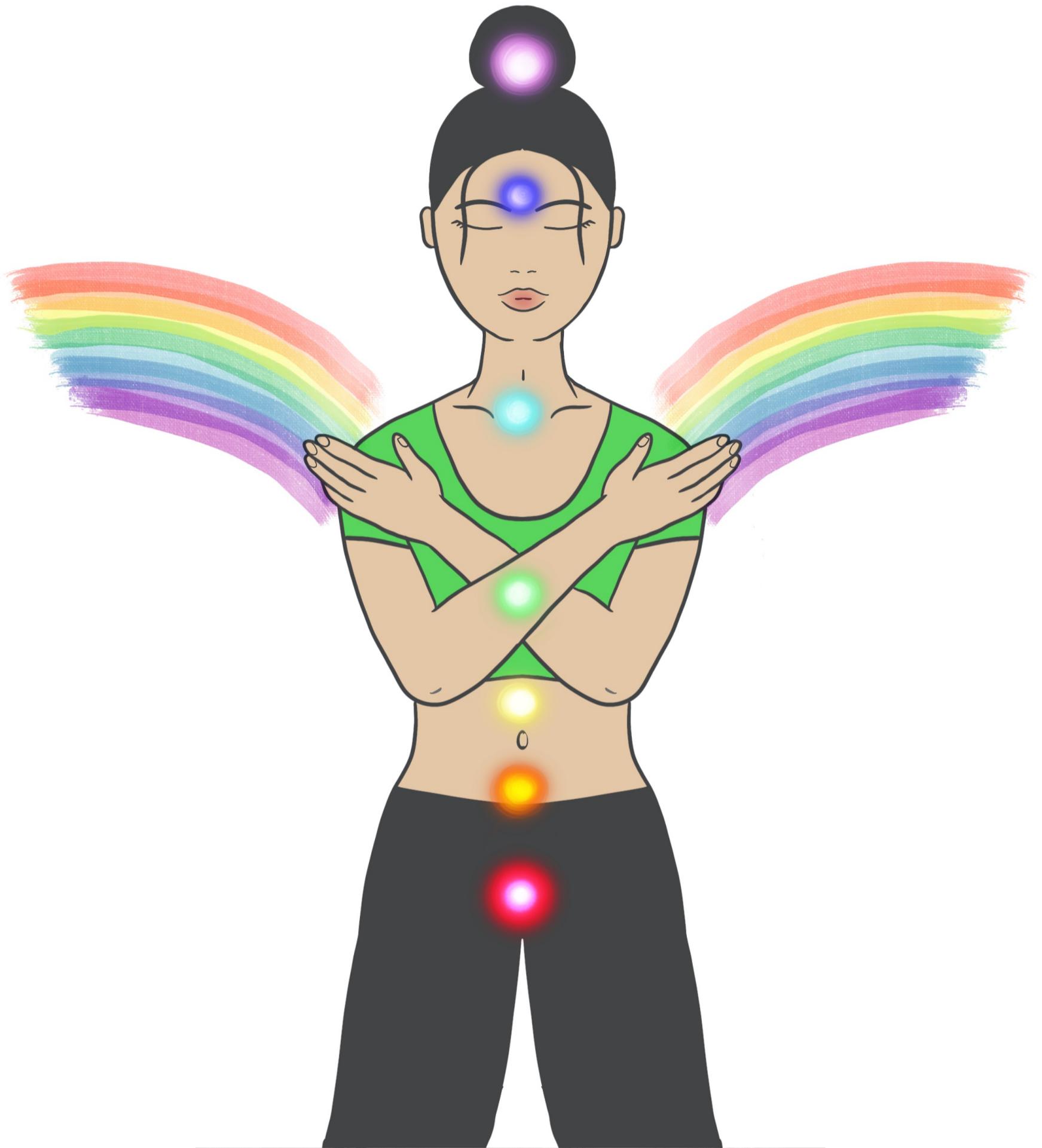


X Raise Yogi



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digital art by Ella Marie @evolvingelz

Welcome to the X Raise Handbook.
Thank you so much for your love and support.

A great reason to begin to do this type of structure for yourself is to gain acute mastery over certain Elements within your self.

Most beings in the modern world don't have the capacity to do something such as this for 5 minutes as there is too much silence and not enough distraction.

So, this will help move one away from the need for constant mind occupation and will help free oneself from the mind chatter of the thought, and at the same time making the body supple while igniting the nerve endings within our system to fire correctly and create the environment for a higher energy (vibration) to inhabit.

The task is the uni-on (yoga or balance) of the Female-Male principles of divinity, healing the separation between the two to get to the c-enter (the source)... True Yoga is mastery and a synchronis-at-ion over all the EL-e-ment-s, and building ones temple to the highest capacity (such as a real Free Ma-son) and a true Philosopher (phi-loss-cipher).

We are walking these paths step by step over 2021 to shed light to all shadows. And with you putting into action, one will find freedom and liber-at-ions and a vast awareness.

You will leave the dualistic world of the left and right and re-establishing the hidden feminine spiritual principle and of the divine higher mind presence.

Our energetic system, the Microcosm is moving chi up the spine the positive (Pingala) channel and negative (Ida) channel charged points are opposite the chakras. These polarities cause the chakras to spin like a vortex. By increasing (chi) pranic flow and releasing blocks, the energies flow freely through all the Chak-Ra-s and are amplified and balanced simultaneously. Eventually, these polarised energy currents link together to open a neutral channel in the centre of the body, called the "Sushumna" channel, or we could call it plasma (Ma-g-net-i-c body). It is a channel to the divine (the holy guardian angel) and does not come from the ego mind. It represents the Zero point or perfect balance within the self on every L-eve-L... This is where the Microcosm meets the Macrocosm.

Balance - C-Enter

A little guide for meditation

Now before we start, lets just sit quietly and close our eyes.
Take a deep inhale and exhale—do this for ten breaths... 5 seconds inhale, 5 seconds exhale.

Now, continue to breathe gentle and observe the flow of life force within your system.

Keeping the eyes closed, look straight ahead you will see little specks of lights.. Focus on the field in which specks are happening as you start do apply this you will notice that your field of awareness will start to expand.

Keep surrendering thought and any judgement of the thoughts at this time allowing them all to be excepted as aspects of consciousness and God.
Just be there to witness these speckles of sparkling energy like stars in the night sky.

Then look beyond them, and continue to surrender to any thought...

You must use your focus and be as sharp with it as a laser.

As a thought comes let it go, you keep witnessing and letting go...

The field that you see, just keep witnessing...

Do not do anything with it just stay as the observer.

