluid keeps the life force full, one feels energized and the immune system is healthy.

II. **Withstanding the Ageing Process**

There is one more aspect of Kaya Kalpa practice: 'Toning up the nerves'. This technique helps to withstand the natural ageing process. As the earth is spinning at the rate of almost 1,000 miles per hour, there is always a centripetal force that pulls toward the center, and also a centrifugal force that throws the lightest elements out and away from the earth. The human body has five layers of density: solid, liquid, heat, air and life energy (akash particles). The densest of these is the solid part, and the lightest element is the life force particles. One aspect of the aging process is that these 'layers' of the body are losing their interlink day by day due to the spin of the earth. That is, the life force is thrown out and away, the lighter elements are separated one from the other, and the solid parts are dragged down toward the earth.

That's why muscles and tissues begin to sag and get loose as one gets older. Kaya Kalpa practice of 'toning up the nerves' helps keep the five layers interlinked and coordinated in function and thus withstand the ageing process.

We have now understood that Kaya Kalpa practice works in two ways:

1. Ojas Breath recycles and maintains quantity and quality of the sexual vital fluid
2. Toning up the nerves helps to withstand the aging process that is due to the earth's spin.

These are the concepts to be kept in mind for successful practice of Kaya Kalpa.

Practice

Kaya Kalpa can be called an 'internal exercise'. This internal exercise is done in various postures combined with breathing techniques. The internal exercise, postures and breathing are taught personally in this course.

Legend:

Picture No.	Exercise	Movements
1 A & 1B	Morning - Standing	Yes
2	Morning - Sitting	No
3 A	Morning – Lying (Women)	No
3 B	Morning – Lying (Men)	Yes
4	Lunch time	No
5 A (Right) & 5 B (Left)	Evening - Standing	No
6	Evening - Sitting	No
7	Night – On the bed about to sleep	No

1A.



2. & 6.



1B.



4.



3A.



3B.

Men only



5A.



5B.



7.



Important Instructions:

1. You should not strain yourself in any way in doing this practice. Do it slowly and carefully, with attention.
2. This art of Kaya Kalpa should be learnt only from a qualified and experienced instructor.
3. Pregnant/lactating women should not do 'Ojas breath'. They should do only the 'toning up nerves' technique. Pregnant women may do this upto 200 times /day spread over many sittings of 10-20 each time, as it will help in easy delivery and health of the mother and child.
4. A couple, both man and woman, who wish to conceive a child should practice only the 'toning up nerves' technique in each posture as prescribed; ojas breath should be omitted.
5. Women should not do this practice for three days of the monthly period.
6. Kaya Kalpa practice should not be done on a full stomach; one should wait to do it until two to three hours after a meal.
7. Those who have a chronic condition such as diabetes, high blood pressure, etc. are advised to consult their doctor before beginning this exercise.

Concluding Remarks

This simple and effective Kaya Kalpa as synthesized by the spiritual master, Sri Vethathiri Maharishi, is a boon to mankind. We all must be grateful to him for his dedicated, sustained research and tireless efforts in teaching the Art of Kaya Kalpa for the benefit of humankind.

Regular and sincere practice of these simple techniques will help to prevent, alleviate and cure many and various troubles and ailments. Kaya Kalpa is effective in relieving various chronic problems such as sinusitis, allergies, bladder problems, piles, diabetes, high blood pressure, etc. In these days of terrible pollution of our air, food and water, stress and hectic lifestyle, such practices as Kaya Kalpa are necessary to offset the detrimental influences on body, mind and spirit that we face daily. This practice has benefited people from all walks of life in countries across the globe. It is safe and easy to do every day.

May you enjoy the benefit of this Kaya Kalpa practice and live in happiness, health, prosperity and peace, by the grace of Divine!