

THE REALITY CODE

SHADOW FIRE MANIFESTATION



Introduction to Book Three

The force of life is driven by energy which can be channelled in navigating the limitless realities of life timelines. In our everyday life, we're surrounded by different toxic pulls that are continuously finding a way to drain us of energy. When we engage these toxic pulls, we let them suck us into their game and create loop holes with which they suck our energy. These book explains the concept of energy and its importance.

In life building relationships and connecting with other people is important for an all-round happy life. This book explains the concept of frailing and steps you can take in attuning to the frequency of others to create a healthy and beneficial relationship. This book will introduce you to the concept of Coordination and its importance. In it you will learn how to battle with toxic forces and how to maintain your balance and come out at the other side unscathed.

Finally, this book will expose you to the idea of how the events of our pasts plays a role in shaping our future. You will learn how to go back in time to relieve some of the wonderful moments of your life, and using the doors of your past to travel to the future you desire.

A silhouette of a person in a yoga pose, with arms raised and hands joined at the tips, set against a vibrant sunset background with orange and red hues.

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The shadow fire Manifestation

Meditation is the secret key to unlocking the doors to limitless possibilities. The universe is a database of ideas and wisdom that are accessible to us, but can't be accessed by ordinary intuition. To access the universe's database, we must first open our mind and attune it to the universe's frequency. The only way to do this is through meditation and the moment we are able to become one with the universe, we will receive divine knowledge and understanding, and our life will never remain the same.



How to achieve the shadow fire manifestation

The first lesson is just to sit and let the mind do its thing. Many people have the belief that they can control their minds. They get astonished when they sit for the very first time and their mind runs them over entirely uncontrolled.

If you believe that you're in control, how about you try a little exercise. You should try sitting back for ten minutes without having any thought. Do you think this is possible? This is because your mind is its own boss. Hence there's a common saying when something inanimate seems to be acting on its own volition. It's said that such thing has a mind of its own.

A powerful technique to achieve the power of manifestation is through a simple yet special Yoga exercise known as the Kriya Yoga.

KRIYA YOGA



Kriya yoga is a practice that reveals the fastest path to enlightenment. The goal of Kriya yoga is self-enlightenment, yet this goal has evaded many people because their motivation. To achieve enlightenment you must first know what your motives are. You have to be honest with yourself in understanding why you want to practice Kriya.

The best Kriya practice is the one that takes you as quickly and easily as possible to achieve a state of blissful self-awareness. The techniques are just a tool and not goal. For example, if we are told that all we need to do to attain enlightenment is to smile at five strangers. As simple as it sounds, most people won't do it and they will come up with different reasons. These are mostly self-made impediments stopping us from carrying out a simple task that can improve our lives.

One of the impediment from successfully practices the Kriya yoga techniques is because most of us are too attached to our lives, belongings, ideas, beliefs, etc., and not willing to let go of these.

If you're not ready to break free of attachments, then you won't be able to move freely. And since all these attachment cant taken to the grave, why can't we let go off it now.

People tend to come up with different excuses not to carry out the simple technique that can improve their life. We sometimes harbour this desire to retain our illusory self and world in a way that's stronger than our desire for eternal freedom and enlightenment.

We tend to say: "it's too easy," "it's too complex," "it's absurd and it can't work," "if it were that easy, everyone would be enlightened by now."

All that would be needed was to just smile at five strangers, but instead their minds rationalize excuses for not doing it. Perhaps we just get lost in self-realization and prefer to have only an intellectual understanding.

In essence, if your current meditation technique isn't working for you, then you need to carry out an honest self-evaluation to determine the root of the problem. It might be that the technique is not for you or you lack the motivation and the ability to surrender yourself to the power of the technique.



Kriya Yoga Techniques You Can Practice

Kriya Bow

Kriya Bow is a preparatory practice for Kriya Supreme Fire. It is always done at the beginning of the routine, and it is never done together with Kriya Supreme Fire. It is pretty simple all you have to do is follow these steps:



1. Sit comfortably cross-legged. Some people find having their hands clasped behind their back helpful.

2. Focus your attention on the Third-eye Chakra (Ajna).

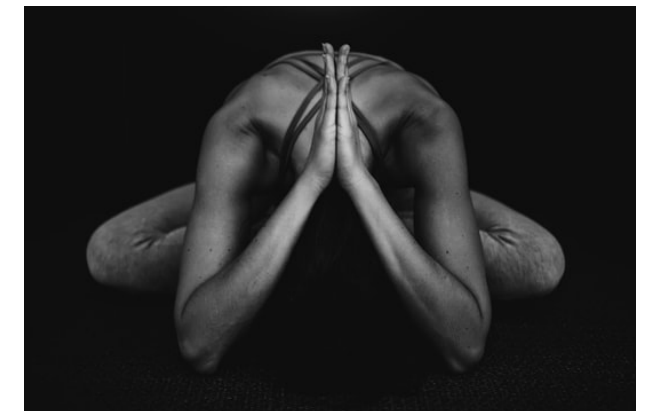


3. Inhale using Ujjayi breathing (ocean breathing), moving the energy upward from the **Root Chakra (Muladhara)** to the **Third eye**.

4. Hold the breath and bow your head to the right, nearly touching the right ear to the right knee, and mentally chant Om in the Third-eye, slowly, multiple times. Stay as long as you can in that position.

5. Now come straight up and then bow your head to the left, nearly touching the left ear to the left knee, and mentally chant Om in the Third-eye, slowly, multiple times. Stay as long as you can in that position. Chant an equal number of Oms as you did in the previous bow.

6. Finally, come straight up and then bow to the middle, with your forehead nearly touching the ground (in a comfortable way), chanting Om in the Third-eye, slowly, multiple times. Stay as long as you can in that position. **Chant an equal number of Oms as you did in the previous two bows.**

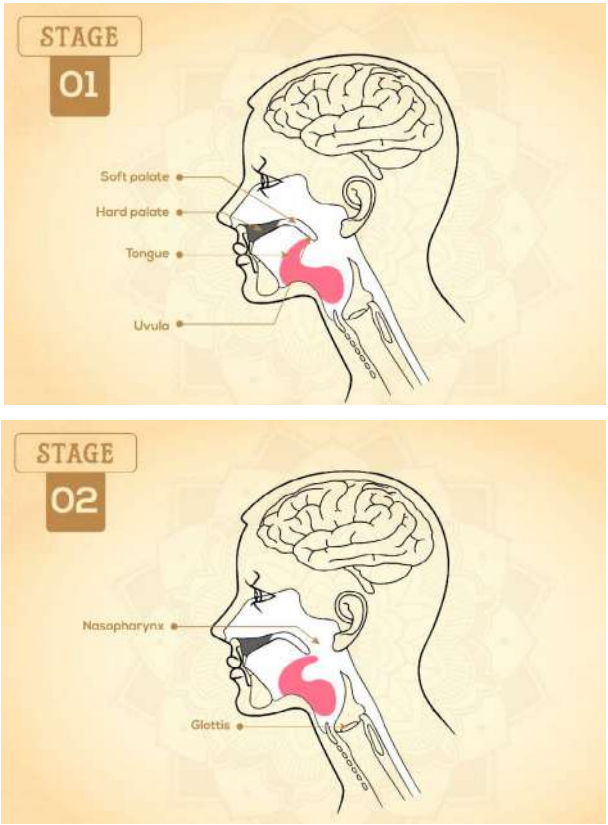
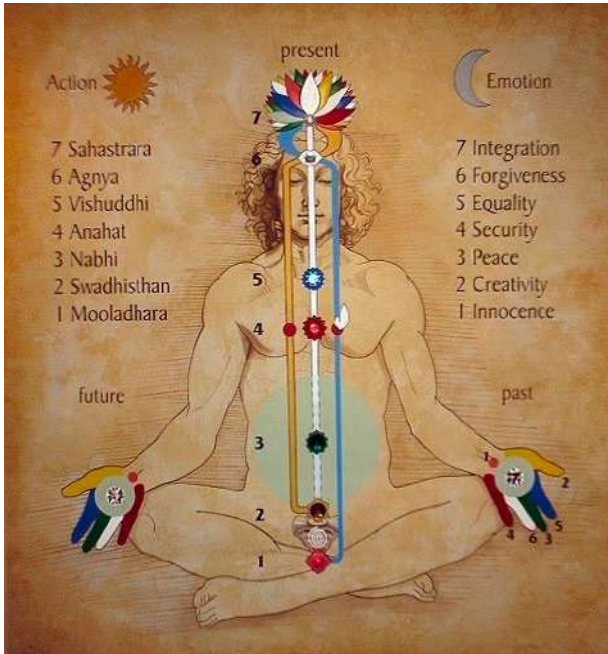


7. Come straight up and finally exhale, moving the energy down from the Third-eye to the Root Chakra.

8. Repeat the process (2-7) with all the other Chakras: Swadhisthana (Sacral Chakra) -> Third-eye; Manipura (Navel Chakra) -> Third-eye; Anahata (Heart Chakra) -> Third-eye; Vishuddha (Throat Chakra) -> Third-eye; And finally from the Medulla Oblongata to the Third-eye.