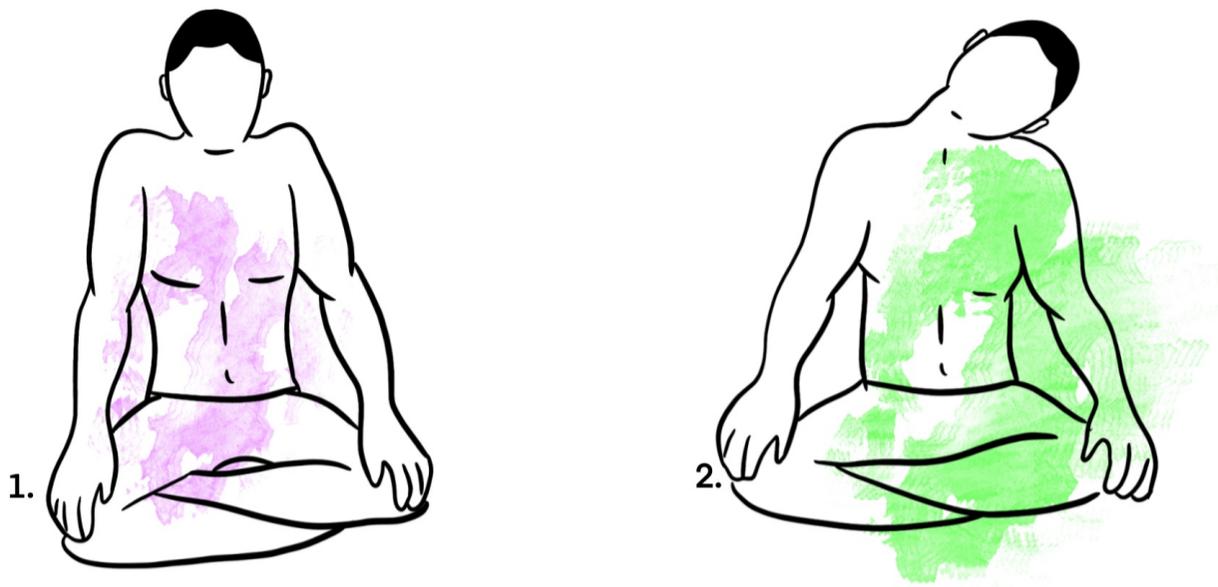
Now you have reached beyond the specks, be with your breathing and allow it to carry you beyond this dimension...

Let go...

And breath deep.

Keep this state for a few minutes and then begin.

Now focus should be on the observer and thoughts shall remain as they were.
Forms floating around



1

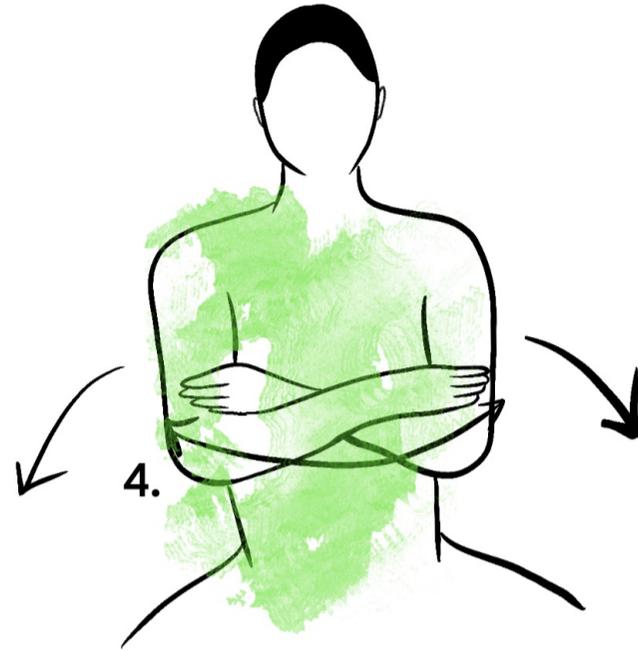
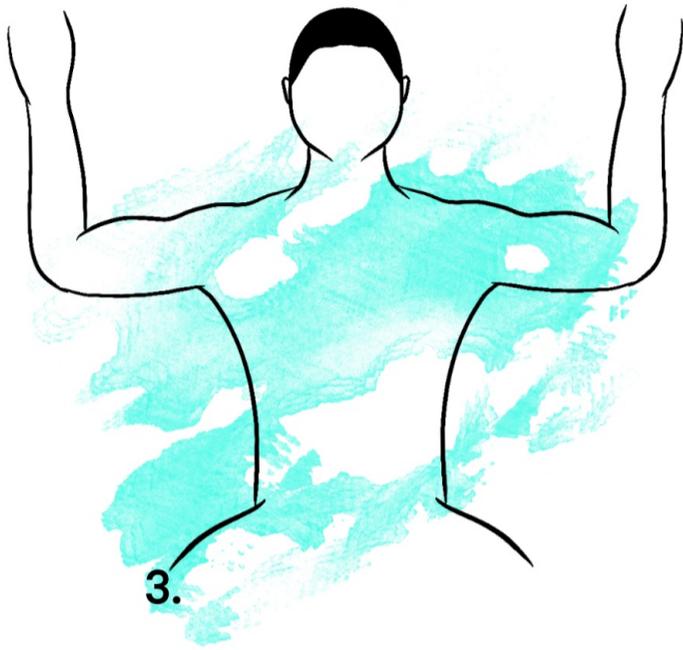
Shoulder shrugs

Sit in Easy pose with legs crossed.
Make sure the spine is straight and the hands are on the knees with the elbows relaxed.
Take a deep inhale and squeeze the shoulders up,
On the exhale drop them down with powerful breaths. 5 seconds in 5 seconds out
Repeat this 18 times.

2

Neck rolls

Remain in easy pose.
Gently circle the head breathing slowly. Inhale slowly for two rotations and exhale deeply on two rotations. Do this for 11 breaths and then rotate in opposing direction.



3

Spinal flex release twist variation

Get into a position sitting on the heels.
Raise the arms with the elbows bent at 90 degrees making sure the upper arms are parallel to the floor.
Twist the torso, exhaling left and exhaling right, allowing the diaphragm to fill with air in the center.
Make these powerful breaths. Do 25 swings.

4

Hugging spinal Bend

Again, sit on the heels with the knees spread apart.
Grab the opposite arms just above the elbows. Letting the arms rest again at the chest. Bend from side to side in a smooth motion.
Exhale to each side and allow the diaphragm to inhale via the center. Do this for 30 seconds. At the end inhale hold and exhale, breathing quickly.



5

Arm swings

Remain in the easy pose, inhale and draw the elbows back to the side of the rib cage.

Exhale while swinging the arms across the chest.

Draw the elbows back by the side of the rib cage and inhale again.

Exhale while swinging the arms up back over the head.

Find the motion and bring up the speed.

