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Yoga Posts

Post Reply 



23 posts • Page 1 of 1



Lydia [JG]



Yoga Posts

 Tue Nov 09, 2021 11:00 pm

This is just so I can have all my yoga posts in one link in my signature.

Last update: Dec 7 2022

Yoga for Chakras:

6th; 3rd Eye; Crown

<https://ancient-forums.com/viewtopic.php?p=280432>

Throat Chakra

<https://ancient-forums.com/viewtopic.php?p=245330>

Center/Heart Chakra

<https://ancient-forums.com/viewtopic.php?p=245728>

Solar Chakra

<https://ancient-forums.com/viewtopic.php?p=253879>

Sacral Chakra

<https://ancient-forums.com/viewtopic.php?p=213118>

Base Chakra (and for repressed anger)

<https://ancient-forums.com/viewtopic.php?p=210075>

Yoga: Growing Your Home Practice

<https://ancient-forums.com/viewtopic.php?p=289449>

Yoga: Focus, Breath

<https://ancient-forums.com/viewtopic.php?p=248453>

Kundalini Serpent Tantric Yoga

<https://ancient-forums.com/viewtopic.php?p=246980>

Expanding Consciousness: Physical Meditation

<https://ancient-forums.com/viewtopic.php?p=289861>

Yoga: Easy & Rest Days; Anti-Anxiety Bedtime Routine (Nov 18 2021)

<https://ancient-forums.com/viewtopic.php?f=3&t=64778>

Yoga For Menstrual Health And Relief

<https://ancient-forums.com/viewtopic.php?f=3&t=77244>

Prana

<https://ancient-forums.com/viewtopic.php?p=316241>

The Benefits of Trance

<https://ancient-forums.com/viewtopic.php?p=367714>

Yoga & Cleaning, Procreation

<https://ancient-forums.com/viewtopic.php?p=65474>

"But What Does Yoga Actually Do?"

<https://ancient-forums.com/viewtopic.php?f=3&t=68674>

Yoga: Important Inversions (Dec 7 2022)

<https://ancient-forums.com/viewtopic.php?f=3&t=80014>

Last edited by **Lydia JGJ** on Tue Feb 07, 2023 2:07 am, edited 7 times in total.

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Ask your questions anonymously: <https://ask-satan.net/>
[Info about "Ask Satan"](#)



NakedPluto



Re: Yoga Posts

Tue Nov 09, 2021 11:22 pm

Thank you very much. You are amazing



gnome



Re: Yoga Posts

Tue Nov 09, 2021 11:55 pm

I was looking for a yoga-per-chakra guide like this a while ago.

Now I can evolve my routine (which has become somewhat stale).

Much love, thank you



Henu the Great



Re: Yoga Posts

Wed Nov 10, 2021 12:18 am

NakedPluto wrote: ↑

Thank you very much. You are amazing

Seconded

Also: Yoga Kriyas for Chakras by Lydia made into PDF-files - viewtopic.php?f=3&t=64520

satanisgod.org | evilgoy.com

VoiceofEnki



Re: Yoga Posts

Wed Nov 10, 2021 12:58 am

Extraordinary work Lady Lydia!

Thank you for sharing your expertise with us and making Yoga more approachable and also easier to follow and understand than ever for us SS.

Tremendously educational and helpful for spiritual advancement for all members.

Hail Satan!

- VoiceofEnki,

<https://www.joyofsatan.org/>

<https://www.satanisgod.org/>



Przebiśnieg



Re: Yoga Posts

Wed Nov 10, 2021 2:19 am

Thank you sister Lydia! This is really helpful.

Hail Satan!

Hail Lilith!



NinRick



Re: Yoga Posts

Wed Nov 10, 2021 2:45 am

Thank you so much Lydia!
ily! <3

"Don't quit. Suffer now,
and live the rest of your life as a Champion."

[Follow Inanna's eight-fold path of advanced empowerment](#)

Keep your soul clean and build an [Aura of Protection](#).. Returning Curses [Pt 1](#) & [Pt 2](#)

-> [Hatha Yoga Session](#), for a safely ascension of your serpent. (by HighPriest HoodedCobra666)

Read the [Joy of Satan](#): Learn the truth and knowledge that has been secret and forbidden for MILLENIA!!

STAND TALL, BE PROUD, BE STRONG, YOU ARE PART OF SATAN'S HOUSE!

HAIL LADY INANNA!!
HAIL LORD APOLLO!!
HAIL BAAL-ZEBULON!!
HAIL FATHER SATAN!!



