

## **List of Yoga Spirits for MD**

**Yoga physical disciplines, Yoga mental disciplines, and Yoga spiritual disciplines; Bhakti schools of Vaishnavism combine yoga with devotion to enjoy an eternal presence of Vishnu; In Shaiva theology yoga is used to unite kundalini with Shiva; in Mahabharata yoga is the experience of Brahman or atman pervading all things; cessation of the perturbations of consciousness, ancient statues of deities in yoga posture,**

**In kundalini yoga, the techniques of breath exercises, visualizations, mudras, bandhas, kriyas, and mantras are focused on manipulating the flow of subtle energy through chakras;**

**3HO, 5 Groups of Dharma, 5 kinds of vital energies prana, 5 major vows of ascetics, 5 Buddhist chakras, 5 Tibetan Rites, 6 or 7 Hindu chakras, 7 chakras below muladhara going down the leg, 7 stages of Yogi, 8 angle pose, 8 limbs of Classical yoga, 8 limbs of Raja yoga, 10 bilateral minor shakras foot, hand, knee, elbow, groin, clavicular, navel, shoulder, ear & spleen; 12 minor vows of laity under yoga, 21 minor shakras, 84 Classic Yoga Asanas,**

**Abdominal chakra - Element: Water, Buddha: Ratnasambhava, Bija mantra: VAM; abdominal contraction, abdominal lock, Abhinaya Darpan, Abhyasa, Acetabular labral tears, Achintya Bheda Abhedha, Acro Yoga, adhishtana, Adidam, Advaita, Aero Yoga, Agni Yoga, Ajapa, ajna & bindu - third eye shakra, Ajna, Brow shakra, violet lotus, Ardhanarishvara; Akarna Dhanurasana, aleph, American Meditation Institute, Amrit Desai, Ananda Marga, Anahata-puri, Anahata, Heart shakra, green hex-agram, thymus, Ishana Rudra Shiva; Ananda Marga, Ananda Marga yoga, Anantarika-karma, Andrey Lappa, animal names for children's positions, Anjaneyasana, antichrist, Anu Yoga, Anu Yoga tantras, , Anuloma pranayama, Anusara Yoga, Anuttara yoga class, Anuttarayoga Tantra, apana, Ardha Chandrasana, Ardha Matsyendrasana, arm press pose, Art of Living, arya sanaj, asana the third limb, Asanas, physical movements of yoga practice and, in combination with pranayama or breathing techniques constitute the style of**

**yoga referred to as Hatha Yoga; ascent of consciousness, ascetic shramana tradition, Ashtanga Yoga, Association for Inner Growth, Astavakrasana, Atala in hips, Atharvaveda, Ati yoga, Ati yoga tantras, atman, Aum Shinrikyo, auspicious pose, Avadhuta Gita, Anjali Mudra,**

**back injury, Backbends, Baddha Konasana, Bakasana, balance pose, Balasana, Bandha Yoga, Basal chakra - Element: Earth, Buddha: Amoghasiddhi, Bija mantra: LAM; basti, bear poses, bed pose, beginners' competitiveness, beingness, Belly-revolving pose, bend poses, Bhagavad Gita era, Bhakti, Bharadvaja's twist, Bharata Natyam, Bhekasana, Bihar School of Yoga, Bihar Yoga Bharati, Bikram hot Yoga, bindu, blank mind, blissful awareness, boat pose, Bodhicitta, bodhisattva, body poised for long time, Both feet behind head, boughs, bound angle pose, Brahma Kumaris World Spiritual U, Brahmamuhurtha, brahman, Brahmanas, breath-holding, & breath-controlling, Breatharians, Bridal Chamber, bridge pose, Brihadaranyaka Upanishad, Buddhism, buddhist Jain yoga, Buddhist Tantra, Bon,**