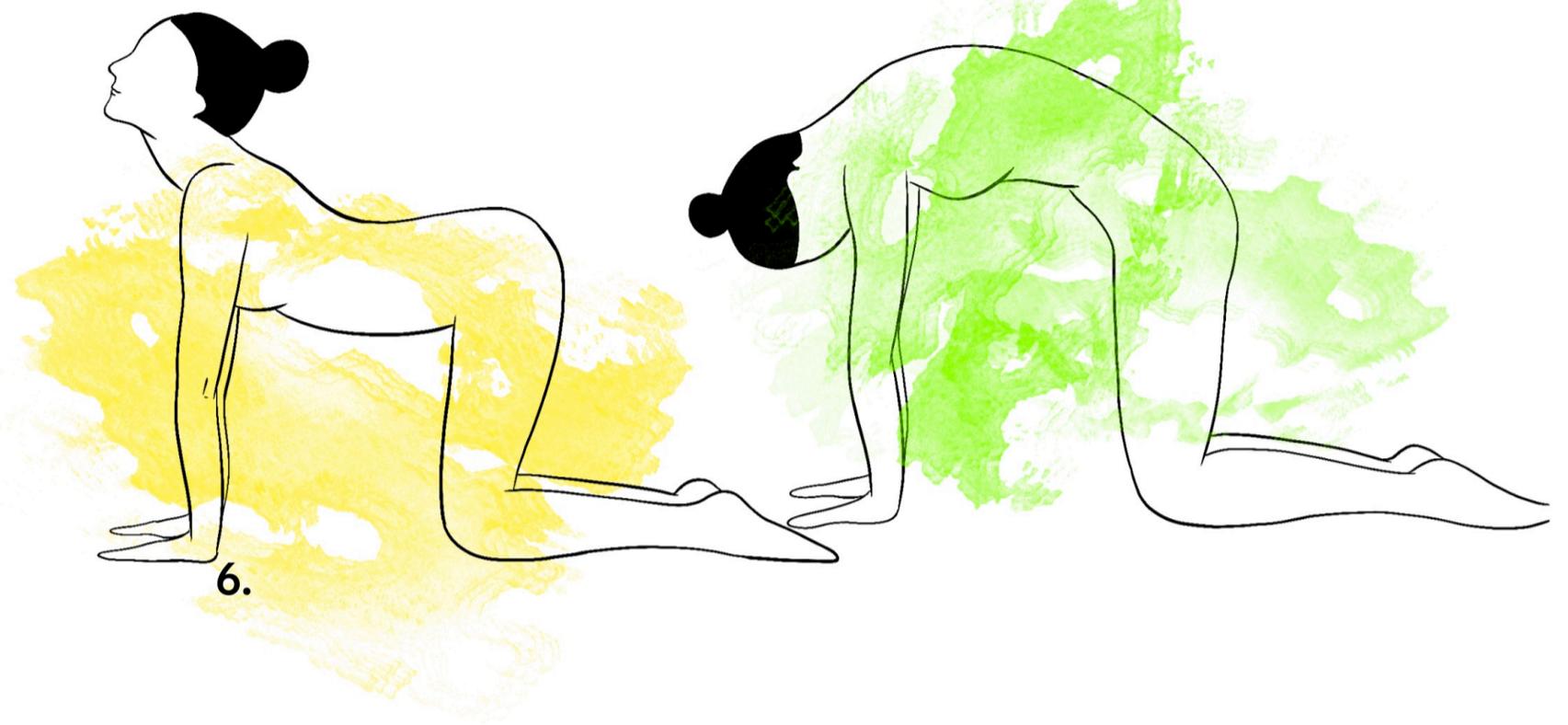
Keep repeating this with powerful breaths.

Around half a second a swing including the breathwork.

Do this one for 1 minute.

After you have completed it, draw the arms back. Stretch the chest forward and inhale extremely deep.

Hold for 5 seconds and exhale fully.



6

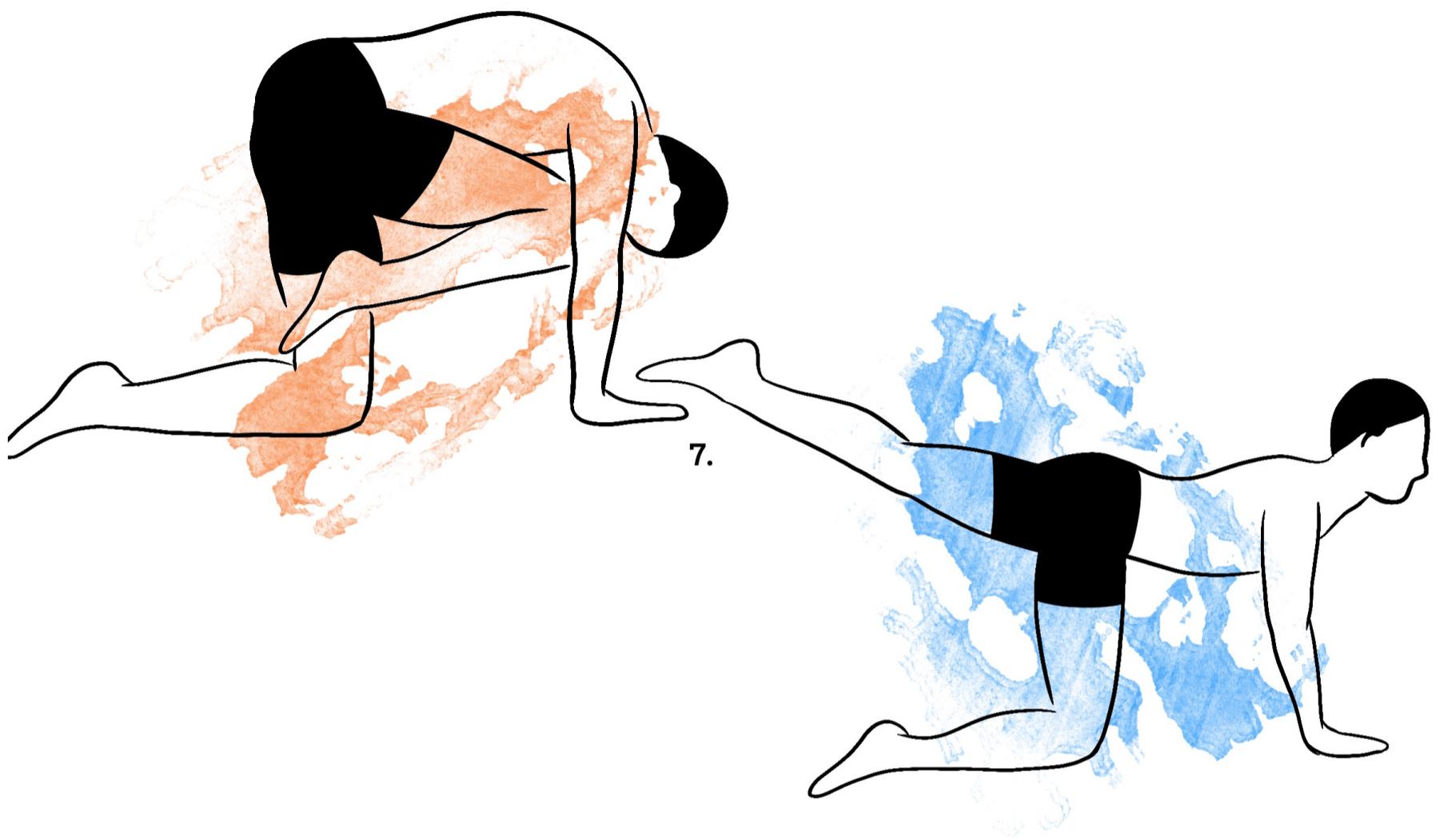
Cat and cow

Do this for one minute inhale into the cow pose.

