wisdom of yoga

anjali yoga arts

mini manual

wisdom of yoga training

January 2022 *with Aya & Team*

Mini Yoga Wisdom Training Manual

AyaLove.Earth

StarWheelFoundation.org - SchoolOfSacredGeometry.org

StarWheels.com - StarWheelMandalas.com

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NAMASTE means: I Honor the Infinite in You.

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mini yoga training manual:
a who's who

The **MINI YOGA WISDOM TRAINING** manual is a reference book, companion traveler and user's instructions check-list for all humans sharing, exploring and dancing Life on this beautiful Mother Earth…

All of us:

• **Who** have found themselves peering at Life from an individual body of a certain skin color, speaking a peculiar language, behaving in particular ways and partnering with a mind seemingly made of many layers and oftentimes speaking with contradictory voices…

• **Who** seek, question and are asking themselves… What am I doing here? What is going on? Who is this person I was told to call "me"? Am I just some body, the child of my parents, with a "name", a "job" and maybe a family or even a house? And then for how long?
And what am I really supposed to do with my life? I do not even recall being asked if I wanted to come here? Do you?

• **Who**, in a beam of grace, have taken a flight above their living instrument of the body-emotion-mind and, for a moment, have become the soul-bird watching themselves from on high… blissfully free from our current dramas and seeing how small our fears, ambitions, goals, concepts… really are…
Rising on the ladder of frequencies, we wonder how far does it go? Is it the beginning of infinity? And am I returning home? How do I proceed?

• **Who** have wondered, in tentative or rebellious ways, if and how they can free themselves from the conditionings of their upbringing: the beliefs of the religion hammered unto them, the rules & regulations of their caste, tribe, family, nation…, the value systems of their peers, the likes-dislikes of their culture, the programmed promptings of their reactive mind, the imprinted memories of their recent & ancestral past, the codes of their genetic heritage…
What or Who continues to stay when all the layers are progressively erased? Is there a center of permanence beyond this stage in space & time? What is this consciousness they speak about?

• **Who** have had *Aahh Oohh* glimpses, inspirational or revelatory, that there is much more to Life than its daily routine: a sky of light bursting open in our head, an ocean of love pouring in our heart, the sudden immersion in universal oneness, a rush of fire in our spine, a dream that seems more real than physical reality, a timeless & unconditional love affair, a flight of empowerment into being the co-creator of the universe, the gift of an ocean sunset or the opening of a lotus flower, the spontaneous embrace of a child…

• **Who** are longing, yearning for a deeper fulfillment extracting them from the market place's endless pursuit of relationships, success & failure, pleasure & pain… Who am I? What is my real identity, beyond the social masks & persona-lities? Am I playing a game of hide-and-seek with myself and running away from my true nature? Am I afraid, maybe terrified, of facing myself as infinite? Am I addicted to the security of smallness?

• **Who** look for practical ways, techniques & practices, to help us become love buddies with the body-mind and regain a cosmic perspective… sometimes realizing: can I even grasp it from within this human instrument? Do I even have a beginning and an end or could it be that I have I always been?

• **Who** feel: what if I contain the entire universe? What if I am part of the Source of it all? How will that change my human life, here and now? How will that change my relationship to others, to society, to nature, to this body-mind I am managing? What is the Yoga of it?

All of you… all of us… WELCOME!

the global reach of yoga

Yoga, in the last two decades, has expanded into an international phenomenon bringing much needed relaxation practices to offset the increased stress of modern life styles, especially in the Western countries. Moreover, Yoga, being in essence a **comprehensive way of life**, offers a lot more than just body-based toning practices: beyond the immediate benefits of relaxation, Yoga brings in Breath work (the many *Pranayama* techniques that activate and regulate the circulation of *Prana* or Life-force), an understanding of and access to the **energetic body** of vibrational medicine, and time-honored practices to prepare for **meditation,** contemplation and higher states of **expanded consciousness**.

Yoga is fast becoming the global vehicle needed to convey to humanity, in a **non-denominational way**, the direct experience of the new global spirituality emerging out of the old religions. No more blind beliefs but **personal experience**. Yoga also brings deep awareness to the new conscious, healthy, healing life styles emerging out of the eco-organic approaches to diet & nutrition, mindfulness of emotions - thoughts - actions, and a **benevolent compassionate relationship** to nature, each other, the universe and the Greater Self.

Padma-Lotus Anjali Mudra (with passion flower)

global yoga manifesto

Yoga is becoming a stage and a way for our global awakening. Not just the stress-relief and disease-prevention gifts of body-based yoga – although this is dearly needed… but the yoga that stops the fluctuations of the mind and initiates the **no-mind**; the yoga of preparing for meditation - which is the true purpose of yoga...

• The **yoga of the pulsing fields of light**, the yoga of the **luminous cosmos** where we are Home - chanting, dancing, playing and celebrating life, nature, the universe, existence, ourselves and each other...

• The **yoga of vibrating in the joy of being love** itself; the yoga of enjoying sudden inner smiles and bursts of belly laughing; the yoga of bowing in *Namaste* admiration at the unique beauty of each human being; the yoga of sheer delight at the marvels of mother earth's landscapes, seascapes, rainforests, sunrises and sunsets and the fabulous family of plants and animals surrounding us...

• The **yoga of wonder & awe** at the infinite holography of each gesture, word, feeling and moment we embrace totally; the yoga of entering deeper into *asanas*, *mantras*, *mandalas* and symbols - old and new; the yoga of tracking and savoring the *kundalini* currents of energy tingling, tickling and shivering in our pranic bodies; the yoga of stretching into the fields of dancing rainbow lights and into the **golden relationship** of having so many friends as our Beloved; the yoga of bowing in gratefulness and offering dancing thanks for being divinely conscious in these human bodies here-now; the yoga of *kirtan*-chanting together, in call and response, the creative sounds of the universe and the harmonic frequencies sustaining life...

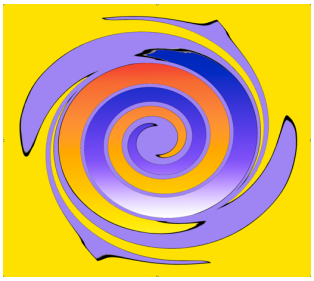
• The **yoga of knowing that each drop is whole** and complete in this **Ocean of Self**; the yoga of remembering that we are beings of pure bliss visiting this human *leela* playground and entering the medicine wheel of Mother Earth; the yoga of sharing that bliss globally by **co-creating a civilization of happiness for all of humanity**, a new era of respect for all of nature and a common tuning of oneness with all beings in all realms.

earth yoga festival

Humanity is now on a global pilgrimage to the sacred site of a **new civilization.** No more sealed borders, square ego boxes, hypocritical dogmas, massive brain-washing & body-junking: we know better now…

A New **Economics of Redistribution** based on *the-more-we-give-the-more-we-receive* principle... A **New Education** showcasing Peace, Yoga, Meditation, Sustainability, Conflict Resolution and Compassion... Co-creative Children, Teenage and Community Neighborhood Centers… Medical Care for all… **True Medicine** replacing the greed-based medical / pharma industries… **Green Energy** Systems… Paid Maternity, Sickness and Holiday leaves… Restorative Justice… Multi-racial and multi-cultural Diversity & Richness… Supportive Retirement… A new regional community-based politics with a global council of wise women &men overseeing the international affairs... An **open sky** free of chem-trail showers and weather engineering…
An **open earth** with fields of abundant, organic crops pollinated by humming bees... Clear, crystalline waters… Sweet farmlands of harmonic, smiling permaculture… Vibrant children running around, laughing, singing and playing the magic games of Life... Abundance and **Loving Respect** for all humanity…

A gigantic Earth Yoga Festival is awaiting us… Want to join? Prepare yourself as the cosmic music instrument that you are. Use whatever aspect of yoga is coming your way and JOIN the CELEBRATION… Yoga is the **Earth-Cosmos connection** with the vast universe: it encompasses many ways of transformation, evolution and expansion - ancient, current and future... The Yoga Festival starts with YOU as a cosmic yogi / yogini, integral part of a human family of happy beings connecting Earth and Sky, holding hands with each other and turning their life into **radiant flowers sharing the many fragrances of pure love for no reason...**



purna vida eco-yoga earth school

The **StarWheel Foundation**'s current, main project is the establishment of the **Purna** (Sanskrit = perfect) **Vida Eco-Yoga and Earth School (E.Y.E.S.)**, in Costa Rica. This "Finca", conceived as an organic eco-village, will offer educational, fun programs taking advantage of the *pura vida* tropical environment: daily yoga classes, meditation, chanting, mandala arts, rain forest safaris, dolphin encounters, organic gardening, integrative life-styles, organic & nutritive diets, massage arts, creative science... the basic arts for the CELEBRATION of LIFE...

We envision 1-week, 2-weeks and 4-weeks programs offering ***Eco-Yoga Earth School*** (**E.Y.E.S**) immersions. Costa Rica is an ideal climate and environment to unwind and engage deep transformations / new beginnings in one's life. In the longer term, we see an **"Earth School"** Scholarship Fund for World Orphans: kids from many different cultures learning from each other and from Nature how to be the best Earth Citizens ever…

Retreat Center in Costa Rica (starwheelfoundation.org)

https://playingforchangeday.org

Unknown www

https://sheisfromindia.tumblr.com

Namaste Anjali

note on the chapters headings & the mystical tree

The life & seasonal cycles of a tree go through various stages of growth: from the original **Seed** to **Roots, Trunk, Branches, Flowers / Fruits** and back to **Seed again**. Similarly, the Yoga Practices presented in this Manual are grouped into a self-sustaining cycle: from the original *Spark of Yoga* gracing you in your first yoga class to **Grounding** practices to **Energy** Awareness to **Wisdom** to **Beauty** and back to the exploration and enjoyment of the dance **postures** of Yoga called *asanas*.

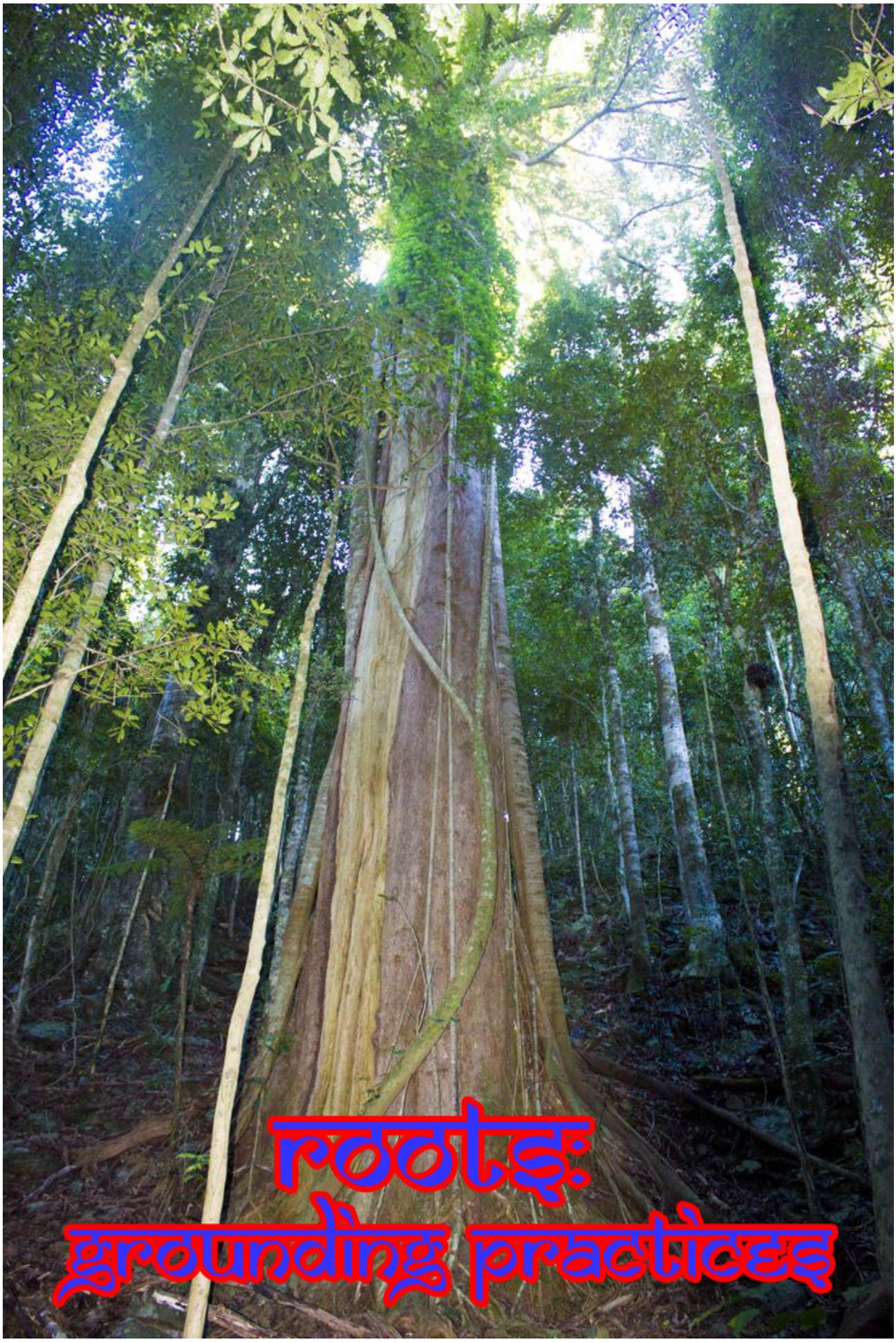
•

Many mythologies describe the **Tree of Life or World Tree** acting as the **Axis Mundi** or Spinal Column of the Universe: it supports and displays the cosmos. It provides for the interconnectedness between earth, heaven, and the underground, uniting **Above and Below**.

The Yoga Tradition tells us about another kind of tree, an upside-down tree: the **Mystical Tree**. The Bhagavad Gita mentions an immortal tree that has its roots upwards and trunk & branches below, growing downwards.

This tree is embodied in the structure and function of the human body and its nervous and energetic systems. Discovering and climbing this paradoxical tree is the **180° rotation** from the outside appearance to the **inner evidence** and from the ego-mind to pure consciousness. The branches and leaves of the Mystical or **Yoga Tree** are the instincts, emotions, thoughts and desires proliferating in the lower body (first 3 chakras), the trunk is the channeling of the spinal column with its vertical transmutation through the heart. The roots are the governing centers in the head. Climbing one's own tree, one learns how to dis-identify from the leaves & branches and reach up for the roots of manifestation. In the Yoga practice, the real *root* is not *Muladhara* but ***Sahasrara*.**
The process can be described as follows: the **Shakti Kundalini,** the **evolutionary power** in Muladhara, has to be activated / sparked by the **Shiva lightning** from the Sahasrara. Mula is a relay in the complete loop of higher dimensional entrance into the human experience. The roots of Consciousness from Above merge with the roots of the Kundalini potential from Below. The Kunda pump is primed by a prana pulse descending down, like the **Prince kissing awake the slumbering Princess**. Sacred Marriage: seed within seed. Self within Self. Shiva embraces Shakti in the **Bliss of Ananda**.

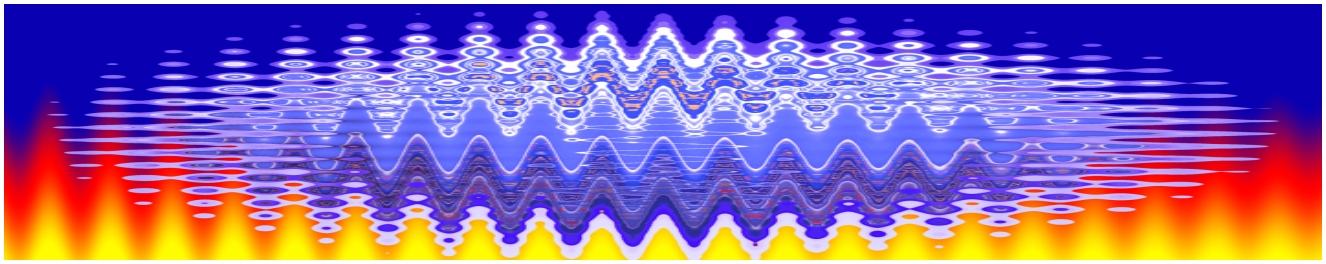
Tropical tree image in chapters headings: Pinterest.com/Angelicmoments1. Australia.
Mystical tree image: internet. After Yoga Publishing Trust. Bihar.


roots:
grounding practices

yoga checklists: 1-2-3-4-5-6-7-8-9-10

In the Yoga tradition, there are some mnemotechnic devices to quickly check on oneself or come back to center when challenged. They are lists of essential "reminders" that yogis & yoginis keep in memory and review once in a while.

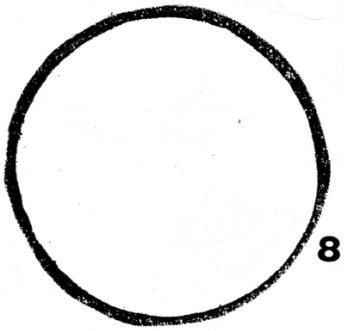
1	**ONENESS**	
2	**SHIVA-SHAKTI**	Manifestation Dance of the 2 cosmic polarities. Consciousness & Energy
3	**EMERGENCY CHECKPOINTS (when stressed)**	• Posture: Grounded, Balanced, Straighten Spine (GBSS) • Breath: Deep Belly Breath (DBB) • Relaxation: Release Tensions + Create Stillness (RTCS)
4	**FALSE BELIEFS**	#1: Permanence of objects (material, emotional, mental…) #2: Ultimate reality of the body. There is nothing else but this body. #3: Happiness of suffering. State of misery construed as happiness. #4. Body, Mind + Feelings are our True Self.
5	**AFFLICTIONS (*Kleshas*)**	#1. *Avidya* = Ignorance of the true Self. #2. *Asmita* = "I-ness" – "I" disease… Ego identification. #3. *Raga* = Attraction. I like… I am attracted to this "Pleasure"… #4. *Dvesha* = Aversion. I dislike… I avoid this "Pain"… #5. *Abhinivesha* = Clinging to Life / Fear of Death…
6	**POISONS (*Arishadvargas*)**	#1. *Kama* = Desire / Lust #2. *Krodha* = Anger / Rage #3. *Lobha* = Greed #4. *Moha* = Delusion / Attachment #5. Matsarya = Envy / Jealousy #6. Mada = Sloth / Pride
7	**7 CHAKRAS**	1. *Muladhara* (Root). 2. *Svadisthana* (Sacral). 3. *Manipura* (Belly). 4. *Anahata* (Heart). 5. *Vishuddi* (Throat). 6. *Ajna* (Third Eye). 7. *Sahasrara* (Crown).
8	**8 LIMBS (*Ashtanga*)**	1. *Yamas.* 2. *Niyamas.* 3. *Asanas.* 4. *Pranayama*. 5. *Pratyahara.* 6. *Dharana*. 7. *Dhyana*. 8. *Samadhi*.
9	**STATIONS**	1. Standing. 2. Bending (forward / back / side). 3. Twisting. 4. Sitting. 5. On the belly (prone). 6. On the back (supine). 7. Crouching. 8. On the knees. 9. Inversions & Balancing.
10	**5 YAMAS + 5 NIYAMAS** **The 10 Bulls (see next page)**	*Aparigraha* *Brahmacharya* *Asteya* *Satya* *Ahimsa* *Ishwara-Pranidhana* *Svadhyaya* *Tapas* *Santosha* *Chaucha*



mandala of the 10 bulls

The Zen-Yoga Mystic Journey

The bull symbolizes the Original Self / Buddha Nature / Brahman / the Ultimate... to be sought, glimpsed, faced, tamed... and eventually fully integrated...



Picture / Stage 10

Barefooted and naked of breast
I mingle with the people of the world.
My clothes are ragged and dust-ladden
and i am blissful.
i use no magic to extend my life.
Now, before me,
the dead trees become alive.

昭和辛卯夏
富吉郎
画並刻楷

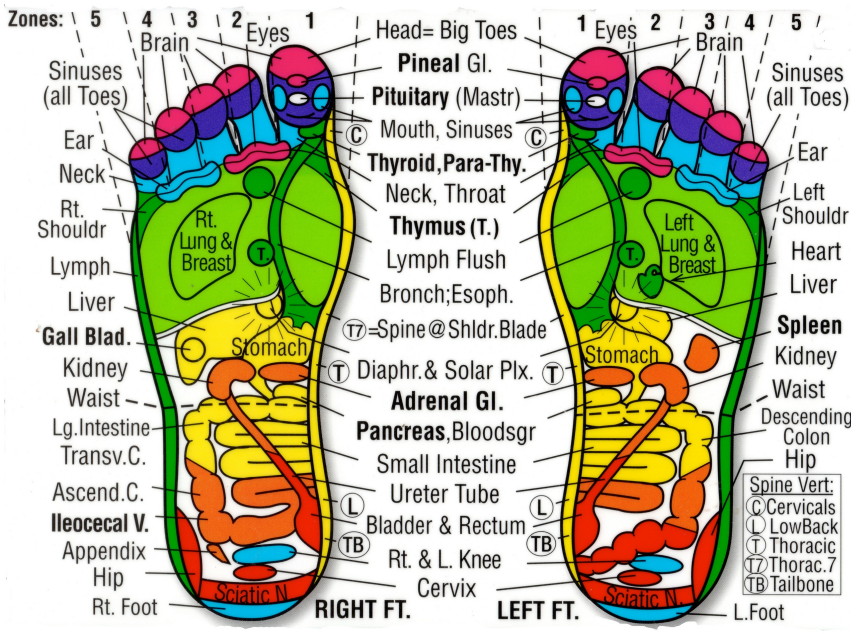
the feet and grounding

Gratefullness to our feet.

After moving on 4 limbs came walking, standing, running, dancing on 2 limbs… Each foot contains 26 bones, 33 muscles, 31 joints and over 100 ligaments. The feet have ¼ of all the bones in the body: 52 bones in a pair of feet… A lot is invested in our FEET…
Let's give thanks to our feet instead of cramming them into tight shoes and abusing them because they are so far away from our mind.
In Yoga, we re-learn how to care for & honor our feet. Our feet give us back **grounding, balance & grace.**

Don't just sit around – play with your feet, spread your toes… Some people who have lost their hands learned how to write & paint with their toes.

Our **toes** are meant to spread wide when we walk, stand and run. This allows for best weight distribution. When open wide, our toes bless us with a more natural, blissful, relaxed & graceful stand and stride. Spreading the toes in yoga poses can also create great inner emotional & energy releases.



Feet stimulation points. The tiptoes are connected with the head & brain.

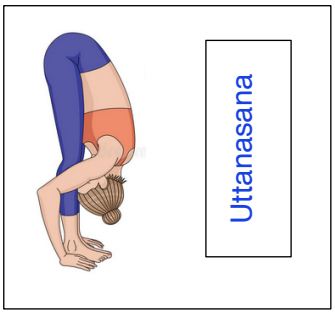
Toe stretchers & separators are a great prop to retrain toes and feet.

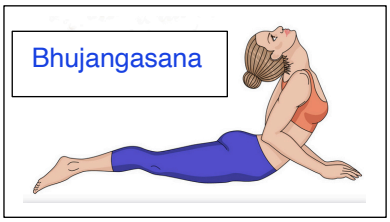
feet = 4 points of contact

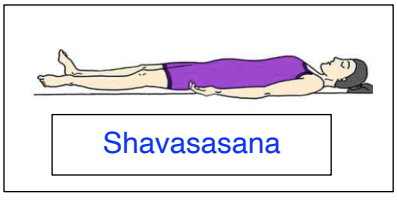
In Yoga, we consciously ground the feet from the "4 corners". The weight should be distributed evenly through the feet in order to transfer energy to the whole body.
1. Ball big toe.
2. Ball small toe
3. Inner heel.
4. Outer heel.

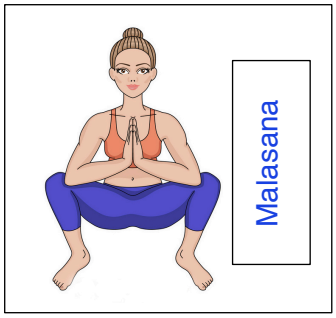
Yoga Toe Lock:
Bring your first two fingers under your big toe, with your thumb on top for a good grip.

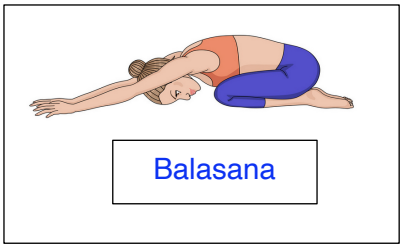
grounding asanas



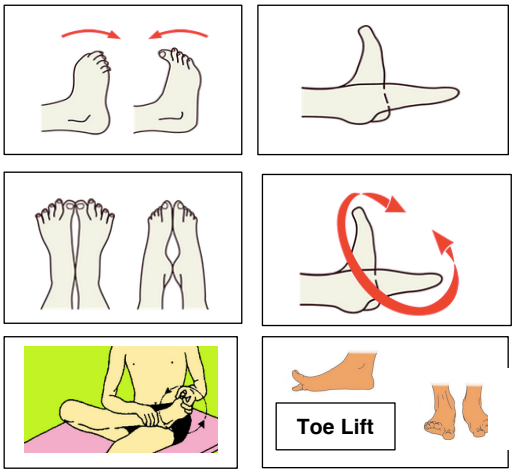




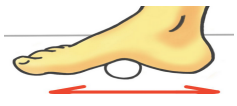




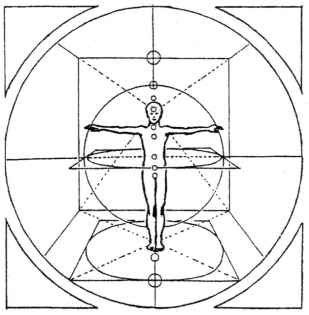
warming up the articulations of the feet



Roll your feet on tennis balls.

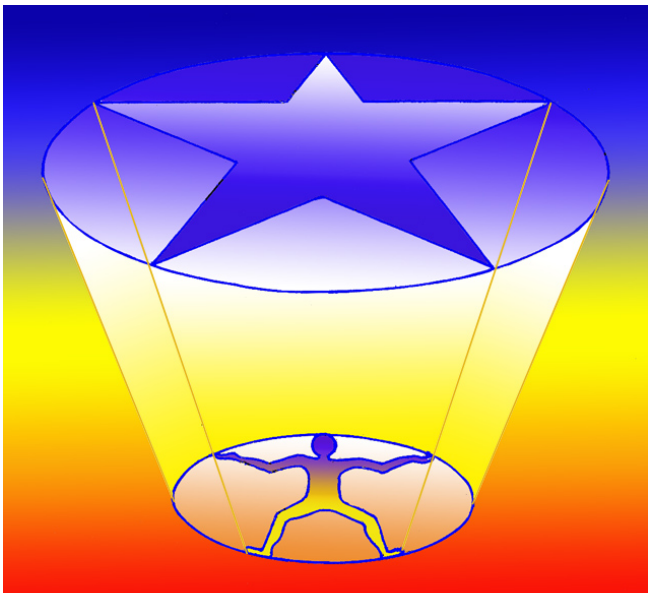


centering : body temple universe

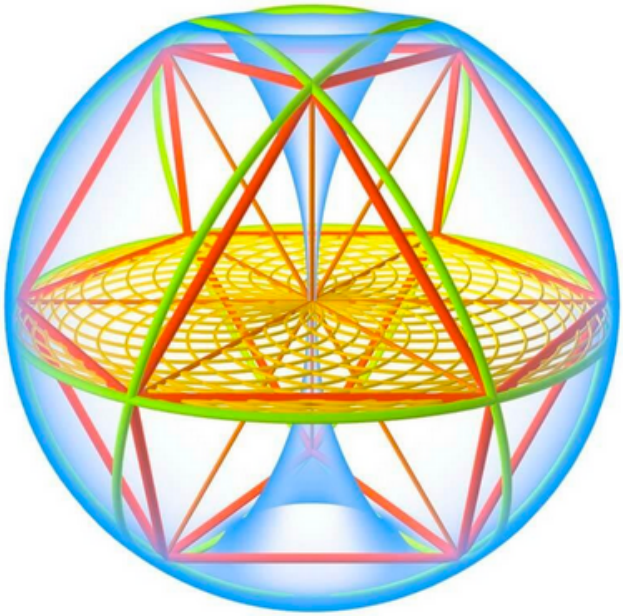


Yogic / cosmic co-ordinates.

Within this **live cosmos** (Greek *Kosmos* = harmonious order) experienced as the presence of an infinite Being, there is a perfect holographic, fractal and synchronistic resonance between the individualized facets and the Whole: the Yogic cosmos is an anthropo-cosmos – humans prolong and reflect the Universal Being… Everything exists within the Whole and the yogi / yogini strives to perfect this immersion (resonant similitude) between the **Many** (*Bahu*) in **One** (*Eka*) and the One in Many. *Pidanda* (human organism) IS *Brahmanda* (Universal organism*).* As Outward so Within.
The Whole is an *akhanda* (complete) & *purna* (perfect) Mandala, That which encloses the Center. Even unseen or ignored, **Harmony IS**, scale & time-invariant.

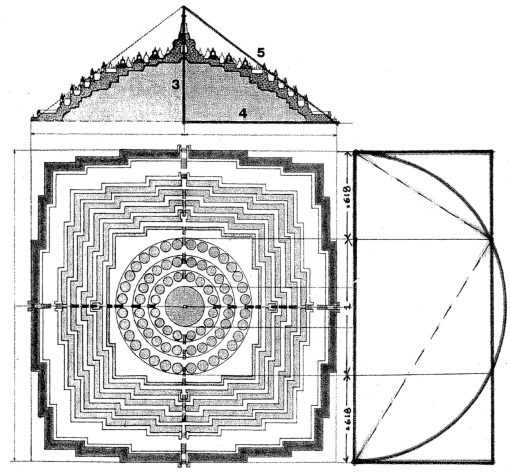


Penta-symmetry of the human structure.

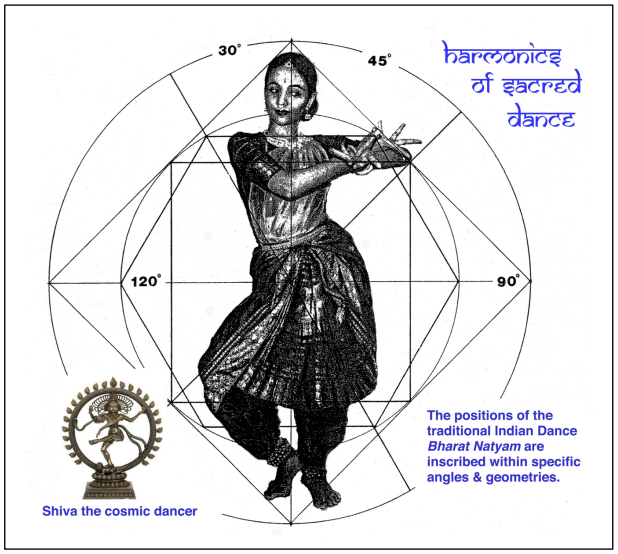


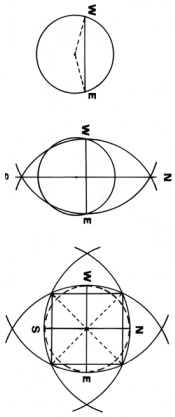
[cosmometry.com]

The body is Temple of the Infinite. Yoga is the visitor's guide & user's instruction manual.

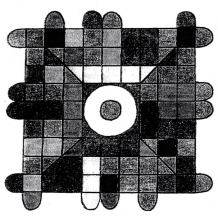


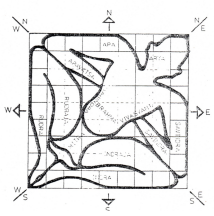
Borobudur (Java) & the Golden Ratio.



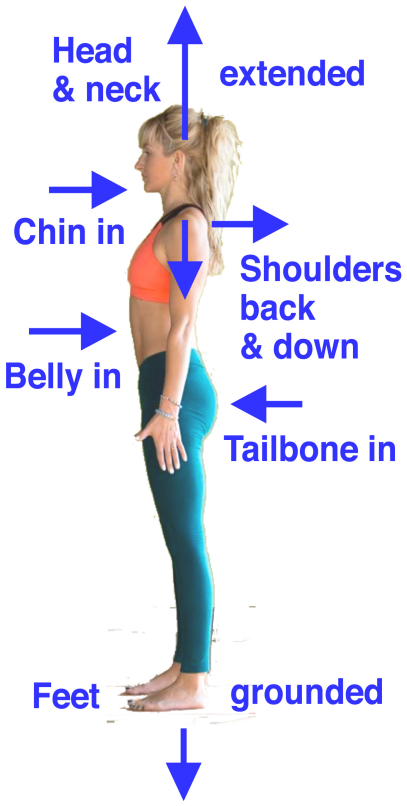


Orient-ing
A temple





body alignment & balance



↑ Tadasana alignment

↑ Center of mass
= Center of gravity.

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balance & equilibrium. For balancing ourselves gracefully **between sky and earth**, we need:

• **Proper Alignment.** This is physics. Aligning the Center of Gravity (aka *center of mass*) over the base of support creates balance. The **Center of Gravity** varies a little from person to person, but on average it is slightly below the navel, deep inside the belly, right on the midline. The midline is the ideal plumbline from top to bottom. When we extend our limbs away from the midline, we find equilibrium by consciously playing with the ideal plumbline: using slow counter-balances of the limbs or weight-shifting and strengthening the appropriate muscles. The body is equipped for amazing dances with gravity… and levity.

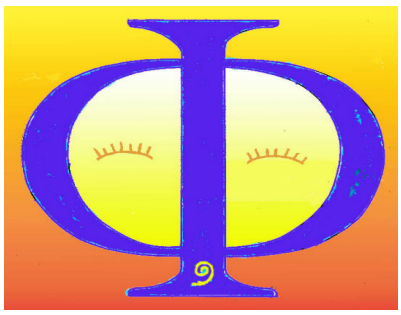
• **Strength.** Strength gives us the ability to hold alignment. And repeated balancing practice develops specific groups of muscles that have no chance to get used in daily life and are grateful for the stretch.

• **Focused Attention.** Attention *(drishti)* consciously monitors alignment & balance moment to moment. The key is to breathe deeply while lovingly listening to the body as we engage micro-motion moves and we experiment with increments of balance. This is a great practice for here-now awareness and increased coordination: our daily life will reflect it. Graceful physical balance breeds inner equanimity & peace.

Tip 1. in one-foot or tip-toe balance poses, it is surprisingly helpful to broaden the distance between your toes in order to have a larger base.

Tip 2. Experiment with strongly engaging your core and keeping it engaged while you balance. This is anchoring yourself in your center of gravity and doing all your moves *from there*, with strength & centering.

ENJOY experimenting with Alignment & Balance. Tumbling down teaches both humbleness & determination.



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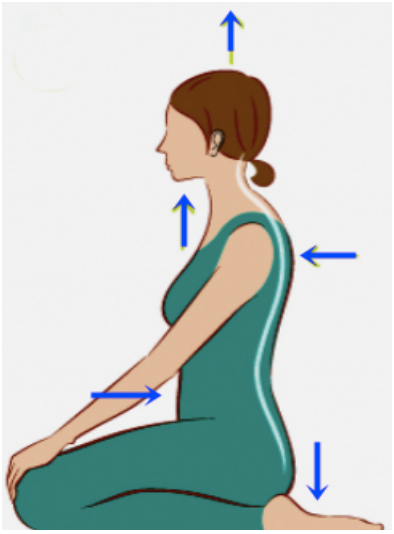
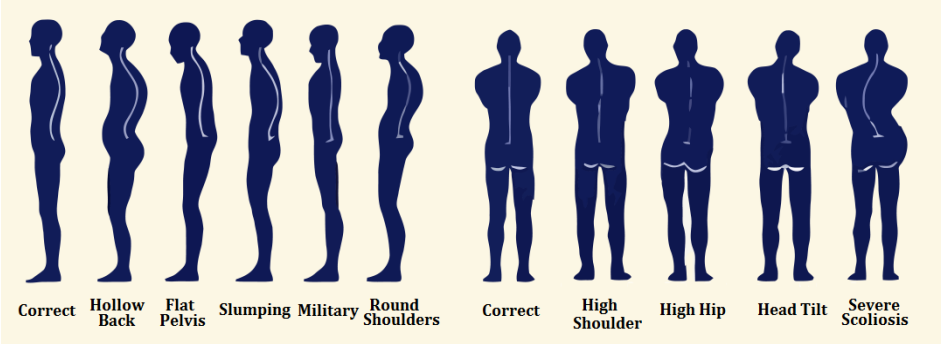
← The perfect alignment of all your bodies and the harmonic tuning of your inner gateways will allow the cosmic PULSE of LIFE to jolt you from Mula to Crown, ushering you into ecstasy, the ultimate equilibrium.

posture awareness

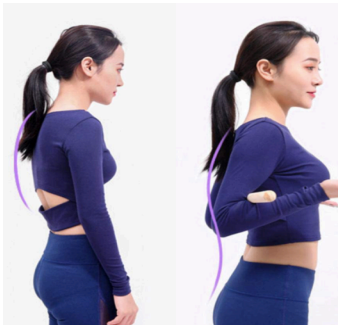




Posture awareness: know and rebalance your posture. ► the spine

↑ The foundation of well-being is a full conscious breath, a flexible spine and a good posture in all the body stations: standing, sitting, bending… Good standing posture is described as: feet grounded, straight back, belly in, chest & heart open, shoulders squared & relaxed, chin back, crown to the sky.