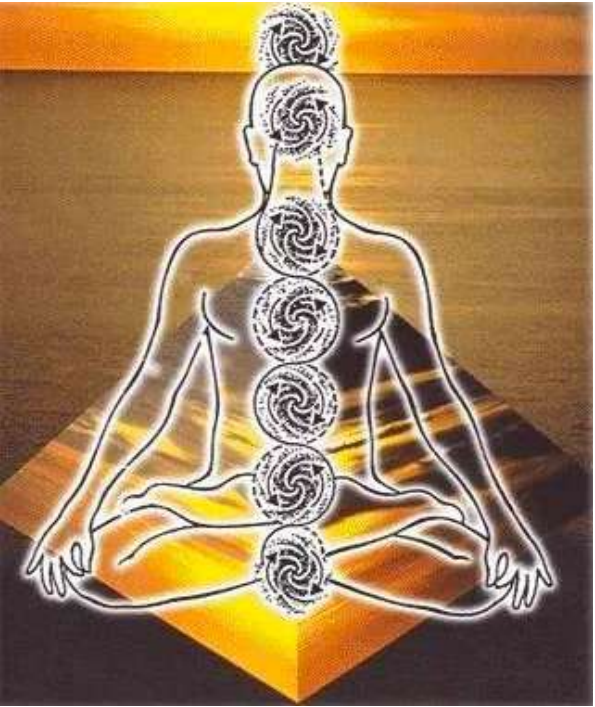
Kriya Supreme Fire

1. Do **Khechari Mudra**, or **put the tongue upward** as much as you can (strive to achieve Khechari, it is important in here).
2. Inhale up to **75-90% full capacity**, pulling the energy up from the **Root Chakra** (Muladhara) toward the **Heart Chakra** (Anahata).
3. **Hold the breath**, gently, and pull your lower abdomen in and up, and lock it firmly as in **Uddiyana Bandha (Abdominal Lock)** with **Mula Bandha (Perineum Lock)** and **Jalandhara Bandha (Chin Lock)** as well. Keep all three locks until you exhale.
4. Relax and **hold the breath for about two minutes**, if possible in the **heart area** instead of the belly area.
5. Focus on **your chosen concentration spot**. Choose where it feels empty and spacious (navel, 3 or 4 fingers below, perineum or the heart space).



6. You will feel a massive heat and will probably be shaking, but then... a vast silence comes. **Stay with that silence as long as you can, but don't go over the prescribed two minutes.**
7. **Release everything and exhale.** Notice how the Heart Chakra opens and joy is felt afterward. You might also feel some "ecstatic electricity" going from the Root Chakra upward through the spinal column.
8. **Relax and calm down. Do it up to three times for the first couple of weeks.** Then you can increase it as much as you want, as long as you feel comfortable. Some people do it for half an hour before proceeding to the next practice.

Kriya Pranayama



This is the most important technique in Kriya Yoga. It is also one of the most joyful and ecstatic practices to do. You will feel lots of energetic currents of ecstasy and bliss in your spine and body. They are precisely what we need for what we want to accomplish.

1. You should **sit cross-legged in your normal position**. No need for Padmasana or Siddhasana (unless you can do them with ease). Just a comfortable, relaxing crosslegged position. Do Khechari Mudra if you can, if not, do baby Khechari.
2. Let your attention gently go **upward into the Crown Chakra**, the thousand-petaled lotus. Always maintain your focus there during this practice. Don't let it go anywhere else.

3. While your attention is put in the Crown Chakra, **roll your eyes upward toward it**, comfortably, as if you were attempting to look at the ceiling. **Do not move your head or close your eyes, let them be semi-opened.** They might blink a lot at the beginning, but with practice it will become natural. Just don't strain them.
4. **Inhale naturally using slow ocean breathing**, while mentally **chanting Om six times** in the Crown Chakra.
5. **Exhale naturally using slow Ujjayi breathing** (ocean breathing), while mentally chanting Om six times in the Crown Chakra. **Do not move your attention downward**, keep it in the Crown Chakra.
6. Do this for as many Kriyas as you wish, until you enter into a deep state of bliss. It is usually done in **multiples of 36** (36, 72, 108 or 144 times).