Allow 3 second deep breaths and exhale into the cat pose
keeping the posture aligned and the head up.

Continue to do this for one minute.

Find the steady breath.



7

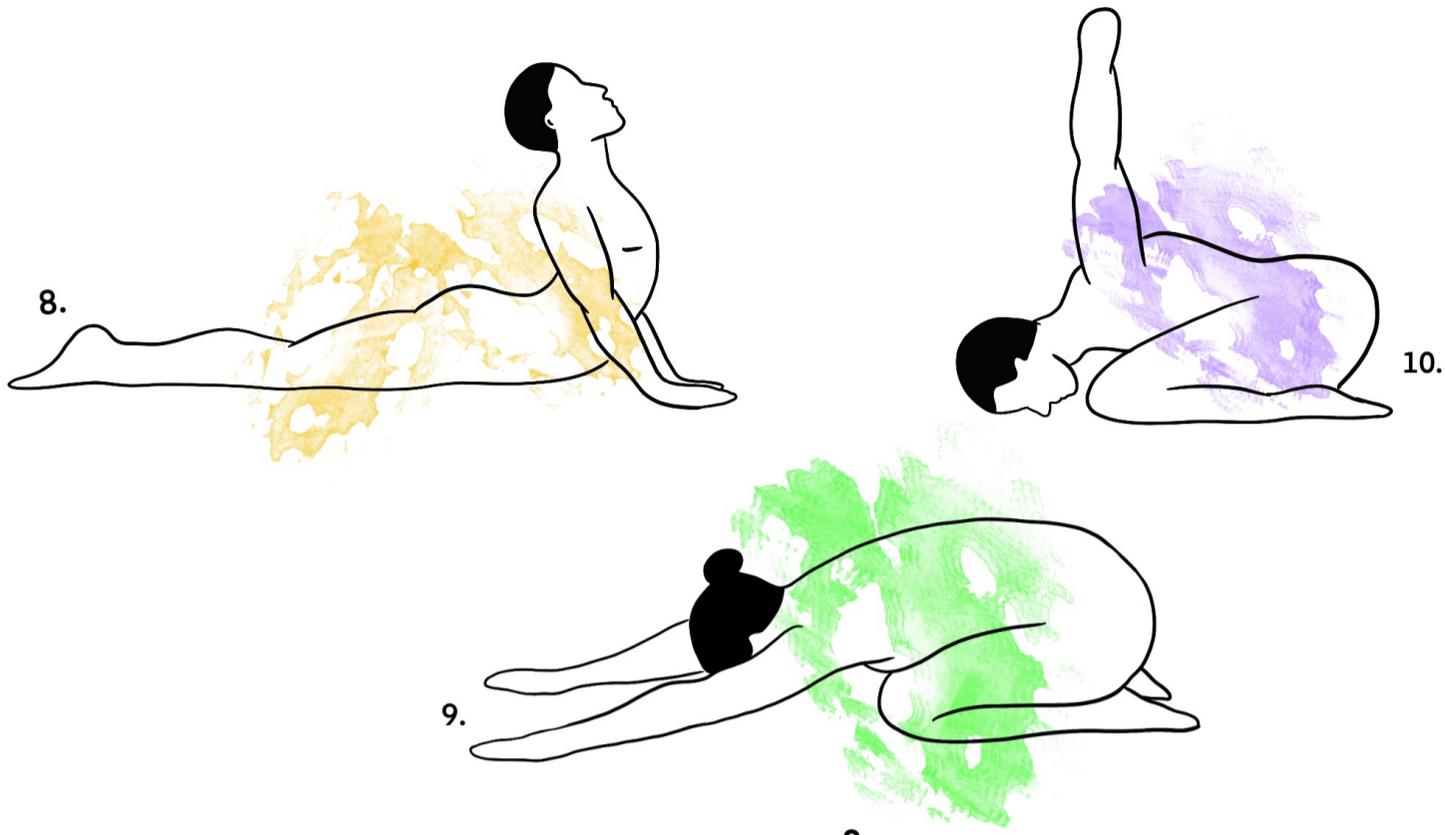
Glute stretch with cow pose variation

In the cow pose, inhale and raise the right leg with the head up as high as possible.

Remain in a straight posture.

Exhale and bring the knee under the body.

Then bring the head down, and do this 15 repetitions and repeat with the left leg.



**8
Cobra pose**

Stretch up into the Cobra pose Relax, your lower back and bum with toes pointed Flex down to the floor. Inhale open your eyes twist to the left and look at your heels over your left shoulder. Hold for 10 seconds then Exhale

Inhale on the right twist and look at the heels over the right shoulder hold for 10 seconds.
 Inhale at the center deep for 5 seconds then exhale 5 seconds
 Staying in the Cobra pose Do the Breath of Fire for 18 breaths, at the end inhale deep and exhale.