↑↓ Postural Body Stick
Brand: Youngsown



We are surrounded by a collective culture of "screen hunching", "text necking", "couch slouching" and ad hoc positions that over-specialize one limb or one side of the body at the expense of overall alignment, grounding and symmetry… These are all tell-tale signs of unconscious, unaware postures progressively leading to aches, cramps & pain, especially in the hips, lower back and shoulders. Healing posture with outside help (chiropractic manipulation…) can be expensive and does not usually address the cause of the imbalances i.e. un-awareness.
Yoga practice, because of its emphasis on **awareness of the body** and its insistence on experiencing the body-mind from inside out, is a wonderful way to restore proper alignment and strengthen all the elements of a healthy posture. How to proceed to improve posture?

First Step – With the help of a yoga teacher / fitness coach / body worker, assess the weak points of your postures & alignment. Re-enacting usual positions when working, resting, eating, walking, using your phone, and even "doing fitness exercises"… helps to zero-in to the attitudes & habits that need correction. You can also take a video of some of your problematic habits and watch yourself from outside, from the witness standpoint, the way others see you.

Step Two – Discuss with a Yoga teacher which asanas or flows are most appropriate in your case, maybe establishing a priority list. After making sure you are practicing your priority asanas properly, start your *sadhana* (yoga practice) and diligently work on your **posture-healing asanas**… If possible, do it daily & on your own mat, even if it is only 5 minutes. That way, you will re-groove your neuronic pathways and make your posture a **play of awareness**.

Step Three – Export the awareness of your posture asanas outside the mat and into your daily life: incorporate it in the new way you walk, work, interact with people etc…

shatkarma – yoga cleansing techniques

Yoga considers the internal **purification of the human body** as essential to a successful progression on the spiritual path. This is the physical aspect of the 1st *Niyama*: *Chaucha* (Purity). The **Shatkarmas** [*Shat* = six; *Karma* = action) are 6 groups of natural techniques for internal cleansing. They are traditionally listed as: **Neti - Dhauti - Nauli - Basti - Kapalabhati - Trataka.** The most commonly used practices are described below.
Practicing the Shatkarmas creates harmony & balance between the 2 major pranic flows, *Ida* & *Pingala*. In Ayurveda, the Shatkarmas are used to balance the 3 *doshas* or humours in the body: *kapha* (mucus) / *Pitta* (bile) / *vata* (wind). It is important to learn these techniques from an experienced instructor.

BREATH CLEANSING – *Kapalabhati* (cleansing the frontal lobe) and *Bastrika* (Full Fire Breath) are described in the Pranayama page.

EYE CLEANSING – Use a glass eyecup and soak each eye in lukewarm, salted water.

TONGUE CLEANSING – Use a tongue scrapper or a teaspoon (with hard edge).

NOSE CLEANSING (*NETI*) – 1. **Jal Neti**. Fill a *Neti pot* with lukewarm, pure, salted water. Tilt head to one side + gently pour water into one nostril. The water will come out through the other nostril. Exhale & expel all water. Do the other side.
2. **Sutra Neti.** *Sutra* = "thread" made out of cotton or a rubber catheter (number 4,5 or 6). Soak the *sutra* in salt water, dip the tip in oil and insert in dominant nostril until you can retrieve it out of the other nostril. Then go back & forth, gently cleansing the nose.

THROAT CLEANSING – *[Fill a bowl with pure, salted, lukewarm water]*
1. Gargling. Drink water and make it bubble in the mouth as you exhale through it. Spit.
2. Nose-Throat Cleansing. **2a. Nose to Mouth**. Close one nostril with thumb and inhale/intake/sniff water through the other nostril. Spit out the mouth. Do the other nostril. Then do both nostrils together: inhale/intake/sniff water through both nostrils and spit out the mouth. **2b: Mouth to Nose**. Assume the *Nauli posture* (bending with palms on knees). Take a mouthful of water, push it up the throat and expel as much as you can through the nose. Do this a few times. Y'll get to enjoy it.

BELLY MASSAGING – **1. Belly Pumping** (*Agnisara. agni* = fire; *sara* = essence). Sit in a yoga posture. Take a deep Full Yogic Breath, hold the breath for a moment and then exhale slowly all the way to empty (*bahir khumbaka*). Hold the breath and pump the belly in and out as many times as you can. Release + take a good, deserved IN breath.
2. Belly Churning (*Nauli* or *Laulika*) - Assume the *Nauli posture* (bending with palms on knees). Inhale + Exhale all the way with breath retention (*bahir khumbaka*). Watch the abdomen as you contract the *rectus abdominii* muscles, so that they form a central vertical band in front of the abdomen. With lots of practice, it is possible to isolate the left and right side and then to roll/churn/rotate the abdomen muscles in a circle.

INTESTINAL CLEANSING (Dhauti) – 1. Bhujangini (*bhujang* = cobra**) Kriya.** With a series of gulps, suck in air through the mouth and draw it into the stomach. Hold. Then expel by belching. **2. Vatsara** *(vata* = air*)* **Kriya**. Same as Bhujangini but do not expel the air – it will be passed out through the intestines in its own time. Best before a meal.
3. *Shankhaprakshalana*, *Vaman* & *Vastra Dhauti* are advanced techniques to be performed in an ashram, under guidance.

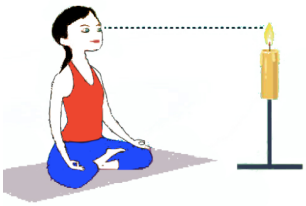
BASTI – Yogic enema techniques. Under guidance.

TRATAKA – Concentrated Gazing. Using a dot or a flame as a focus point, gently gaze without blinking or moving the eyeballs. Let your body awareness decrease. When your eyes get tired, close them and look at the after-image. Repeat. Trataka focuses the mind, clears oscillating tendencies and opens up inner vision. After practicing Trataka, put a drop of salted water (or rose water) in the eyes.

Jal Neti

Sutra Neti

Nauli posture



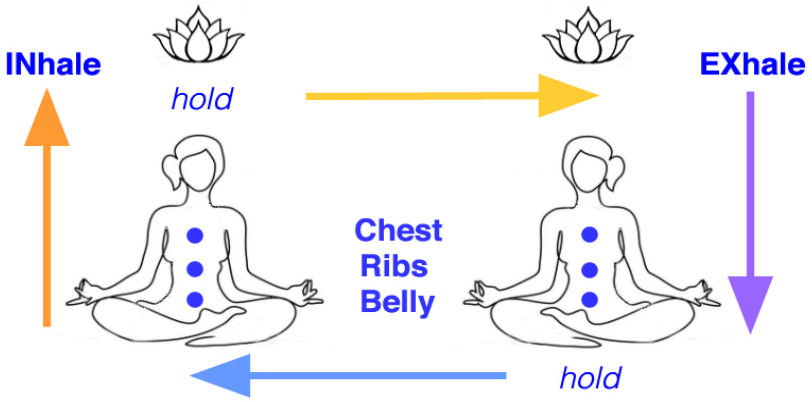
Trataka gazing

When you breathe IN,
the whole cosmos enters you...

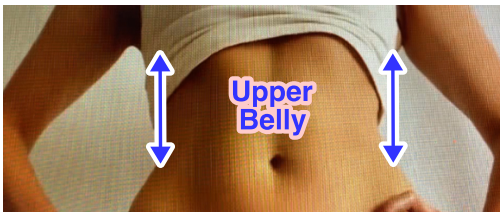
When you breathe OUT,
you enter the whole cosmos...

full yogic breath

The Full Yogic Breath (FYB) is a slow, purposeful & fluid breathing technique that is the foundation of Pranayama and an essential tool for the art of living.
The FYB revitalizes the entire body-mind. It relieves stress, refreshes the mind, and activates the parasympathetic nervous system. It especially tones all the vital organs which can easily be stagnant, contracted or loaded with heavy emotions & physical tensions.
Early morning, on an empty stomach, is the best time to regularly practice the FYB for 5-10 minutes. You will soon enjoy immensely this huge boost to your day.



↑ The **Full Yogic Breath** is also called **Three-Part Breath** because it engages 3 different sections of the torso and all 3 lobes of the lungs.



↑ The **Upper Belly** (between the navel and the ribcage) is the hot spot where the "inner bellows" activate the pranic energy within the "alchemical cauldron". This is the area used by the Half & Full Fire Breath *(Kapala Bhati* & *Bhastika)* as well as the Mid Lock *(Uddiyana Bhanda).*
The Upper Belly is oftentimes the location of deep stress (the "punch in the belly") that is cleared by FYB pranayama.

instructions for 1 set of full yogic breath

• Sit or lie comfortably. Quiet the mind + bring attention to the body, simply observing the natural flow of the breath through the nostrils.
• When ready, draw a deep breath first into the **Pelvic Floor**, and then slowly allowing the breath to fill upward the **Lower Belly** (below the navel). As the breath fills this "balloon", allow it to expand outward in all directions—to the front (expanding the lower belly), to the sides (expanding the hips), and to the back (expanding the lumbar spine and the sacrum).
• Once the lower belly has filled completely, continue the inhalation by filling the **Upper Belly** (between navel & rib cage). Feel the release in your upper belly as it expands fully and start engaging the side ribs.
• Continue to draw the breath upwards, from the navel to the ribs, allowing to gently expand the diaphragm, the **Lower Ribs**, and the low back.
• Continue the inhalation by filling the **Mid Ribs**, then the **Upper Ribs,** allowing the prana to nurture the heart, lungs & sternum. Finally breathe into the **Shoulders** (collarbones) & base of neck.
• This completes the Inhalation. Hold for a moment the full breath at the top of the inhale. Then, SLOWLY and JOYOUSLY Exhale a the way down, in a reverse process. Pause. This is set #1.

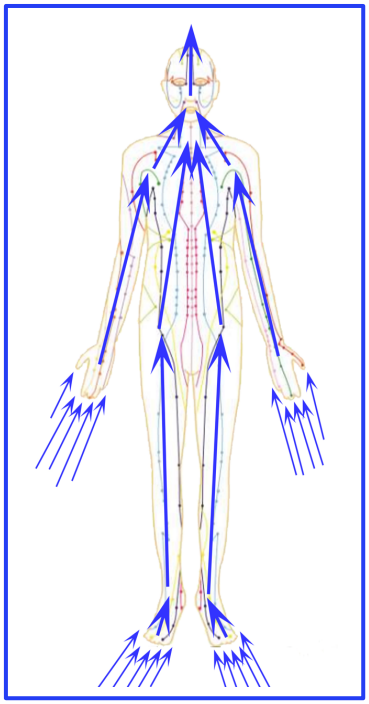
The Full Yogic Breath
is a slow wave of prana
pulsing in and out
of our body,
in unison
with the universal pulse of life
With each INhale,
we take in and absorb
the universe.
With each Exhale,
we gift the universe
with our unique song.

qualities of pranic breath

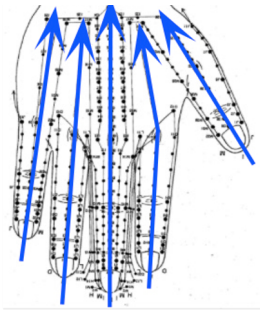
• Quiet
• Deep
• Even & Smooth
• Fluid
• Gently Loving

whole body nadi flows

All oriental medicine sciences describe and use *energy channels & nodes* located in the energetic body (etheric / pranic / subtle / fluid…):
• Chinese medicine (TCM): *meridians* & *Dan Tien centers*, along with a precise map of *acu-points.*
• Yoga: *nadis* & *chakras,* with 7 primordial chakras.
• Ayurveda: energy pathways & *marma* points.
This **bio-energetic matrix** is organized around a midline orienting axis (*Sushumna in Yoga, Central Channel in TCM*) connecting the coccyx to the third ventricle. This spinal axis is an intelligent, fluid, **quantum-resonant antenna** bridging over from the universal ground of consciousness to an individuated field of incarnation. The Cosmic Midline is the locus of an ignition (*Kundalini)* ushering a vastly expanded consciousness of Oneness.



← **Toes & Fingers NadiFlow.**



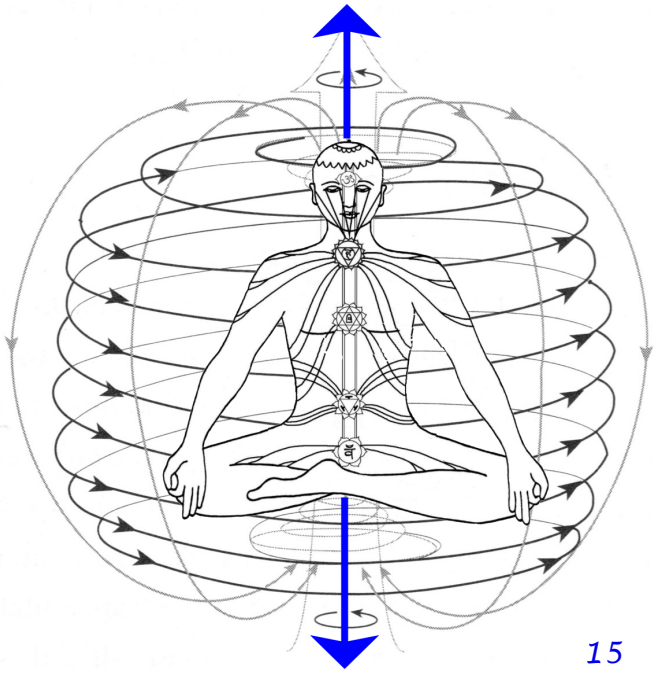
↑ **Ancient depiction of nadis on the hand.**

Differentiating the prana by finger allows the practitioner to fine-tune the pranic activation.

↑ 1. Assume a supine position (such as *Shavasana*) but keep your palms down to the Earth. Relax your entire body & mind.
2. Start taking a full INhale from your 2 pinkies & your 2 little toes. Bring the prana energy all the way to your crown. Hold.
3. EXhale slowly all the way out from your pinkies & little toes.
4. Repeat for each set of fingers & toes.
5. Do 5 more sets of this NadiFlow.
6. Observe (Be your Witness) and enjoy. Rest in your heart..

nadi shuddhi – Cleansing the Nadis

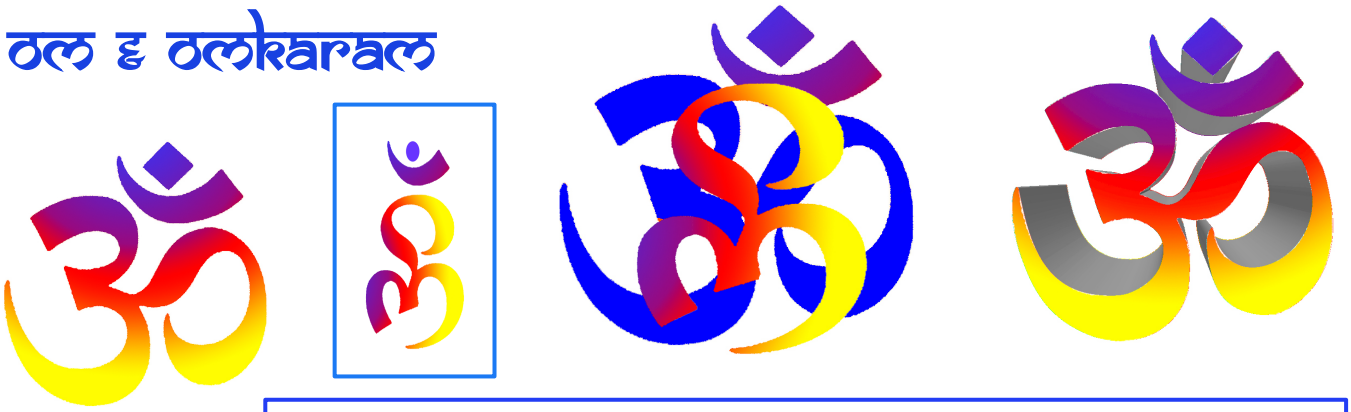
Nadis, in the energy body, get clogged or blocked due to toxins, stress, physical / mental / emotional trauma… or an unhealthy lifestyle.
Nadi Shuddhi (= purifying) is the clearing of our energetic circulation system and is essential to maintain & improve health in the body-mind and to reside in joy & happiness as a Whole Being.
Just like in a household, you can do a quick sweep or you can engage in a thorough clean-up, similarly, for your energy body, you will have to decide on a cleansing program. Since we exist in toxic environments, a serious, on-going clean-up suggests itself.
Nadi Shuddhi is mediated by the Breath: all pranayama techniques are excellent – the Alternate Nostril Breath (*Anuloma Viloma*) is the equivalent of a good "vacuuming". Add Breath retention (*Nadi Shodhana*) and you will do a full job.
Nadi Prana Flows ("NadiFlows") can vary from simple (previous page or Chakra Breath Flows) to more intensive, involving the entire ("whole") body-mind.



↑ **Vortex Prana NadiFlow**

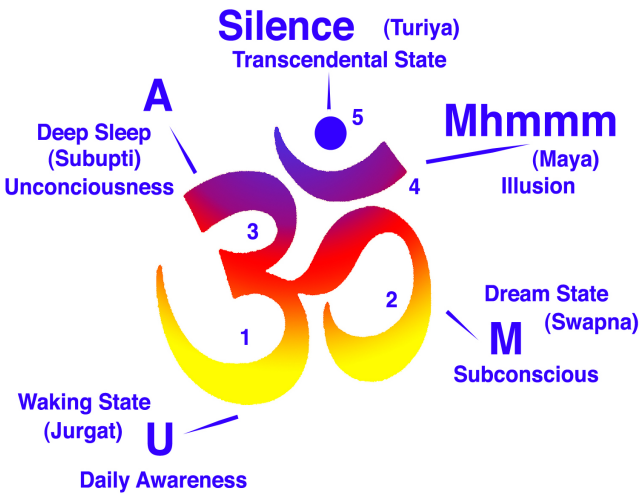
1. Comfortable sitting with Full Yogic Breath.
2. Practice the Tube of Light (Mula ⇔ Crown)
3. Starting at the Crown, visualize a vortex-field going down clock-wise and progressively encompassing your entire aura to Mula.
4. Reverse: counter-clockwise to the Crown.

om & omkaram



Omkara is the sound of "OM". OM is the encompassing, cosmic pulse vibration.

In Hindu cosmology, OM is the **Seed-Sound (*Bija Mantra*)** preceding the manifested universe. It is the root vibration holding together the fabric of the material worlds. OM is described as the "bow" which fires the "arrow" of consciousness at the target of the Absolute. OM stands for both Change & Changelessness, inviting us to the vibrational journey Home, up the sound currents of creation (*Nada Yoga*). OM transcends all cultures as the maximum sound resonance in the human body, leading to a place inside where we feel peaceful, joyful and secure. OM is the sound of the Cosmic Being.



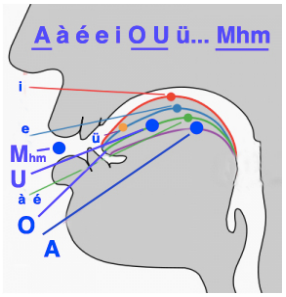
OM, as visual symbol, has 5 limbs:

1. Lower Loop: material world. Waking state.
2. Small right Loop: mental world. Dream state.
3. Upper Loop: unconscious world. Deep sleep.
4. Crescent / Semi-circle: it is wide open, like an offering cup raised to the Infinite (the Point) and a bridge between the physical & spiritual aspects of Consciousness.
5. The Point / Dot (*Bindu*): this represents Absolute Consciousness. That which is illuminating and revealing the universe. Merging with the Bindu is Turiya, the "Fourth State" or Enlightenment.

Note the crescent + dot as a symbol of Moon + Sun.

The visual components of OM are one unit:
they are interconnected permutations of Oneness.

chanting om



Open mouth (A) to closed lips

OM, as chanted sound, has 5 phonetic components:

To chant OM, start with wide open mouth and progressively close the mouth to closed lips.

1. A – Sound of the open heart. Chanted with the mouth wide open, lips apart. This is the maximum opening of the human sound chamber. Feel the vibration of deep opening / joy in the chest.

2. 0 – Middle sound made between opening and closing the mouth, It represents the womb of nature and the cosmic waters. The vibration moves to the top of the chest and the throat.

3. U – Sound emitted as the mouth closes down, before touching the lips. The vibration moves to the head areas. "U" by itself is a wonderful sound to sustain: observe how it centers and calms you.

4. Mhmm – Sound made with the lips shut. It represents the union of opposites and completes the creation cycle. The lips are the threshold between the outer and the inner world. Mhmm reverberates in the cranium as the vibration emerges out of the 3 bodily loops into the crescent of spirit.

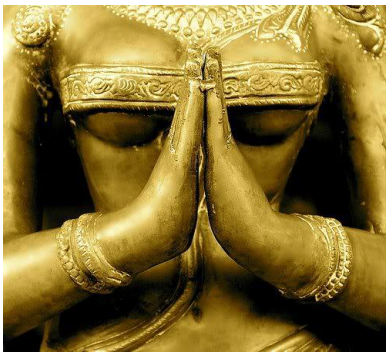
5. Silence. When the vibration enters the inner world of the Self, there is no more external sound but only the infinite harmonic ladder of *Nada Brahma,* the music of the spheres. The Absolute Origin, the con-summation of OM's power.

om tips

- We ARE the sympathetic vibration of AUM. By **chanting** it, we establish a clearer connection with *Pranava* ("to praise"), the all-pervasive sound vibration, manifesting in A – U – M. By **calligraphing** it & **dancing** it, we enter it.
- Aum became the sacred word 'Hum' for Tibetans, 'Amin' for Moslems and the '**Amen'** of the ancient Egyptians, Romans, Greeks, Jews and later the Christians. Even "Shalom" incorporates OM.
- It is from the sound AUM that the 52 letters ('*matrikas*') of the Sanskrit alphabet are derived.
- OM / AUM is a tuning device, configuring the body-mind for optimal, maximum resonance with the universe.
- Experiment with ***overtones*** as an exquisite practice of refining your voice and healing body-mind. Go from "I" to "U".
- In a group, play with **continuous OM**: everyone keeps chanting OM at their own pace. Feel the group's rhythms.

yoga mudras - two essential mudras

Two mudras are of the Essence:
Namaste Anjali & Padma Anjali.



NAMASTE ANJALI - mudra of HONORING **PADMA ANJALI - mudra of OFFERING**

NAMASTE ANJALI - Honoring Self, others and the whole of existence... as the same Oneness.
In Sanskrit, ***Nama*** = honoring***; as*** = me***, myself; te*** = you. So, *Namaste* says: **"I honor you as myself".**
Bringing the two hands together is a gesture of unification (left/right polarities, female-male etc...). It is an acknowledgment of the divine inter-connectedness of all things and all beings. ***"I honor the Divine Spirit within You and Me"***. *Namaste* can be hard (palms pressing against each other) or soft (leaving an opening for the secret treasure of love, as a seed radiating from the Heart).
There are 3 main front positions of the *Namaste* mudra: ***Heart Namaste***, in front of the Heart, enclosing a Seed of Love; **Ajna *Namaste***, in front of the Third Eye ("*Ajna chakra*"), enclosing a Spark of Light; and ***Crown Namaste***, on top of the head (Crown chakra), enclosing a lotus flower of Infinity.

PADMA ANJALI - Offering a gift or intention to Self, others and the whole of existence...
and offering oneself as the ultimate gift to the infinity of Life.
In Sanskrit, *Padma* is the lotus, the 10,000 petals flower, the symbol of enlightenment. The lotus arises, immaculate, from the muddy waters of life - in the same way, pure consciousness embraces all experiences and yet is not modified by them. Offering is an opening beyond the ego-self wanting to grab, receive and hoard. In all sacred traditions, celebrating and becoming an offering is knowing the secret that all gifts, starting with the gift of one's self, have to be passed on, in order to complete themselves. Offering is a form of infinite surrendering, a quality of immense trust in cosmic abundance, a tribute to the love benevolence of the universal spirit. In *Padma Anjali*, one becomes an offering celebrant, a giver, a permanent Gift. In giving, one immensely receives.

NAMANJALI FLOW - a continuous dance between Namaste and Padma Anjali.

everything good and happy inside of me...
sees everything good and happy inside of you.

nada brahma – the universe is sound

Pythagoras

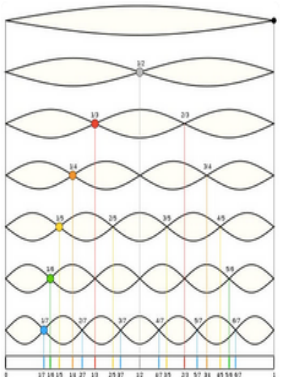
In the ancient Western tradition of *musica speculativa,* Music was understood as a **mirror** (Latin = *speculum)* of reality, the best way to know the Cosmos. Penetrating the mysterious de-light of music was the best initiation to the mysterious beauty of human life, nature & the universe. Music was a cosmological, mystical path.

In all ancient cultures, the **intelligence of the ear** (with its sophisticated ability to capture microtones over 10 octaves – compared to the single visual octave of the eye), together with the **intelligence of the heart** were the ultimate pathways to spiritual wisdom. This pre-eminence of sounds / tones (as guiding / feeling signals) and of hearing / listening (as a qualitative practice of life) has been lost in the contemporary Westernized cultures, due to the takeover of vision – a sense that mostly captures external shapes & data.

How does one know music? Through ***harmonics***. All sacred cultures around the world heard & recorded the **Overtone Series** – the natural, quantized, subtle organization of sound waves transference.

The prevalent diatonic musical scale, (with its main chords of the 5th and the 4th) became the human-made reflection of this universal physics of sound.
The Overtone Series is a **cosmological code of harmonic ratios** expressing the dynamics of the cosmos, from atomic quanta to galactic super-clusters.
It is a cosmic language of vibrational information that was sacred knowledge, encoded in musical instruments, architecture, astronomy & calendar, ceremonies, medicine … and yoga. This knowledge of **Universal Harmony** is based on the **Golden Proportion** (Phi or 1,618…) and the archetypal ratios of whole numbers that create the full consonance of the octave (1:2), or the near-consonance of the 5th (3:2) and the 4th (3:4). This is live Sacred Geometry / Harmonics.

Overtone Series

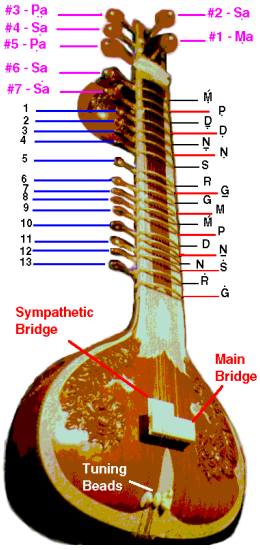


In the Hindu / Yoga tradition, **NADA** (sound) **BRAHMA** (the Absolute) literally means "the World is Infinite Sound Vibration".
Nada / Shabda Yoga is the yogic path using the inner sound currents as a vibrational ladder to the Ultimate Union. These currents are heard by the Third Ear (seat of clairaudience in the Vishuda chakra), the inner aspect of outer audition. Pranayama techniques can unlock the inner silence where the sound current frequencies can be heard and followed in dimensional journeys.

indian music

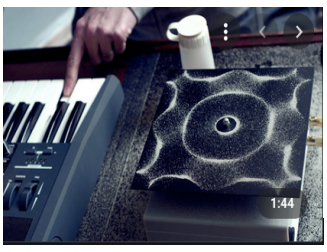
In the Indian tradition, the real musical event is happening in the **rich silence** between the notes – through the subtle weaving of harmonic overtones, as they directly affect body / mind / spirit.

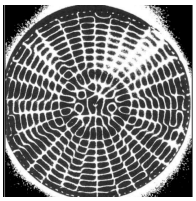
A sitar has 7 playing strings (Sa, Ra, Ga, Ma, Pa, Da, Ni, Sa) and 11 – 13 sympathetic, *vibrational strings*.



cymatics

Hans Jenny pioneered the field of CYMATICS.
Sound frequencies create visual patterns that have mathematical order & symmetry, showing exact harmonic geometries.
Cymatics is a graphic demo of the cosmic dance between order & chaos, manifestation & potential, foreground & background.



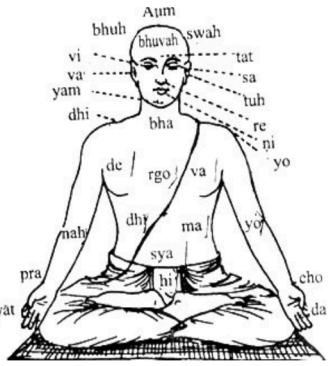


bija sounds & mantras

A **mantra** (*mana* = think; *tra* = instrument) is a signature sound of transformation based on *bija* syllables or ancient sacred (Vedic) chants.
Saguna Mantras are focusing on an external icon, deity or archetypal geometry.
Nirguna Mantras are "meaningless", abstract sound frequencies attuning to the Ultimate / Pure Consciousness / Ishvara / Purusha / Brahman.
Tantra Mantras are associated with the petals of each chakra (covering the 51 or so letters of the Sanskrit alphabet).

ॐ
भूर् भुवः स्वः
तत् सवितुर् वरेण्यं
भर्गो देवस्य धीमहि
धियो यो नः प्रचोदयात्

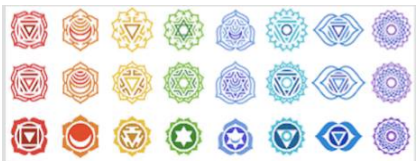
↑ Gayatri's body activations



bija (= seed): a one-syllable sound that has power of creation, preservation or dissolution.
The **7 Bijas** are the sounds of the Sanskrit letters at the center of each chakra design (*Yantra*).

chanting the bija sounds

of the **7 chakras** is a powerful cleansing / healing practice. Focus your attention on each chakra, starting with the root chakra (Mula). You can use the music scale C-D-E-F-G up / down to modulate the Bija sound. Use a chakra chart and look at the geometry, the number of petals & the Sanskrit letter of each chakra.



- 7 - **ONG**
- **6 - OM**
- **5 - HAM**
- **4 - YAM**
- **3 - RAM**
- **2 - VAM**
- **1 - LAM**

kirtan chanting is group chanting of mantras, in the format of "call & response". The mantra or chant is "called" by the leader and the participants "respond". There is usually an accompaniment of drums (*tablas / tamburas*…) and musical instruments, as well as ecstatic dancing…

japa chanting is a way of chanting or muttering a *bija* sound or mantra repetitively, but, at the same time, so subtly that only the reciter can hear it. The yoga discipline enjoins to chant the *japa mantra* internally, going from verbal to mental to telepathic to cosmic, as the subtle sound current eventually merges with the universal orchestra.

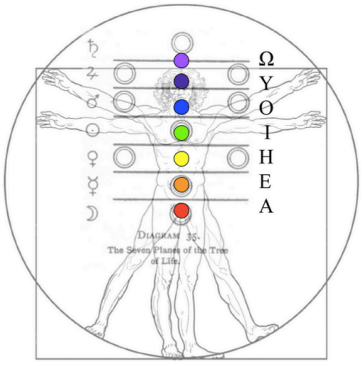
main bija sounds & mantras

- ***Soham*** - I Am That
- ***Aham Brahma Asmi*** - I Am Brahman (Absolute)
- ***Tat Tvam Asi*** - That You Art
- ***Hari Om*** - Om to Vishnu, the Preserver
- The Shakti / Goddess mantra: ***Aim - Hrim - Hlim - Krim - Klim - Srim - Strim***

Healing Bija Sounds:

- ***Om / Aum*** - (universal sound)
- ***Krim*** – believed to awaken the lower chakras.
- ***Shrim*** – correlates to the goddess Lakshmi and is thought to promote health, joy and beauty.
- ***Hrim*** – associated with creativity, purification of the heart and healing.
- ***Hum*** – energizes the body and eliminates negativity.
- ***Lung*** – associated with the **earth** element and is used as a grounding chakra
- ***Vang*** – associated with the **water** element and is used to ground and increase sensuality
- ***Rang*** – associated with the **fire** element and is an energizing mantra

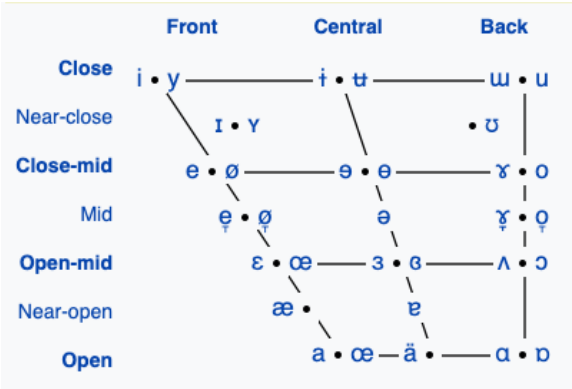
vowel chanting



↑ The 7 Greek vowels as the 7 Western chakras

In all gnostic traditions, the **vowel sounds are tonal bridges to spirit**. When hearing, speaking, chanting or modulating vowels, we are entering the realms of harmony, number ratios and frequency resonance that are at the source of the manifested universe. All sacred traditions invariably link the chanting of their vowels (and their harmonic modulations or wordless sounds) to the planets, the elements, the chakras, higher-dimensional communication and healing.
In the Yoga tradition, there are entire schools devoted to transformation, healing and ascension through the **sound current (*shabda*)** and the sonic navigation of the soul out of the human shell.

The vowel sounds – the softer, feminine-like aspects of speaking – are theoretically limitless as they merge imperceptibly into each other, just like musical pitches do. But the conventions of language select a few prominent vowel sounds for each specific culture. There are many choices depending on the configuration of tongue & lips, but also due to other variables such as: pitch (fundamental frequency), loudness (intensity), length (duration) and phonation (vibration of vocal chords). **PLAY & EXPLORE…**

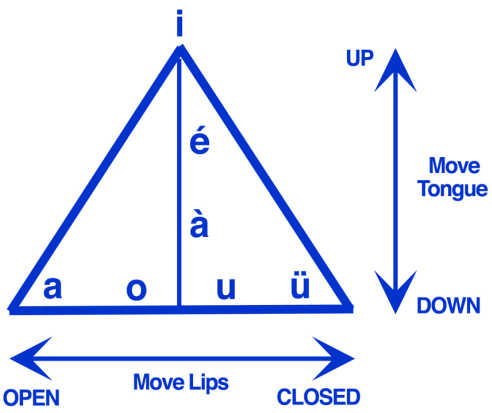


← On the left, the IPA (International Phonetic Alphabet) chart of existing vowel sounds. There are several parameters defining vowel sounds:
• Height of tongue: low (open mouth) – high (close mouth).
• Backness of tongue: front – central – back
• Roundedness of lips • Nasalization • Tenseness
• Raised vs Retracted tongue. Raised: the body of the tongue approaches the velum ([u, o, ɨ], etc.). Retracted: the root of the tongue approaches the pharynx (ɑ, ɔ, etc…)
• Pharyngealization: the pharynx (epiglottis) is constricted during the articulation of the sound. The Ujjayi Breath in Yoga.

chanting practice

We will follow the natural motions of the mouth: from wide open on the first vowel sound "A" to almost closed (with the lips pointing out) on the sound "ü". Sitting in a comfortable *asana*, start with a few Belly Breaths and then keep each vowel resonating for 5-10 seconds or more. Watch where, in your body, the vowels vibrate most resonan and how these sounds affect your body-mind and well-being. Start with the 5 basic English vowels. Then experiment with the 8 vowels set, modulating some basic vowels, such as "E", "A" or "U'… Allow joyful spontaneity.

Above, the **5 vowels** of the English alphabet & the **8 vowels** of the French alphabet.
In Sanskrit, there are **13 Vowels** – अ (a), आ (aa), इ (i), ई (ii), ऋ (ṛ), ॠ (ṝ), ऌ (ḷ), उ (u), ऊ (uu), ए (e), ऐ (ai), ओ (o), औ (au).