**Cakrasamvara Tantra, camel poses, Canadian Moksha Yoga, Cardiac yogas, cat poses, catholic meditation, catholic yoga, chair poses, chair yogas, Chakini, chakra balancing energizing the pranamayakosha sheath, and awakening kundalini; chakra meditation, chakra of pure consciousness, chakras centers of Prana, life force, or vital energy; Chakrasana, Chandogya Upanishad, Charya tantras, child poses, Chinese alchemy, christian reflection on New Age practices, christian yoga, christianity & yoga, circle poses, classical yoga, cobra poses, cockerel poses, communicate messages, competitive, competitiveness, Complete Illustrated Book of Yoga, Completion Stage, complexes of electromagnetic variety, concentrate on nothingness, concentrate on Sun for vitalization, concentrating, concentration on Krishna, concentration techniques, connection, conqueror of the lord of death, consecutively asanas, contemplate, contemplating, contemplative meditation, contortion, controlled breathing, Corpse poses, cow face poses, crane poses, creation worship, crocodile poses, crow poses, Crown chakra - Element: Space, Buddha: Vairochana, Bija mantra: KHAM;**

**Dahn yoga, Dalit Buddhism, damage to fibular nerve, Dandasana, Death Conqueror, degenerative arthritis of spine, Deity Yoga, destroyer of death deity, devotion bhakti, Dhalsim, Dhanurasana, Dhauti, Dhyana in Hinduism, divine energies, Dog Yoga, Doga, Dormant Kundalini resides in Muladhara, double hand gestures, down facing dog pose, dvadashanta, Dvaita, Dvaitadvaita,**

**E S T, E S P, eagle poses, ear press poses, eastern Vipassana, Eclectic styles, electromagnetic energy, electromagnetic fields, elemental meditation, empyiness, empty stomach, Endocrine system, energy center, Energy lock poses, enlightened awareness, environment worship, environmental conditions in Mysore, envisioning, equal standing, escapism, Esoteric Community, esoteric energy system, esoteric traditions, Esotericism, esoterism, eternal one's pose, exercise at sun rise, exercise in A M, extended angles poses,**

**false gods, false trinity - brama, sheva, & vishnu, Father Tantras, female kundalini Shakti energy, female yogini, fetus pose, fight-or-flight response, firm comfortable posture, fish pose, fitness element, flag, Foot behind Head Pose, for alternative medicine, for physical exercise, for reducing stress, formal yoga philosophy, formless meditation, Forrest Yoga combines yoga asana with Native American spirituality as a yoga sweat lodge; forward bends, Friends of Western Buddhist Order, frog Poses, full boat Poses,**

**Gaiam, Garbhasana, Garland Poses, Garudasana, Generation Stage, Gestures, goddess of knowledge, Saraswati, goddess of wealth, Lakshmi, goddess worship, great lock, Great Play of Illusion, Guhyasamāja tantra, Gupta-Vidya, guru Swami, gurus,**

**Hakini, Halasana, half lotus position, half moon poses, Hand Gestures, Handstand poses, Hanuman Foundation, Hanumanasana, Hasta Uttanasana, Hasta Vinyasas, headaches, Headstand poses, Heart chakra - Element: Fire, Buddha: Akshobhya, Bija mantra: RAM; heart-mind, heron pose, Hesychasm, Hevajra Tantra, hidden empowerment, higher level practices of shakra balancing, & cultivation of pranic energy and kundalini; highest form of devotion to path to liberation, highest yoga, Himalayan Institute of Yoga**

**Science and Philosophy, Himalayan yoga, hindu deities in yoga postures, Hindu epics, Hindu Hell, Hindu philosophy, Hindu Practices, hindu Naraka, Hindu revivalism, Hindu spiritual teachings, Hindu mantra, Hindu Tantra, Hindu underworld patala, horse pose, Hot yoga, Hugger Mugger Yoga Products, Human knot, Human Potential Movement,**

**Ichha-shakti, idols, idolatry, illusory body, Indian classical dance, Ingrid Boultin, inner healing, inner wisdom, Inner Tantras, innermost being Atman, instructors' lack of qualification, Integral Yoga, interiorization, internal alchemy, internal sound and veins nadis, internalization, Isha Foundation, Ishvarapranidhana, Iyengar Yoga,**