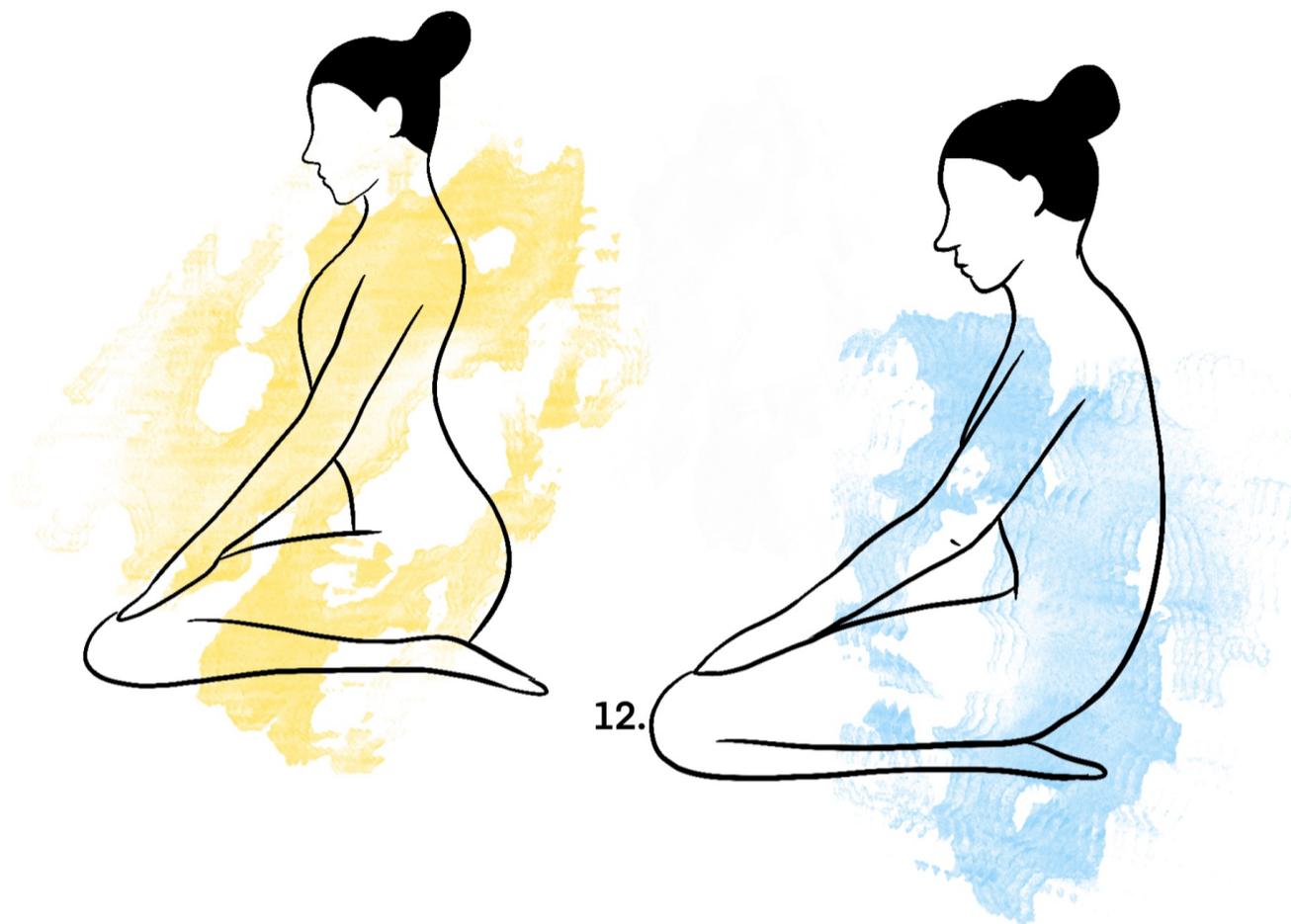
**9
Lat stretch**

Sit on your heels with the arms straight vertical, breathing deep.
 Exhale and bend placing them out in front of you forehead on the ground, stretching your lats.
 Remain with the head down just in front of the knees breathe in for 5 seconds, slowly and exhale for 5 seconds repeat this for 10 breaths while focusing on stillness and silence, removing any type of thought.

**10
Yoga mudra**

Carefully connect your fingers behind your back sitting on your heels. Bring your forehead to the floor.
 Interlace your fingers behind your back and stretch your arms up.
 As your arms progress higher,
 Increase with each breath slowly breathing in for five seconds. Increase the height whilst slowly breathing out for 5 seconds. Do this for 45 seconds.

11
 Flow back into the Cobra pose.
 Stretch fully into it and breathe consciously and slow.



12

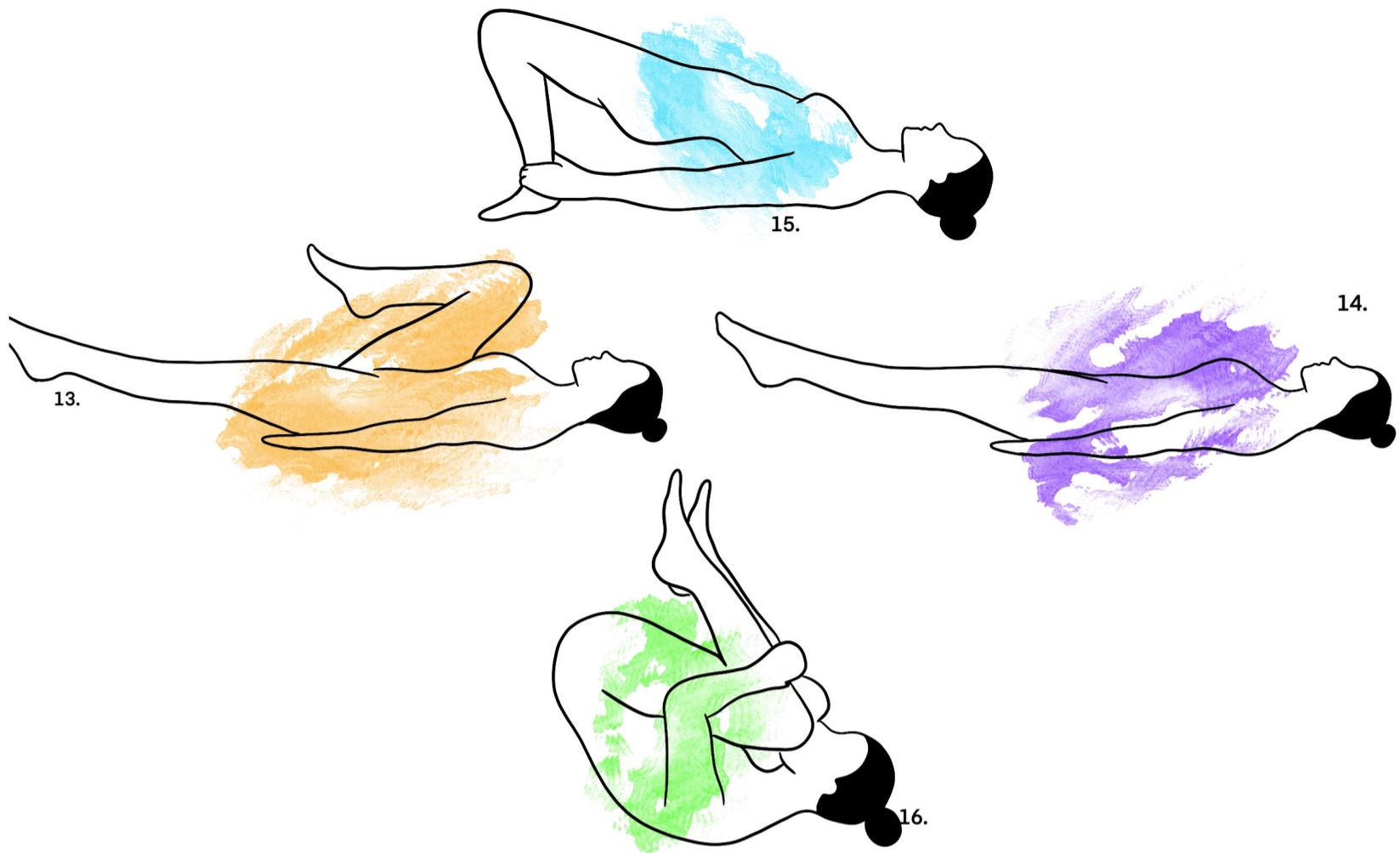
Spinal Flex With powerful breaths

Sit on the heels and bring the knees together. Then place the palms hands down on the thighs.