Lydia [JG]



Re: Yoga Posts

📅 Wed Nov 10, 2021 5:53 pm

Thanks everyone, I'm happy to be of help to you all 😊

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[Info about "Ask Satan"](#)



Awake666



Re: Yoga Posts

📅 Wed Nov 10, 2021 6:14 pm

Thank you so much for this Lydia, I need to upgrade my yoga routines 😊





BlackOnyx8



Re: Yoga Posts

Wed Nov 10, 2021 7:58 pm

Thank you for everything you share with us, I enjoy reading what you write and have learned much from it. I also bought a book you suggested a while ago - The Path to Holistic Health. Which is absolutely amazing, much appreciated.

The Serpent is free. The Serpent is exalted. The Serpent is forever!

[Holocaust Exposed](#) || [Videos of Truth](#) || [Videos em Português](#)

Ave Satanas! Ave Astarte! Ave Baal-Zebul! Ave Apolon!



Lydia [JG]



Re: Yoga Posts

Thu Nov 18, 2021 11:42 pm

“ BlackOnyx8 wrote: ↑

Thank you for everything you share with us, I enjoy reading what you write and have learned much from it. I also bought a book you suggested a while ago - The Path to Holistic Health. Which is absolutely amazing, much appreciated.

I'm glad to be of help. I only have that book in pdf, I've been meaning to buy it in physical copy as it's so good



[The Ten Year Plan](#) | [2023 Calendar for SS!](#) | [SS Calendar FAQ & Info](#) | [Witches Sabbath Purification](#) | [Yoga Posts](#) | [Obliterate Saturn](#) | [Retired From Astrology](#)

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[Info about "Ask Satan"](#)



Shadowcat



Re: Yoga Posts

Fri Nov 19, 2021 10:56 am

Thanks Lydia these are great!

[For our non satanist national socialist white lurkers. WAKE UP.](#)
[Green SS troopers get in here! For new people](#)
[Solid working for AOP](#)



Suzej



Re: Yoga Posts

Sat Mar 19, 2022 2:55 am

Please updated image of wheel asana.



tandt



Re: Yoga Posts

Sat Sep 17, 2022 8:05 pm

Thank you Lydia, for your great posts on yoga, they are very helpful

<https://sites.google.com/view/the-truth-is-out/home>



Lydia [JG]



Re: Yoga Posts

Sun Sep 18, 2022 3:19 pm

tandt wrote: ↑

Thank you Lydia, for your great posts on yoga, they are very helpful

I'm glad to be of help 😊

[The Ten Year Plan](#) | [2023 Calendar for SS!](#) | [SS Calendar FAQ & Info](#) | [Witches Sabbath Purification](#) | [Yoga Posts](#) | [Obliterate Saturn](#) | [Retired From Astrology](#)

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[Info about "Ask Satan"](#)



Baroness Blossom



Re: Yoga Posts

Sun Sep 18, 2022 8:07 pm

Shadowcat wrote: ↑

Thanks Lydia these are great!

Hello sister could you please send me an e-mail ? baronessblossom@protonmail.com

Bu hesap sadece belirli durumlarda ve nadiren çevrimiçi olabilir. Uzunca bir süre bu hesap aktif olmayacaktır.



Shadowcat



Re: Yoga Posts

Mon Sep 19, 2022 5:13 am

Baroness Blossom wrote: ↑

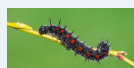
Shadowcat wrote: ↑

Thanks Lydia these are great!

Hello sister could you please send me an e-mail ? baronessblossom@protonmail.com

Sent.

[For our non satanist national socialist white lurkers. WAKE UP.](#)
[Green SS troopers get in here! For new people](#)
[Solid working for AOP](#)



ramses13th



Re: Yoga Posts

Thu Nov 24, 2022 5:08 am

I'm slightly confused about Yoga Practice, even after 5 years.

I have always done the basic routine posted by Maxine. Can these replace that basic routine, or should the basic routine still be done if one of these is done?

Been awake since the 15th, of January 2018.

JOS Romanian Forum Username : ClassicPass

JOS - Pocket Truth: <https://ancient-forums.com/viewtopic.php?t=77395>

--

Is the path endless?
So it shall be.



Dark Blue Eye



Re: Yoga Posts

Thu Nov 24, 2022 7:24 am

ramses13th wrote: ↑

I'm slightly confused about Yoga Practice, even after 5 years.

I have always done the basic routine posted by Maxine. Can these replace that basic routine, or should the basic routine still be done if one of these is done?

It's your choice. Did you ever go to gym and followed a schedule? If yes, you will understand better what I want to say. There are people who are doing the full body in a session or splitting and working the superior body or the lower, or even one or two muscles per day. With hatha yoga is the same. Depends on your goals, time and so on

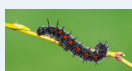
I prefer to do a 'full body' when I want to focus on energies flowing and cleaning all the blockages even on the minor chakras. For empowering chakras I would do split. And there are even more specific sessions like doing asanas for the sacral chakra and boosting my sexual drive and energy. If you want more advices you can ask me on our forum so I can express myself better

Hail Satan!