↑ **The Vowel Triangle**: learning how to move the tongue and the lips

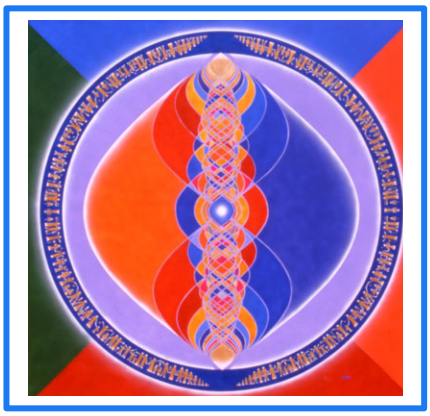
overtone chanting

When heard for the first time, **Overtone Singing** (aka Polyphonic / Harmonic) seems almost impossible, or belonging to some magical realm. How can a single throat produce two moving melodies, or chords, where the Overtone Series is superimposed?

It is a form of **Sound Yoga**. Overtone singers speak of "*Supersounds*" and the *Mystical Way of Overtones*. They feel the Overtones are arising from within in a **sonic form of meditation.**

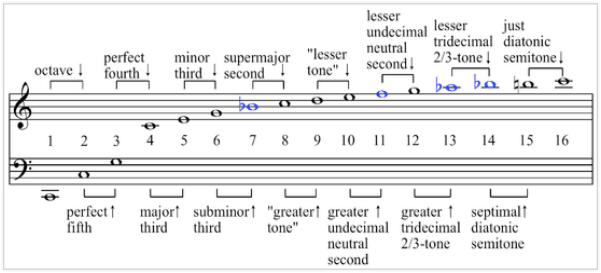
From a fundamental pitch, made by the human voice, the belonging **harmonic overtones** can be selectively amplified by changing the shape of the resonant cavities of the mouth, larynx, and pharynx. This resonant tuning allows singers to create more than one pitch at the same time (the fundamental and one or more selected overtones), while actually generating only a single fundamental frequency with their vocal folds.

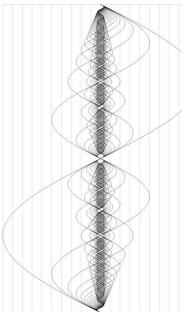
"Each note is like a rainbow of sound. When you shoot a light beam through a prism, you get a rainbow. Think of a rainbow of sounds. Using your throat as a prism, you can expose the rainbow, revealing each note in the harmonic series."
(Wikipedia)



StarWheel #108 – a re-folding of the scale of harmonic overtones.

the harmonic series





5 octaves of Harmopnics

The Harmonic Series is physics = the 16 vibrational frequencies into which a resonant body tends to fall. These intervals are the basic ratios of the first integers. It is an expression of the inner structure of the universe and its symmetries of beauty. The longest wave is the fundamental or *First Harmonic*. The next longest is the *Second Harmonic* or ***First Overtone***. And so on…

a new global culture of overtones

• Historically, in the Western cultures, the awareness and use of singing overtones was well alive in antiquity all the way to the heyday of Gregorian Chant. In the Oriental cultures, the "noble and ancient art of Harmonic Singing" has been extensively developed & maintained as a spiritual technology. "*The richer and more differentiated the overtones in a culture, the more profound its spiritual potential"* (Berendt).

• In the West, the introduction of the Tempered Tuning system in the 18th century was the last blow to the awareness of overtones in Western music. Equal temperament superseded nature: not a single note is heard in its natural harmonic context anymore and musical notes are seen as isolated objects separated from their natural web of resonance. Modern music has done with notes what modern science has done with nature: isolating & alienating it from the cosmic matrix.

• A new global, yogic, culture is arising to welcome the overtones as a doorway to Oneness and a "Ladder to infinity".

tips for chanting overtones:

• Practice # 1 - Take a deep breath and slowly move your lips between the "Eeee" and "Uuuu" vowel sounds. You may already hear some faint overtones. Keep practicing…

• Practice # 2 – Experiment with curling your tongue and placing it near the roof of your mouth (palate), but not pressing. This is like a soft *Kechari Mudra* in Yoga. Build practice (and tongue muscles)… Feel the delicate softness of the palate as a resonating chamber (and keyboard)…

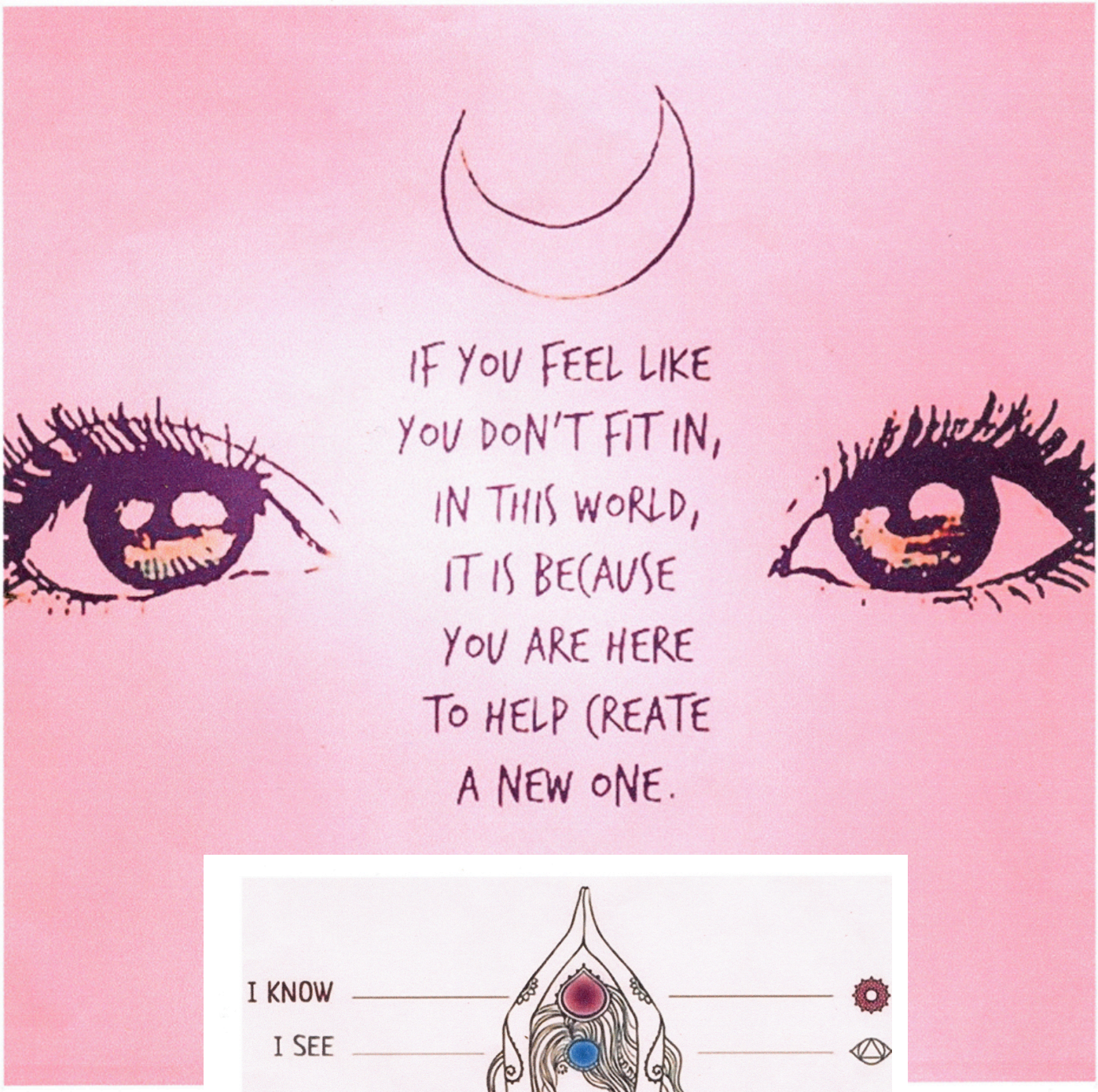
• Practice #3 – Now, combine #1 and #2. Chant "Eeee" – "Uuuu" by moving your lips and, at the same time, slowly move the tongue back and forth, sliding it against your palate. You will create your first overtone. Now, just practice and experiment… No tension - this is creative play…

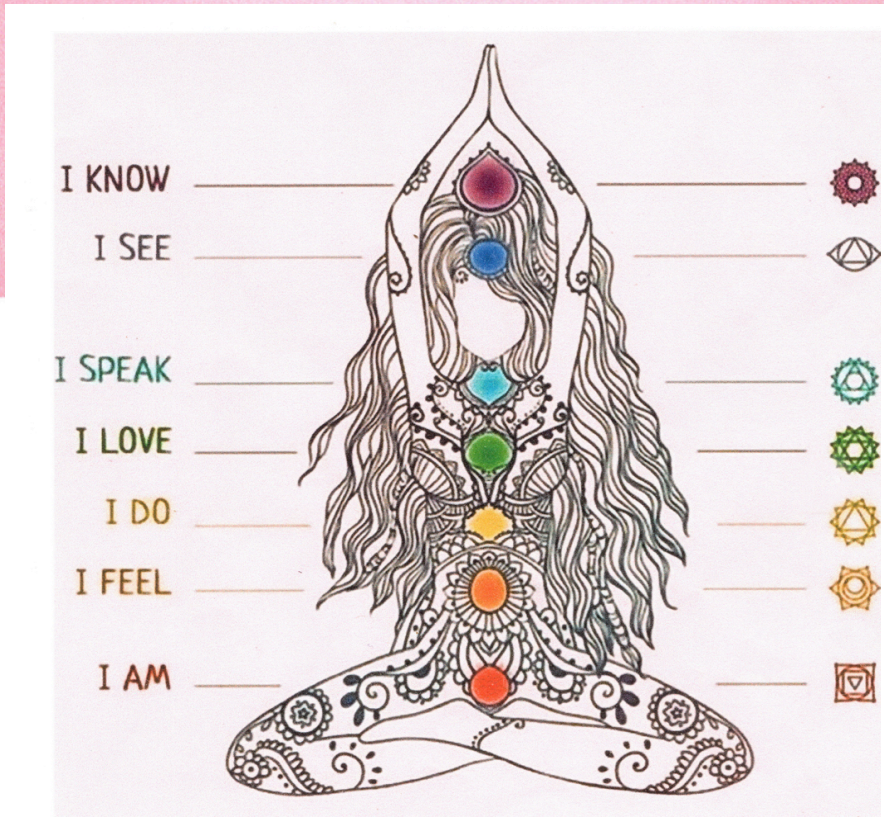
• Go *very slow*. Re-train your mouth & tongue muscles to move with *conscious slowness*. Learn to *listen within* to very subtle overtone modulations. Hold your best overtones and *feel* them…

vedic chants (1) (2)

1	**Lokaha Samastaha Sukhino Bhavantu**	**Lokah**: realm **Samastah**: all beings **Sukhino**: happy, free **Bhav**: divine mood. **Antu:** so be it	***happiness mantra*** May all beings in all realms be happy & free... *… may the thoughts, words, and actions of my own life contribute to that happiness and to that freedom for all*
2	**Shiva Shiva Shiva Shambo Shiva Shiva Shiva Shambo Mahadeva Shambo Mahadeva Shambo**	**Shiva**: pure cs **Shambo**: auspicious **Maha**: great **Deva**: god	***shiva shambo mantra*** Hail to Shiva, the Auspicious One, The Great Auspicious God
3	**Om Bhur Bhuvah Svaha Tat Savitur Varenyam Bhargo Devasya Dhimayi Dhiyo Yonah Prachodayat**	**Bhur**: earth **Bhuvah**: atmosph. **Svaha**: sky **Tat**: that **Savitur**: sun **Varenyam**: great **Bharga**: radiance **Dhimayi:** meditate **DhiyoYonah**: understanding **Prachodayat**: drive forward	***gayatri mantra (illumination)*** We meditate on the Glory of the Light illuminating the 3 Worlds. May that Divine Light inspire our understanding.
4	**Om Purnamadah Purnamidam Purnaat Purna Mudashyate Purnasya Purnamadaya Purna Mevaa Vashishyate**	**Purnam**: perfection **Adas**: that **Idam**: this **Udashyate:** comes from **Adaya**: taking **Eva**: certainly **Avashishyate**: remains	***perfection mantra*** That is Perfect. This is also Perfect. From Perfection comes Perfection. Taking Perfection away, Perfection remains.
5	**Om Tryambakam Yajamahe Sugandim Pushti Vardhanam Urvarukamiva Bandhanan Mrtyor Mukshiya Ma'mrtat**	**Mrtyor**: death **Jaya**: victory. **Ambaka**: eye. **Jayamahe**: worship **Tri:** 3 **Sughandi**: sweet **Pushtivardhana**: vast **Urvarukamiva**: like a vine **Bandhanan**: from the stem **Mukshiya**: may i be free **Amritat**: nectar, immortality	***mahamrtyunjaya mantra*** *("Great Death-conquering Mantra")* We worship the All-Seeing One. Fragrant, He nourishes bounteously. May I be free from the fear of death like the fruit of the vine freed from its stem, but not from the nectar of immortality.
6	**Asato ma Satgamaya Tamaso ma Jyotirgamaya Mrtyor ma Amrtam gamaya**	**Asat**: untruth **Ma**: not **Sat**: truth **Gamaya**: lead us **Tamas**: ignorance **Jyotir**: light **Mrtyor**: death **Amrita**: immortality	***jyoti (light) mantra*** Lead us from the unreal to the Real. Lead us from darkness to the Light. Lead us from the fear of death to the nectar of Immortality
7	**Tvameva Mata ca Pita Tvameva Tvam. Bandush ca Sakha Tvam. Tvameva Vidya Dravinam Tvameva Tvam. sarvam mama Deva2**	**Tvameva**: you certainly are **Mata**: mother **Pita**: father **Bandush**: family **Sakha:** friend **Vidya**: knowledge **Dravina**: wealth **Sarva**: all **Mama Deva**: my god	***divine family mantra*** You are my Mother and my Father. You are my family and my friend. You are my knowledge and my wealth. You are truly my All, God of Gods!
8	**Om Saha Navavatu Saha Nau Bhunaktu Saha Viryam Karavavahai Tejasvi Navadhitamastu Ma Vidvisavahai. OM Shanti3**	**Saha**: together **Navavatu:** protect **Nau:** both **Bhunaktu**: nourish **Virya**: strength **Tejas**: brilliant **Karavavahai**: work **Adhite**: study **Astu**: let it be. **Ma**: not **Vidvis**: hostility	***protection mantra*** May the Divine both protect us together, and nourish us together. May we gain energy to know the Truth. May our study together be filled with Light. May we not oppose each other. Om Peace...
9	**O-Om N[a]3mah Shiv[a]5yah [O]4m Namah Shiva-a-yah**	**Namah:** bowing	***o-om naaamah*** I bow to Shiva (2 registers)

10	**Om Namah Shivaya Gurave Saccidananda Murtaye Nisprapanchaya Shantaya Niralambaya Tejase**	**Namah**: i bow **Sat**: truth **Cit**: knowledge **Ananda**: bliss **Murta**: embodiment **Nish Prapanchaya**: without space **Niralamba**: without support	*anusara yoga chant* The Guru is the Self of All, the embodiment of Truth, Knowledge and Bliss. Salutations to you who is beyond the worlds, Peaceful, Independent and Radiant
11	**Sa Chara Chara Para Purna Shivoham Shivoham Nityananda Swarupa Shivoham Shivoham Shivoham (4) Anandoham (4)**	**Sa**: that **Chara**: true nature **Para**: high **Purna**: perfection **Shivoham**: i am Shiva **Nitya:** dwelling **Swarupa**: truth, joy	*atmastakam* I am that which exists everywhere... complete in itself - I am Shiva I am of eternal bliss - I am Bliss itself.
12	**Jai Shri Ma Kali2 Ma Jai Shri Ma Ananda Maha Durga Devi Djaga Dembe Ma-a Jai Shri Ma Kali Kali Ma Jai Shri Ma**	**Jai**: victory **Ananda**: love **Djaga**: world, universe. **Ambe**: another name of Durga	*jai sri ma mantra* Victory to the Mother Goddess, to Kali Hail to Durga, the Ultimate Love Hail to Durga, the Mother of the world.
13	**Om Shakti Ma Kundalini Shakti Ma Jaya Mata Kali Namaha Kali Devi Kali Durga Namaha Krim Kali Kapalini Ma Kali Devi Kali Durga Kali Ma Om Shakti Ma Kundalini Shakti Ma**	**Shakti**: cosmic energy **Ma**: mother. **Kundalini**: coiled life force **Namaha**: bowing **Krim**: Kali's sacred bija **Kapalini**: name of Durga	*kundalini adi-shakti mantra* Om to Shakti, Om to Kundalini. We bow to Mother Kali & mother Durga We honor Kali & Durga Kapalini with the sacred sound "KRIM"
14	**Jagadambe Ma Jai2 Ma (4) Adi Parashakti Ma-a-a (4) Jagadambe Ma Jai2 Ma (4) Durga Saraswati Ma-a-a Lakhsmi Narayani Ma (2) Jai2 Ma (6)**	**Jagat:** world **Ambe:** Mother **Adi**: primordial **Durga:** Protection **Saraswati:** Wisdom **Lakhsmi:** Wealth **Narayani:** Exposer of cs	*jagadambe ma* Mother of the World, Victory to You! Primordial Source of Energy Goddess of Protection, Wisdom &Wealth Exposer of Consciousness
15	**Brahmar Panam, Brahma Havir Brahma Agnao, Brahma Nahutam Brahmeva Tena Gantavyam Brahma Karma Sama Dhina**	**Panam**: act of offering **Havir**: offering **Agnao**: fire **Nahutam**: celebrant **Tena**: therefore **Gantavyam**: attainment **Karma**: in all actions **Samadhina**: one absorbed in	*meal mantra (upanishads)* The act of offering & the offering is Brahman. The fire & the celebrant are Brahman Brahman shall be revealed to one who sees Pure Consciousness in all things.
16	**Akhanda Mandala Karam Vyaptam Yena Chara Charam Tat Padam Darshitam Jena Tasmai Shri Gurave Namaha**	**Karam**: the cause of **V.Yena**: permeating **Chara Charam**: moving & unmoving **Tasmai**: 1 **Tat Padam**: pedestal of Truth **Darshitam**: shown to me	*akhanda yoga mantra* I bow to the divine guru who reveals that Pure Consciousness is an indivisible entity permeating the moving and the un-moving
17	**[Sita Bolo]2 [Bolo]2 Ram Sita Bolo Sita Bolo Bolo Bolo Ram**	**Bolo:** Singing to *(Hanuman, Rama, Yoga…)*	*sita bolo*
18	**Sitaram Sitaram**	**Sita:** consort of Ram	*sitaram*
19	**Ganapati Ganesha Sharanam Jai Sri Ganesha Om Gam Ganapataye Namaha Sri Ganesha Sharanam (3)**	**Ganapati / Ganapataye:** names of Ganesh **Sharanam**: to surrender	*ganesh ganapati* Victory to Ganesh I bow to Ganesh and seek his protection
20	**Om Namah Shivaya (4) (2)**	**Namah**: bowing to	*akhanda om namah*
21	**[Hari Om]3 (2x) [Hari Om Namoh]2 Shivayah Om Namoh Shivaya (4x)**	**Hari**: name of the Divine	*hari om*
22	**Ooooo-Om Shan-an-an-an-ti (2) Shanti Om**	**Shanti**: peace	*ooooo-om*


IF YOU FEEL LIKE
YOU DON'T FIT IN,
IN THIS WORLD,
IT IS BECAUSE
YOU ARE HERE
TO HELP CREATE
A NEW ONE.

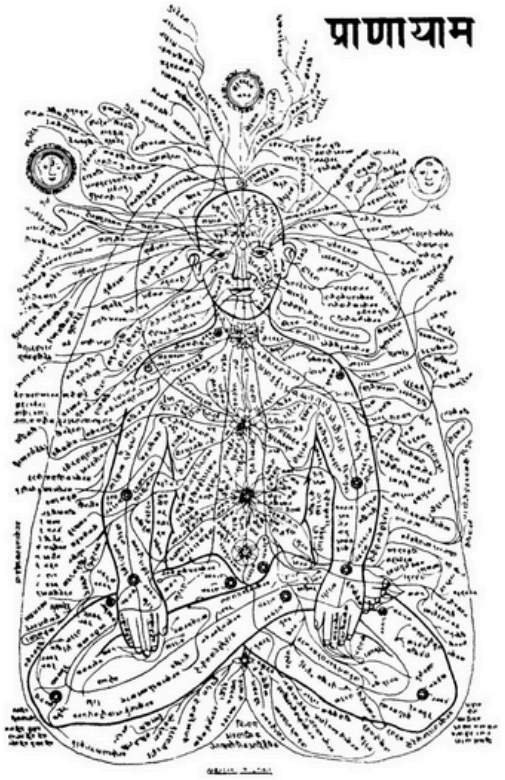

I KNOW
I SEE
I SPEAK
I LOVE
I DO
I FEEL
I AM

trunk:
energy practices

yoga anatomy – intro

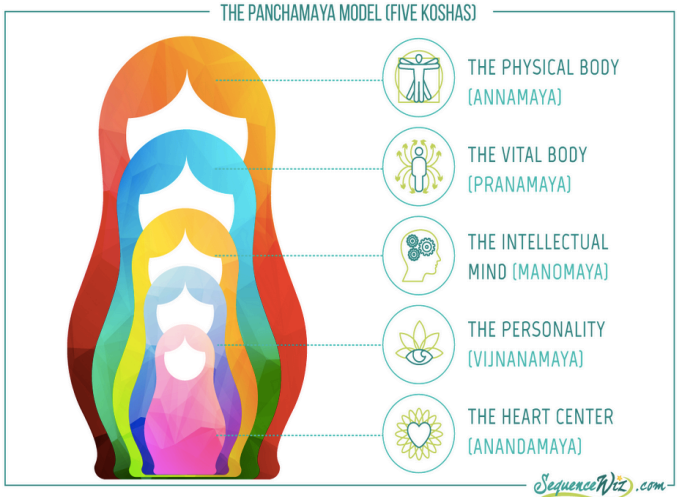
The Yoga tradition has developed an extensive explanation and mapping system for the **subtle anatomy of the human being**. Beyond the physical body (but governing it) is a complex subtle energy body.

In the Yoga system, *prana* (vital life force energy) travels within the subtle body along pathways known as *nadis*, which converge at the 7 main energy centers called *chakras.* Yoga practice is concerned with the on-going awareness of cleansing the subtle body & clearing blocked, closed or unbalanced chakra points.

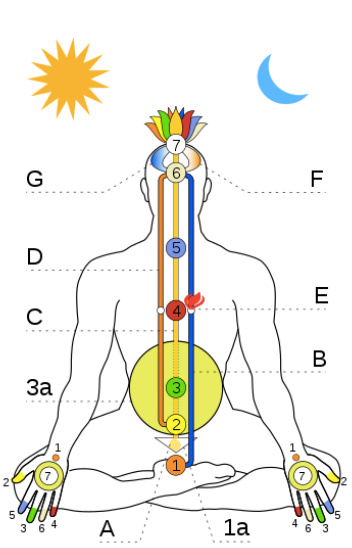


the 3 bodies & the 5 koshas

According to ancient yoga explorers, a human being is composed of 3 bodies: physical, subtle / astral and causal. The subtle body itself has 3 levels. Starting with the periphery and working inward toward the embodied spirit, these 5 Koshas are a metaphor for yoga practice: peeling the surface layers to reach the center.



The 5 Koshas of the human system



A depiction of the 3 main Nadis:
Ida (left), Moon channel
Pingala (right), Sun channel
Sushumna (center), Light channel

the nadis [Nadi = energy channel]

Yogic anatomy counts 72,000 *nadis* within the human ssytem. Of these, 14 are considered the most important and 3 are the primary: **Ida, Pingala** and **Sushumna**. Ida & Pingala criss-cross (vortex) through Sushumna, like the caduceus.
All 3 nadis are rooted at the pelvic floor (*Muladhara* chakra) and meet again at the Third Eye (*Ajna*) from where Ida connects with the left nostril and Pingala with the right nostril. The 3 nadis are identified with the three main rivers of India: Ida - Ganga, Pingala - Yamuna, Sushumna - Saraswati. All 3 nadis originate in the same region, the *kanda,* the fibrous material below the Muladhara Chakra around which nerves interweave. This junction of these 3 holy streams is called *yukta triveni* (yukta = combined, triveni = 3 streams). It takes the form of a downward-pointing triangle at the center of which the Kundalini Shakti is coiled, like a snake.

Nadis are conducting the flow of the subtle life-force energy (Prana) and affect the harmonious balance of the body-mind system. They are sometimes described as **energy rivers**. Nadis are purified by specific pranayama practices.

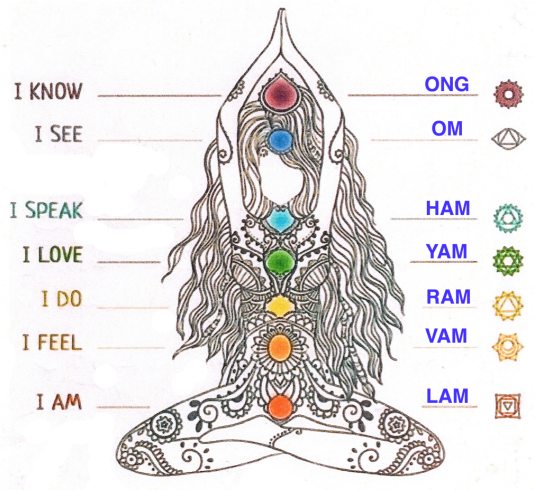
INHALE - "I am not the body"
EXHALE - "I am not even the mind"

kundalini shakti 25

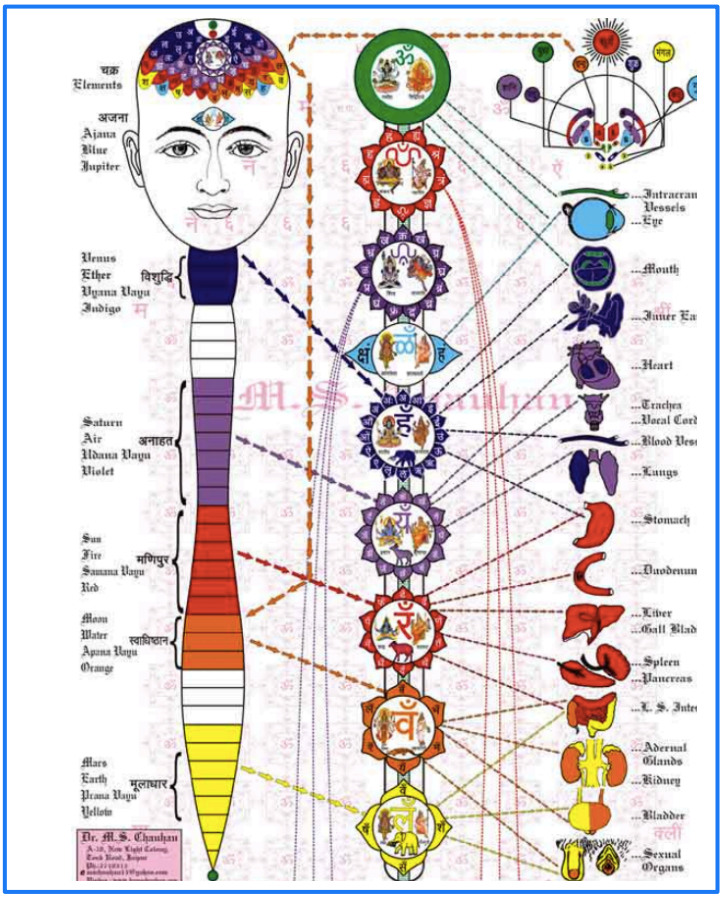
[Kund = cavern; kundal = coiled]

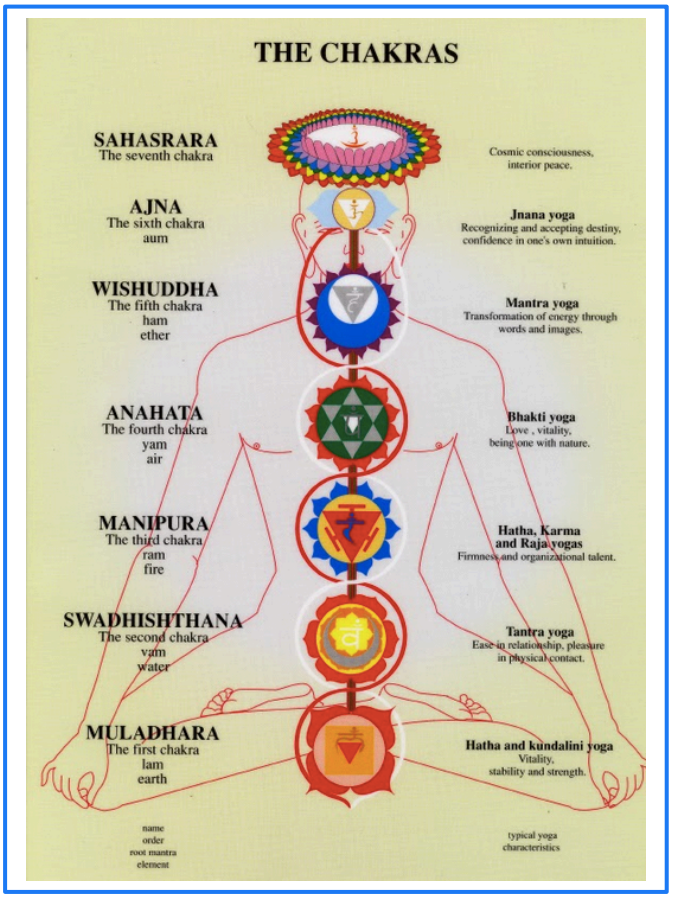
In Yoga, Kundalini is the sleeping princess (the dormant cosmic energy or Shakti) at the base of the spine. When awakened by the charming prince of consciousness (Shiva) & yoga practices, Kundalini rises through the central *nadi* of Light (Sushumna) and opens up the flowers (frequency spectra) of the chakras all the way up to the Crown chakra, the 1000 petals Lotus.
In Kundalini Yoga, the human instrument becomes a mystical experiment to play and dance with the Ultimate.

yoga anatomy – the chakras

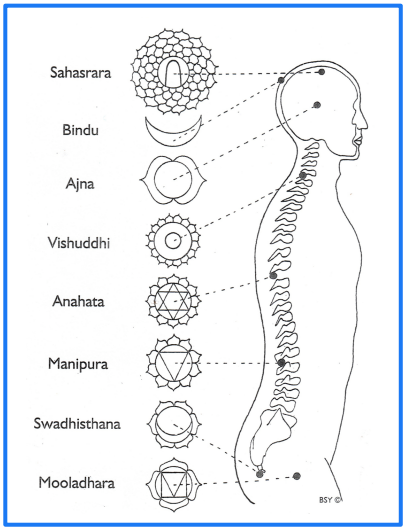


[Chakra = wheel]. In Yoga, chakras are subtle nodes (psycho-spiritual energy centers) at the junction points of the *nadis* (subtle energy pathways). Chakras are major "round abouts" receiving energies from many levels & redistributing them. The Yoga tradition mentions over 1000 chakras; of these 108 are important and 7 are primary and located in the astral spine from its base up to the crown of the head.
Each chakra has a yantra, a bija sound, a mantra and many other associations, from the endocrine glands to the elements.





	Name	Location	Petals	Function	Gland	Element
7	Sahasrara	Crown	1,000	Universal	Pituitary	One
6	Ajna	3rd Eye	2	Intuition	Pineal	Light
5	Vishuddha	Throat	16	Communic-cation	Thyroid / parathyroid	Prana
4	Anahata	Heart	12	Love / Compassion	Thymus	Air
3	Manipura	Navel	10	Power	Pancreas	Fire
2	Svadisthana	Sacral	6	Relations	Ovaries / Gonads	Water
1	Muladhara	Root	4	Survival	Adrenals	Earth



"Yoga is the cessation of the fluctuations of the mind" (Patanjali)

the chakra-flower alphabet

The Sanskrit (*sam* = well; *krta* = formed) language is fully integrated with the Yogic / Tantric esoteric physiology of the Chakra system. Each Chakra (= wheel, flower) has a canonic number of petals corresponding to one of the 50 letters of the Sanskrit alphabet.

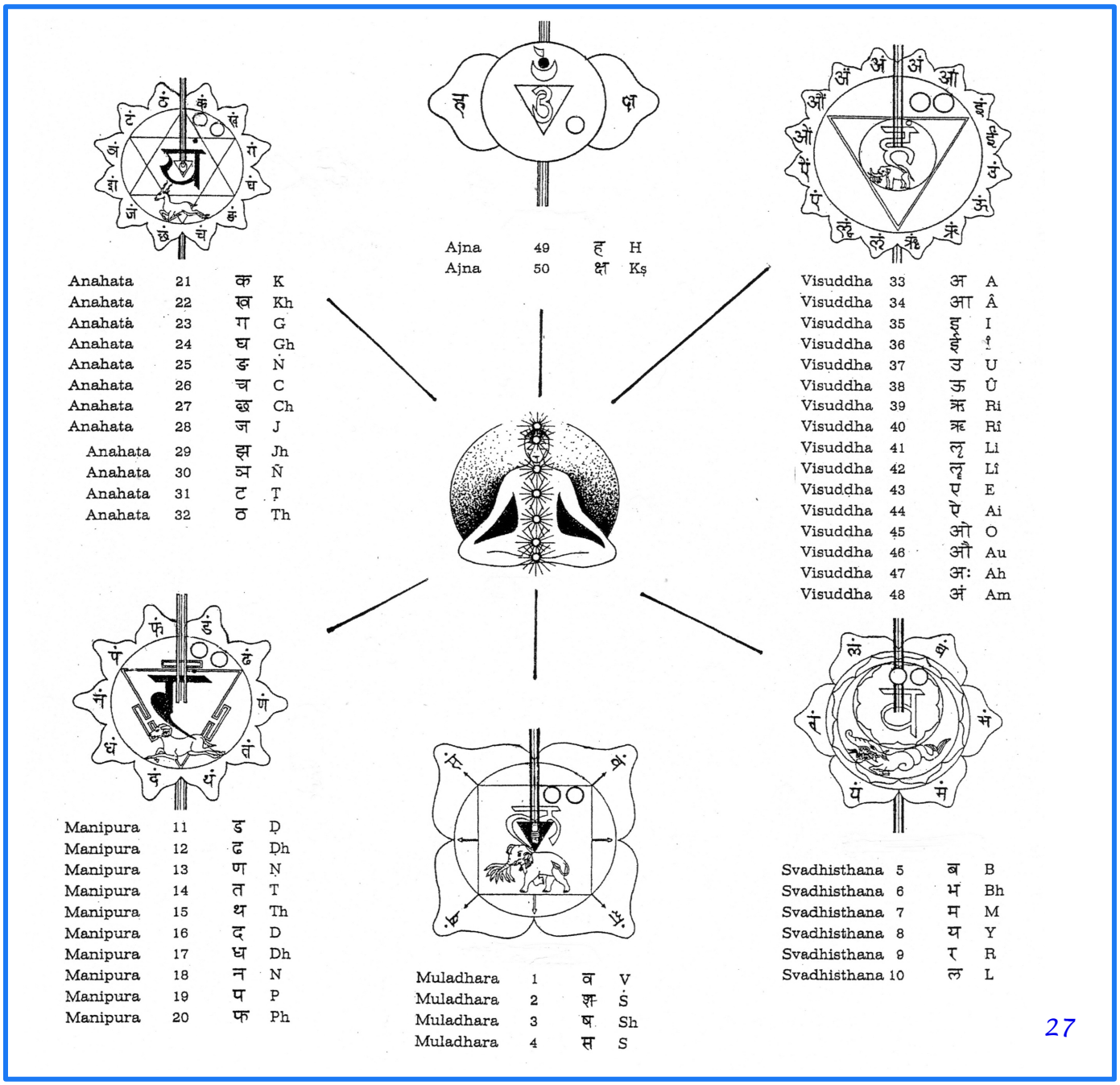
Thus, the yogi's visualization of the ascent of the *Kundalini shakti* up the chakra ladder is coupled with a specific letter-mantra… which, in turn, can be linked with a *bija* seed-sound, a geometric *yantra*, a color scheme, *tanmattras* (subtle elements) & *gunas* (qualities), *mudras* & *asanas*, a host of deities with their own cluster of associations etc…

An intricate **matrix of cross-correlated cues, symbols and significations** has been woven overtime in the Indian culture, connecting the mundane activities of daily life and the highest aspirations of mystics: it is one continuum of belongingness to a Greater Reality.