Focus at the brow level and flex the spine with a powerful breath.

Do 22 flexes with 22 breaths, then inhale deeply with the chest expanded and hold for 5 seconds and fully exhale then sit still for around 30 seconds.

Repeat this one more time, and on the second time sit still for 30 seconds in a meditative state. Breathing slow but consciously, inhale 5 seconds, exhale 5 seconds.



13
Leg lifts piston motion

Lay on your back fully straight and lift the legs up at around 18 degrees off the floor.

Begin, moving the legs in a piston motion— note, this is not bicycle motion. Synchronize the motion of the legs with the motion of your breath. As one leg moves in, the other moves out. Both legs move simultaneously 3 seconds in 3 seconds out. Do this for 22 reps.

14
The sleeping corpse pose

Completely relax laying on your back but clenching the buttocks.. Consciously circulate the Prana from the point of the naval all through the body, breathing deeply and slowly, give seconds in five seconds out. Do this for one minute.

15
Pelvic lift

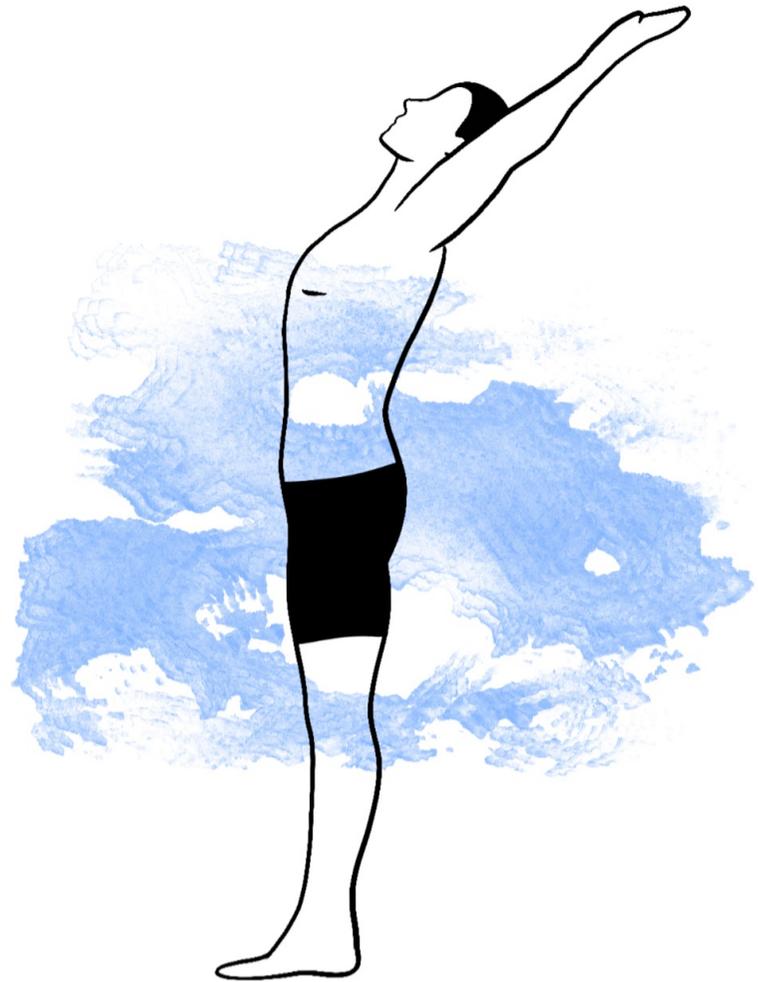
Sit on the back and bend the knees. Placing your feet on the floor near your bum grabbing the ankles. Inhale and lift the hips as high as you can. Exhale and lower them down repeat this 12 times inhaling for five seconds and exhaling for five seconds.

16
Back rolls

Sit on the floor bring the knees to the chest. Completely hug and wrap your arms around your knees. Then slowly begin rocking on the spine forward and back massage the whole spine for 30 seconds. Then Rock up.



17



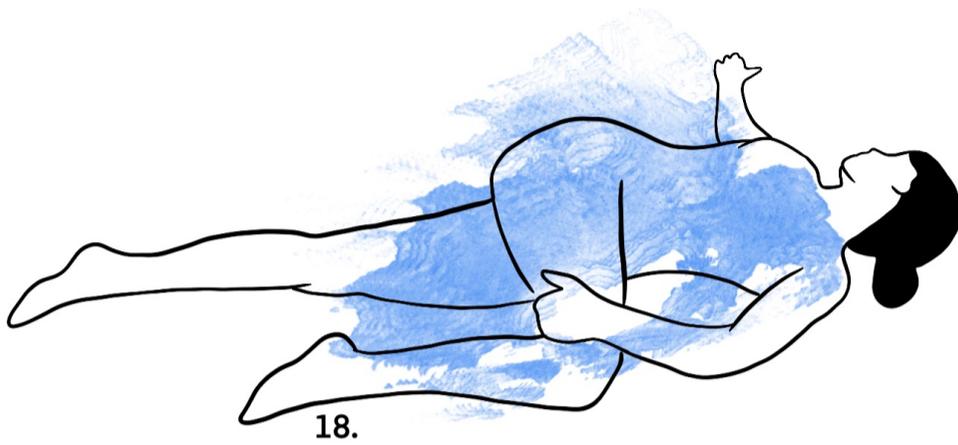
17 Front bends

Stand up carefully and shake out the legs.

Place the feet around shoulder width apart.

Put the Palms down and hook the thumbs together.

Inhale and raise the arms over the head with the arms biceps are hugging the ears. Stretch back as far as you can go, reaching full lung capacity. Relax the head back and exhale forward and bend down touching the floor. Make sure that the knees are completely straight and repeat this 11 times. Hold the stretch for a few seconds before you bend over. Once completed let the arms hang completely down for 30 seconds before the end.



18
Lying torso twist

Lying on your back, bring your arms out to the sides with the palms facing down.
Lift the right foot and bend the right knee to 90°.
Exhale and drop the right knee over to the left side of your body, twisting the spine and low back.
Look at the right fingertips.
Keep the shoulders flat to the floor, (for an increased stretch use your left hand to apply a small amount of pressure to the bent knee) close your eyes, and relax into the posture.
Breathe deep 5 seconds and exhale 5 seconds hold for 12 breaths. With each breath tighten the stretch.
To release inhale and roll the hips back to the center and exhale the leg back down to the floor.
Repeat on other side

19
Reverse lunge

Get into the lunge position as shown.
Open your chest and keep your gaze straight ahead. Breath deeply, 5 seconds inhale and 5 second exhale.
Rest your hands gently above your right knee for stability (avoid pressure on your knee).
Increase the stretch if you feel steady.
Pull up through the pelvic floor and abdominal muscles to bring the pelvis up and back, opening the front of the hip joint. This is a small but powerful move where the torso shifts with the pelvis; it's not a backbend.
Hold the stretch for 30 seconds each and repeat twice..