**Jainism, Jainist, Jalandhara Bandha, Jangama dhyana, Japanese yoga, jing energy, Jivamukti yoga, Jnana yoga,**

**Kaivalya Pada On absolute freedom, Kaivalya, Kālacakra Tantra, Kapotasana, Karma, Karma yoga, karmic influx, Katha Upanishad, Kayotsarga, Kesins, ki life-energy, kinndergarden yoga classes, Kirpalu, knee injuries, Korean yoga, Kripalu yoga, Kriya tantras, Kriya yoga, Kriyamana karma, Kriyas, Kum Nye yoga, Kumbhaka, Kundalini energy, Kundalini spirit, kundalini Serpent Power, Kundalini Yoga, Kurmasana,**

**Landmark Education, Laya yoga, laying on back pose, laying on front pose, Legs-up-the-Wall pose, liberated poses, life Energy, life force, lion poses, locust poses, lord of Dance, lord of Dancer, lord of fishes pose, lotus poses, Lower shakras, lower head & body slowly, lucid dreaming, Lung in Tibetan Buddhism, lunge,**

**Mahabharata era, Mahatma in feet, dark realm, without conscience and inner blindness; Maha yoga, Maha yoga tantras, Mahamaya-tantra, mainstream yoga, Maitrayaniya Upanishad, major shakras - between the eyes, heart, heel of the spine, naval, spleen, throat, top of the head; Makarasana, male Shiva energy, male yogi, manas, Manipura, Solar Plexus shakra, yellow, Braddha Rudra, pancreas; manipuraka, Mantras, Mantrika shakti, masculine energy, Matsyasana, Mayurasana, Medical yoga, meditation path to samadhi, transpersonal self-realization, meditate, meditating, meditation, meditative absorption, meditative exercises,**

**meditative visualizations, Meher Baba followers, mental disciplines, metaphysical aspects, Michelle Paisley, microcosmic orbit, mind and body unification, mind body intervention, mind concentration, mind control, mind occult, mind over body, mind over pain, mind sciences, Mindfulness Based Stress Reduction, mindless, mindlessness, Mindstream, moksha, monkey poses, Mother class of Tantras, mountain poses, Mudras, Mula Bandha, Muladhara, Root shakra, lotus, spine; Munis,**

**Naam yoga, Nada yoga, Nadichannels, Nadi yoga, Naked Yoga film, Namaskara Yoga, National Yoga Month, Natya Shastra, nauli, Navara Yoga, Navara Yoga School, Navasana, Navel displacement, Neidan, Neo-Hindu schools, Neo-Hindu philosophical movements, Neo-Hindu religions, Neo-Hindu religious movements, neti, New Age philosophies New Age religions, New Age teachings, New Thought religions, Nirbija, Nishkam Karma, Niyama, Non-dual Tantras, non-dualistic perspective, non-pranamic breathing exercises, nonverbal communication by visible body actions, noose pose, not tremble, nritta hastas, Nyaya, Nyingma tradition,**

**one legged arm balance with straight leg, One legged supported headstand, One-Legged King Pigeon pose, Outer Tantras,**

**Padahasthasana, padma-sundara, Pali canons, Yoga Sutras of Patanjali, Prarabdha karma, Paramatman, Pasasana, Pasupata, Patala in soles of feet, hindu Naraka, or Hell; Patanjali Yogpeeth, Patanjali's Yoga Sutras, path to liberation, peacock pose, perceives reality as maya, an illusion, and seek liberation; perfect pose, perineal contraction, personal god, phowa, or consciousness projection after death in order to obtain rebirth in a Pure Land; physical disciplines, pigeon pose, Pile-standing, Plank exercise, Pool of Nectar, Pop-up Yoga, Post-standing, Power Yoga, practicing Yoga, practitioner yogin, Prana, Pranayamas, Pranotthana, Pratyahara, Pratyekabuddhas dharma, Prana vayu, process of ascent of consciousness, process of interiorization, prosperous pose, psychophysical yoga, purification of body, purification of mind, Pylon Standing,**