The phonetic ordering of the alphabet itself makes the recitation into a form of pranayama. Each letter group alternates in the way that it is spoken with the first letter spoken using minimal breath (*ka*) and the next one releasing maximum breath (*kha*). This creates a resonance that follows a pattern of contraction / expansion, concentration / meditation till the last letter of the group - which requires breath to be released from both the nose and the mouth (ṅa).

Such is the play between breath, language, chakras, spine… and You.

The diagram below gives the Sanskrit letters associated with each petal of each of the 6 chakras, for a total of 50.



Ajna	49	ह	H
Ajna	50	क्ष	Kṣ

Visuddha	33	अ	A
Visuddha	34	आ	Â
Visuddha	35	इ	I
Visuddha	36	ई	Î
Visuddha	37	उ	U
Visuddha	38	ऊ	Û
Visuddha	39	ऋ	Ri
Visuddha	40	ॠ	Rî
Visuddha	41	ऌ	Li
Visuddha	42	ॡ	Lî
Visuddha	43	ए	E
Visuddha	44	ऐ	Ai
Visuddha	45	ओ	O
Visuddha	46	औ	Au
Visuddha	47	अः	Ah
Visuddha	48	अं	Am

Anahata	21	क	K
Anahata	22	ख	Kh
Anahata	23	ग	G
Anahata	24	घ	Gh
Anahata	25	ङ	Ṅ
Anahata	26	च	C
Anahata	27	छ	Ch
Anahata	28	ज	J
Anahata	29	झ	Jh
Anahata	30	ञ	Ñ
Anahata	31	ट	Ṭ
Anahata	32	ठ	Th

Svadhisthana	5	ब	B
Svadhisthana	6	भ	Bh
Svadhisthana	7	म	M
Svadhisthana	8	य	Y
Svadhisthana	9	र	R
Svadhisthana	10	ल	L

Manipura	11	ड	Ḍ
Manipura	12	ढ	Ḍh
Manipura	13	ण	Ṇ
Manipura	14	त	T
Manipura	15	थ	Th
Manipura	16	द	D
Manipura	17	ध	Dh
Manipura	18	न	N
Manipura	19	प	P
Manipura	20	फ	Ph

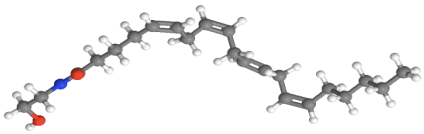
Muladhara	1	व	V
Muladhara	2	श	Ś
Muladhara	3	ष	Sh
Muladhara	4	स	S

anandamide & the endocannabinoid system

Following the scientific identification of **THC** (1987, Mechoulam & team), the most known exogenous (taken externally) psychoactive component of cannabis, the 1990's heralded the discovery of an endogenous (created "within") **chemistry of bliss** in the human body-mind. Successive break-throughs established the existence, throughout the vertebrate CNS (central nervous system - including the brain) and PNS (peripheral nervous system), of an inner *cannabinoid* neuro-modulatory biological system: the **endocannabinoid system** (**ECS**).

The ECS *"may be involved in regulating physiological and cognitive processes: fertility, pregnancy, pre / postnatal development, immune system, appetite, pain-sensation, mood, and memory, and in mediating the effects of cannabis. The ECS plays an important role in multiple aspects of neural functions: control of movement & motor coordination, learning & memory, emotion & motivation, addictive-like behavior & pain modulation…* (Wikipedia). In other words, this is a major, evolutionary, encompassing function of human existence in charge of damage control & **optimization for all aspects of life**, from cognition to emotion to motion to, essentially, well-being. Call it cellular balance or homeostasis or harmonic functioning or bliss.

"The **endocannabinoid system** (**ECS**) is a biological system composed of endocannabinoids or endogenous neurotransmitters that bind to cannabinoid receptors (CBRs), and cannabinoid receptor proteins. Two primary CBRs have been identified: CB1, (1990) and CB2, (1993). CB1 receptors work with endocannabinoid **anandamide** or **AEA**, (discovered in 1992 by Raphael Mechoulam et al.), as well as the exogenous THC.
Endocannabinoid 2-AG (1994) which is 170-fold more abundant in the brain than AEA, acts as a full agent at both CB receptors. 2-AG is present at relatively high levels in the central nervous system, with cannabinoid neuro-modulatory effects. It has been found in maternal bovine and **human milk**. Endocannabinoid **Virodhamine** works with the CB2 receptor." (After Wikipedia).
"Endocannabinoids are formed on demand… They regulate the release of dopamine, serotonin, and other neurotransmitters… They help the body withstand all kinds of damage." (Mechoulam)



↑ Anandamide $C_{22}H_{37}NO$
(Sanskrit *ananda* = bliss, joy, delight). Anandamide is found in nearly all tissues in a wide range of animals,

Virodhamine $C_{22}H_{37}NO_2$
(Sanskrit *virodha* = opposite).

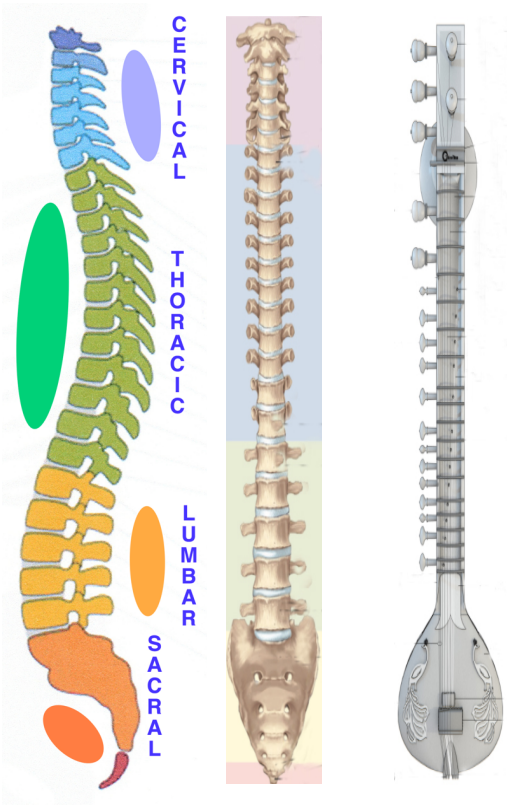
2-AG $C_{23}H_{38}O_4$

How about Shivamide & Shaktimide or Amritamine & Kundalinine?

Note from Aya - We have here cutting-edge science bridging over to pointers from ancient knowledge (both traditional & experiential), such as Yoga: the human body-mind is a very sophisticated instrument which can reveal, through the focused practice of specific inner technologies, hidden levels of sensory enhancement, energy activation and higher-dimensional expansion of consciousness. We are here & now witnessing a radical paradigm shift from extraneous manipulation of the body-mind through external means (cut & burn, medical / recreational drugs, substances & foods / drinks) to the realization that the same (and much more) can be attained by introspectively reading the *instruction manual* of the human instrument and starting to practice and explore this new inner frontier until we achieve the mastery of using the **human antenna body-mind system** to the full potential intended by nature or universal intelligence.

The ECS responds to consciousness and intention: know & en-joy yourself!

Yes, you can now purchase Anandamide powder on the internet and play again the same old games of ignoring your inner power - but why not save money (and side effects) and go directly to the inner triggering ("dripping") mechanisms of human bliss, long ago described in the yogic and allied traditions: with the proper training and persistent trust in the evolutive potential of consciousness, one can access the fountain of ***amrita*** or inner nectar secreted by harmonized activation of the subtle ECS and thus attain to the unified field of Oneness. At this point, it would be tempting to assimilate the awakening of the *Kundalini System* in the yoga tradition to the activation of the *Endocannabinoid System* just uncovered by current science – but there is so much more to the **beautiful and infinite *leela* dance story of expanding consciousness.**



The human spine is a musical keyboard spanning 4 octaves. *[Ovals show the cervical / thoracic / lumbar and sacral curves].*

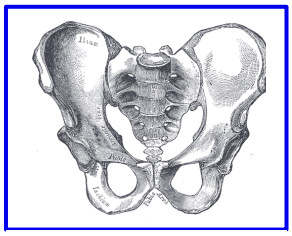
the spine: highway of light

The Spine (backbone) as physiological structure.

In evolutionary terms, the unique posture of an upright spine set the stage for humans. This was facilitated by the development of a special curve in our lower back: the *lumbar curve*. This critical evolutionary breakthrough made humans able to walk on two feet. The human spine is uniquely curved for multiple motions.

It started with the flat spine of sea creatures, then the arched spine (thoracic curve) of amphibious reptiles, then another curve (cervical) to balance the neck and finally the lumbar curve in the lower back allowed for standing posture. Our ability to balance against the pull of gravity on the small base of 2 feet allows us to conserve energy which can be used to supply the higher centers.

- The spine is the control center of the nervous system, via the spinal cord. Brain + spinal cord make up the CNS (Central Nervous System).
- The flexibility and strength of the spine is the foundation of our well-being, on all levels. Any minor change in the delicate balance of our spine has a domino effect which weakens the whole body-mind.
- Yoga is the caretaker of the spine. We learn to strengthen, flex and open up our vertical keyboard, thus creating a life of harmony.



Sacrum and hip girdle.

the tailbone & sacrum

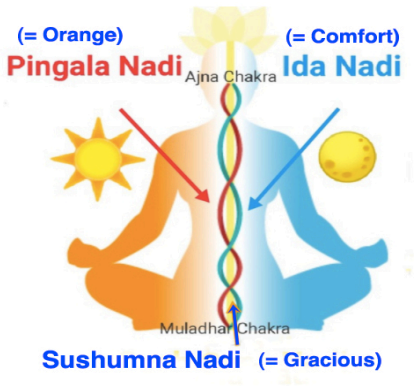
In yogic anatomy, the **Sacrum** (Latin = *holy bone*) is the "launching pad" of the Kundalini Shakti rising upward to the crown and ushering enlightenment. Flexing the spine starts with sending the tailbone in and out, with the breath.

sushumna: liquid bliss

In Sanskrit, the spinal column is *Merudanda.* Mount Meru (identified with Mount Kailash, Trans Himalaya) is said to be the central axis of the Universe, the human spine (*merudanda)* being its physical embodiment.

In various traditions, the spine is also imaged as the *Tree of Life*, the *Tube of Liquid Light* , the *River of Shakti,* the *Beam of Cosmic Fire*… allow these images to empower you with your yoga practice and to renew your quest for the hidden treasure that all wisdom traditions have always pointed to…

But only YOU can find that…



Yoga poses are based on 5 directional **spine motions.**

1. Forward bends (flexion) -- Stretches posterior structures.

2. Back bends (extension) -- Stretches anterior structures.

3. Lateral bends (lateral flexion) -- Stretches sides + pelvis.

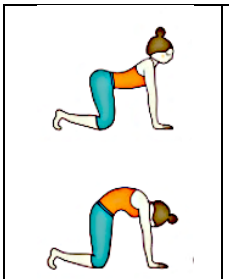
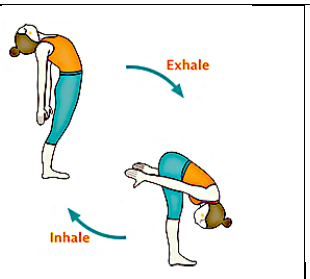
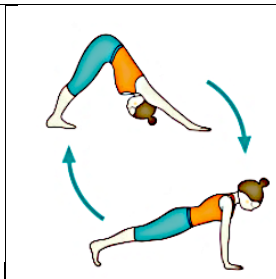
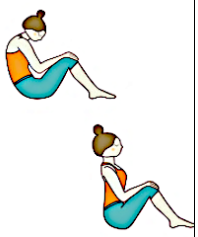
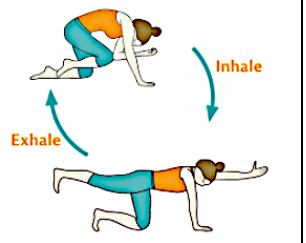
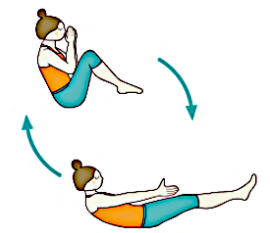
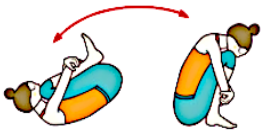
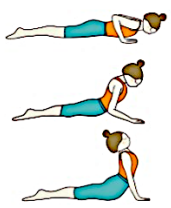
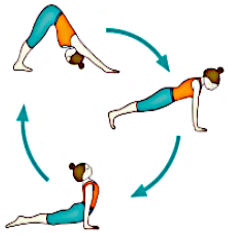
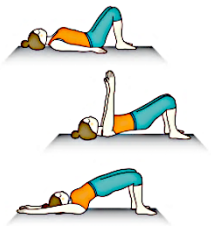
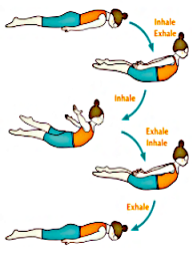
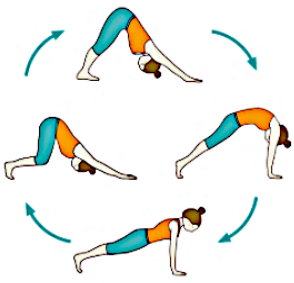
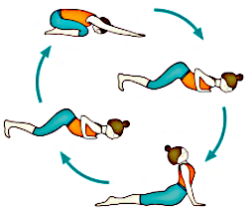
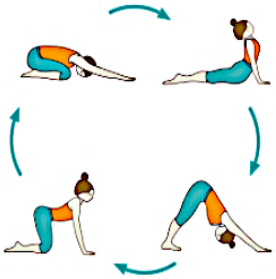
4. Twists (rotation) -- Increases circulation in intervertebral discs.

5. Extension poses (axial lengthening) -- Facilitates elongation.

(Above images are Tummee.com copyright.)

spine flexion & extension

In our frontal-oriented (Westernized) cultures, the tendency is to slightly slouch forward, either sitting at a desk, tapping a phone or standing up leaning away from the vertical, grounded axis of the body. These mis-alignments put a lot of pressure on the spine & the internal organs. Yoga offers mini-dynamic flows to **flex-extend the spine**. Below are 2-steps, 3-steps and 4-steps flows.

				
Cat ⇔ Caw	Back ⇔ Forward	Bend ⇔ Halfway	DDog ⇔ Plank	Dolphin Push Up
				
Sit Flex ⇔ Ext	Crunch ⇔ Tiger	Dolphin ⇔ DDog	Tuck ⇔ Hollow Body	Back Rolls
				
Lifted Cobra	DDog ⇒ Plank ⇒ Cobra	Plank ⇒ Chatu ⇒ UpDog	Lifted Bridge	Utkatasana Flow
				
Locust Flow	Spinal Roll Flow	DDog ⇒ Cobra ⇒ 8-Limbed	8-Limbed ⇒ Cobra	Shakti Flow

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yoga breath practices

PRANAYAMA
(center of the 8-fold Path)

Pra = first *Na* = most basic unit of energy
Yama = to expand

- *Heaven, Earth and You share the same Breath*
- *Every single breath is an entire life*

Understanding Breath is understanding yourself, the universe and the whole of Life. The INHALE - EXHALE cycle contains all the other cycles. When you breathe IN, you inhale / receive the entire universe and expand with it; when you breathe OUT, you let go and give back to the universe your unique fragrance. The Breath is your constant partner: make it a loving / conscious relationship.

When we consciously breathe DEEP & SLOW, we slow down the mind, regulate the heart, increase the absorption of O2, enhance life-force circulation and augment our life span. If you take 30 breaths / minute (unconscious shallow breath), you will pump your lungs 1,135,296,000 times in a 72 years span. if you breathe 10 times / minute, y'll take 378,432,000 breaths in 72 years (a lot less wear and tear).

- **Belly Breath (BB) -** The Foundation. Observe babies. Belly (abdominal / diaphragmatic) Breath is THE life saver: when you are under stress / confused / shocked..., return to the Breath: take a deep, slow BB. Inflate the belly like a balloon and then deflete it, pushing the empty belly to the spine.
- **Full Yogic Breath -** INHALE slow & deep through nose: start with belly, then lower lungs, upper lungs and max the breath. EXHALE evenly through mouth in reverse order: upper lungs first...
- **Kapala Bhati (Half Fire Breath) -** [*Kapala* = skull; *Bhati* = cleansing] Invigorating & detoxifying. Passive IN. Active, forceful EX (upper belly pushed in and up). 1 set + IN with *bhandas*.
- **Bhastrika (Fire Breath) -** The "Bellows Breath". Active IN, active EX. Pumping the belly in / out. Start slow. With practice, increase speed and number of sets. Activates cellular respiration.
- **Continuous Breath -** Engaging IN / EX with no gap in between. *Who is the Breath?*
- **Breath Retention (Kumbhaka) -** Holding the gaps between IN / EX and EX / IN. These are magical moments when the mind dissolves and you encounter emptiness: after IN (top retention - *Antara Kumbhaka*) and after EX (Bottom retention - *Bahya Kumbhaka*). Under guidance.
- **Anuloma Viloma (Alternate Nostril B) -** Balancing energy by directing prana through *ida / pingala nadis*. Use *prana mudra* with left / right nostril. Can include Kumbhaka.
- **Surya / Chandra Bhedana -** Sun (right nostril) and Moon (left nostril) "piercing" Breath. Deep, slow, full IN right nostril + hold with Mula Bhanda. EX slowly. Activates L / R hemispheres. Can't stay awake? Surya Bhedana 12 x. Can't stand still? Chandra Bhedana 12 x.
- **Brahmaree Breath (Humming Bee Breath) -** The sound of deep satisfaction / relaxation. Imagine sighing with deep pleasure and relief. Next level: plug ears and listen within.
- **Ujjayi Breath (Oceanic Breath) -** Tapping into the majestic ebb and flow of the universal breath, Tongue in *Kechari mudra* (resting on palate). Can be used in all asanas.
- **Breath Flows - Heart Breath**: IN from Mula into Heart - Hold - EX radiating prana out. **Raja Breath**: IN from Mula, EX out the crown; then IN from crown, EX down Mula. **Pineal Breath**: IN through forehead into pineal - Hold - EX radiate out. **Spherical Breath**: IN from 360° into Heart, EX out.

TIPS: Respect your limits and practice by slow increments. Infuse healing intention in your breath practice. Know the power of directed breath. Know the quality of the AIR you breathe: *negative ion / oxygen content, unhealthy emotional / mental waveforms, humidity / dryness, stagnation / flow... and how it affects your metabolism, mood and well-being (depranation).* ***Realize that we smell (a primal sense) always and with each breath...*** **HAPPY BREATHING WITH EXISTENCE...**

vayus: the five sub-pranas

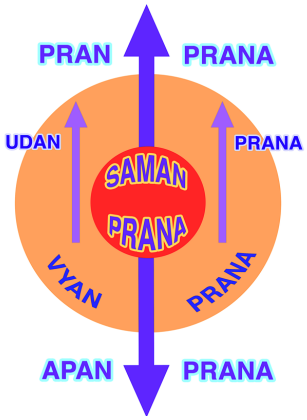
The root 'va' translates to "that which flows."

"A mortal lives not through that breath that flows in and out. The source of his life is another and this causes the breath to flow."
Paracelsus (1493 -1541)

The word ***prana*** has the general meaning of Life Force / Breath, but in the human system it also means one of the ***5 vayus*** (= wind) or sub-aspects of the Breath. Vayus are a finer & vaster description of the breath process. The 2 great flows of INhalation & EXhalation are only parts of a complex system that processes, distributes and specifies energy, thus bringing the body-mind alive. According to the Yoga tradition, this subtle system, the vast vortex of the *Nadi Field,* exists at the level of the *Pranamaya Kosha* (Energetic Body) and functions through the *vayus* as constituents interfacing with the elements.

the 5 vayus

- prana - ACQUISITION. Called the "**ascending air**" due to its upward motion. It governs all in-take, the absorption of any energy: breath, food, sensory input. It governs oxygenation and the integration of new information. Along with Apana (Exhalation), Prana (inhalation) is the vayu most accessible to conscious practice (Pranayama).
- apana – ELIMINATION. The **downward motion** vayu that takes away waste products, physical & mental, and assists in "letting go". Apana helps to detoxify and to rejuvenate by opening space.
- samana - PROCESSING. Draws energy to a focus at the **navel center** where it can be assimilated into the system as Samana maintains the stomach's "fire" that "cooks" the foods. Samana helps to keep energies and information in balance.
- vyana – DISTRIBUTION. Pervades the whole body, from the center to the periphery, and **circulates continuously** through the physical systems of the body (circulatory, lymphatic, nervous, muscular) as well as the energy system of the nadis. Vyana helps to hold and expand the prana-field.
- udana – EXPRESSION. Dwells in throat and head. Channels the prana-field into specific functions such as speech and sensory perception. Udana vayu is the function of transmutation manifesting the DNA instructions.



the 5 vayus & the 5 elements

- **Akash – Space (Udan Prana)**
- **Vayu – Air (Pran Prana)**
- **Agni – Fire (Saman Prana)**
- **Jal – Water (Vyan Prana)**
- **Prithvi – Earth (Apan Prana)**

The *vyana prana* (auric field) has 5 sub-categories called *upa-pranas*: **Naga** (belching & hiccups), **Kurma** (blinking), **Devadatta** (hunger, thirst & yawning), **Krikala** (sneezing & coughing), and **Dhananjaya** (opens & closes heart valves - most active after death).

The SUBLIMATION of the 5 elements and the 5 vayus into the ultimate light and void of consciousness is the road map and evolutionary journey of matter made aware. The 5 vayus are an intermediary system of balance and information transcription between the 5 material elements, the body-mind and the higher bodies, via the chakras, the Nadi Field (energy body - *pranamaya kosha*) and its Sushumna. The vayus are programs of alchemical transmutation and harmonization facilitating the cyclical journey from Creation (Brahma – Pran) to Destruction (Shiva – Apan) through functions of Maintenance & Growth (Vishnu – Saman / Vyan / Udan).

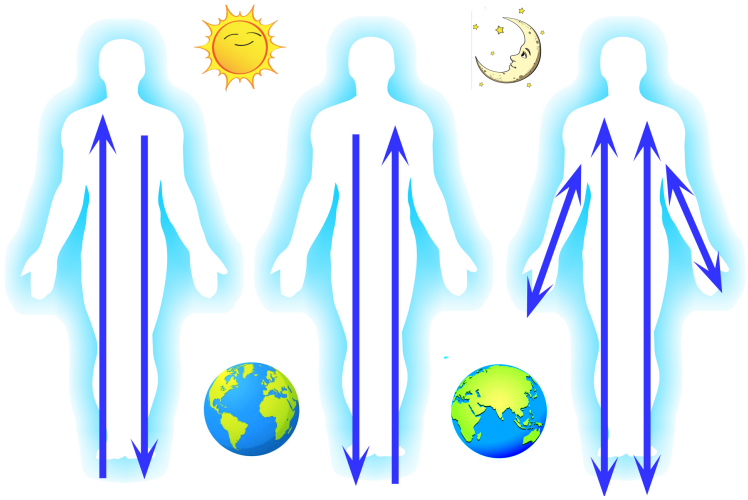
prana currents: the yoga medicine

In the course of your Yoga practice, the body will start expressing itself in many ways, some pleasant (joint & muscle opening, relaxation, vibrancy, expansion, peace, joy…), some less pleasant (a variety of aches or pains, as you go through your comfort zone and sometimes beyond), and some that you can't really place… Back off if there is any *sharp* pain, but everything else is all good: it means you are beginning to be more aware. At times, you may even be unable to practice some moves or asanas, that's perfectly okay: just listen to the **intelligence of the body – it has an ancient & very dependable wisdom**.
Eventually, you will come to understand that it is not necessarily the physical body itself that is acting out: it may be the *energy body* that is stirring from stagnation and begins to reconstitute itself under the waves of attention from your newly found awareness.
This energy body may have been very neglected to the point of being quasi dead, barely functioning enough to sustain basic survival. Discomfort, aches, diseases and death are progressive degrees of stagnation. Life is flow, a river surging to the ocean. Pain is a signal - it tells you that you have a traffic jam: the natural flow has stopped, energy is no longer circulating & distributed where it's needed.

The universal medicine to heal stagnation is the **BREATH**. By using the breath, you can clear diseased, accumulated energy pile-ups. This is why, in Patanjali's 8 Steps Program, *Pranayama* comes right after *Asana.* Pranayama practices slowly re-awaken & rebuild the energy body (*Pranayama kosha*) and all its dormant channels (*nadis).* In turn this resurrection reverberates unto the physical body (*Anamaya kosha*) and all its organs & functions: blood circulation is increased and therefore oxygenation levels.
Whole Body Breath Flows reconnect you immediately with the Earth & the Sky.
It IS a healing process. Understand it as such, welcome it and cooperate with it to increase it. Refrain from interfering from your personal or some medical logic. Allow your energy body its full freedom. Respect it and trust its innate intelligence, sourced in your higher bodies – all the way to your ultimate, original bliss nature.

simple energy flows

Supine (on the back) or Standing



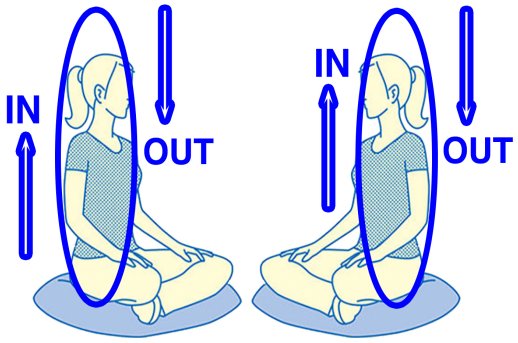
Feet Breathing / Whole body Breathing

Yes, your lungs start in your feet… and "the wise man breathes through his heels" (Taoist maxim).
1. INhale through your Left foot + feel prana going all the way up… Exhale through your Right foot.
2. Reverse. INhale Right / EXhale Left.
3. INhale through both feet / EXhale through both.

Hint: Try hands + arms breathing

Sitting position

Micro-Cosmic Orbit

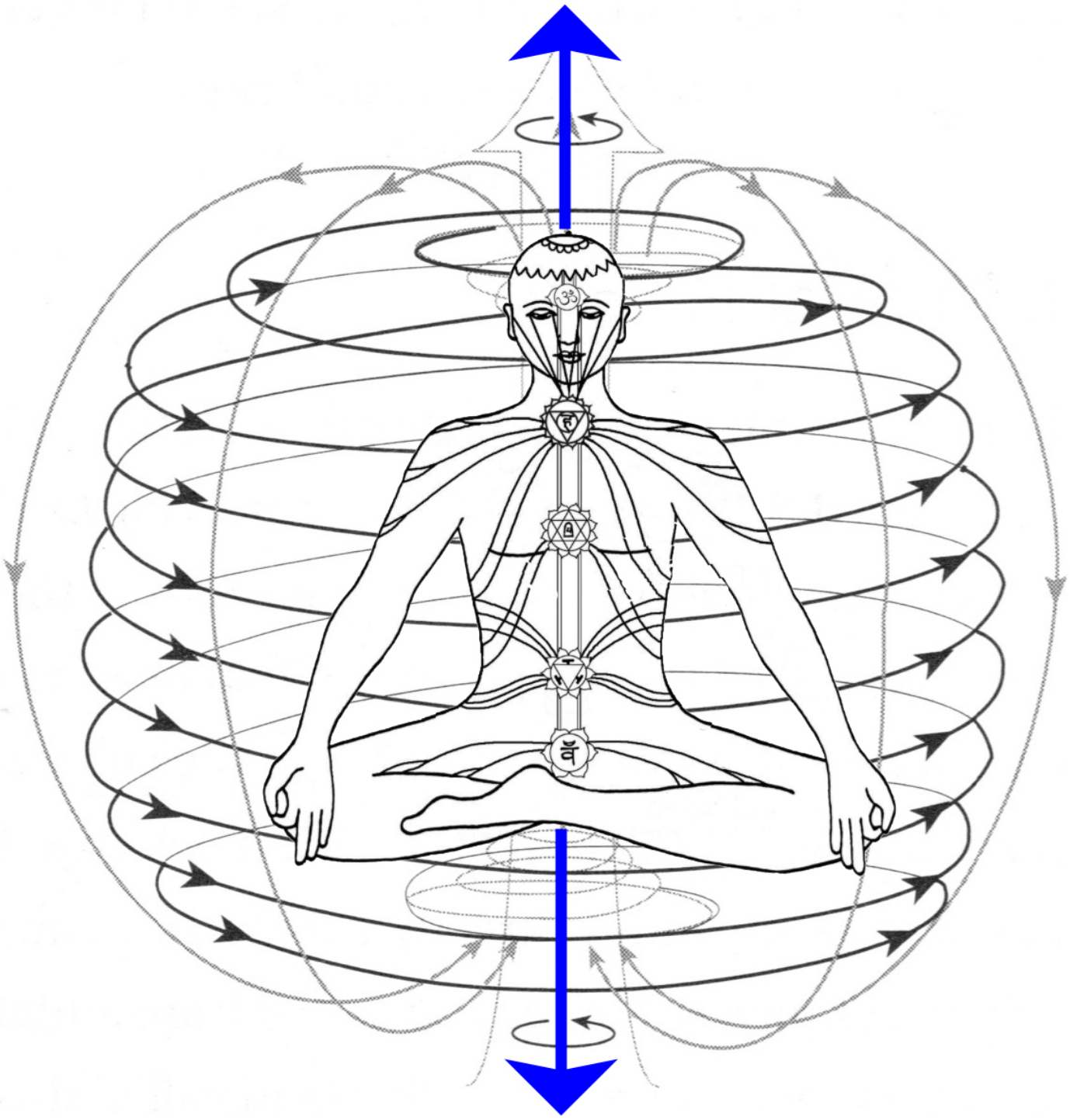


the tube of light

IN Up
EX Down
/
IN Down
EX Up

feet & arms breathing

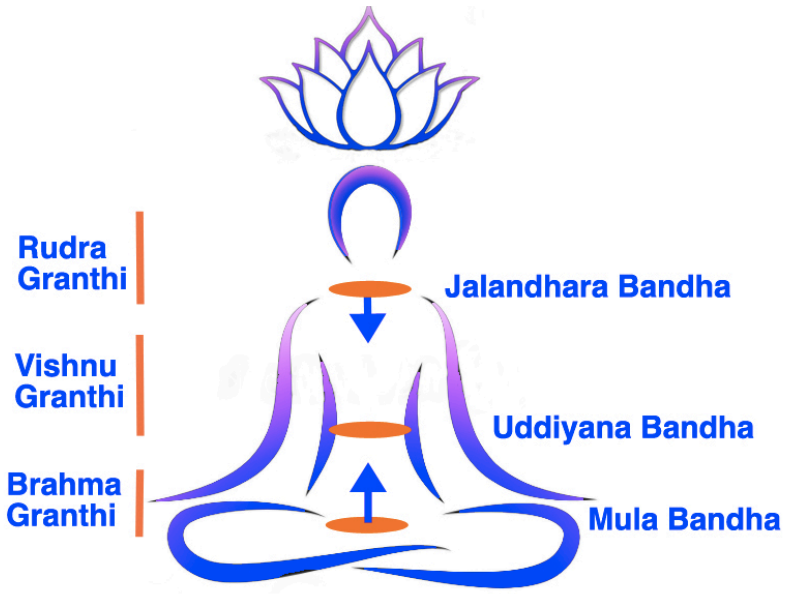
micro-cosmic orbit breath



vortex breath practice

- **Sitting comfortably, INHALE drawing energy up the pelvic floor (Mula) and down the Crown into the heart.**
- **Expand the prana field to encompass your entire your etheric aura (a couple feet).**
- **Hold the breath and visualize a vortex of energy spiraling down clock-wise from the Crown to Mula.**
- **EXHALE.**
- **Reverse the process. This time, visualize a vortex of energy spiraling up counter-clockwise from Mula to Crown.**

the 3 bandhas (energy locks)

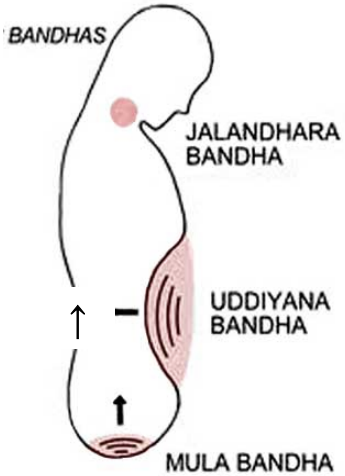


The goal of the **BANDHA** (Sanskrit = to hold, to lock) **practices** is to seal & pressurize the prana, from the pelvic floor to the neck, in order to redirect the pranic energy flow into the central channel, *Sushumna nadi.* of the energy body. Bandhas dissolve the pranic blocks or *Granthis* and prevent energy leaks / dispersion through the side channels of Pingala and Ida.

When upward (Shakti) and downward (Shiva) prana meet under the pressure of the bandhas, the dormant Kundalini power is awakened to rise through the Sushumna & shoot up as fiery light.

There are three Bandhas: **Mula, Uddiyana**, **Jalandhara**. **Maha** ("Great") is the combination of the preceding 3.

how to activate the bandhas



There are six sphincters in the digestive system. A sphincter is a ring of muscle surrounding and serving to guard or close an opening. Three of these six sphincters can be contracted in order to create the bandhas:

Jalandhara Bandha – Lengthen the back of the neck + lower the chin to the chest. Hold. This Throat Lock seals the upper esophageal sphincter and the top part of the trunk. (*Jal* = throat. *Jalan* = net. *Dharan* = flow)

Uddiyana ("flying up") **Bandha** – Exhale, pull the upper belly in + slightly up. Hold. This contracts the "sphincter of Oddi" and moves the energy upwards.

Mula Bandha - Contract & lift the pelvic floor / perineum (space between anus - scrotum / anus - vagina). Hold. This seals the base of the trunk.

the 3 granthis or energy blocks / knots

The Yoga tradition describes psycho-emotional areas of energy blockage & contraction: the *Granthis* (= "knot"). By clogging the pranic circuitry & chakras, the granthis prevent the free flow of the life force and its ascension from Mula to Crown. The Granthis are like 3 schools we graduate from.
The Granthis are unraveled and healed with the practices of asana, bandha & pranayama, given a healthy life-style.

- **Brahma Granthi. Chakras 1 + 2.** Unhealthy patterns of survival & love-connection creating unfulfilling attachments to physical pleasures & material objects.
- **Vishnu Granthi. Chakras 3 + 4.** Limited concepts of self, ego, will & power creating separation & fight / flight.
- **Rudra Granthi. Chakras 5 + 6.** False identification to mental beliefs, knowledge & psychic powers creating pride, judgement & conflict, both inner & outer.

a maha bandha session

- Sit in your comfortable asana. Ground yourself. Take a Full Yogic Breath. Hold. Engage the Mula, Uddiyana and Jalandhara bhandas. Hold as long as it feels comfortable.
When you can't hold it anymore, raise the chin, release the two lower bhandas… AND exhale all the way to emptiness.
Then take a wonderful, new, refreshing in-breath, slowly sipping the prana and feeling it nurturing each and every cell.
- After practicing the bandhas long enough to master the techniques, you can start to apply them, individually or together, in a variety of asanas. Explore the possibilities, following the prompts of your body or your intuition.

drishti yoga 1 focus & flows

← ***Parivritta Trikonasana***: the outer gaze is directed to the tips of the fingers, in *Hastagrahe dṛṣṭi*.

Focused Gaze = Focused

DRISHTI (= sight, attention) is the practice of focused attention or "gazing". There are **outer *(bahya)* drishti points,** used to steady asanas and **inner *(antara)* Drishti points** & **flows**.
Focusing attention is essential for yoga & meditation since where & when the eyes move, mind, energy & perception follow. When we look all over and get caught up in visual distractions, our minds become agitated and we get confused.
When we engage in one-pointed attention (and full yogic breath), we are immediately stilling the fluctuations of the mind and calming the nervous system. Then, we can enter the here-now and open up to inner blessings & wisdom.
Drishti is not just where we look: it is how we look. In Yoga, Drishti is a beam cutting through the illusion of the outer world and **returning the seeing** to its original source: consciousness.

drishti & yoga's eight limbs

Pratyahara, the 5th Limb, is withdrawing the senses from external distractions by practicing *drishti*. Then we can experience concentration or *Dharana*, the 6th Limb. With the ability to hold our inner attention steady, we will develop insight through yoga's 7th Limb: *Dyana*, or contemplation as a means of self-knowledge and the ultimate union of *seer* and *seen*.

using outer drishti on the mat

Drishti on the mat means **focusing your gaze on one point**, creating a focal point to anchor and steady your asana, refine your alignment and heighten your awareness. Some yoga schools, such as Ashtanga, have developed a precise correlation asana-drishti point. The general rule is to focus where your eyes are naturally guided by the alignment or the stretch of the posture. Let the movement of your spine follow the direction of your eyes. As you settle in your asana / breath, create a focal point on the wall / floor / mat and make it integral part of your posture's space.
• Standing poses – A straight-on drishti helps with the vertical alignment of neck and body.
• Balancing poses – Very useful. Almost like creating a psychic staff to lean upon for stability.
• Extended poses – A constant drishti allows for deeper alignment and longer holding of the pose.
• Bending, twisting & inverted poses – Drishti points extend your space of practice.