20
Seated glute rotation

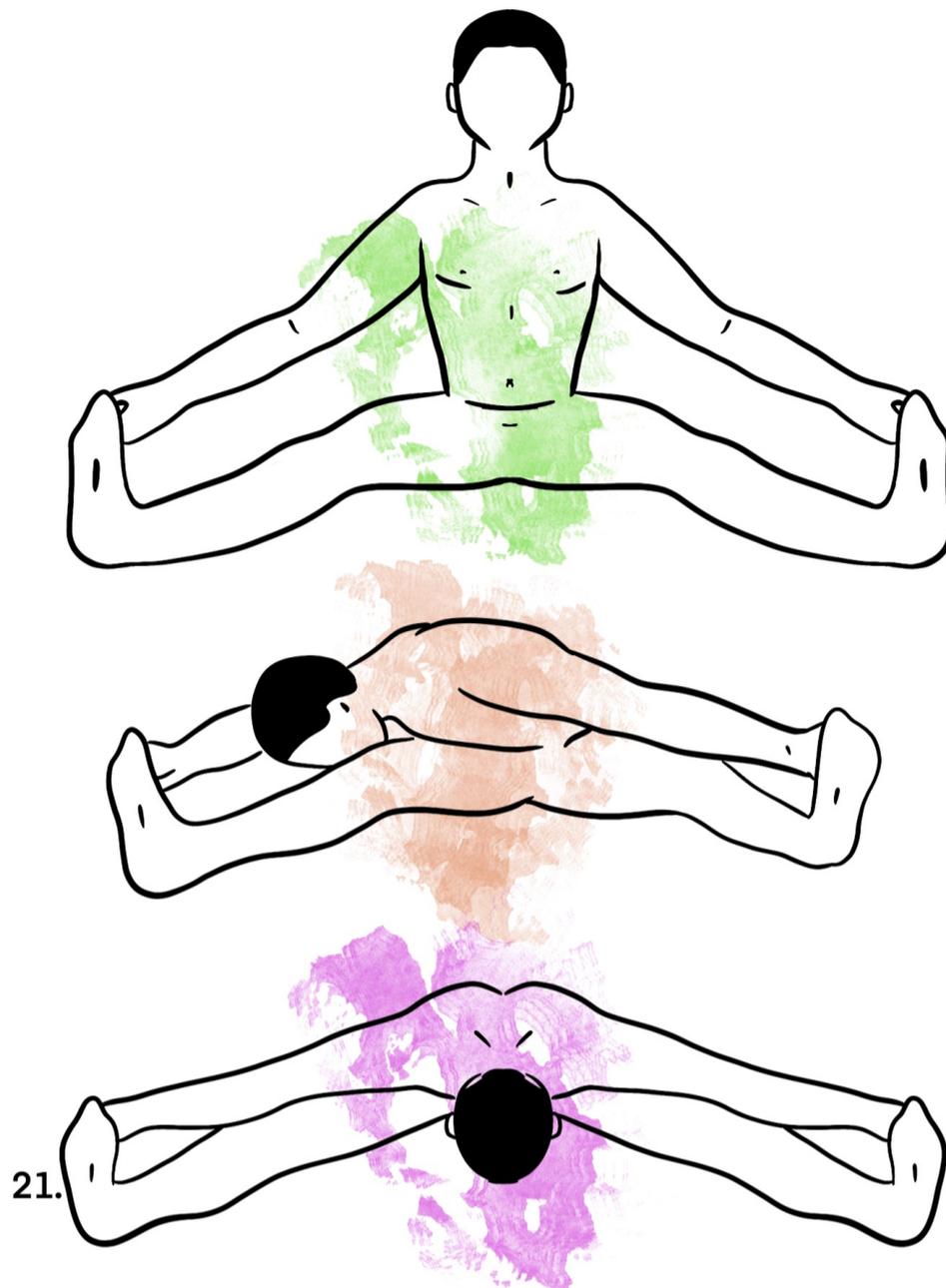
Begin sitting on the floor, both legs stretched out straight in front of you.

Bend one knee, keeping the other leg extended. Lift the bent knee over the top of the straight leg and place the foot on the floor. Drape your opposite arm across your bent knee and twist toward it until you feel a stretch in your glute and outer hip. Keep your chest expanded and back in an upright position.

Take deep, relaxing slow breaths focusing on stillness.

5 seconds inhale, 5 seconds exhale.

Hold for 30 seconds, then switch legs.



21

Nerve stretch of life

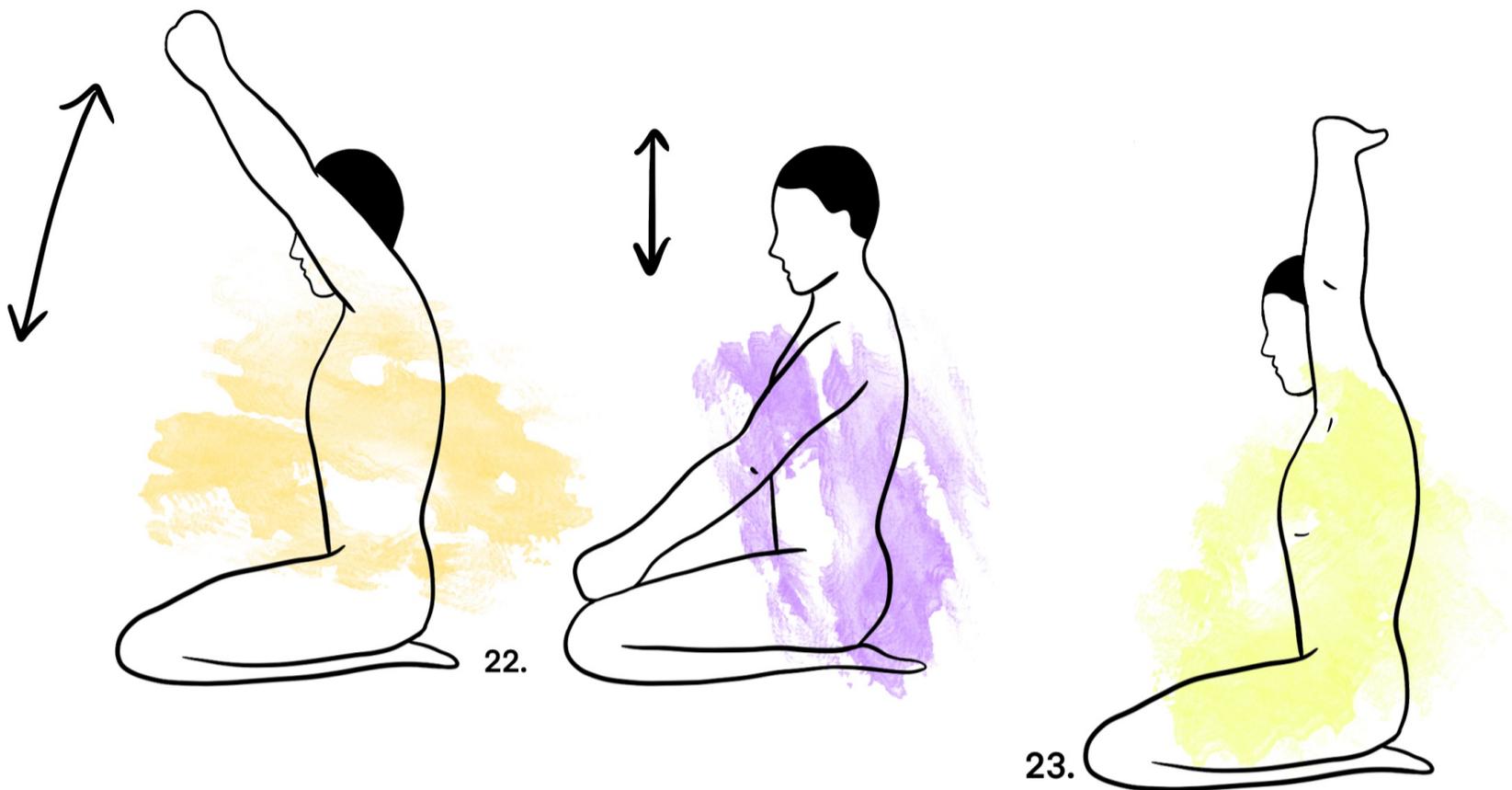
Sit down with the legs extended as wide as comfortable. Reach down keeping the legs straight and touch the left toes.