**qi energy, qi flow, Qi life-energy, Qigong, the Dantian,**

**R C meditation, rabbit pose, Raja yoga, Rakini, Rainbow Family, Rainbow**

therapy, Rasatala in ankles, rear hand mudra, reclining hero pose, restraining the mind-stuff, restraining thoughts, retinal tears, reverse breathing, Revolved Side Angle poses, rites of yoga, rituals of yoga, Rocket yoga, Russian Yoga Federation, Sabija, Sadhana Pada On being immersed in spirit, sadhana incorporates asana, pranayama, mantra and shakra meditation; Sahaja Yoga, Sahasrara's inner aspect of release of karma, Sahasrara, Crown shakra, 1000 petalled lotus, thalamus; Saiva Siddhanta Church, Sakya tradition, Salabhasana, Salutation hand mudra, Samadhi Pada On being absorbed in spirit, Samadhi, samana, Samkhya, Samyama, Samapatti, Sanchita karma, Sankya school of Himalayan Masters, Sanskrit, Sant Mat movement, Santosha, Sarvangasana, Sasangasana, sattva yoga, Sattvic diet, Satyananda Yoga, scorpion pose, secret empowerment, seed mantras - OM, ham, yam, ram, vam, lam, Self-Realization Fellowship, Self-Realization Order, Self Winding Wheel of the Law, sequentially asanas, series of postures, Shakti, Shaucha, Shaiva school of hinduism, Shaivism, Shavasana, shen energy, Shinnyoen, Shiva, shoulder poses, shoulder stands, dharma, Shravakas Shvetashvatara Upanishad, Siddha Yoga, Siddhanta, Siddhasana, Siddhi, side nadis Ida and Pingala, side plank, sign language, Sikhism, Simhasana, single hand gestures, Sirsasana, Sivananda Yoga, Society for Krishna Consciousness, Soham Sanskrit, Soka Gakkai, solar deity Surya, Song of the lord, Spectrum of light, spinal stenosis, spirit energy, spiritual disciplines, spiritual methodologies, Spiritual practice, staff pose, Standing Big Toe Hold, Standing Forward Bend, standing on head, standing postures, standing kriyas, Standing Like a post, Standing Like a Tree, Standing-on-stake, Standing Qigong, state of liberating samadhi attained, static physical position, steadfast mind, stroke, subtle body energy, subtle energy flow, Subpersonal chakras, Sudarshana shakra, Sufi dervish practice, Sufi Ruhaniat, Sufism, Sukhasana, Sun Salutation, Sun worship, supernatural abilities, supernatural gifts, Supreme Personality of godhead, supreme yoga, Supta Virasana, Surat Shabd Yoga, Surya Namaskara, Sushumna, Sutala in knees, sutra Mahayana Dharma, Svadisthana, svarodaya science of breath, Svadhyaya, Svatmarama, Swadhisthana, Sacral shakra, white lotus, Brahma, sex organs; SwaSthya Yoga,

**T'ai chi ch'üan, Tadasana, Tai chi, Taittiriya Upanishad, Talatala under bottom level in calves, Talu, Tantra schools, Tantras, Tantric chakras, Tantrism, Taoist meditation, Taoist Qigong - tao yin qi energy cultivation technique, Taoist Yoga, tapas Ascetic practices, Tapas, Techniques of Knowledge, thalamus key to consciousness, The Family an Australian New Age group, the way, Theos Casimir Bernard, Theosophy, thoracic outlet syndrome, Three Yogas, throat lock, Throat chakra - Element: Wind, Buddha: Amitabha, Bija mantra: YAM; thunderbolt, Tibetan Buddhism, Tibetan vajrayana at navel shakra, to attach, to harness, to join, to unite, Torn muscles, traditional Chinese medicine, Traditional Knowledge Digital Library, transcendent Self, Transcendental Meditation, Transpersonal chakras, tree poses, tri-Angle poses, TriBalance hot Yoga, Trikona, Trikonasana, TriYoga, True Buddha School, Tulasana, turtle pose, Twisted one legged arm balance, Twisting poses, Twists, Two-Legged Inverted Staff Pose,**