Tip 1: *find a balance between pointed focus and soft, easy gaze. If you find yourself staring, straining your eyes or not blinking, go softer, easier. The goal is not fixed seeing but steadiness of mind in order to tap into the full experience of the asana. or on the mat*
Tip 2: *Whenever you notice your focus and mind wavering away, gently bring it back to your point of attention.*

inner drishti points & flows

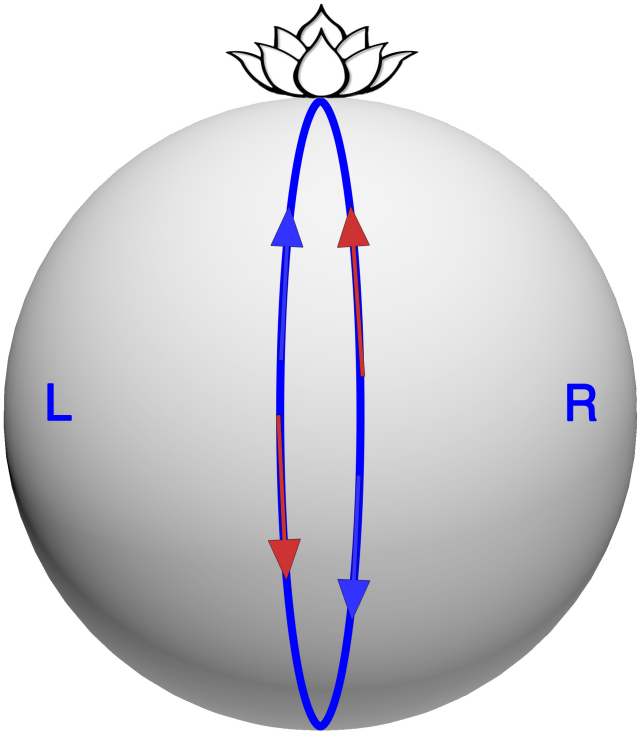
The Drishti practice is most powerful with inner vision, eyes closed. Consistent focus on one spot / area will activate energy from molecular to pranic to spiritual level… The inner point of attention can be fixed, such as a chakra, your breath or heartbeat, an organ, a mudra… Or it can be a flow of attention, a drishti pathway**,** a loop of focus sweeping through an area. Sitting in meditation, start with the breath + drishti… and then surrender to inner grace…

FIXED DRISHTI • **The Heart –** The best inner drishti to start from and come back to. Hear the heartbeat as well.
• **The 3rd Eye –** The traditional point of focus for activating the 3rd Eye is between the eyebrows. *(Shambavi mudra)*
• **The Root Center** (Muladhara) – The Earth Gate is the focal point for lovingly grounding your awareness in the body.
• **The Crown of the Head –** Before focusing on the Sky Gate, make sure your system is well grounded.
• **The Center of the Head –** The place to activate the pineal and pituitary glands.
• **Any other chakra vortex point –** Experiment with focusing in each of your chakra and feeling what it does. Add singing the *bija sound* of each chakra With your attention visiting, each chakra will become a friendly home.
• **Any organ or area needing love and healing –** Coupled with a healing intention, your drishti focus can become a powerful healing force, warming up and bathing the painful spot with higher frequencies of harmony.

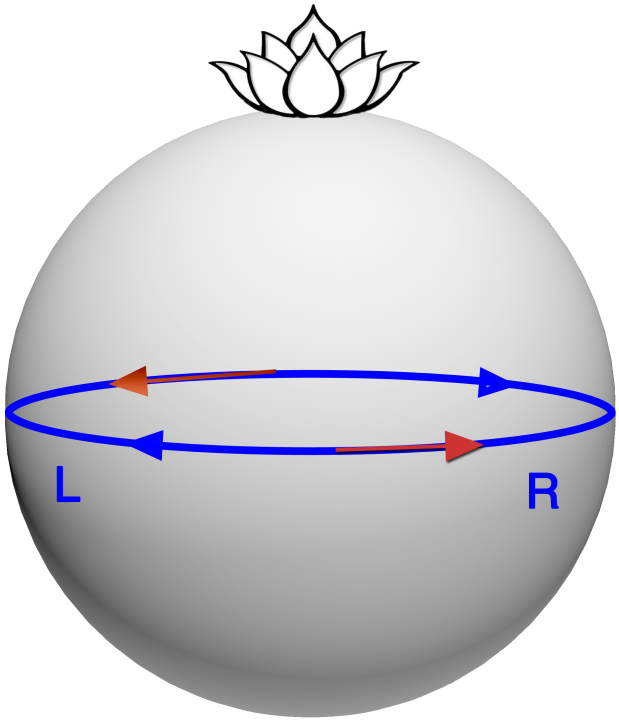
DRISHTI FLOWS – Coupled with breath, your attention can sweep and cleanse open *nadi* channels and energy circuits within your pranic, mental, intuitive and bliss bodies.
• **Earth – Sky circuit.** INhale through root chakra straight up & Exhale through crown. Reverse. Repeat. Feel the effects of Earth energy ascending up the chakras & Sky energy bringing down higher frequencies through the crown.
• **Micro cosmic orbits** – INhale through the spine & the back up to crown & Exhale through the front of body. Repeat until you feel a energy flow cycling through. Reverse. How do you feel going one way and then the other way?
• **Drishti Head Flows –** Imagine your head as a sphere, with the center point marked by the pineal gland. You are going to move your attention as a drishti flow along various dynamic lines. It's like doing head / neck warm-ups but focusing inside and using the power of your attention. Diagrams next page →

drishti yoga 2 head flows

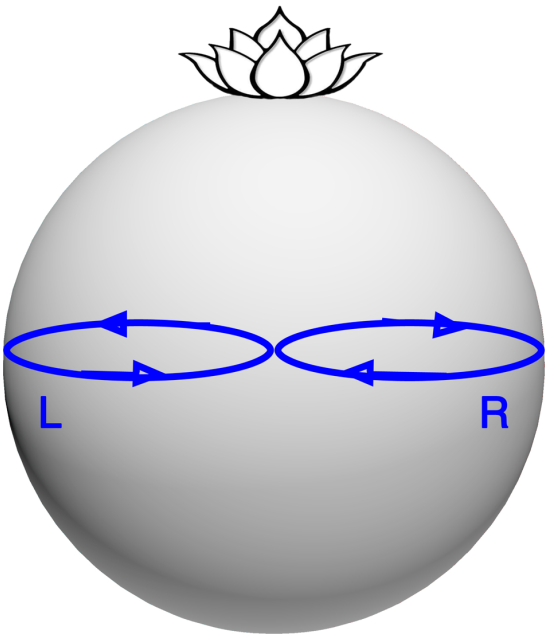
Sitting in a comfortable position, engage your conscious breath and bring your attention into recurrent flows / circuits inside your head space. Below are 4 patterns: vertical, horizontal, left & right circles and the infinity sign flow. You can also play with spirals… Enjoy. The lotus represents the crown and the head is seen from behind.



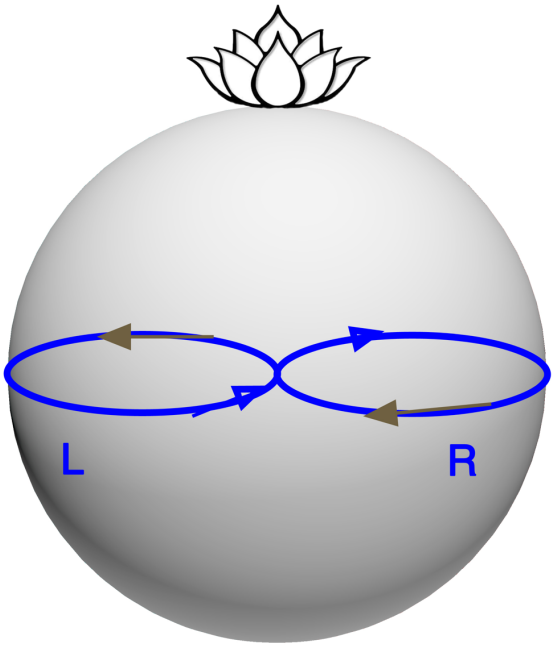
Drishti Head Flows - Back Head / Front Head
INhale / EXhale. Reverse.



Drishti Head Flows - Left Ear / Right Ear
(INhale / EXhale). Reverse



Drishti Head Flows - Left / Right Circle
INhale / EXhale. Reverse.



Drishti Head Flows - Infinity Sign
INhale / EXhale. Reverse.

panoramic vision (a journey around your head space)

TRY THIS

1. Sit comfortably, with spine erect. **2.** Engage a slow and full Yoga Breath (belly + ribs + chest).
3. Open your heart. **4.** When ready, focus your attention to the center of your head. Continue breathing.
5. Switch your attention to your forehead (3rd eye point), between the eyebrows. This is focused perception, looking forward as on an inner screen.

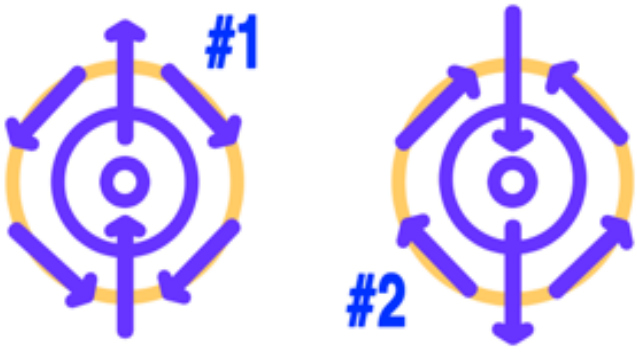
NOW, from the forehead, slowly split your attention to your left & to your right, reaching sideways as if you were simultaneously looking at your two ears…
Then bring your attention back to the forehead.
And practice again opening to your sideway, "panoramic" vision…

Comments: 1. At first, you may only be able to go to 30º or 45º on each side. Observe which side may be easier or not - and work on improving the opening of the weaker side: you are working with the hemispheric fitness & balance of your brain.

2. PLAY with this panoramic vision until you feel at ease with it. It may take weeks or months: explore slowly the new territory and enjoy…

3. When completely at ease with sweeping 90º each side, try bringing your attention all the way around to the back of your head. Practice **0º → 180º**, forehead to back head. Then try reversing: back head to forehead **180º → 0º.**

4. Observe yourself as you go from focused vision to panoramic / peripheral vision. Notice how you feel when you focus forward vs how you feel when you allow your vision / perception to freely move sideways and back, in a dance journey around your head space…
Personally, I feel a vast expansion of the field of awareness, as if stepping out of the office and going outdoors… There is also a clear path to an inner smile, from the heart blossoming outside into a cosmic smile – the motion of the eye muscles seems to entrain the smile muscles: cranial nerve #3 (oculo-motor / around the eyes) entrains cranial nerve #7 (facial expressions), via the vagus nerve (cranial nerve #10) activated by full breath.



Full circuit Panoramic Vision Vinyasa:

1. Start at Center Head
2. Go to Forehead
3. 90º sideways
4. Go to Back Head
5. Back to Center Head

And REVERSE… (#2)

Boho Beautiful – Instagram > BohoBeautiful.Life

StarWheel #50 - Dove Buddha

PURITY

The Original Face opens up
into a vast inner smile
and sees, with perennial eyes,
the emptiness of even the holiest of forms

yoga emergency instructions

REMEMBER

IF you find yourself in a moment of rudderless CONFUSION,
dull INERTIA,
or agitated UPHEAVAL tossing you around…

STOP

(the car, the train, the horses, the games…)

AND

1. Just take ONE deep Belly Breath (lower + upper belly), through both nostrils. Hold it as long as you can. And let it out in a big sigh of relief, lion-roar wise, through the mouth.

2. Straighten your Spine and find a Balanced Body Posture, easily held and yet firmly engaged.

3. Dwell in your Heart and feel it opening up like a flower, pulsing, beautiful, alive & loving.

4. Now, re-establish your Full Yogic Breath, your complete cosmic pulse. Re-enter your birth right and your true nature of belonging to Infinity.

IN-hale – Consciously expand your breath (belly, ribs, chest, shoulders) and let it fill you up, like a child's balloon, all the way to your many trillion cells & neurons… and octillion atoms, mini solar systems… Yes, a lot of space to fill up…

- Feel a new, fresh prana entering and nurturing your being.
- Amplify your breath to FULLNESS and hold it. Stay there for a moment, feeling the extension of your auric field and the subtle energy of your presence around your physical body. Enjoy this peak of manifestation, like the summer season.
- Gratefully receive from the universe the gift of the cosmic life-force connecting you and tuning you to the Oneness of existence.

EX-hale – Slowly, evenly and consciously, let your breath out (shoulders, chest, ribs, belly).

- Deflate your auric balloon and find your way to EMPTINESS. Feel your exhale like a breeze of awareness gently caressing your entire being on its way out and leading you to a powerful place of re-sourcing. Watch your mind freaking out and comfort it… No, you are not dying, only touching your still essence. Enjoy this origin of manifestation, like the winter season.
- Stay in this creative emptiness for a moment, reverently aware that you are returning to the universe your personal gift, your unique symphony of life.

5. In this cyclical vortex of IN-hale & EX-hale, uplift your awareness **to the Bird-Soul Witness spot** above your body – the place from where you can look down to your human body-mind experience. The Witness is the vast I-Self lovingly embracing the embodied Ego-Self. If it is in your practice, run your energy in the central channel (*Sushumna*), root – crown.

6. If you feel the call to relax deeper,
allow your own disappearance.

Allow all sensations, all perceptions, all your selves, all witnessing and all identifications to simply disappear into the Ocean of Being.

branches:
wisdom practices

the yoga tree

the paths of yoga

The Paths of Yoga are like the branches of a tree: they all come from the same root and produce the same fruit. Or like the tributaries of a river: they all have the same source and reach the same resting place: the infinite Ocean of Being.
According to the personality, temperament, goal or life style, one path may be predominant. However, all paths overlap in the overall holistic pursuit of ultimate Union. The main Yoga paths are:

1. Hatha Yoga – Fitness thru Physicality
2. Bhakti Yoga – Devotion thru Emotion
3. Mantra / Sound Yoga – Celebration thru Beauty
4. Karma Yoga – Motivation thru Action
5. Jnana Yoga – Cognition thru Intellect
6. Raja Yoga – Stillness thru Meditation
7. Tantra Yoga – Dissolution thru Immersion
8. Holistic Yoga – Oneness thru Integration

40

In the Western countries, there is a proliferation of Yoga schools as "brands". Use your discrimination and follow your inner guidance. It is YOUR body & YOUR journey.

8 yoga paths:

1. HATHA Yoga – The Yoga of being *here now* and learning from the instruction manual of the human body-mind. Hatha (**Ha = Sun; Tha = Moon**) Yoga is practiced at a slow pace, with focus on the Breath, sustained body postures (*asanas*) and elements of fitness / stretching. Vinyasa Yoga emphasizes the flows.

2. BHAKTI Yoga – Yoga of devotion, reverence & love. Bhakti is a balance between the mudra of **longing** (reaching up to the sky) and the mudra of **surrendering** (Child's pose). Bhakti is flowering when letting go & allowing Life to guide us. Being in Bhakti mood *("in the Bhav")* is seeing, in awe, the Beloved within self / others as One.

3. MANTRA / SOUND Yoga – Shabda (*sound*) or **Naad** Yoga uses the fact that we live in a sea of vibrations and that everything in the universe has a frequency signature. Emotions, thoughts and spiritual states can be invoked and qualified through appropriate sound vibrations: *Mantras*, *Kirtans* (group chanting), *Japa* (repetitive chanting).

4. KARMA Yoga - The yoga of conscious action & selfless service. Karma Yoga involves performing an action **without expectation** of any reward in return, thus renouncing the fruits of the action. Seeing what needs to be done and doing it with full presence, without clinging to results. All actions are turned into mindful, sacred rituals.

5. JNANA Yoga – Walking the most abstract of the Yoga paths, Jnanis analyze the phenomenal world with spiritual discrimination, saying "**Neti, Neti**" (*I am not this, not that…*). By dis-identification from body-mind, one finds pure consciousness. However, unless you are Ramana Maharshi, this "monism" can lead to a separation from Life.

6. RAJA Yoga - Rāja Yoga (also called Royal / Classical Yoga) is the practice of **concentration & meditation**. The mind is systematically witnessed and various techniques are applied to bring it into stillness. This process leads to transmuting the physical + psycho-mental energy into spiritual energy. Both the goal of Yoga and its method.

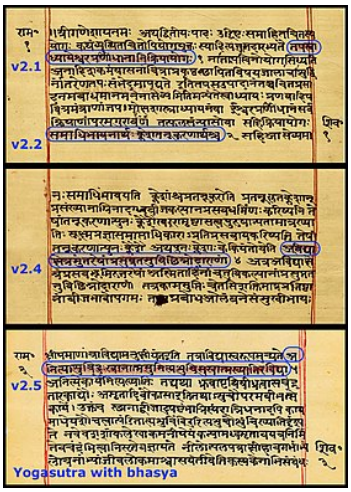
7. TANTRA Yoga – The Yoga of Balance and Unification of Opposites. For Tantra Yoga, there is nowhere to go but here: the Mundane IS the Sacred and the Body IS the manifestation of Pure Consciousness. A Jivamukti uses the body & its energy matrix to deconstruct ego-identification and achieve Liberation. Kundalini Yoga is Tantric.

8. HOLISTIC Yoga – The Yoga of integration of all paths, drawing from the full wisdom of the Yoga Tradition. Taking the 8 Limbs as a general roadmap but experimenting with the unique calling of each seeker. Bridging East & West, yoga mat & daily life, science & scriptures, experience & knowledge, letting go & pursuing…

patanjali's 8 limbs

The ***Yoga Sutras of Patañjali*** is are a collection of Sanskrit sutras (aphorisms) on the theory, practice and science of yoga - **196 sutras** [*sutra* = thread (of wisdom)]. The *Yoga Sutras* (also called **Yoga Darshan**) were compiled in the early centuries CE, by the sage Patanjali who synthesized and organized knowledge about yoga from much older traditions. Presented as a practical, quasi-scientific, **User's Manual** for the human instrument (body – mind – emotions), the Sutras are a matrix, cross-referencing each other within a cyclical whole. The 4 chapters of the Sutras deal with the Aim of Yoga, the Practice of Yoga, the Yogic Powers, and Liberation.

The Yoga Sutras are best known for expounding **Ashtanga** [*asht* = 8; *anga* = limb], the **8 LIMBS of Yoga**. These sutras explain the benefits & blessings coming from following the journey of yoga; yet they come across as common-sense guidelines for daily life and interactions with self & others. They are not commands, breach of which is labeled sin (as in the Abrahamic religions). Rather, Patanjali demonstrates that actions have consequences (***karma***) and that we can learn naturally from these consequences as we become conscious agents.



Pages from a Yoga Sutras manuscript. Verses are highlighted and embedded within the commentary.

8 limbs of yoga

8. Samadhi - Union with the Ultimate.
7. Dhyana - Meditation.
6. Dharana - Focus & Concentration
5. Pratyahara - Conscious Withdrawal from the Sensory Input.
4. Pranayama - Science of Breath & Prana Flow
3. Asana - Steady / easy Yoga Posture
2. Niyamas - Behavior to Self. Inner discipline.
1. Yamas - Behavior to Others. Ext. discipline.

the 5 yamas – Restraints of the root-cause of the pattern

- **AHIMSA - Non-violence.** Non-harming in thought, word, deed.
- **SATYA - Truth.** Truthfulness in our head, heart & hands.
- **ASTEYA - Non-Stealing.** Respecting other people's rights.
- **BRAHMACHARYA - Life-force Management & Wisdom.**
- **APARIGRAHA - Freedom from Desire / Greed.** Non grasping.

*The **Yamas** are based on the fundamental law of Life: the Law of Transmutation: whenever human energy is discerningly restrained, that energy is transmuted into some more subtle (physical, mental or spiritual) power. This is consciously aiming for a higher octave of frequencies.*

The moment of restraint IS the moment of power

the 5 niyamas – Active cultivation of non-afflictive states

- **SHAUCHA - Purity.** Cleanliness. Practice of *Shatkarma*.
- **SANTOSHA - Contentment.** "That too shall pass"
- **TAPAS - Self-Discipline.** Determination in *Sadhana* (practice).
- **SVADHYAYA - Self-Study.** Self-observation & Mindfulness.
- **ISHWARI-PRANIDHANA - Surrender to Divine.** Inner softening.

famous yoga sutras

- **I.1 – Atha Yoga Anusasanam**
  Now, the Yoga Instructions.
- **I.2 – Yoga Citta Vritti Nirodha**
  Yoga is the cessation of the fluctuations of the mind.
- **I.3 – Tada Drastuh Svarupe Vasthanam**
  Then, the Seer abides in his own Nature.
- **II.46 – Sthira Sukham Asanam**
  Then posture should be steady, yet comfortable.
- **I.32-39.** *Confusion is prevented by focusing on the Truth, or the Breath, or Subtle Sensations, or Inner Radiance, or Non-attachment, or Ecstatic Bliss, or the Heart, or being in Oneness with All.*

the 4 brahma viharas (sutra I:33)

(the Heart of Yoga in the human community)
Maitri Karuna Muditopeksanam
Sukha Dukha Punyapunye
Visayanam Bhavanatas Citta Prasodanam

Show Friendliness to people who are Happy
Show Compassion to people who are Unhappy
Show Delight tp people who are Virtuous
Show Indifference to people who are Wicked

Maitri = Friendliness / Karuna = Compassion / Mudita = Delight
Upeksha = Indifference / Sukha = (Un) Happy / Dukha =. Unhappy / Punya = Virtuous / Apunya = Wicked.

the 5 yamas – external discipline

The **5 Yamas** are the first step on Patanjali's Yoga ladder of 8 Limbs. The Yamas are suggested practices for dealing with the external world and interacting with people. It is the first priority: building a foundation. In Sanskrit, *yama* = restraint. The Yamas are based on RESTRAINT: consciously slowing down and dis-engaging from unconscious, instinctual tendencies. As our **inner witness** catches red-handed our unconscious & reactive external behaviors and their messiness, we discover that the practice of restraint cuts through the hard layers of worldly behavior to eventually reveal an extraordinary, very subtle, inner universe of energy & consciousness. By restraining & compressing our basic, evolution-based tendencies, we can transmute / upgrade them into a higher energy and see them flower at finer levels of our being. The fruit of restraint is, paradoxically, magical and transforms our life as well as other people's lives.

ahimsa – NON-VIOLENCE. (*Himsa* = violence + *a* = not). **Ahimsa** is the container (the sacred bowl) that holds the other 7 Limbs and upholds all Yoga practice. A conscious commitment to non-violence turns around all aspects of external and internal life: what we do, how we are, the thoughts / emotions we entertain, all our relationships…
A yoga practitioner acts as a force of healing in their inner world, creating compassion, peace and acceptance within. And, by resonance, they contribute to the harmonization of the entire world. Non-violence is basically love.

"Being firmly grounded in non-violence creates an atmosphere in which others can let go of their hostility" (Patanjali)

satya – TRUTH. (*Sat* = that which is). The second Yama guides us to think, speak, act and be with full integrity & honesty. **Satya** is seeing, feeling and communicating things as they actually are, and not according to some ego-wish, mind preference or social / religious / mental dogma. Satya is digging through our layers of white lies, semi-truths and ego-distortions. When we don't admit truth, we actively create un-truth and harm self & others.
Sat-Chitta-Ananda (Truth – Consciousness – Bliss) is a yogic map: *Satya* leads to *Chitta* which brings *Ananda*.

"For those grounded in truthfulness, every action and its consequences are imbued with truth". (Patanjali)

asteya – NON-STEALING. (*Steya* = to steal); *a* = not). Stealing (in act, thought or desire) derives from an imagined sense of lack, a feeling of missing something. Regaining wholesomeness & oneness is the foundation of non-stealing. When we are fulfilled unto ourselves, we have all that we could ever desire. Yoga guides us to let go of all the ways we rob ourselves of self-worth & self-love on the "mat of life", and replace them by a huge array of hollow desires & wants. Robbing oneself leads to robbing others in an endless wheel of *karma* & *dukha* (misery).
When you become one with joy & abundance, overflowing with bliss… what is there to steal? "Mankind's greed and craving for artificial things is also stealing" (Gandhi).

"Those who have no inclination to steal, see all jewels come to them". (Patanjali)

brahmacharya – LIFE-FORCE MANAGEMENT. (*Charya* = behavior leading to; *Brahma* = the Absolute.)
This Yama guides us to look into the ways we acquire, use and direct our energy. Do we exclusively spend our life force to accomplish external goals or do we point it to activate higher potentials within? To create a conscious energy management for ourselves, we start by listening to our body's needs: grounding, posture, breath, asanas… then our mind's needs: peace & balance. This will naturally lead to stillness & meditation and the flow of the inner, subtle energy currents carrying consciousness to the ocean of Oneness.

"Those who know how to manage their life force acquire vitality" (Patanjali)

aparigraha – NON-GREED. (*Graha* = to take; *pari* = on all sides; *a* = not). The 5th Yama teaches us to take only what we really need, to keep only what serves us best and to let go of all the rest. Non-Attachment means focusing our awareness here-now – not in the past (the motivations for our actions), nor in the future (the results & expected fruits of our actions). Practice yoga and life just for the love of practicing. Non-Grabbing means restraining the envy to have "right now" something our eye sees or our mind fancies (beware of advertising). Non-Possessiveness means offering respect & freedom to all beings, especially partners. Non-Greed means questioning our relationship with material gadgets, with the money we make, save & spend, with diet, with our social ego, and with our friends & relations… **Aparigraha** is essentially enjoying the fullness of Life as it is for us here & now.

"Freedom from wanting unlocks the real purpose of existence" (Patanjali)

the 5 niyamas – internal discipline

The Yamas and Niyamas are a list of what works and what does not work in managing the human ecologv or energy system. In the yogic lore, Yama is also the cosmic energy of death: the restraint of Yama is the death of our old patterns.
The **5 Niyamas** *(to hold within)* are precepts of **self-conduct or inner discipline** that actively cultivate "qualities" the Yoga tradition found essential for expansion of consciousness and ultimate bliss.
The Niyamas reflect the many similar lists of "ethical rules" or "virtues" recommended by the world's wisdom traditions. *"Unwholesome states can be neutralized by cultivating wholesome ones",* says Patanjali. The practice of Niyamas is often described as **"soaking"** in contentment, surrender etc… Rather than struggling with afflicted states, just call in and immerse yourself in their opposite. Remember: what we resist persists.

shaucha – PURITY. **Shaucha** as body cleanliness goes beyond the hygienic practices of cleaning hands and taking showers: it also involves the ⇒ ***Shatkarmas*** (internal cleansing techniques) and the "washing away" of energies we may have picked up during a day of social activities. **Shaucha** extends to the proper order and clean appearance of our home, to the (organic) purity of our diet, and to the purity of our emotions, thoughts and actions. Having a clean energy means clearing old agendas, purifying the heart and being fully present to each moment.

"When the components of yoga are practiced, impurities dwindle". (Patanjali)

santosha – CONTENTMENT. "Being content with what is" does not mean sitting in resignation because you were too fearful or lazy to get anything accomplished. Santosh comes after realizing that the whirlwind of the success-money-power race and the ever-do-more frenzy do not bring permanent happiness. Abiding in **Santosha** is the antidote to contemporary busyness and stress: it guides us away from compulsive wanting and into accepting ourselves exactly how we are: whole & complete, always loved and one with the source of everything. **Santosha** is un-conditional, in-temporal and available to all. It is the deeper wisdom of practicing no-practice and entering being.

"When we realize that nothing is lacking, the whole world belongs to us" (Lao Tze)

tapas - SELF-DISCIPLINE. *Tapas* = to burn. Tapas has the meaning of a fiery discipline or passion cultivated to burn impurities. Because the element of fire (connected to *Manipura* chakra in the upper belly) is stocking the inner fire (agni) of transmutation, the practice of tapas oftentimes works towards the conscious strenghtening of the core through breath (*Kapala Bhati*) and asanas. Manipura is the place of self-empowerment, confidence & will-power. **Tapas** means the courage to practice even (and especially when) our mind does not feel like. Standing firm, tall & content instead of folowing the impulse of a desire requires tapas.

"When facing a challenge or resistance, fire up your tapas!" (Yoga teacher)

svadhyaya - SELF-STUDY. *Sva* = self, soul; *Adhyaya* = learning. By studying the small self (*asmita*, the identification to "I"), we can find ways to unite better with the universal Self. **Svadhaya** can be educating the mind by reading inspiring texts, journaling, sitting in meditation while witnessing the universe within, participating to group events / classes / workshops, or just allowing our spontaneous wisdom to flower in any circumstance of life. **Svadhyaya** is paying utter attention to your breath, the tensions on the body and the prana currents when you are on the mat. Off the mat, it is living life from the perspective of your soul-bird, the inner witness.

"Study thy self, discover the divine". (Patanjali)

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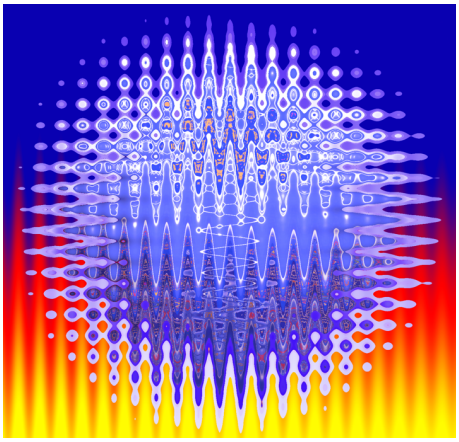
ishwari pranidhana – SURRENDER TO THE DIVINE. *Ishwari* = Ultimate Being, True Self; *Pranidhana* = surrender. This is a form of *Bakhti yoga* or devotion to the higher universal Source: trusting ourselves to that Source and allowing it to live our life by literally breathing us. True devotees need not practice: their devotion to inner grace is their practice. **Ishvari Pranidhana** can also be understood as "offering up to the Ultimate the results of all actions" – hence the universal invocation at the start of a yoga class. In daily life, how often can we see and embody the ultimate perfection of the moment?

"The risk to remain in a tight bud was more painful than the risk to fullu blossom" (Anais Nin)

the four higher limbs

The Higher Limbs are graded steps into the implosive vortex of Oneness



samadhi – **Union with the Ultimate**. In the Yoga Sutras, Patanjali points to *Samadhi* (Liberation) as the 8th Limb of the yogic flowering. He describes several stages of Samadhi (another example of the cosmic holographic fractality of "octaves within octaves"), grouped into:

• **Sabija Samadhi** – supported by an object of external (flame, icon…) or internal focus (bliss, Self…) but still depending on a dualistic relationship, such as *"Me and Bliss*", and therefore of an intermittent nature…

• **Nirbija Samadhi** - transcending the game of perception and entering monistic, non-dual Oneness. The perceiver becomes the perceived, and is established in liberation / enlightenment.

dhyana – **Meditation**. **Dhyana**, the 7th limb, is building up on the 6 preceding limbs. In **Dhyana**, the *perception* is minimized, i.e. the awareness of the act of meditation disappears, and only the consciousness of one own's self (*perceiver)* and of the object of concentration (*object of perception)* remains.
Dhyana is the practice of an un-interrupted, continuous flow of awareness, without bodily, sensory or mental glitches… Starting with a few seconds, this is already a victory. With the ability to stay several minutes in pure Dhyana, one enters Samadhi.

dharana – **Focus & Concentration**. In Dharana, *perceiver – perception – object of perception (the perceived)* are fully present: the practitioner is aware of the act of meditation + one's own self + the object of concentration.
In Dharana, as a set of techniques, the practitioner learns how to focus, center and concentrate attention on a single object of thought, instead of being engulfed by the myriad objects of thought (the "monkey-thoughts:")… The pre-condition for meditation (Dhyana) is: calming the mind by using asanas & pranayamas and finding ways to establish a relaxed, one-pointed mind, peaceful & transparent.

pratyahara – **Conscious withdrawal from sensory input**.

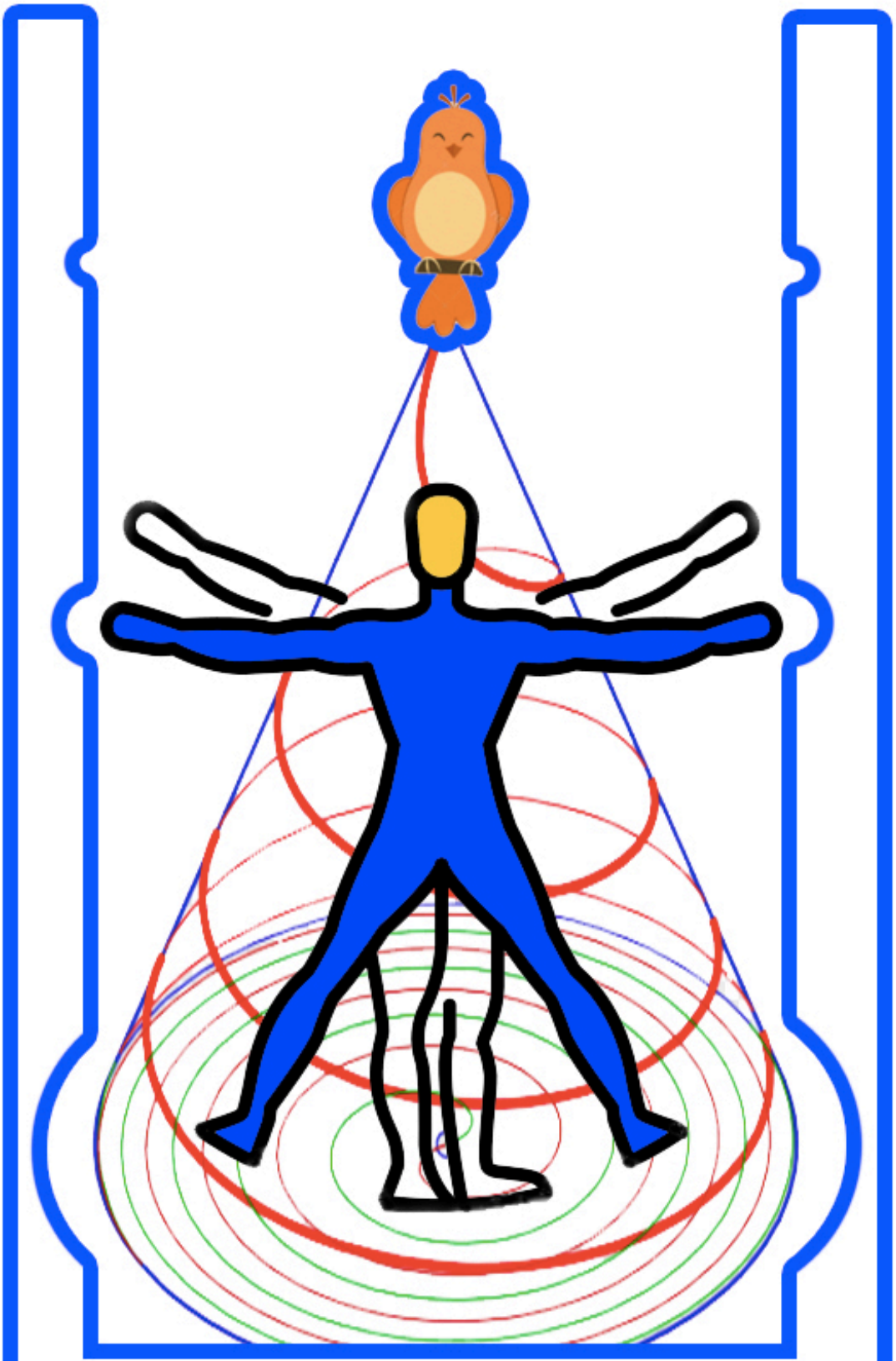
Pratyahara (*prati* = "to withdraw" + *ahara* = food") is the practice to withdraw from "food", meaning any external stimuli / input that we pick up through our senses (*indriya pratyahara*) or their processing, assessment & labeling we perform with our minds (*mano pratyahara*). **Pratyahara** is the **knack of disengaging the mind** by controlling our reactions to external "notifications". During **Pratyahara,** the five sense organs still detect external stimulation, but we do not allow them to disrupt our state of being – we learn how to keep them in a neutral background.