Inhale up to the center and exhale down to each side repeating this 10 times while holding the stretch for seven seconds.

Remaining in the position with the legs as wide as comfortable, place your head from the center down to the floor.

Exhaling down, inhaling up...

Hold these poses for around 10 seconds.



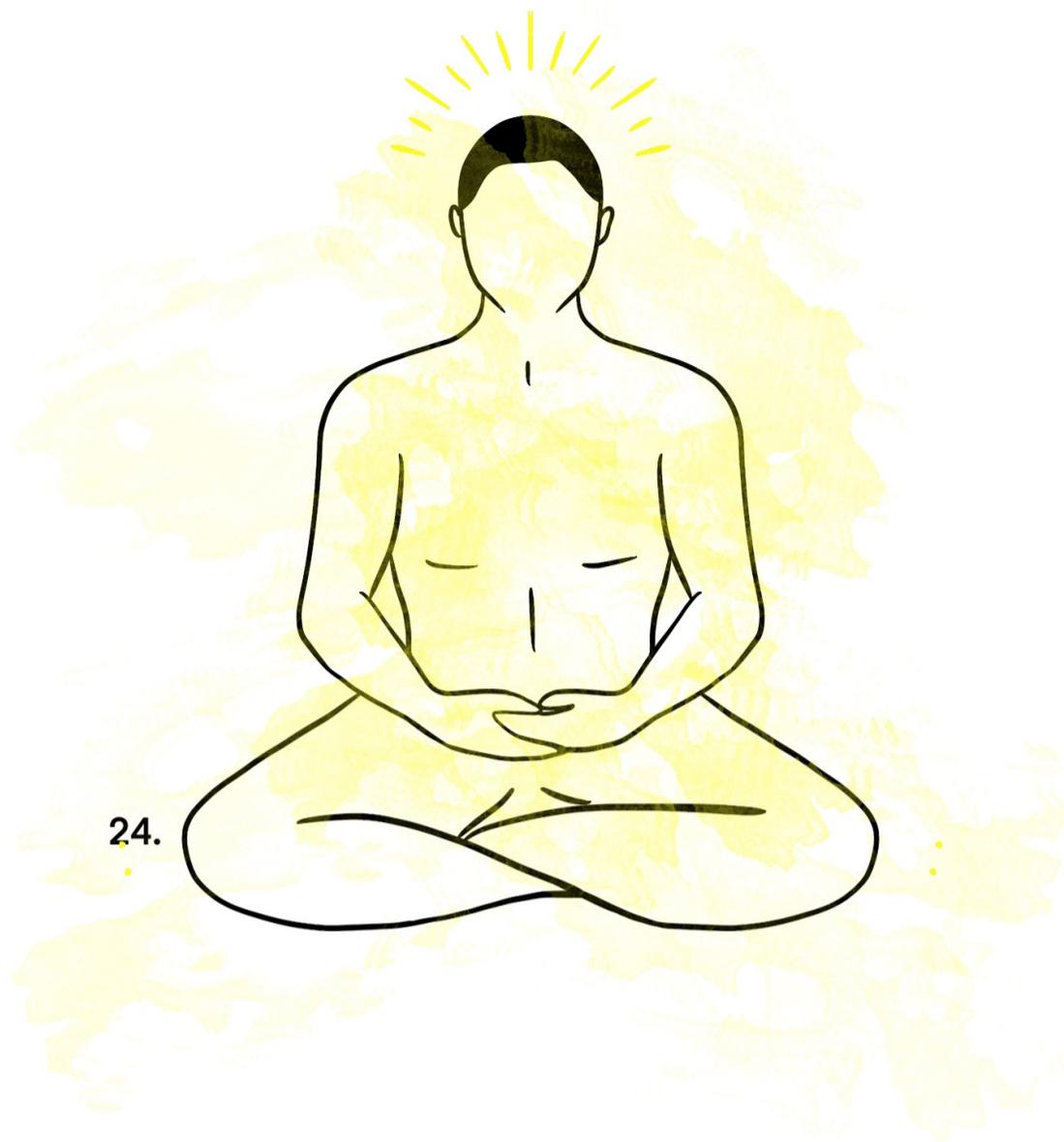
22 Arm pump

Sit on the heels once again and make sure the brow point is of focus. Join the hands together, interlaced with the elbows straight. Inhale, bring the arms around 65 degrees above the horizontal, exhale and bring the arms 65 degrees below the horizontal. Continue exhaling up and exhaling down, making sure the breaths are very powerful. Repeat this 22 times.

23 Arm stretch with breath of fire

Bring the arms latitudinal over the head and flip the hands over so the fingers are interlaced with the palms facing up. Roll the eyes into the third eye and focus above the head. Begin the powerful Breath of Fire for 45 seconds, then inhale and hold.

Keeping the focus on the third eye, hold the exhale for 15 seconds. Relax, and carefully bring the arms back down to a comfortable position.



24

Meditate

Sit back into the easy pose and make sure the spine is straight. Place one hand on top of the other inside your lap, with palms facing up.

Find a natural conscious pattern of breath. Breathing in for five seconds and out for five seconds.

Once you have found the conscious pattern meditate silently, inhaling and exhaling. Sit completely still.

Focus on expanding your pranic energy field. Extremely deep slow inhaling and exhaling. Do this for two minutes and relax.

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