**udana, Uddiyana bandha, ujjayi breathing, unattached mind, unattachment from pain, unattachment from suffering, Unexcelled Union Continuity, union with the supreme, Unitarian Universalism, Unity Church, universal consciousness and unity, universal energy, Universal Great Brotherhood, Universal Life Church, Universal white Brotherhood, universality, Unsurpassable Union, up facing dog pose, Upa yoga, Upanishadic tradition, Upanishads era, Upanishads of Atharvaveda, Urantia, Urdhva Vrikshasana, Ustrasana, Utkatasana, Uttana Shishosana, Uttanasana,**

**Vaasi Yoga, Vaisheshika, Vaishnava school of hinduism, , Vajra Terrifier, Vajrabhairava, Vajradhatu, Vajrasana yoga, Vajrayana, valhalla, various angle poses, varying levels of awareness, Vedanta society, Vertebral artery dissection, Vibhuti Pada On supernatural abilities and gifts, Vibhuti, Viniyoga, Vinyasa Yoga, Vinyasas, Viparita Karani, Viraha bhakti, Virasana, Vishuddha, Throat Csakra, blue, Panchavaktra shiva, thyroid; Vishuddhi, vital energies, visualizations, Vitala in thighs, Vratyas, Vriksasana, vyana, warrior poses, Western Buddhism, Western Buddhist Order, Western esotericism, Western mystery tradition, Wheel of Great Bliss, Wheel of Time tantra, wheel pose, White Lotus Foundation, Women's Federation for World**

**Peace, worship of Surya Vedic solar deity, worship within a circle,  
yajna Vedic ritual of fire sacrifice, Yamantaka tantras, Yamas, Yantra yoga,  
Yin yoga, Yoga as alternative medicine, Yoga as exercise, yoga asana, yoga  
bugs, yoga boom, Yoga documentation, yoga mat, yoga pants, yoga piracy,  
Yoga foot drop, Yoga for children, Yoga for exercise, Yoga for Health, Yoga  
for Medicine, Yoga Institutes, Yoga organizations, Yoga positions, Yoga  
postures, Yoga schools, Yoga series, Yoga South Africa, Yoga sutras, Yoga  
sutras Patanjali, Yoga sutras Yajnavalkya, Yoga teachers, Yoga teachings,  
Yoga techniques, Yoga texts, yoga yanas, yoga yanas darsana, yoga yanas  
nidra, yoga yanas works, Yogacara school, yogasana, Yogic marriage,  
Yogilates, Yoginis, Yoginitantras, Yogo yoga, Yogoda Satsanga Society of  
India, yogottara,  
  
Zen Buddhism, Zen Buddhist school, Zen yoga, Zhan zhuang,**

**In the Name and Blood of the Lord Jesus Christ, I bind up each and  
every demon left, I individually chain, cage, bag and box them. I put them in  
caves with rocks over the caves with the Light of the Lord shining bright  
and the angels of the Lord reading Scriptures and praise the Lord  
continually. I cover us all with the Blood of Jesus. I call upon God's Holy  
Spirit to fill everybody full to overflowing and to keep chasing out the  
demons and to restore God's people. In Jesus' Name, I loose legions of the  
spirits of the Lord, life, health, healing, restoration, wellbeing, sound mind,  
and a good night's sleep.**

**We thank You Lord Jesus for everything You have done. We give You  
all the glory and honour, and blessings and praise. In Jesus' Mighty Name  
and by His Blood. Amen.**

**Pastor T. John Franklin  
Church of Salvation, Healing, and Deliverance  
COS-HAD.org**