↑ Shanmukhti mudra

Pratyahara is the 4th of the 8 Limbs: the threshold / gateway between the 4 preparatory limbs (*Bahiranga Yoga* / *bahir* = external) and the 3 inner limbs (*Antaranga Yoga* / *antar* = internal).

Yamas – Nyamas – Asanas – Pranayama – PRATYAHARA – Dharana – Dhyana – Samadhi.

The practical tools for Pratyahara are: asanas, breath awareness, self-witnessing and … silence. As a preparation for the 3 higher meditation-based Limbs, **Pratyahara** turns the awareness 180°, from outside to inside: away from engagement with the sensory world and towards an immersion with the inner world. Pratyahara redirects our energy from external goals to inner nurturing – it signals a realization and a commitment by the practitioner: **life is lived from the inside out.**



the witness soul-bird

yoga witnessing 1

To be the constant, conscious witness of your own mind, thoughts & emotions is a foundation of the yoga practice. It is most important during meditation, when being one's witness means being able to peacefully observe the flow of the mind with no distraction or disturbance.
The process of witnessing can be simplified as a combination of observing and non-attachment. It is the observance of the mind and circumstances, without being attached, affected, involved or identified. The witness needs not interfere: he is no longer the *doer* – he has become the *seer*.

The practice of witness consciousness is the quest to move beyond over- identification with your personality (the social mask) and the overthinking personal ego-mind (the monkey mind).

Sakshi = witnessing
[From *sa* = with + *akhsa* = wisdom eye]

The Witness is your soul's eye, the part of you that is awakening. The Witness is not looking at you like your mind's eye, reducing you to conditionings, judgements or labels and deciding whether you are good or bad. No. It looks at you, from the *inner abode* of your heart, from the heightened perspective of a flying bird: with the eye of your true nature, with the eye of infinity, with the compassionate loving eye of the divine mother.

With the practice of *witness consciousness*, you learn to look at, for instance, the judgmental thoughts. You do not judge the judgmental thoughts. You observe them. You create a "gap". The gap is where you have the conscious & crucial choice to just allow the thought (or train of thoughts) to flow on rather than to enter the thought & follow its endless meanderings. Then you become more like the sky rather than live under some cloud.
The core of the practice is not to try to stop thinking – because you will never succeed - but simply and humbly to observe the thoughts. The job description is to extract yourself from the illusion that you are actually a character in the drama you are watching.

Witnessing puts the mind to its proper place. Unlike the Western understanding of the mind as a creative source of knowledge, Yoga teaches that the mind is not intelligent in the deepest sense of the word but has a knowledge that is borrowed. It's borrowed and recycled from its experiences, its ego, its perceptions, its personal / collective / genetic memories… Conscious witnessing is the realization of the limitations of the mind and the turning from the seen to the seer, from knowledge to the knower. Who is knowing? Who is seeing that sometimes I am witnessing and sometimes I am not at all?

If you commit to this practice of *conscious witnessing*, with full honesty, without shying away from what you see or the feelings that arise, and if you attain the courage to not even be attached to your bliss… over time, you will find that the busy neuronal traffic and all dramas are disappearing… the world is not imprisoning you… and, in loving silence, you see again the reality of the One Self.

"Can you hear me?" - sings your soul-bird…

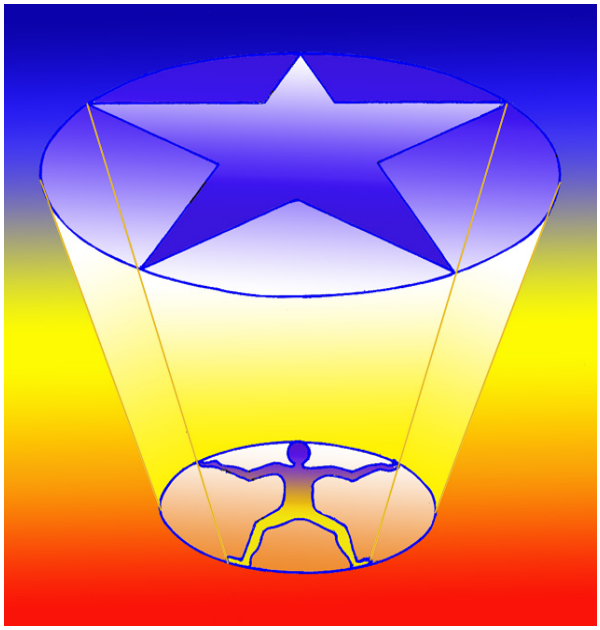
yoga witnessing 2 quotes from osho

When you start becoming a witness to what is happening in you, all that society has taught you to repress will begin to rise… You have been sitting on the lid that covers your repressions… To become a witness means that you have finally jumped off the lid… Now you will no longer repress, now you will just witness…

The process of witnessing will take time, and this will depend on the effort you put into witnessing… Witnessing will relieve you of all that society has forcibly repressed in you, of all that is un-natural…

This is the whole meaning of witnessing: go through the river, but don't get your feet wet. If you avoid the river, it is because you are weak. If your feet get wet, then you have gone astray. It is difficult, but as the witnessing begins to happen, so the complications begin to evaporate. You remain only the watcher, you do not become the doer. So watch the anger, watch the sex, watch the jealousy, and know well that you are the seeing, and not that which is being seen.
Break your identification with the seen and connect it with the seer.

Before you were the doer; now you are the watcher. Up to now, you were a participant, but now you are a witness, no longer bothered about the results, no longer trying to affect them. As long as you were a participant you lived with an inner anxiety about the results, the consequences. Now, whatever the outcome, there is no anxiety…



First your slate has to be cleaned of all that man has written on it in the name of culture… When man is relieved of the burden of humanity, he becomes light… When (your slate) is clear, you find yourself under the tree, in nature. To come to nature means to enjoy pure childhood, to live in an innocent simplicity, empty of all calculations, of all the cleverness that society has given you. What arises then is flawless and sacred…
To enter into nature is to withdraw from the concept of good and bad and to live in the realm of pure, unhindered nature – where there is no duality, where there is no choice, where whatever happens is accepted, where we float with no attempt to control.
This is the tree (of enlightenment).

You have taken it for granted that you are that which others think you to be… You have created your self-image out of all that society says about you.
That identity of yours is borrowed: you are dependent on the views of others…
Witnessing destroys your borrowed self-image and frees you from this pseudo-identity…
Only in breaking the borrowed self-image can you know yourself.

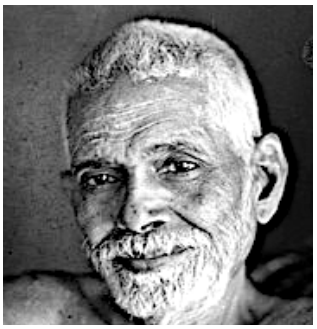
There is in you the *doer,* by which the world, your reality, is created, and there is in you a witnessing too, though which Brahman is seen…
The moment the doer takes up the space, wake up! Don't allow him to fill the space.
Leave all the actions to the body – and you only keep the awareness, the art of seeing, the *darshan*…

who am i? self-enquiry

Self-Enquiry (*vichara)* is the discrimination that discerns the real, the essential Brahman (infinite universal consciousness) from the unreal (ego identification). Self-Enquiry is the constant attention to the inner awareness of the **"I-Self" (**as Brahman) recommended by various mystical & yogic traditions as the direct way of discovering the unreality of the **"I-Thought"** (the ego personality or *asmita* = limited, individual "i-ness").

Self-Enquiry is not an occasional question bubbling up when one is in a philosophical mood, not is it a morning / evening meditation technique, among other practices. It is ***the*** fundamental question, ***the*** continuous practice and ***the*** total commitment to hold the focus-on-infinity (I-Self) at all times, irrespective of what one is doing in their human life. It is the permanent awareness of *Aham Brahmasmi* (I am Brahman, the Infinite).

Ramana Maharshi taught that keeping full attention on the "I-I" (I-Self) will gradually destroys the conditionings (*vasanas*) which cause the "I-Thought" to rise. Eventually, the "I-Thought" will no longer arise - which is Self-Realization, the 8th Limb on Patanjali Yoga map.



"Self is constant and un-intermittent Awareness.
The object of enquiry
is to find the true nature of the Self as Awareness.
Practice (Self)-Enquiry as long as separateness is perceived."
(Ramana Maharshi)

the effortless awareness of being

Self-Enquiry is establishing a permanent focus on the Brahman within the daily core of human experience. It is a supra-infusion of source, essential, noumenal consciousness into the phenomenal worlds of space-time manifestation. Not a negation or denial of life as a human unfolding but a glorification of it, a larger embrace of the divinity of every breath, act, emotion or thought, situation or being.… they are all LUMINOUS… Living infinity within the finite… being enlightened in the middle of the market place (or the freeway traffic jam)… At first, there is effort: a willful discipline applied to tame the unconscious maelstrom. Some firm intention, backed by a steady practice, is needed in order to restrain the onslaught of sensations and endless trains of thought-impressions. Then, eventually, it becomes effortless and delicious (*sukha*), just like the breath: it has become the breath of the divine breathing us. When we relax our self-enquiry into self-love and yet keep it fully going as the background awareness of every moment, we *wake up*, in direct proportion to our relaxing.

"Once you relax, you will know. Tense, you become an ego; relaxed, the ego disappears. Tense, you become cut off; relaxed again, you are no longer frozen: melting, you dissolve into the ocean. Right now, these are the two possibilities: either you can be an iceberg, frozen, floating in the ocean, feeling that you are separate. Or you can melt and become one with the ocean. That's all. When you think you are, you become frozen, blocked, your energy stops moving - you demark yourself, you create a definition for yourself. That very definition becomes your barrier." (Osho).

brahmeva tena gantavyam
brahma karma sama dhina.
Brahman shall be revealed
to those who see Pure Consciousness
in all things.
(Meal Mantra – Bhagavad Gita).

Sankalpa - What is your intention?

Sankalpa (*san* = vow; *kalpa* = transformation), [sometimes also called **sankalp**], means a core, inner intention and one-pointed resolve. In its deeper meaning, Sankalpa is a commitment to your highest truth. In Yoga, by setting an intention you are building a bridge between what you work through on your mat, and what your mind, hearty and spirit continue to focus on when you step off of your mat and live your daily life.

The practice of Yoga-Nidra relaxation allows the Sankalpa to go very deep in one's psyche. AS you relax, breathe & unwind the mind, the intention has a chance to groove deeper pathways in your inner systems.

Core Values

What is it that you want to *cultivate* more than anything else, in your life?

•

Plant that *seed* deep in your unconscious & conscious self with **Sankalpa**.

When you practice Yoga, you create an energy space, a **unifying prana field,** to integrate several aspects of Who you are: body, emotions, mind and spirit… That space is charged with the sincerity, focus and intensity of your practice – it has **power** and radiates it out to reach your neighbors, to lightly touch the birds and eventually to resonate within the global consciousness.
What do you do with this empowerment?
Sankalpa is directing this power consciously - with a clear intention that maximizes its effects. Sankalpa is wave-guiding a subtle, precious resource towards a chosen, core-value destination, instead of letting it just float around, or grab it to feed our ego. Sankalpa could be a general blessing, energizing a goal, sharing a wave of love, sending a healing to oneself or anyone else… Be creative but make sure you give clear instructions and direction to your yoga prana field: it will follow…
This is why a Yoga class or personal practice traditionally always starts with stating a Sankalpa, an intention. It reminds us that we are not stepping on the mat just for personal amusement or gratification, but that we are entering a universal moment of responsibility and co-creation – we share, give & receive on many levels of subtle consciousness: personal, collective & universal. We share our personal, unique music with the cosmic orchestra and we enter into the Dance.

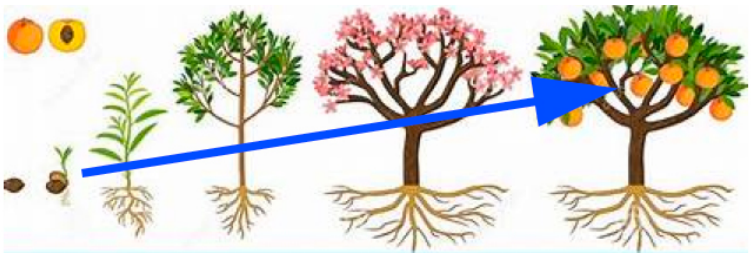
Sankalpa for global peace

In this sacred moment of Now
We offer this Yoga practice to all people
Of all races & nations, all cultures & languages,
All religions & spiritual beliefs, all sexes,
abilities & ages…
We honor you as brothers & sisters in Life.

Right Here and Now,
We share our active support & compassion
with all people
Who are deprived of the basic material necessities
of life: Food, water, shelter & safety…
Who are subjected to exploitation, abuse &
violence
And face a daily fear of death…
Who live without the basic spiritual necessities::
Respect, Love, Freedom, Equality, Justice,
Education, Family & Community support…

We activate this Yoga practice as our personal gift
To all beings upon this Earth Community.
We send our inner yogic smiles
To all the innocent children, women & men
Who could welcome more love.
And we see them as happy, healthy and blissful.

May the Peace we create in ourselves
Through our practice
Reach right now all beings on Earth
And contribute to a global Celebration of Life.
om shanti

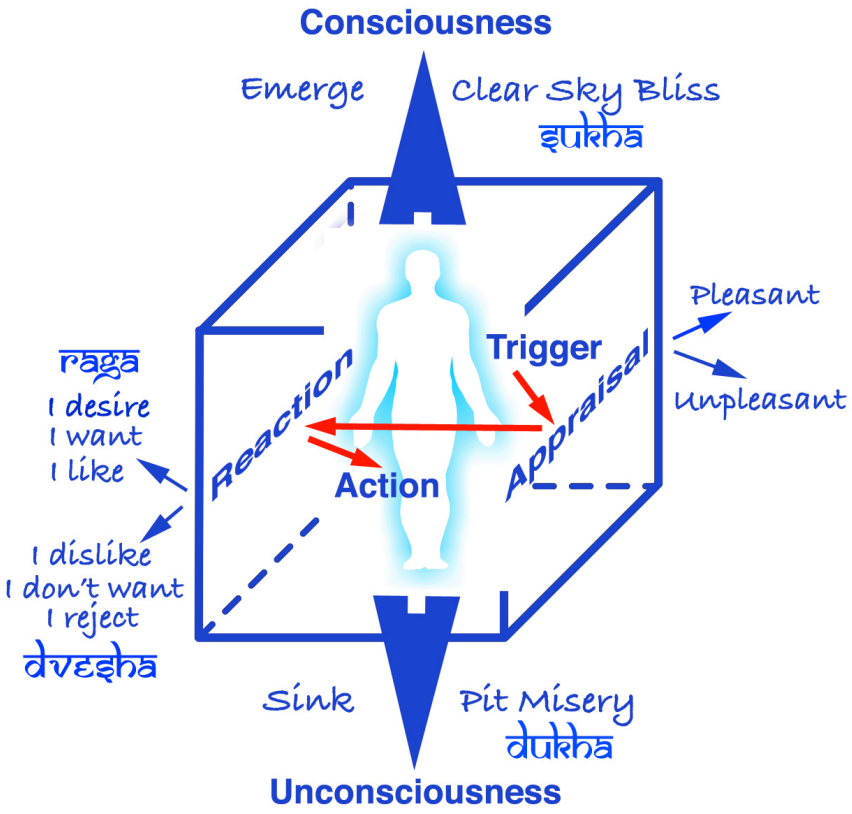


↑ The seed does not invest all its energy in dreaming about the beautiful fruit it will become, nor is it obsessed with achieving a fruit. It is focusing on getting the nutrients it needs, *right now*.

Similarly, *Sankalpa* is not about achievement or goals in some dreamy future. The old attitude of *"When I reach my goal I will finally be happy" i*s just postponing happiness forever. *Sankalpa* is grounding the intention of highest transformation in the now: the dynamic process, the rich journey of getting there. The goal is revealed in the very moment.

This is the mysterious beauty of why the apple IS the seed and the seed IS the apple. Sankalpa starts from the innate knowing that you already embody the qualities & transformation you are seeking: by drawing your conscious and subconscious attention to them in practice, you are unfolding a potential of infinity that has always been there.

being triggered: sukha & dukha



↑ The reactive mind's rush from impulse to unconscious action. This is an automated / impulsive / conditioned life of no-life.

the reactive mind

How often have you found yourself in a situation where you go from impulse to action in the blink of an eye? You smell a freshly baked croissant, it feels pleasant, your mind makes the reactive hedonic assessment "I want it now!" and you find yourself gulping down a croissant – even though you didn't really need to eat one. This the classic *chain* of:

TRIGGER – APPRAISAL
REACTION – ACTION

that yogis and cognitive scientists have been studying and exploring. Whenever we are under the spell of our reactive Ego-Mind, we think: "Oh well, I didn't have a choice. It was stronger than me…" What we mean is that we have given full control to our mind – forgetting that *we are* not our mind, body or emotions.

This is precisely where conscious awareness comes in. YES, *we* have the freedom of choice – but it takes inner work to disentangle and **un-link** the elements of that chain / prison.

bringing awareness into unconscious action / behavior

1. TRIGGER. Trigger / impulse is unavoidable. We are constantly assailed by stimuli from the 5 senses and from the thinking mind (15,000 – 60,000 thoughts per day). Even those who try to minimize their external sensory input will be subjected to inner thoughts & emotions – unless one achieves pure silent Oneness, and exits the human game.

2. APPRAISAL. The sub-threshold "gut" process of assigning a + (pleasant) or – (un-pleasant) label to triggers. Each human has a whole warehouse of unique imprints, beliefs & conditionings to appraise their triggers,

3. REACTION. The emotional appropriation by the ego-mind: "I Want / I don't Want this". The like / dislike yoyo.

4. ACTION. The actual jump into Get / Grab or Run Away / Avoid. What is acted out lives as energy…

Applying the practice of the Conscious Witness, one can **DE-LINK 4 from 3** (Action from Reaction) by simply *seeing* the reactive desire / rejection before taking it into action. Stop, breathe & be fully aware.

DE-LINKING 3 from 2 (Reaction from Appraisal) is deeper work: it entails seeing, watching, un-masking and slowly dissolving the "I" who desires / rejects. A balanced equanimity leads to universal compassion.

homework for sukha – dukha

When you are doing something "difficult" (says your mind) or performing an "unpleasant job", WATCH how you are approaching it. Usually, we want to do it fast to "get rid of it" and "be done with the chore": breathing is faster & shallow – body is tense – mind is racing to the end-point instead of being here-now – emotions are rough – and there may be cursing of sorts… or deep resentment + blame etc…

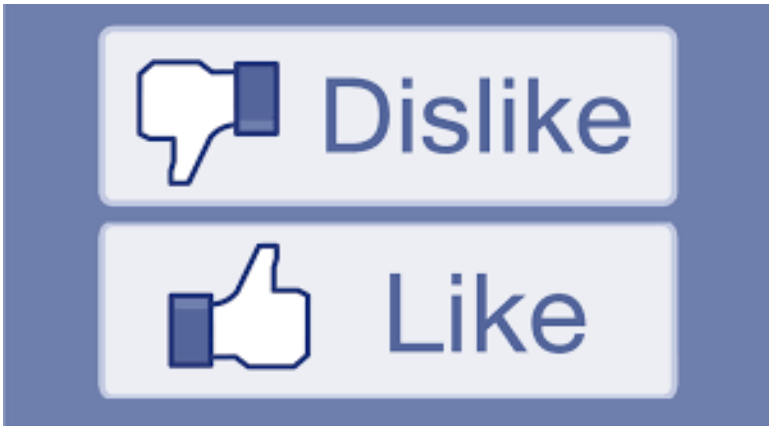
PRACTICE: the moment you notice your mind labeling something (or someone) "difficult", STOP right there + Breathe. Then re-approach the job / situation / person with an inner / outer smile. Apply yourself to do the best job ever… and watch yourself ENJOYING it. This is an inner victory.

The situation does not matter a bit. HOW YOU ARE is the whole point. Eventually, you will just BE in this world – and the world won't touch or affect You.

dvesha & raga: aversion & attraction

5 ***Kleshas*** (states of affliction) are listed in Patanjali's Yoga Sutras:

1. **Avidya** = ignorance of the True Self.
2. **Asmita** = "I-ness", "I" disease, ego identification, Me Me Me,..
3. **Raga** = attraction. I like… I am attracted to this object / person…
4. **Dvesha** = aversion. I dislike… I avoid this pain, person, situation…
5. **Abhinivesha** = clinging to life & fear of death…



As a yoga-seeker, a good place to begin working on oneself is to start noticing / witnessing all the occasions in our life when we fall into one of the two polarities of LIKE (Raga) or DISLIKE (Dvesha). Just watch… It usually happens suddenly: we have not chosen to like or dislike but we just feel compelled – it kind of by-passes our awareness, pre-empts it. We need to be humble here and recognize that, similarly, most of our reactions to life's situations are driven by unconscious factors. The goal of Yoga is to bring to the full consciousness of here-now the non-conscious parts of ourselves, be they un-conscious, sub-conscious, instinctual, evolutionary or karmic.

The Yoga Tradition has a catch-all word for the whole package of unconscious, deeply ingrained patterns, beliefs, habits, compulsions, memories & conditionings that drive our lives – even when we pretend all along that we are "in charge" and "know exactly what we are doing". **This bundle is called SAMSKARA** (*sam* = complete + *kara* = action). It's the whole, overstuffed "backpack" of our life stories, dramas & experiences, not just this time but possibly from alternative times as a spirit tinkering with embodiments and dimensional realities.

Samskaras are the unconscious factors that constantly push us to live our life in certain ways, such as liking or disliking, and living through the lenses of our samskaras instead of welcoming Life fully.

how to handle aversions & attractions?

Yoga is a storehouse of technologies, maps & practices to help us sort through the confusion of illusions, kleshas & samskaras and overall existential misery… and emerge a joyful, free, awakened being living life from the realization of their true nature of universal oneness.

- **Cultivate your Conscious Witness** (the little soul-bird looking down from on high). This allows us to catch ourselves in the very moment we fall into a polarity – we can then ask: it this really MY own conscious choice or am I driven by some samskara? Who exactly is saying: "I want this / I don't want that?" Immediately, a distance is created between us and a potential mis-identification arising from some unconscious cause. The witness practice provides us with a base of reliable observation.
- The goal is not to avoid or "destroy" attraction and aversion. It is impossible as they are woven in the human condition. Rather, **the practice is to dis-identify from instant polarization** (samskaric reaction) and to give a chance to a place of conscious balance and openness. How can true love be choosing? The work here is to de-link action from reaction and introduce conscious response.
- **Invite *Shani* (slowness)** to help lengthen the interval between impulse, desire and actions.
- Changing the samskara of like / dislike requires ***Abhaya* (fearlessness)**: the courage to let go of the familiar grooves and jump instead into the unknown of being open, of not having instant judgements or labels, of accepting everything and everyone as a gift of infinity, of loving likes & dislikes as one.
- Remind yourself that any polarity contains its opposite. Nothing is inherently likeable or unlikeable. Why be stubbornly stuck on one side when you can have it all?

more yoga wisdom - neuro-plasticity

The **Yoga sadhana** (practice) is not only about asanas, pranayama and meditation, but also about the "inner work" of systematically training ourselves in developing wholesome states – in other words, **quality training**. It takes determination and effort but wholesome states & refined qualities can indeed be cultivated until they reach full growth and achieve dominant status in our lives.
Whereas Yamas are based on the technique of **restraining the energy** from moving into negative states, Niyamas are based on the psychological trick of directly **practicing the opposite** or actively nurturing positive states: rather than confronting head-on the conditioned patterns (and oftentimes energizing them even more in the process), the practitioner keeps steadily energizing the desired qualities. Focusing on the music instead of trying to erase the unwanted noise.

This **practice of the opposite is a perennial wisdom discipline** that is now fully validated by neuro science. Neuro scientists have recently discovered that the brain is noticeably transformed through repeated activation or grooving of neuronal pathways. The brain is no longer a fixed "given" but is finally recognized as a living system in process: it grows by developing new synaptic interconnections IF it is stimulated. This is the **native "plasticity" of the brain**: experience modifies the brain itself.
What we practice expands. Wherever our focus or intention is consistently pointed, that will be the direction of our growth. Mental states & intentions do shape the development of the brain.
The **sadhana of happiness, joy, contentment, compassion…** re-enforces the presence of these energies (and corresponding hormones, such as *anandamide*, the "bliss hormone") in our body-mind's circuitry and in our lives. Conversely, the negative states are less impulsive as their neuronal connections (and hormonal secretions such as *cortisol*, the "stress hormone") are weakening due to dis-use. As noted by Stephen Cope in *The Wisdom of Yoga,* "Studies have shown that those who practice happiness and loving kindness return much more quickly to a calm baseline after being provoked by a negative emotion".

generating wholesome states – from non-existence to full presence

The Yoga Tradition, like many other mystical & contemplative traditions, prescribes a menu of "qualities" for repeated, determined daily consumption. In addition to the Yamas & Niyamas, here are some of the yogic qualities asking to be trained:

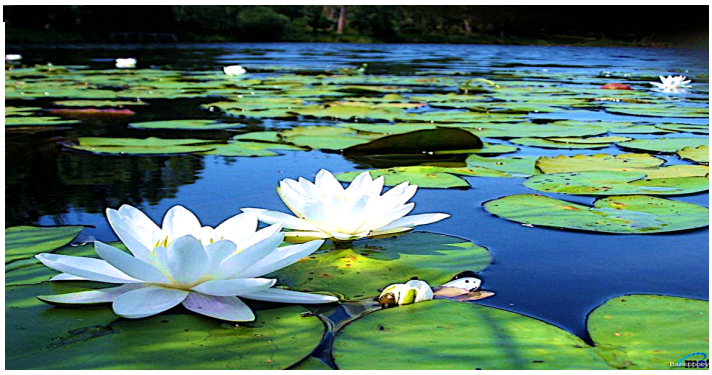
Nirodha - STILLNESS	**Arakshita** - VULNERABILITY	**Mitahar** - MODERATION
Metta – LOVING KINDNESS	**Seva** – SELFLESS SERVICE	**Shtira** – BEING STRONG
Maitri – FRIENDLINESS	**Shraddha** - FAITH	**Vairagya** – LETTING GO
Karuna - COMPASSION	**Shanti** - PEACE	**Ratna** - LOVE
Mudita – SYMPATHETIC JOY	**Ksama** - FORGIVENESS	**Purusha** – BEING WORTHY
Upeksha - EQUANIMITY	**Saumanasya** – BEING HAPPY	**Abhyasa** - DEDICATION
Ananda - BLISS	**Dhriti** - STEADFASTNESS	**Sukha** - JOY
Ksanti - PATIENCE	**Hri** - HUMILITY	**Sharanam** – SEEKING REFUGE

Just like the mind will become still when we focus our conscious attention on the Full Yogic Breath, similarly for energy states: one cannot experience simultaneously two opposite emotions, such as love and hate. One set of activation will predominate.
By repeatedly practicing happy, healthy states, the negative states will atrophy.
It takes **YOU to choose** and keep practicing the energy, feelings, states you want for partners in your life.
Yes, you have full power and freedom to create your own atmosphere and share it with the universe.

The key is recognizing, in your moment of infinity,
that you are the universe - simply & naturally.

HAPPY LOVE TRAINING

seva yoga of selfless giving



The practice of Yoga nurtures an **expanding sense of Oneness and Omni-connection**, both within & without…
In a moment of grace, it dawns on us that we can't exist as separate individual units, as much as our ego-mind wants it: stop breathing – how long can you go without the atmosphere embracing you? Or try to take only INhales and no EXhales… only Takes and no Gives…

We are a species entangled in the Web of Life, sharing with many other beings the Earth biosphere and her highly sophisticated mix of elements, ecologies and energy loops. And we are sharing with many dimensions of conscious awareness the universal cosmo-sphere. We are fully co-dependent beings, from micro to macro scale. At the meso scale, as the community of humankind, we are learning to recognize, sustain, nurture and develop the qualities that are essential for species survival: sharing & giving, mutual respect, global cooperation and co-creation. In times of *real global emergency*, none will survive unless we willingly pool together resources, abilities, policies, good will and compassionate love.

In the yoga tradition, this is broadly called **SEVA** (Sanskrit *saha* = "with that," and *eva* = "too"). *Seva* means "together with" and by extension selfless service. The act of **unconditional service** is performed without regard for the personal outcome of the individual. It is actually only possible when the practitioner has grown out of their obsessive ego-mind. In acting selflessly, we confront our own blockages & subtle forms of ego-resistance and learn to go beyond prior conditionings. Giving unconditionally is a time-honored practice of transcendence that brings the "peace that grows within", the inner peace which does not depend on external factors.

It is said that **Seva Yoga** is a combination of *Karma Yoga*, the yoga of action, and *Bhakti Yoga*, the yoga of love and devotion. In practicing Seva Yoga, one serves others with his/her actions and full presence, enjoying together the bounty of life and the *leela* dance of the cosmos.

give to others
the same love, beauty & harmony
that you and others have received from the whole

This is the Sacred Geometry of Life & Universal Harmony:
the small (you) is to the large (others) as the Large is to the Whole

A parable:

A beggar was begging his meager subsistence from door to door.
Suddenly he saw a gleaming chariot pulling up and stopping to him.
When the beggar beheld the lordly driver of the chariot smiling at him,
he immediately envisioned a magnificent gift.
But, instead, this King of Kings suddenly opened his hand and asked:
"What have you got for me?"
Torn with perplexity and indecision, the beggar searched his bag
and finally offered a mere grain of wheat.

Later, at the end of his day,
the beggar found a grain of gold in his bag
and felt deeply sorry he had not given everything he had.

Gift Maxims from the World Wisdom:

We possess only that which we have given.

A gift is not yours until you share it.

To walk a thousand li
and present a swan feather;
the gift is light
but the friendship is solid.

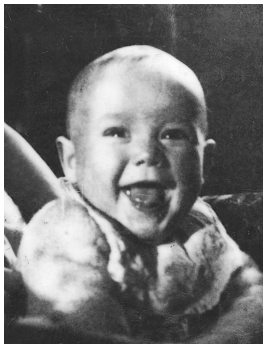
smiling yoga

Buddha's contemporaries described **him as "ever-smiling"** and statues of Buddha depict him with a smile on his face. But rather than a self-satisfied smile, the Yoga Smile comes from a profound inner equanimity (*upeksha*) and from the cosmic amusement of the soul-bird.

"A smile makes the face breathe". (Chinese proverb).

the inner smile

The Inner Smile practice focuses gratitude & joy (loving kindness) on the internal organs in order to thank them, release their tensions and awaken the body's intelligence.



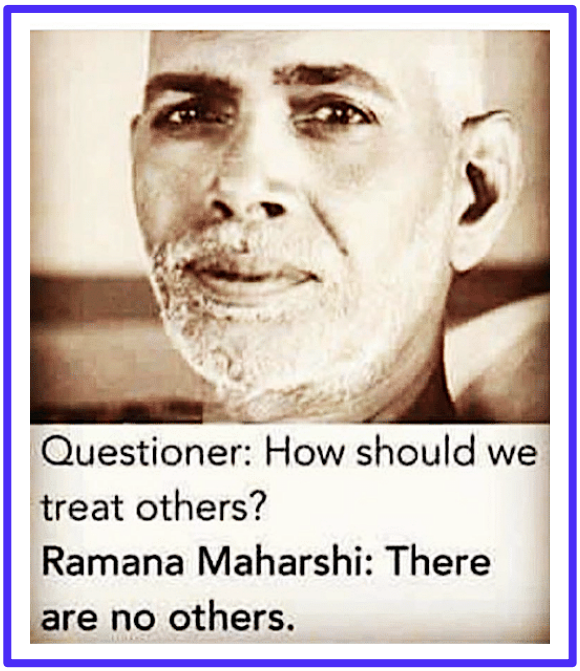
1. Sit comfortably with a straight spine. Gently engage the Full Yogic Breath.
2. Find your *Kechari mudra* (tongue to the roof of the mouth) and start to feel your lips slowly opening into a slight smile.
3. Allow your attention to rest in the center of your head (the Cave of Brahma / Crystal Palace / Third Ventricle), home to the pineal, pituitary, thalamus, and hypothalamus glands. Feel the energy pooling there.
4. Bring this energy to your eyes and feel them becoming your "smiling eyes", with a quality of delight and love.
5. Now, direct your smiling eyes to an organ needing healing or a place in the body that is stagnant / dis-harmonic and feel these spots opening up to gratefully receive smile-energy.
6. To close, release all energy to the belly and down the legs into the ground.

The Inner Smile can also be sent to the entire energy body and channels (nadis). As you INhale, fill your aura (prana field) with a big smile. As you EXhale, let this smile circulate through all your nadis and exit through the fingers & toes.

BohoBeautiful.Life

universal oneness

All ancient, traditional societies have described the human journey as embedded in a **much larger context of meaning, benevolence, beauty & harmony**: the Cosmos, the Universe, the Divine, Brahman, Infinity, the Great Being… Traditionally, we humans have felt embraced, loved and supported by existence.
A Big Mystery and yet an intimate family.
Countless ways have been devised to frame & explain the **Big Mystery:** religions, mysticism, shamanism, mythologies, arts, philosophies, sciences… The common ground is a **direct belongingness** to the Vast Unknown. ***Meaning*** was not made-up or created by humans: *meaning* was understood as immanent and universal – it was already there. It just had to be glimpsed in awe, recognized and tuned into.



As a consequence of this pervasive, in-born ground of universal oneness, people knew that everything they did or dreamed had a ripple effect impacting the local collective and the whole starry sky - not just themselves. This provided a safe behavioral framework for human and ecological relationships.
There was no need to re-invent the universe and seek new, artificial meaning. However, the progressive, historical disconnection from Universal Oneness pushed humans to create and explain meaning for and by themselves, using the rational mind. This reductionist approach to Life resulted in our modern, dis-eased, Western-type societies where meaning is fragmented into beliefs upheld by individual & arrogant egos.
No global civilization can be based on multiple, exploded beliefs or competing worldviews, all vying for full dominance of their petty, greedy, microscopic values.
The **Universal macro-pattern of Oneness** must again be the departure point. Starting with and from the Big Story, the Big Mystery - and progressively, fractally, come down to the harmonic oneness & beauty of each human being, and apply that to local & global communities, and to our relationship with Mother Earth.

the four mahavakyas - Great Sayings (from the Upanishads & the Vedas). They all express the insight that the individual self which appears as a separate existence, is, in essence, One Whole (*Brahman*).

- **Prajnanam Brahman** – Brahman is Consciousness
- **Ayam Atma Brahman** – This Self (Atman) is Brahman
- **Tat Tvam Asi** – Existence is You
- **Aham Brahma Asmi** – I am Brahman.

"A human being is part of the whole called by us 'universe'" (Einstein)

inclusiveness

Inclusiveness is the ability or invitation to welcome participation and cooperation, without any condition.
Social inclusiveness fosters open, honest discussions about differences and understanding / respecting people from all abilities and backgrounds.

quantum inter-connectedness, coherence & super radiance

Classical physics defined reality as an array of solid objects separated by empty space. Today, quantum physics & biology science suggest that an unseen thread is tying all things together - a holistic web of interconnectedness, the "Web of Life & Consciousness". ***Quantum interconnectedness (entanglement)*** are facts of physics: under certain circumstances, subatomic particles are **in** some form of **intimate connection with one another,** no matter how far apart they may be. Meso-entanglement (such as coherence & suoer-radiance in molecular biology) and macro-entanglement (in cosmology) are now documented. This means that the "reality" of separation we culturally perceive is a simulation engineered in our brains and based on illusory (or outdated software) categories such as space & time.
"When we don't look at it, the world exists in some strange state that is indescribable". (N. Herbert).

the old man and the beautiful horse

This is an old Chinese story going back to the days of Lao Tzu.
It contains much wisdom about staying with the flow of life and no judging with the mind.

Once upon a time there was an old man in a tiny village. Although poor, all the neighbors were jealous of him because he owned a beautiful white horse. Even the king wanted his horse.

People offered fabulous prices for the horse, but the old man always refused. “This horse is not a horse to me, he is a person. How could you sell a person? How could you sell a friend?” The man was poor and the temptation was great, but he never sold the horse.

One morning he found that the horse was not in his stable. All the village gathered and they said: “You foolish old man. We told you that someone would steal your horse. It would have been better if you had sold him. This is such a misfortune.”

The old man responded, “Don’t go too far in speaking... Simply say that the horse is not in the stable. This is the fact. The rest is judgment. Whether it is a misfortune or a blessing, we do not know, because this is only a fragment of reality…”

The people laughed at the old man. They always knew he was a bit of a crazy philosopher… But, after two weeks, the horse returned. He hadn’t been stolen: he had run away into the forest. Not only had he returned, he had brought a dozen wild horses with him. Once again, the village people gathered and said: “Old man, you were right and we were wrong. What we thought was a curse is a blessing. Please forgive us.”