Hail Agares!

Hail O.R.I.O.N!

[Heinrich Himmler -- 'The Aryan Knight'](#)



ramses13th



Re: Yoga Posts

Thu Nov 24, 2022 11:55 pm

Dark Blue Eye wrote: ↑

ramses13th wrote: ↑

I'm slightly confused about Yoga Practice, even after 5 years.

I have always done the basic routine posted by Maxine. Can these replace that basic routine, or should the basic routine still be done if one of these is done?

It's your choice. Did you ever go to gym and followed a schedule? If yes, you will understand better what I want to say. There are people who are doing the full body in a session or splitting and working the superior body or the lower, or even one or two muscles per day. With hatha yoga is the same. Depends on your goals, time and so on

I prefer to do a 'full body' when I want to focus on energies flowing and cleaning all the blockages even on the minor chakras. For empowering chakras I would do split. And there are even more specific sessions like doing

asanas for the sacral chakra and boosting my sexual drive and energy. If you want more advices you can ask me on our forum so I can express myself better

Interesting, never thought about it like a gym routine, since I have told myself it's not even close due to the info in the PDF.

Replied to one of your thread's in the Ro Forum.

Been awake since the 15th, of January 2018.

JOS Romanian Forum Username : ClassicPass

JOS - Pocket Truth: <https://ancient-forums.com/viewtopic.php?t=77395>

--

Is the path endless?

So it shall be.



Masterj810610



Re: Yoga Posts

Thu Dec 01, 2022 11:37 am

“ Lydia [JGJ] wrote: ↑

This is just so I can have all my yoga posts in one link in my signature.

Last update: March 1 2022

Yoga for Chakras:

6th; 3rd Eye; Crown

<viewtopic.php?p=280432>

Throat Chakra

<viewtopic.php?p=245330>

Center/Heart Chakra

<viewtopic.php?p=245728>

Solar Chakra

<viewtopic.php?p=253879>

Sacral Chakra

<viewtopic.php?p=213118>

Base Chakra (and for repressed anger)

viewtopic.php?p=210075

Yoga: Growing Your Home Practice

viewtopic.php?p=289449

Yoga: Focus, Breath

viewtopic.php?p=248453

Kundalini Serpent Tantric Yoga

viewtopic.php?p=246980

Expanding Consciousness: Physical Meditation

viewtopic.php?p=289861

Yoga: Easy & Rest Days; Anti-Anxiety Bedtime Routine (Nov 18 2021)

viewtopic.php?f=3&t=64778

Prana

viewtopic.php?p=316241

Yoga & Cleaning, Procreation

viewtopic.php?p=65474

"But What Does Yoga Actually Do?"

viewtopic.php?f=3&t=68674

Since friday, I have decided that I would do the chakra yoga for the day + kundalini. I will try to add some other hatha yoga pose for the mondays (6th) and thursday (crown) since it only one pose. Is it a good routine or would you add more hatha yoga into it?

Thank you



Korpi



Re: Yoga Posts

Mon Feb 06, 2023 10:37 am

Lydia [JG] wrote: ↑

Hi 🙌

While I was compiling a list of all the Yoga information I could find, I noticed a post of yours is missing from the OP.

See here, [Yoga For Menstrual Health And Relief](#)

The Yoga Resource: [Complete Collection of Yoga Links \(AFAIK\)](#)

[The Symbolism behind the Trine Nadi, Trishula, and the Iron Cross](#)
[The Trine Nadi: Father Satan, Azazel and Astarte are as One \(Split Post\)](#)
[The Number 4, and the Mysteries of Father Satan](#)
[The Truth behind the "Six-Pointed Star"](#)
[A Closer Look at Numerology](#)
[The Deeper Meaning behind "7 8 9"](#)
[The Deeper Meaning behind "Hatha" Yoga](#)
[Complete Collection of Yoga Links \(AFAIK\)](#)
[Setting up ChronosXP](#)
[A Groundbreaking Resource of Scientific Information](#)



Lydia [JG]



Re: Yoga Posts

Tue Feb 07, 2023 2:05 am

Korpi wrote: ↑

Lydia [JG] wrote: ↑

Hi 🙌

...

Thank you! I am updating it now 😊

[The Ten Year Plan](#) | [2023 Calendar for SS!](#) | [SS Calendar FAQ & Info](#) | [Witches Sabbath Purification](#) | [Yoga Posts](#) | [Obliterate Saturn](#) | [Retired From Astrology](#)

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