Your breathing is supposed to be **very subtle and long** because you will have been practicing Kriya Pranayama for quite a while before attempting this upgraded version.



Sahasrara Yoni mudra



This is a simple procedure, and we will enhance it from the previous version by going up to the **Crown Chakra** and adding the three main Bandhas.

1. Inhale deeply with Ujjayi breathing while **feeling the prana going up from the Root Chakra up to the Crown Chakra** through the Sushumna Nadi.

2. As soon as the energy reaches the Crown Chakra, hold the breath and close the ears with the thumbs, the eyelids with the index fingers, the nostrils with the middle fingers and the lips with the ring and little fingers. Apply the three main Bandhas, Uddiyana Bandha (Abdominal Lock), Mula Bandha (Perineum Lock) and Jalandhara Bandha[7] (Chin Lock). **Keep all three locked until you exhale.**

3. Mentally chant Om as many times as you possibly can in the Crown Chakra, as long as it is comfortable. **Try to go above one minute, at least.** You should have built breath-restraint power from the other practices.

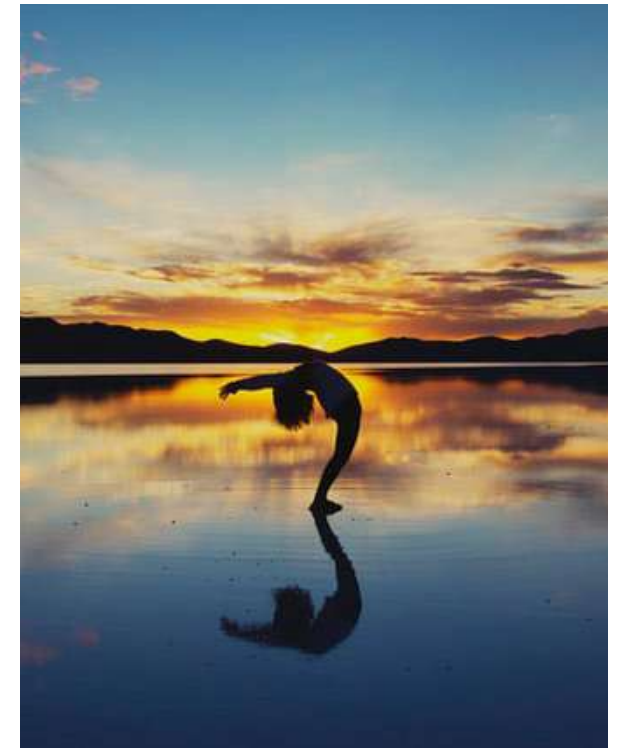
4. Exhale and move the energy down through the **middle of the spine (Sushumna Nadi) toward the Root Chakra.**

Don't put pressure on your eyes, just drag the eyelids down with the index fingers by applying pressure on the upper cheekbones at the corner of the eyes. You can repeat this up to three times, with about 30 seconds of rest in between.

The advanced Kriya practices given here are very powerful. Kriya Supreme Fire and the upgraded versions of Kriya Pranayama and Yoni Mudra, along with the three Bandhas and Khechari Mudra, will 100% awaken your enlightenment if it is still dormant. This is an explosive cocktail, so Maha Mudra and some additional grounding work outside of your spiritual practice might prove to be an essential aid.

There are many different ways of practicing Kriya Yoga. There have been different techniques which have been debated to be the best technique.

However, what should be your concern is the technique that can require the less time and effort, and also yield the best result.



You need to learn to keep it simple and straightforward as possible, and without adding unnecessary details. The sequence you should be doing is twice a day.

You can choose from either of these techniques.

- The first is the Patanjali style which sequence is Mahamudra > Kriya Pranayama > Yoni Mudra.

- The second is the Classic Kriya Style which sequence is Kriya Pranayama > Yoni Mudra > Mahamudra.

Kriya Supreme Fire can be added either at the beginning of a routine or at the end, before the state of bliss.

Remember that all Kriya practices must end with the blissful state of being. The most effortful, time consuming or complex practices are the ones we should avoid.