The old man responded, “Once again, you go too far. Say only that the horse is back… Who knows if this is a blessing or not? You only read one page of a book, how can you judge the whole book? You only read one word in a sentence, how can you understand the whole sentence?”

“Maybe the old man is right,” they confessed to each other. But deep down, they knew he was wrong. They knew it was a blessing. Twelve wild horses had returned…

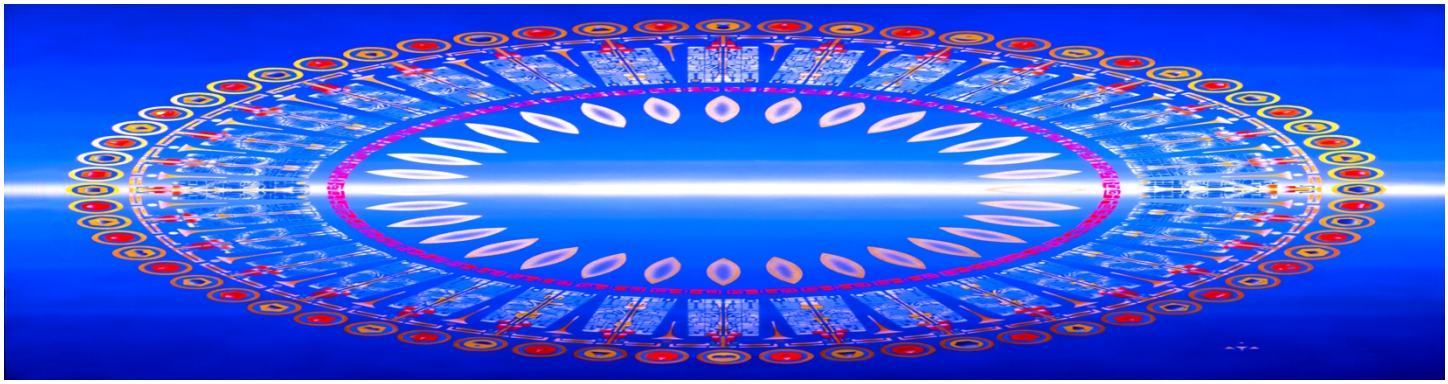
The old man had a son, his only son. The young man began to break the wild horses. After a few days, he fell down from one of the horses and broke both legs. Once again the villagers gathered around the old man and said: “You were right… The dozen horses were not a blessing. They were a curse. Your only son has broken his two legs, and now in your old age you have no one to help you.” The old man spoke again. “You people are obsessed with judging. Don’t go so far. Say only that my son broke his two legs. Who knows if it is a blessing or a curse?”

It so happened that a few weeks later the country engaged in war against a neighboring country. All the young men of the village were conscripted into the army. Only the son of the old man was excluded, because he was invalid. The whole village gathered around the old man, crying and weeping because it was a losing fight: the young people would never come back. “You were right, old man,” they wept. “God knows you were right. This proves it. Your son’s accident was a blessing. His legs may be broken, but at least he is with you. Our sons are gone forever.”

The old man spoke again. “It is impossible to talk with you. You always draw conclusions. No one knows. Only say this: your sons were forced to go to war, and my son did not. No one knows if it is a blessing or a curse. No one is wise enough to know. Only God, the Whole, knows.”

… and the story goes on… Can you guess how?
This is the story of our lives, each one of us.
Welcome the moment as is… Do not mistake it for the totality…

Vrksasana – The Tree Pose in the blossoms
Image: SCLC / Sedona Peace Garden



“Mind is not individual: it is a collective phenomenon. Your mind and your child’s mind are not two minds, they are one; they meet somewhere. Now psychologists say that children are very, very perceptive, because they are innocent. And they are so0 perceptive that they can receive the thought of somebody who is near to them. If the father wants to go to the club and the mother doesn’t want to go – of course she has not said that; even she herself may not be aware that she doesn’t want to go, but suddenly the child is ill, feeling nausea. And now psychologists have stumbled upon the fact that the child is simply showing the unconscious of the mother, because if the child is ill then the mother will be allowed not to go.

By and by, as psychoanalysis penetrates the human mind, they have come to feel that you cannot treat a single person unless you treat the whole family – because a single person is not ill; the whole family is ill. The person who is showing illness is just the weakest link, that’s all. If the family has four children, father and mother, six people in all, then the weakest of the family will fall ill, he will become neurotic. The whole family is neurotic, but the others are a little stronger; he is the weakest. You can treat him; if you take him out of the family, he will become okay. But if you send him back to the family, he will again become ill. Now it is very difficult. What to do? The family has to be treated.

But then things become more and more complex, because the family exists in the society, in the community. And the whole community must be ill. This family is only the weakest family in the community. Then things become so vast: the community exists in a nation, and the nation exists on this earth. And consciousness exists in an ocean.

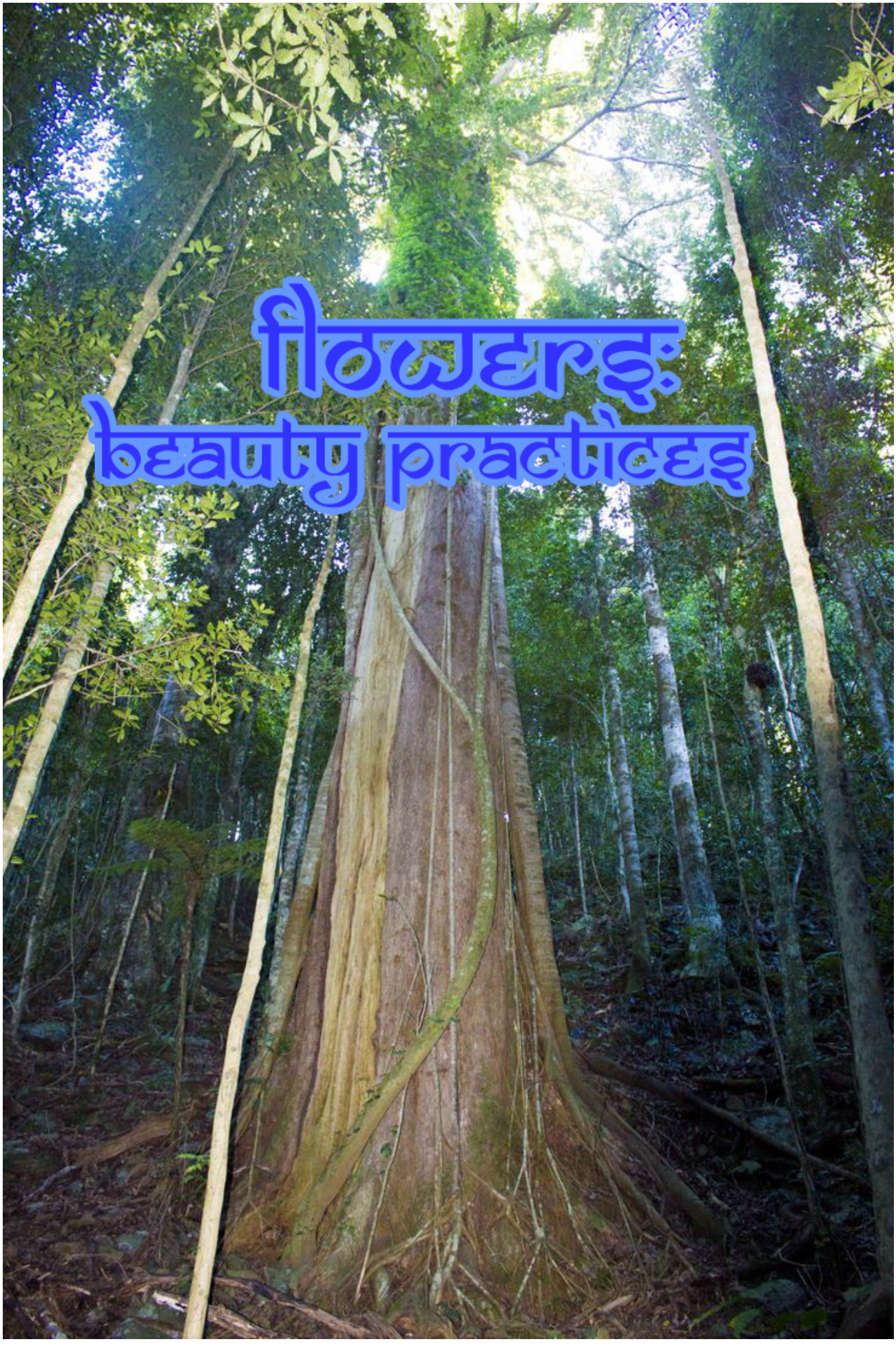
You cannot treat a single person then, because many others are helping him to be ill.

In India, each village has its own idiot and that idiot helps the whole village to remain sane. He goes neurotic, he goes mad; he cries and weeps all o0ver the village; he runs from here to there, and urchins follow him and throw stones at him. That helps the whole village to remain sane. If you remove that idiot, somebody else will immediately become the substitute. And in ancient India, villagers worshipped the idiot. They did well because he was doing such a great service.

In India, we have a festival – Holi. This Holi festival mis just a catharsis for the whole country to throw out all nonsense. It is good, it cleanses. More days are needed because more nonsense is there. One Holi is not enough. In fact, every month a Holi-day is needed so people can throw stones, rubbish each other, throw colors, dirt, and can use four-letter words. It cleanses.

Remember always that consciousness is a vast oceanic phenomenon. It is in you and outside you. And consciousness is telepathic, it communicates. If you watch it well, you will come to know that many times your consciousness throws barriers; even if you are not throwing them, then somebody else’s un-consciousness throws barriers because you would like somebody else to throw them. The father wants to come to meditate, but deep down he does not want to come. The child telepathically understands it. He is ill in the morning and the father cannot go. Now he has an excuse.”

(Osho. Until You Die. 1976)


flowers:
beauty practices

yoga mudras (sacred gestures) (1)

Bhumi (Earth) Mudra

In the Yoga tradition, a ***mudra*** is a **sacred gesture** activating specific energy circulations and states of higher consciousness. In Sanskrit, *mudra* is derived from *mu(d)* = delight, pleasure; and *dru* = drawing forth. Thus, a *mudra* is a tantric technology to draw forth the inner spiritual bliss. It is also defined as a "seal'" or "short-cut" that by-passes the normal circuitry of the body-mind and creates new, subtle energy linkages between the five bodies (*koshas*) that Yoga aims at unifying: the physical, energy or *pranic*, mental, higher intuitive and oneness body. Mudra Yoga is considered to be an advanced branch of Yoga, requiring a very subtle awareness

There are many *mudras* constituting a whole language of subtle communication, activation and meaning. By using special configurations of the fingers, hands, tongue, eyes, head or body, *mudras* establish non-verbal, primordial connections between deep areas of the brain, *prana* flows (higher life force) and the energy processing centers or *chakras*. As they re-harmonize the energy channels (meridians or *nadis*), *mudras* help to snap out of unconscious behaviors and groove new pathways of more refined awareness.

Bharatanatyam Dance Mudra

In a way, all yoga asanas are *body mudras* as exemplified by Yoga adepts and Bharatanatyam dancers. The whole practice of Yoga is to access, manage and redirect the subtle energy flows of the body-mind and prevent the habitual dissipation of life force energy into the world of external objects. Yoga turns the world around 180° and redirects awareness to the subject: Who is aware? - rather than: What am I perceiving? By rechanneling the prana of light / sound frequencies, **mudras wave-guide the practitioner to inner-version** vs outer-version. Mudras are the subtle language of the inner Self - they are known as the "producers of joy".

inner mudras

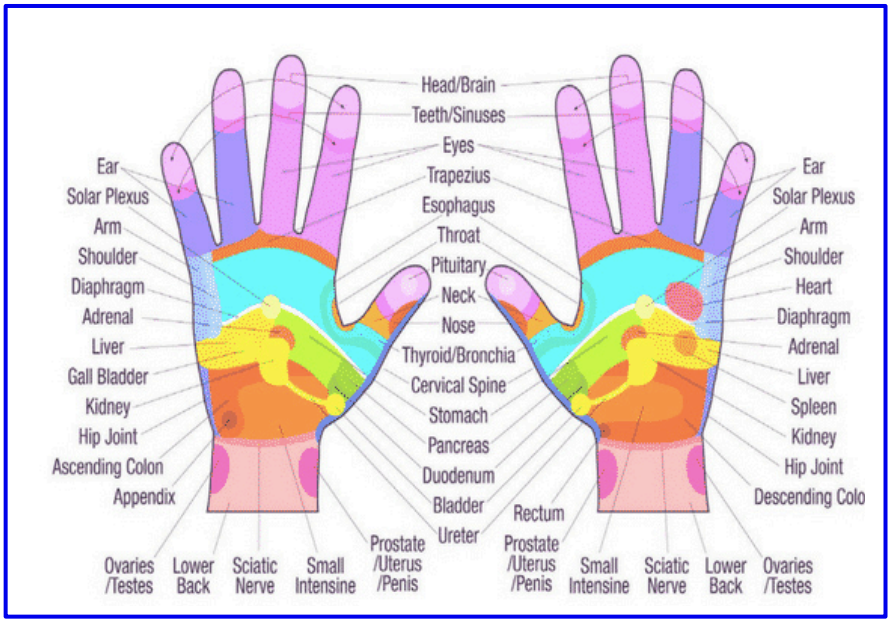
SHAMHAVI Mudra - Soft Third Eye Gazing. Sitting in alignment, close the eyes + gaze between the eyebrows. The eyes/eyelids are relaxed. Softly looking at the sides, allow for a pathway of light between the pineal gland and the forehead. As you breathe IN / OUT, the light comes in / out. Slightly tilt up your head.
SHAMBAVI Mudra - Eyeball Roll. Eyes semi-closed and slightly crossed, looking up between the eyebrows. Breathe deeply and slowly while relaxing the eyelids. Release if any strain. Meditate on mind stillness.

KECHARI Mudra - Tongue 2 palate. "*Khe*" = sky; "*Charya*" = the mover. Fold tongue up & back, touching upper palate. Activates *amrita* (nectar secreted from *bindu,* in posterior fontanel). With practice, slowly extend tongue back.

GAZING KRIYAS - The point of focused attention (*drishti*) is powerful and can be cultivated with gazing. Imagine it as a soft breeze of love, slightly touching the place of focus, or as the first ray of sunlight in the morning illuminating the mountain top. The Drishti can be built up to become a vector of your conscious presence.

- **Trataka** - Direct the Drishti outwards to a focal point (dot, icon, tip candle…) and sustain the gaze with open eyes, without blinking. Keep gazing. When tired, close the eyes and look at the after-image on your mind's eye.
- **Chakra Gazing** - The Drishti can be directed within and used as an activation beam, for instance on the chakras, one by one, coupled with chanting the Bija (seed) sound of that chakra.
- **Brain Gazing** - Create gazing circuits in the spherical space of your head / brain: up, down and around…
- **Energy Flow Gazing** - With conscious deep breath, follow the flows & currents of energy in your yogic body: breathe IN bringing Earth energy up your chakras and breathe OUT grounding the outflow. Be creative…
- **Healing Gaze** - Direct your inner Drishti to any place or organ in the body-mind that needs love & healing and use it as a soft love-laser, massaging that area with awareness coupled with sound frequencies, colors and visualizations.

yoga mudras (2) hand mudras



When we use a hand (*hasta*) mudra, we activate spots affecting corresponding organs, parts or circuits of the body-brain-mind, as well as acupuncture points & meridians.

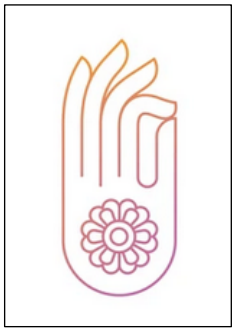
Through the packed receptors in our hands & fingers we can touch, feel, press, push, curl, point, hold… and give form to our inner thoughts, emotions and instincts… Our hands and fingers have an extensive evolutionary, genetic & personal memory of gestural communication, allowing us to connect in myriad ways with our own body, with other people or with the outside world. Through our gestures, we express ourselves: doing, playing, loving, working, holding, hugging, writing, healing, painting, cooking, gardening… and being.

*The **Yoga of Mudras** has been teaching the conscious use of archetypal gestures to help us achieve inner oneness.*

↑ 14 traditional mudras

Fingers	Name	Variation Name
1 - 2	Gyan / Chin	Vayu
1 - 3	Akash	Shunya
1 - 4	Prithivi	Agni / Surya
1 - 5	Indra	Jala / Varuna
1 – (2-3)	Vyan	Brahmara
1 – (2-4)	Rudra	Rudra
1 – (3-4)	Apan	Apan
1 – (4-5)	Prana	Kapitthaka
1 – (2-3-4)	Udaan	Hridaya
1 – (3-4-5)	Ankush	Ankush
1-2-3-4-5	Samaan	Soham

1 = Thumb
2 = Index
3 = Middle
4 = Ring
5 = Small



Brahmara

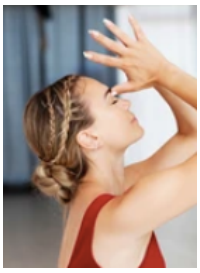
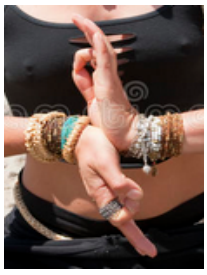
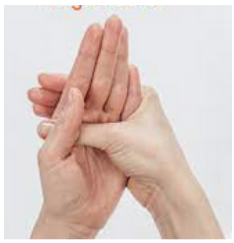
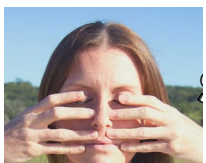
Hridaya / Apan Vayu

Apan

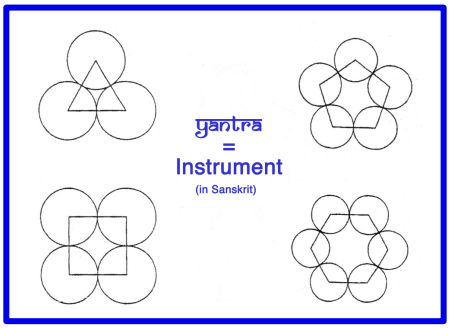
Kshema

Pushpa

yoga mudras () two hands mudras

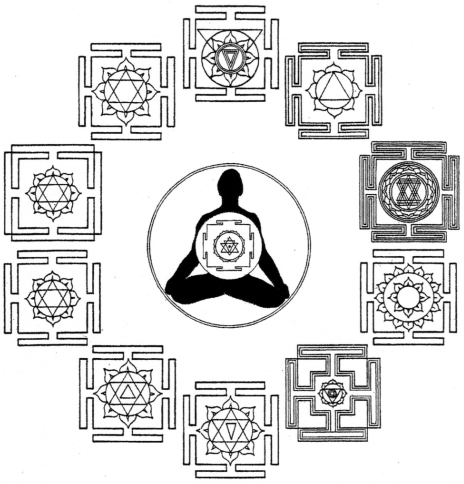
Dhyana	Bhairava	Yoni	Power / Kali	Mandala
				
Matangi	Surabhi	Granthita	Ajna Anjali	Shiva-Shakti
				
Naga	Padma	Abhaya Hridaya	Pushan	Shakti
Kundalini / Vajra	Ganesh	Hakini	Kaleshvara	Kapitthaka
				
Purna / Brahma	Surahbi	Matangi	Dharmachakra	Shanmukti

yantras

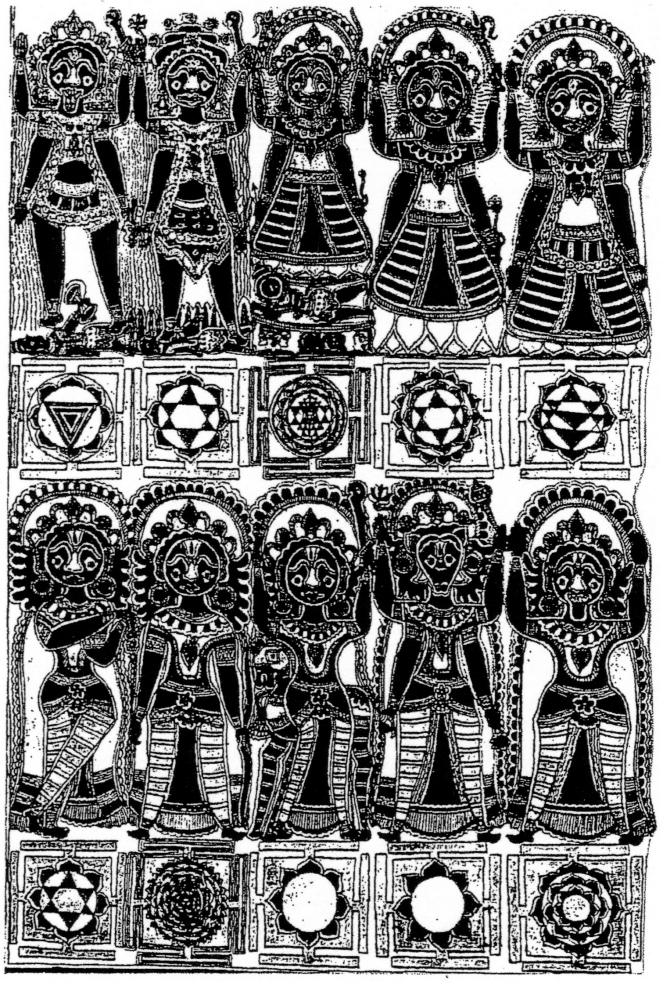


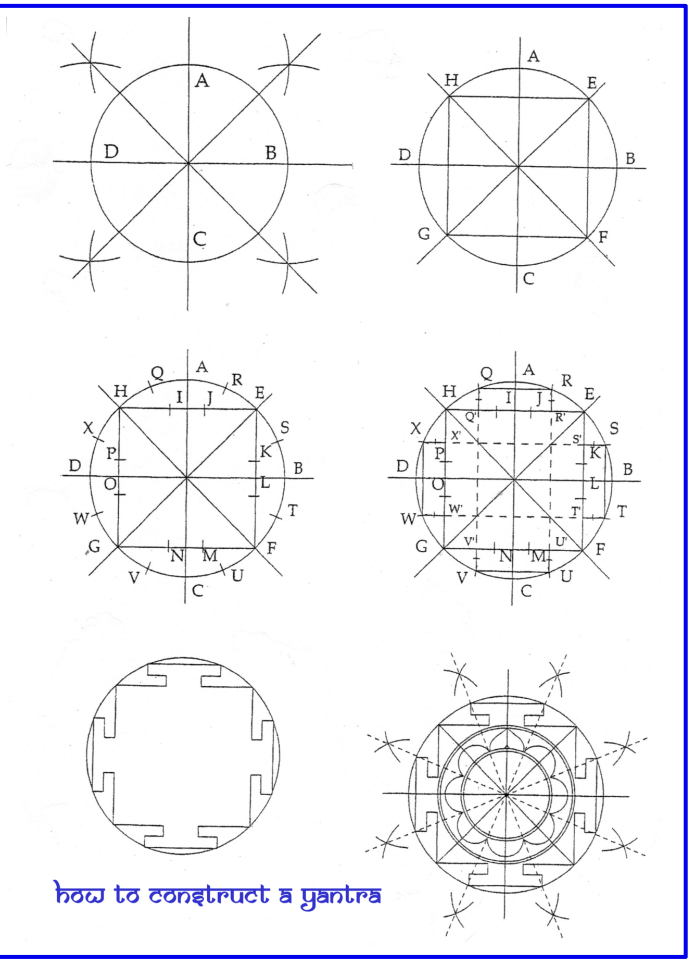
In the Yoga tradition, every mantra and sound **has** and **is** a **YANTRA**… the fact that sound waves become matter (and vice versa) has been demonstrated scientifically by *cymatics*, or the visualization, in powders, soft materials or water, of sound frequencies: even a slight variation of the parameters of the sound will translate into very specific harmonic patterns & geometries. The expression of number in space, geometry is intimately linked to sound and music, number in time. Recall Goethe: "*Music is liquid architecture; architecture is frozen music.*" **Yantras are the living temples of mantras.**

The circular part of a yantra / Temple contains the transformational / shakti energy as a harmonic pattern of sacred geometry. The square is the stability factor that maintain and grounds the effect.
The ground plan of an Indian temple is a Yantra ›

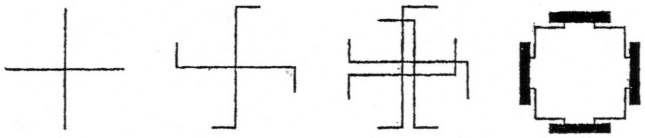


In Tantric & Bhakti Yoga, the meditator visualizes rounds of energy qualities.





The two languages of sacred art:
5 of the 10 Hindu Mahavidyas (faces of the Great Mother / archetypal energies) and their consorts (above). Both languages are juxtaposed: iconic / representative images and yantras or patterns of visual energy in resonance with the deity / archetype.



Through the dynamics of the double swastika, the primal cross creates the 4 gates of the Yantra.

Venus “Shukra” Yantra. *Om Shukraya Namaha*.

Sri “Tripura Sundari” Yantra.

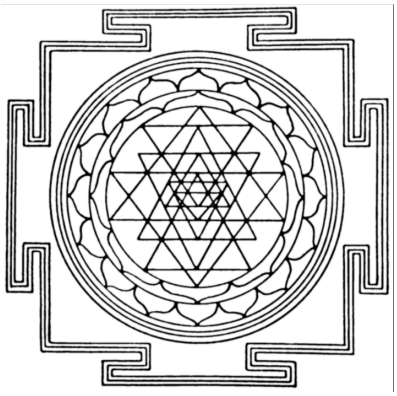
Mars planetary Yantra.

Yantra Mosaics by Tatiana of ZorkaVenera, Minsk, Belarus.
PHI Center - Sacred Art Collection.

the sri yantra

The most celebrated Yantra, the **Sri Yantra** is a **cosmogonic diagram** representing the scale-invariant Golden (Phi) Fractal Harmonics unifying the outer and inner cosmos within the human consciousness.

Sri Yantra – Artistic rendition



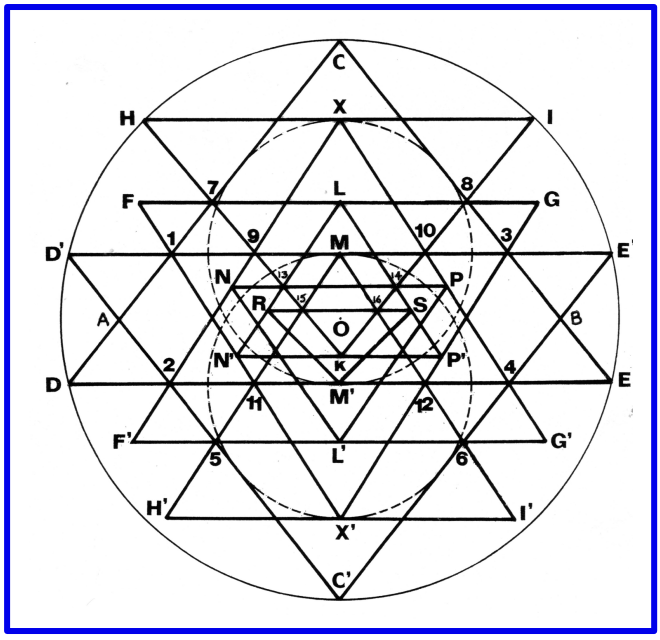
Sri Yantra – Line diagram

Sri Yantra – Traditional colors

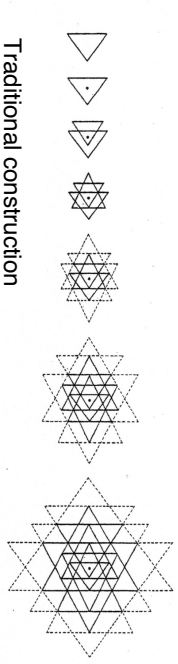
The Sri Yantra is also known as the **Navayoni Chakra** because it consists of 9 interlocking triangles: 5 pointing downward (the female symbol of the ***Yoni***) and 4 pointing upward (the male symbol of the ***Lingam***). The "9" represents the revelation of the Absolute as it differentiates into graduated polarities. 61

The 9 triangles form 43 smaller triangles, organized in 5 concentric levels. Together they represent the totality of the cosmos. In the middle, the power point (***bindu***) represents the cosmic center. The triangles are circumscribed by 2 concentric circles composed of 8 and 16 petals, representing the lotus of creation and the reproductive vital force. The entire configuration is framed by the broken lines of an Earth square, representing a temple with four doors open onto then4 directions of the universe.

The Sri Yantra can be traced by hand, following a traditional method; or, it can be traced with precision following the Sacred Geometry of the Golden Ratio. In 3 dimensions, the Sri Yantra is called a **Mahameru**.



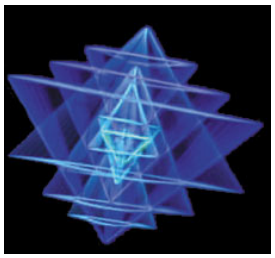
Phi Ratio construction of the Sri Yantra. Vesica stage.



The 9 levels of the Sri Yantra:

1. Trailokya Mohana: out square (4)
2. Sarvasa Paripuraka: out lotus (16)
3. S. Samkshobahana: in lotus (8)
4. Sarva Saubhagyadayaka: outer ring of small triangles (14)
5. Sarvahasadhaka: middle ring (10)
6. Sarvahasadhaka: inner ring (10)
7. Sarva Rogehara: triangles (8)
8. Sarva Siddhiprada: 1 triangle
9. Sarva Anandamaya: the 1 Bindu.

Computing the numbers, we come to ***72,*** *a harmonic number (x2 =* ***144****)*



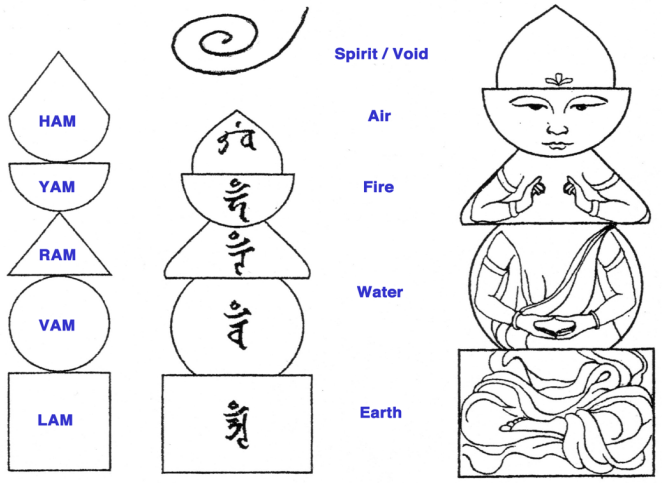
Some scientists see the Sri Yantra as a **higher-dimensional mathematics** describing a cosmic **Physics of Harmonics**. As a contemplation and integration diagram, the Sri Yantra imbues centering and balancing between polarities - on many levels of consciousness.

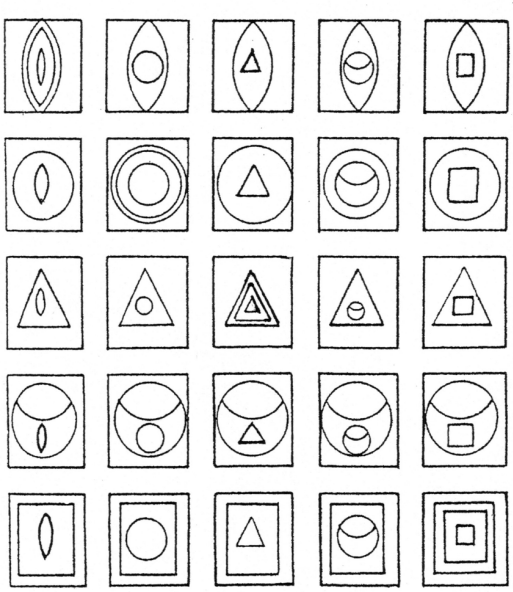
Symbolically, the Sri Yantra is an image of the Cosmic Goddess *Tripura Sundari / Lalita, the natural beauty of the three worlds.* The 4 upward-pointing isosceles triangles represent the Goddess's masculine embodiment **Brahman**, while the 5 downward-pointing triangles symbolize the female embodiment **Jagat**. The 12 and 15 sides of the 4 upward and 5 downward triangles also symbolize, on the physical plane, the 12 sidereal zodiac signs of the Sun and 15 *'nityas'* phase-signs of the Moon.

the 5 tattva symbols

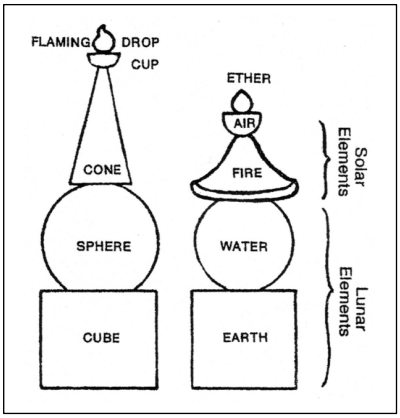
Indian Yoga schools describe the Tattva as the 5 primordial geometries / elements composing the universe: square, circle, triangle, half-circle and oval. The word Tattva comes from the Vedic roots "**Tat**" (That or the Ultimate) and "**Twam**" (Thou or the individual). Tattva means "**Thou are That**".

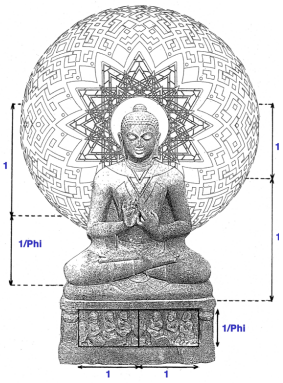
Overall templates for the architecture of oriental stupas and temples, the 5 elements, the 5 primary colors, the 5-fold chakra systems etc…, the Tattvas are an omni-present cosmo-creative alphabet yielding a combinatorial matrix of 25 correspondences.



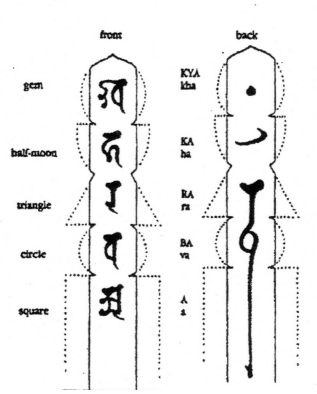


The 25 combinations of the 5 Tattvas.





The five Tattvas are present everywhere. Keeping them balanced in the body is essential to one's health. Yoga practice is designed for perfect balance of the five Tattvas, thus building the foundation for immersing oneself into the stillness of meditation.



← In Japan, the tombstones shaped after the 5 Tattvas are called Gorin-To. Each shape is inscribed with a Siddham / Sanskrit letter representing one of the 5 elements.

Tattva	Shape	Name	Element	Chakra	Color	Buddha	Mandala
	Egg / Flame	Akasha	Ether	Sahasrara	Indigo	Vairocana	Center
	Cup	Vayu	Air	Vishudha	White	Amogha-siddhi	North
	Pyramid	Tejas	Fire	Anahata	Red	Amitabha	West
	Sphere	Apas	Water	Manipura	Blue	Aksobhya	East
	Cube	Prithivi	Earth	Muladhara	Yellow	Ratna-Sambhava	South

Table showing the Tibetan version of the Tattva correspondences, as standardized in Stupa architecture.

sacred geometry in yoga (1)

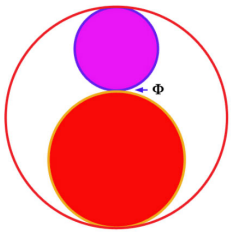
Many ancient cultures were built upon & upholding a **unified cosmology** perceiving human life within a benevolent universe of overall beauty and harmony. This cosmology was based on a **cosmic canon of proportions** where microcosm & macrocosm, nature & culture, matter & spirit, people & Mother Earth, man & woman, all beings… were complementary partners of the same Dance of Life & Consciousness, singing and dancing each other in a **universal celebration of Oneness**. The human body and all natural forms, the root intervals of music, the basic sounds of language, the architecture of temples & sacred sites… all aspects of life were wholistically related to this encompassing Cosmic Harmony, specifically described as the Sacred Geometry of the **Golden Proportion PHI** and its mathematical origin, the **Fibonacci Series**.

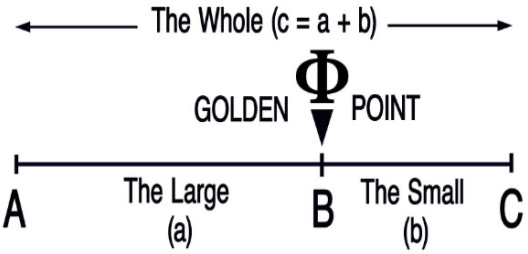
Repeatedly lost and found again throughout the tumultuous course of human history, the cosmic technology of PHI is currently re-discovered by cutting-edge science under various names: fractals & self-similarity, quasi-crystals, Penrose tiling, Fullerenes, Fibo & Lucas numbers, microtubules, Phi coherence, supra-conductivity… and in various disciplines from quantum physics to atomic chemistry, to nanotechnology, to biology (DNA), to phyllotaxis, to astrophysics… as well as increasingly found in human relationships, stock market analysis, architecture, aesthetics…

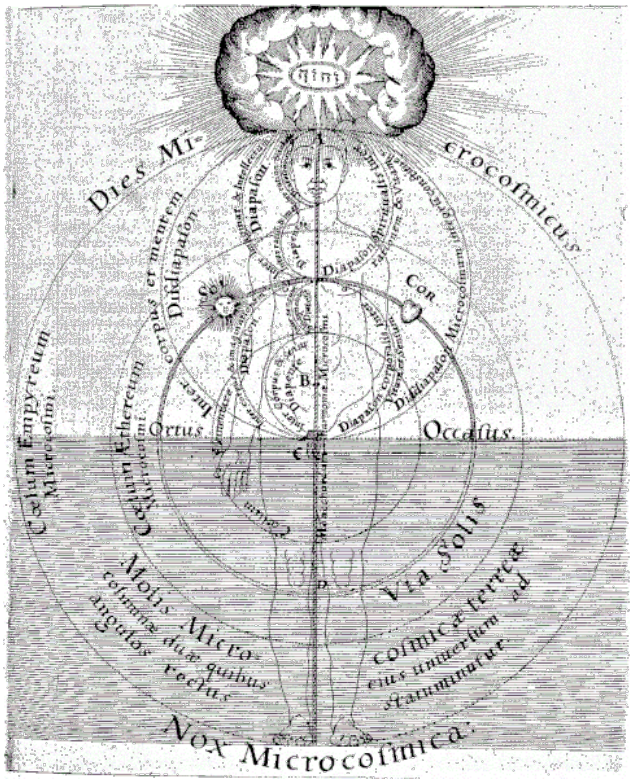
No wonder Yoga, as a wisdom & experience of integration & unification, fully glorifies this **Cosmic Leela Dance of Harmony.** We explore here the Sacred Geometry of the human body and some examples in Yoga practice.

The **Golden Proportion PHI** (Φ) is the hidden treasure of Sacred Geometry as well as the secret power harmonizing the cosmos. It is expressed as a comparison: b : a :: a : (a + b) or **The Smaller is to the Larger as the Larger is to the Whole.** Numerically, PHI is the infinite quotient of Fibonacci numbers:

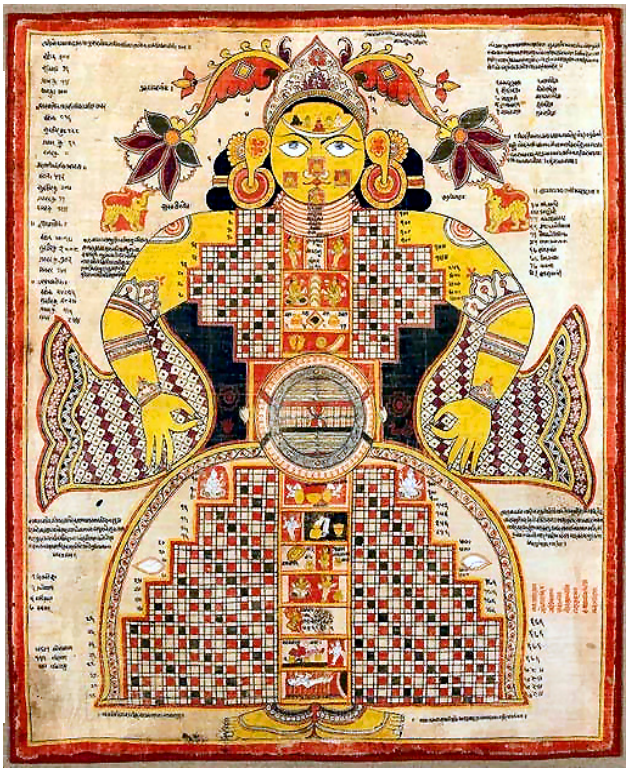
233 : 144 = 1.618





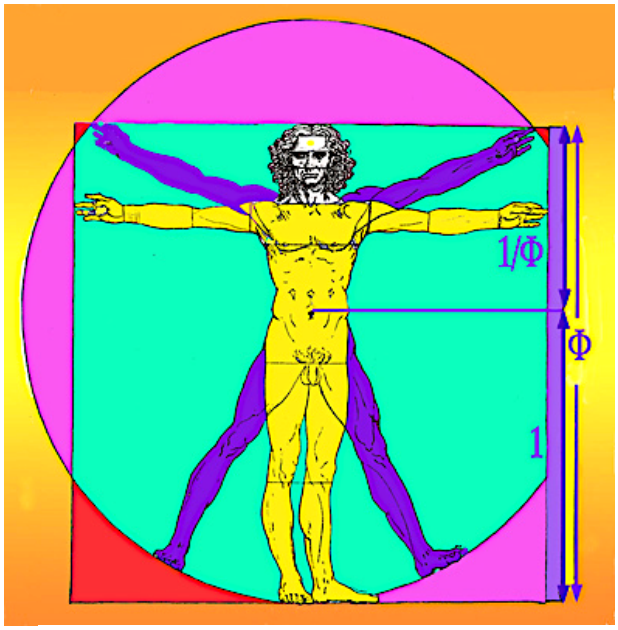


The Musical Cosmic Man (Robert Fludd. 1619)

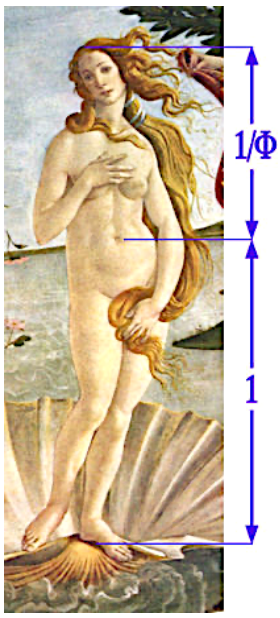


Purusha, the Cosmic Man containing the universe

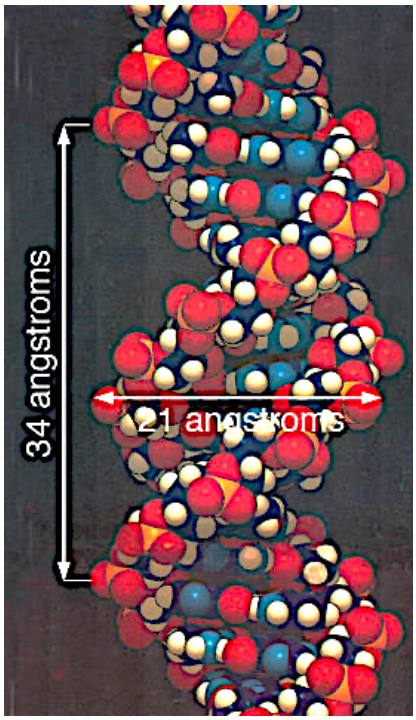
sacred geometry in yoga (2)



The Da Vinci Human: PHI at the navel.

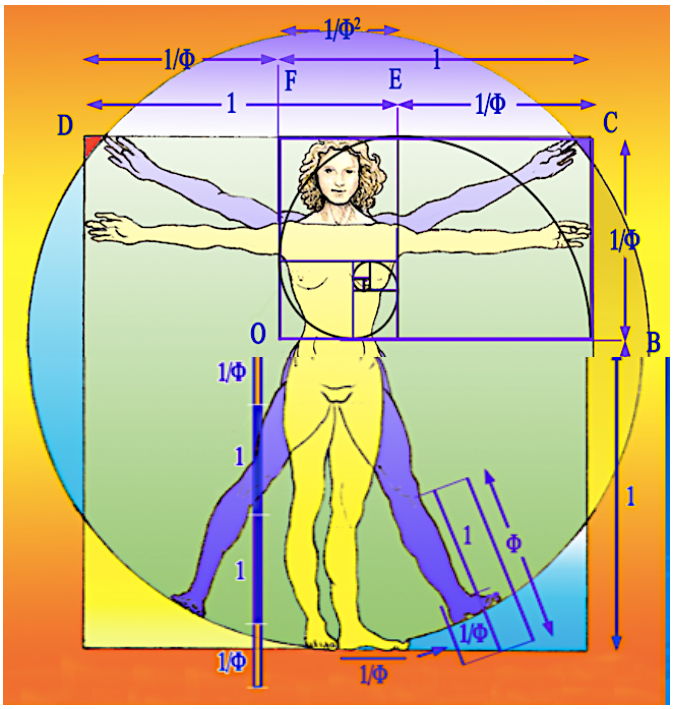


Venus by Botticelli

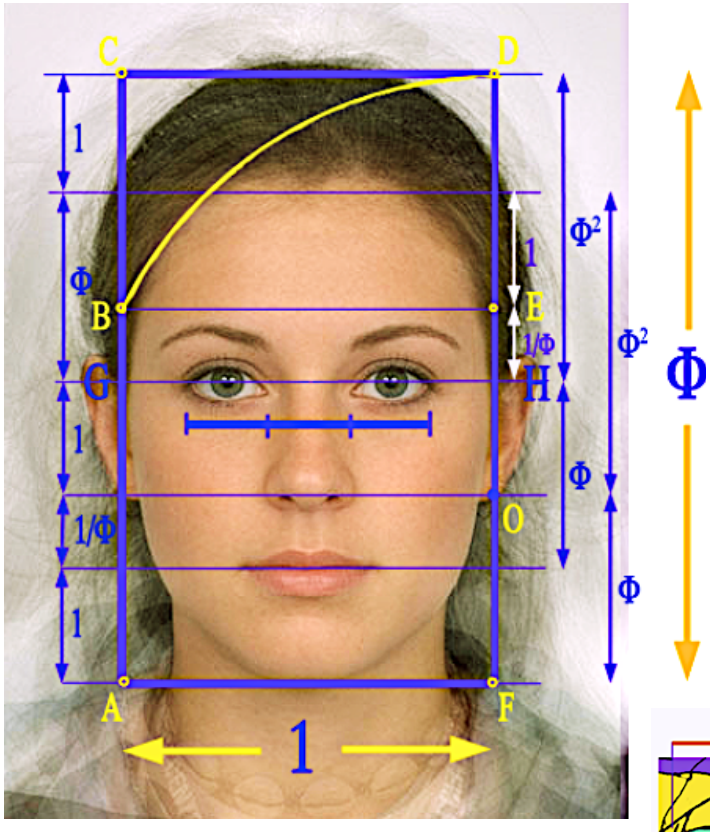


PHI ratio in the DNA

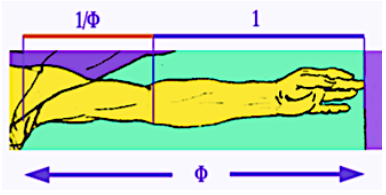
phi golden proportions in the human body

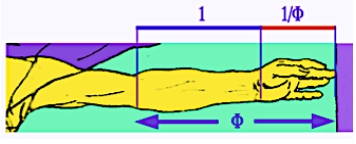


↑ PHI proportions cascade throughout the human body. They follow a progressively finer Fibonacci series.

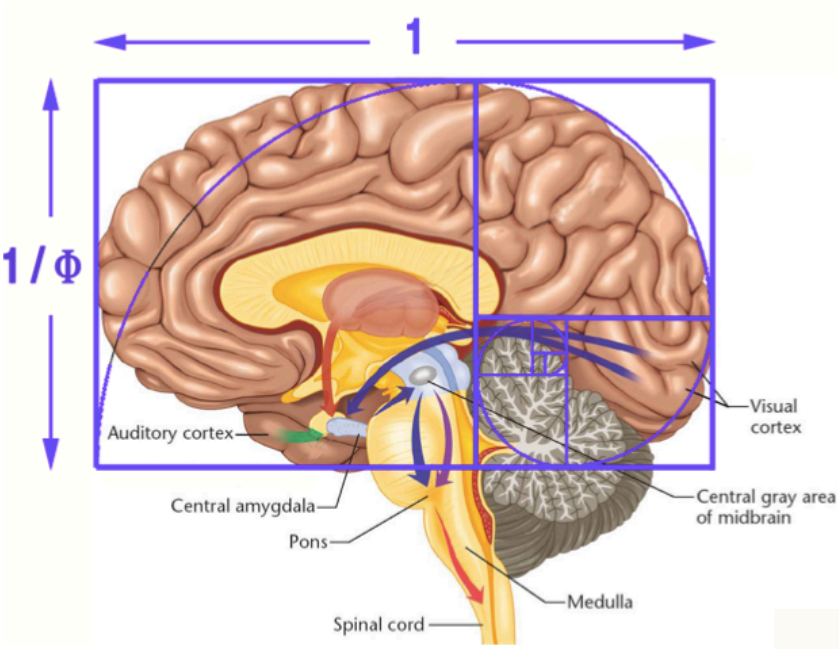


↑ Phi proportions in the face & head.

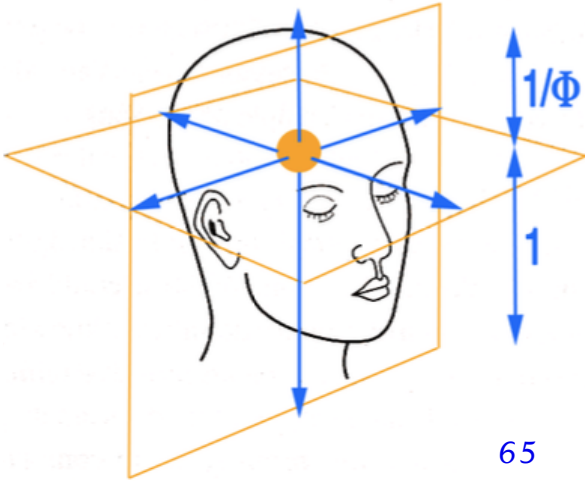




sacred geometry in yoga (3) the center of the head

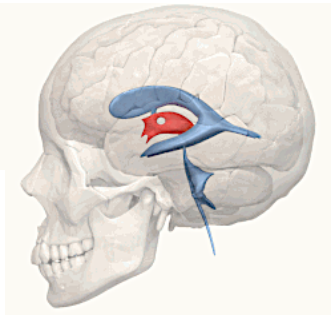


↑ The average brain fits into a Golden Rectangle and unfolds along a Golden Spiral curve.



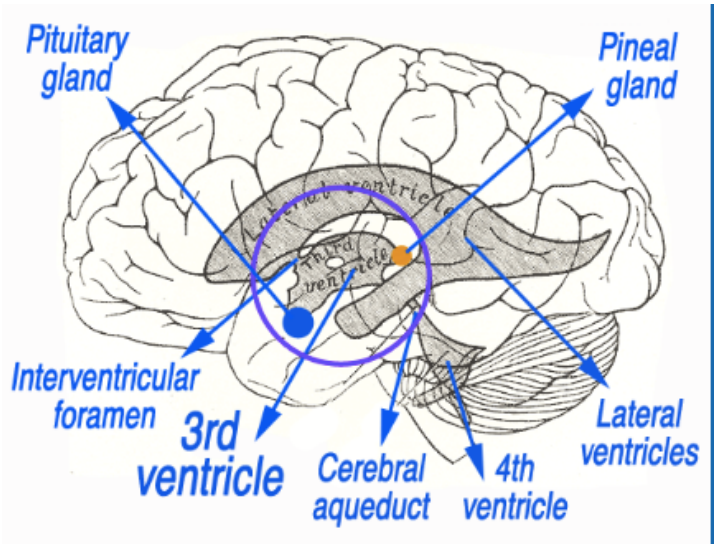
65

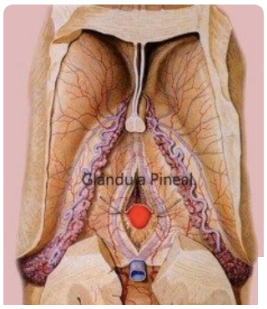
↑ The **"center of the head"** located at the third ventricle.

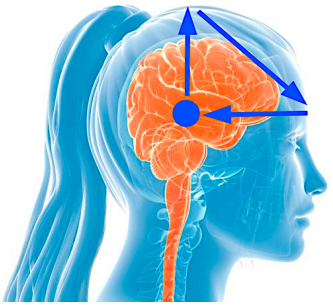


↑ ↓ 3rd ventricle

www.alexgrey.com







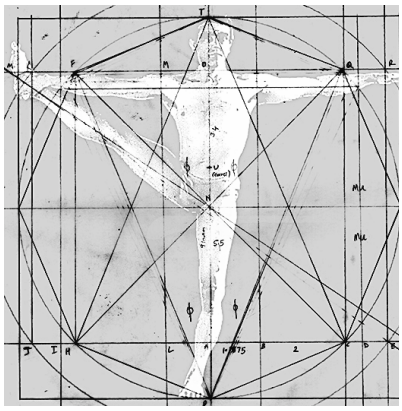
↑ Triangular *Drishti* flow: center head – forehead – top head.

In Yoga, just like in many traditional teachings about the sacred anatomy of the human body-mind, the **"Center of the Head"** is said to have a strategic location and importance. This is the cavity or "**Throne Chamber" of the 3rd ventricle,** entrained to higher vibrational resonance by yogic techniques of mantra chanting, *drishti* focus and *prana* flows. Anatomically, the 3rd ventricle is one of the four fluid-filled cavities (the *ventricular system*) within the human brain. It is a median cleft between the two thalami, and is filled with cerebrospinal fluid (CSF). It is in the midline, between the left and the right lateral ventricles and develops from the central canal of the neural tube. It is said to be the target of the *Kundalini* arrow.

Floating in this cavity *as upon an inner lake,* are the **pineal gland** (body magnetic detector and Third Eye) and the **pituitary gland** (master gland for the endocrine chain), anchored by narrow stalks - like lotus flowers. The Yoga tradition describes the *Brahma Randhra* or **Chamber of Brahma** where the sacred *amrita* (or *soma* nectar) is secreted. Various yoga techniques for energy current activation aim at awakening the pineal gland, attune its antenna to higher frequencies and launch its meta-program of inner cosmic vision.

sacred geometry in yoga (4)

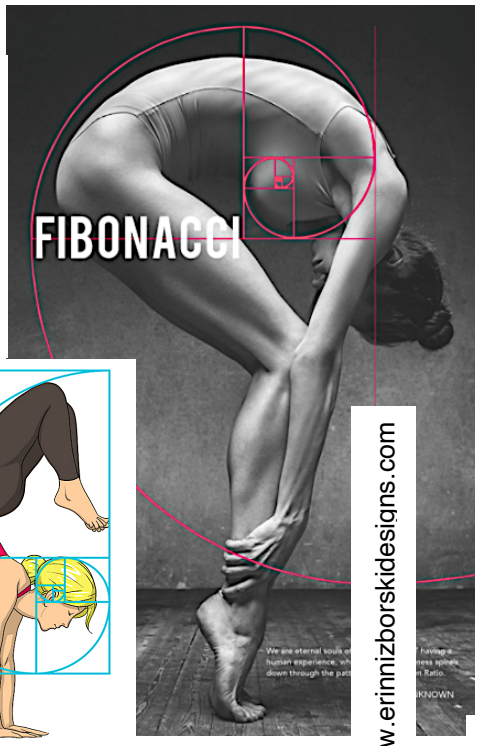
B.K.S Iyengar

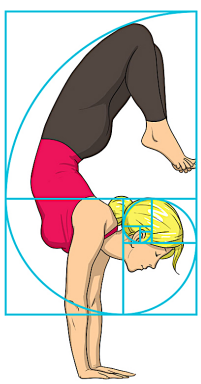


Dharma Mittra
www.behance.net

https://convivirconelespiritu.wordpress.com

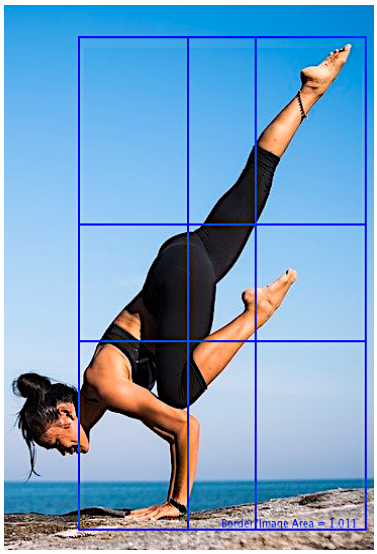
www.forteyoga.com →



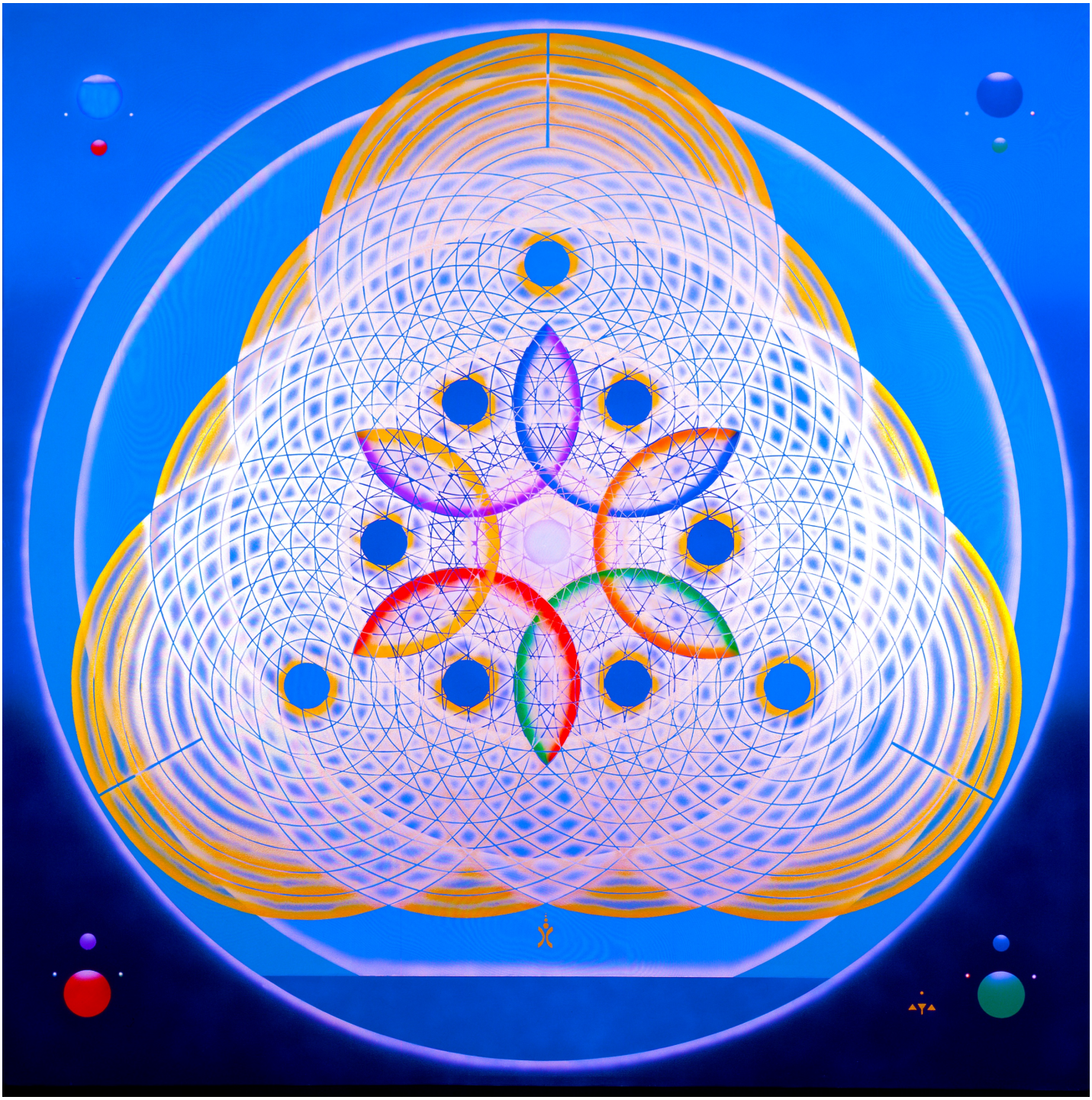


www.erinnizborskidesigns.com

"Move the way joy makes you move."



"Yoga is making your individual geometry congruent with the cosmic geometry." (Sadhguru)



StarWheel #75 – Tetraktys Lake

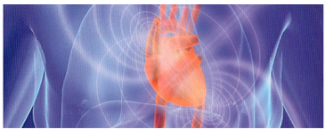
HARMONY

The music of the spheres
moves upon the waters of life

AyaLove.Earth

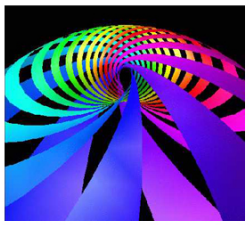
The GΦlden Fractal Cosmos

Expressions of the Golden Ratio PHI (Φ) harmonizing the various scales of the uni-verse.



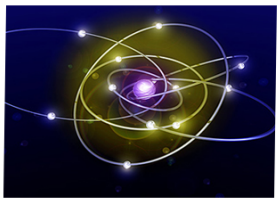
At moments of love & compassion, the heart displays Phi harmonic cascades.

Quantum Scale



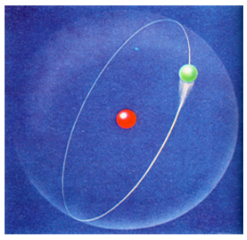
* The very phenomenon of quantization is defined by the Phi (Φ) constant.
* The Fine Structure constant (strength of the electro-magnetic radiation) is defined by: $\Phi^2 / 360 = 1 / 137.5$
* Planck's length = 1.616×10^{-35} m
* Planck's area = 2.612×10^{-70} m^2.

Sub-atomic scale



* The Fractal-Cantorian space-time theory views elementary particles as functions of the golden mean.
* Quark masses are defined by Φ and 1/Φ as a "harmonic musical ladder".
* As the most irrational number, Phi is the simplest unit allowing for complex nested wave structures.

Hydrogen atom scale

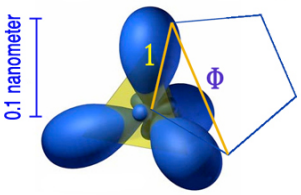


* Phi arises at the core of the hydrogen atom.
* The ratio of the radius of hydrogen to the ground state Bohr radius is the golden ratio Phi.
* The Bohr radius has two golden ratios pertaining to the electron and the proton.

$r_{Bh} = h / 2\pi m_e \alpha_{EM} = h360 / 2\pi m_e \Phi^2$

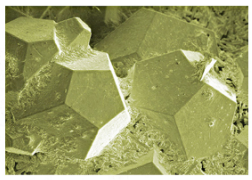
Atomic / molecular scale ↓

* Phi defines cationic & anionic radii.
* Water and atoms of life are sp3 hybrids & form bonds with tetrahedral geometry.



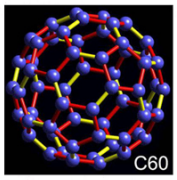
* Molecular compounds form Phi-based Platonic volumes.

Nano scale ↓



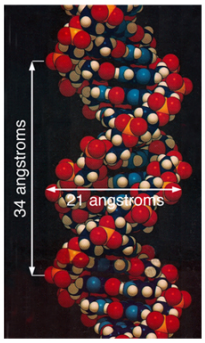
Quasicrystals have Phi-based penta-symmetry.

Buckminster-fullerenes are nano geodesic domes.



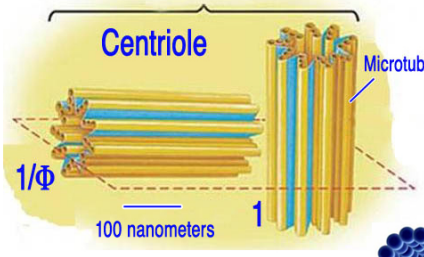
DNA scale ↓

Fibonacci inter-resonances in sequences of nucleotides form the DNA Phi Supra-Code. The structure of the DNA is based on Phi.



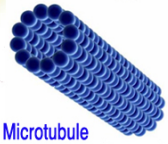
Top view of DNA: double pentagon

Molecule of life (DNA): Height: 34 Angstroms Width: 21 Angstroms

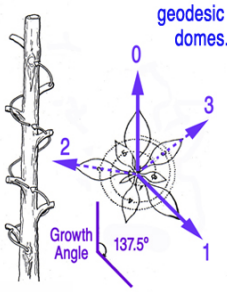


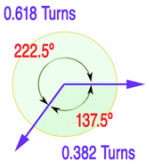
* The centriole is a phi-structured organelle at the center of the centrosome.
* The microtubules display Fibonacci numbers and Phi-recursive winding pathways.

Organismic scale ↑



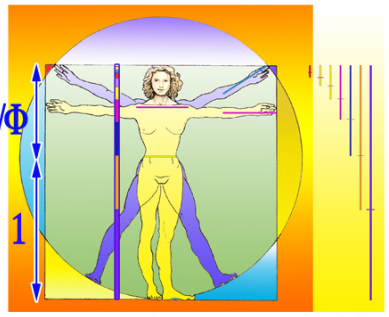
Microtubule (13 columns)





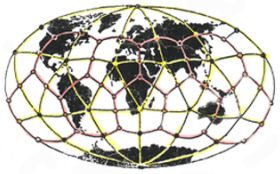
$360° / \Phi^2 = 137.5°$

Garden scale ↑



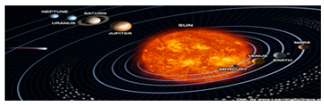
Homo sapiens (Da Vinci Vitruvian Human)

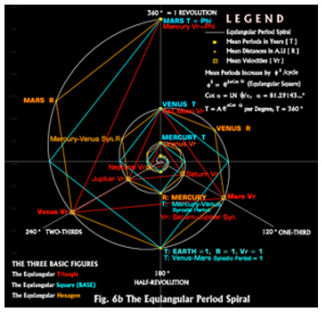
Human scale ↑



The earth grid is based on an icosa-dodecahedron

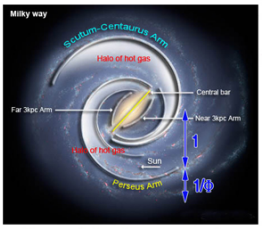
Planetary scale





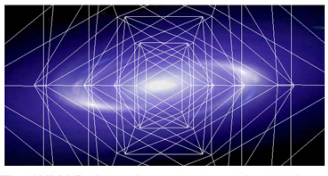
The solar system is a harmonic music instrument based on the Phi series.

Solar System scale



Sun to Galactic center = 2/3

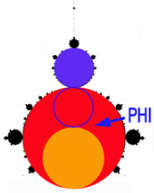
Galactic scale

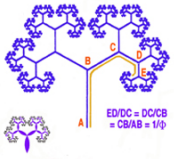


The WMAP data show a geometric topology.

Cosmological scale

Golden Fractality





Reduction factor = 1 / Φ

Phi is the optimization of recursive, self-similar fractality unifying symmetries on all scales.

Φ

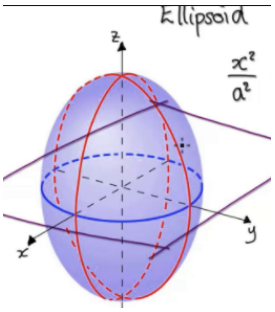
Phi is the primordial cosmic constant quantum-entangling oneness & multiplicity.

lingam & shivalinga – cosmic ovoids

Sacred Lingam stone
(Marmada river, India)

Dhyana Lingam, Coimbatore, India. ISHA Foundation. Lingam activated to foster meditation (= *Dhyana*)

The Lingam is an Ellipsoid, with various modulations, from egg-shape (ovoid) to almost cylindrical. The Phi-fractal Lingam holds a special cosmic resonance. The core of every galaxy is an ellipsoid, and so is the core of the human being.



The ellipsoid / ovoid form prevents leaking. The energy starts moving in a spiral. An inner vortex is created and the energy intensifies to implode and feedback higher octaves of frequency unto itself.

A **Shivalingam** (*linga* = sign, form) is the quint-essential manifested form of the formless infinite. Beyond the traditional rituals of Hinduism, the Lingam is a cosmic symbol and a technology to help humans enter into intercourse with the whole of existence. Shiva as a phallus means whole body sexuality / mystic ecstasy.

linga - revolving doorway to the beyond

67

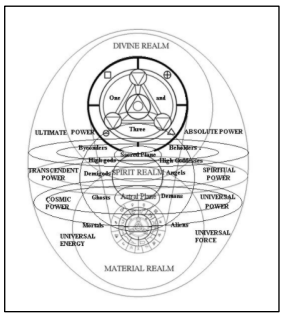
"The day you entered your mother's womb, it was a Shivalinga-shaped point of light that actually entered; the body, you acquired afterwards in the womb. When you leave the body, death happens. The body, your form, will be left behind here, and Shivalinga – the lustrous point of light – will arise from it and set out on a new journey. What happened at the moment of conception, and happens again when you die, happens also in the ultimate intercourse within yourself." (Osho)

the tantric yoga of the shivalinga

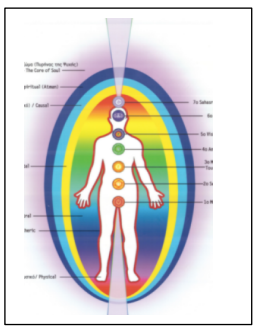
"A **Shivalinga** is the most important statue ever created on this earth: it embodies **the shape of the soul,** and it also secretly symbolizes that the energy of the soul can move in a circle within you…
The Shivalinga is no poetry, it is an experience. When the tidal flood of energy fills your whole body, then you will see around you a circle of light in the shape of a Shivalinga… Your entire body will disappear into that light form. Only an egg-shaped form of light will remain. This is the shape of your soul – this shining egg-shaped form."

(*Osho – Nowhere To Go But In.*)

cosmic egg



auric field

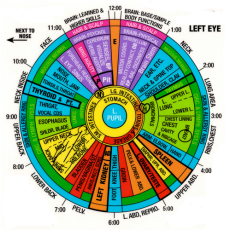


science of the lingam

A Linga can be described as a Psychotronic (Shivatronic) resonator that can hold a psychic / spiritual charge because of its ovoid geometry of containing & vortexing energy. The ancient yogic sciences, focused on technology for consciousness expansion, had developed extensive techniques for the ignition of the human energy system to higher octaves of frequency. The Shivalinga "Yantra" (machine) is such an achievement. As an example, here is the description of the Dhyanalinga at the ISHA Foundation, India.

"This is the largest mercury-based live linga in the world. At the base of the DL is a tub filled with etheric substances (*veeryasthana*) comprising mainly mercury solidified through methods of Indian alchemy. There is a cylindrical column at the center about 1" in diameter, called the *lingarandra*, which contains a copper tube filled with mercury, called the *lingadanda*… All aspects of life are enshrined, in the form of the 7 chakras energized to the very peak and locked."

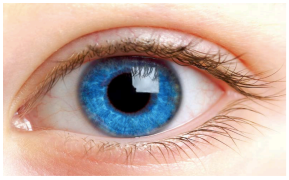
eye yoga



In our contemporary Westernized culture, the average visual / optical perception tends to be quite unbalanced. Without even realizing it, we get into fixed & limiting patterns of vision - this causes eye stress and narrow "perception of reality". It's like looking through a window that gets smaller & dirtier all the time. These visual limitations are many: unequal division of the visual work between the two eyes (*predominant eye syndrome),* excess concentration on smaller points in books & screens (*rigidity of iris muscles*), narrowing of the field of vision (*decrease in "depth perception"* & *"simultaneous perception at different distances"*) etc…

In human bodies, we are instinctively afraid to expand our consciousness. Yet, as spirits, we Are that consciousness itself. In between, there lays the Sacred Journey, the Yoga sadhana (= practice) seeking to harmonize body-spirit by applying wisdom teachings and experimenting with this magnificent instrument we live inside of.

Expanding perception & consciousness starts from the physical senses and progressively moves into subtler & subtler realms… The sense of vison is **key** because it encompasses both 3D & Spirit - it has both an outward and an inward direction: it uses the 2 physical eyes and the 3rd inner eye, documented by countless seers, mystics and yoga students. Below are exercises for Eye Fitness training and for expanding visual perception.



The eye is a *mandala*. The neuro-physiology of vision is *mandalic* in structure & function. The retina is a mandala centering on the fovea ("blind spot") which only has cones (focused 3D circles), one for each optic nerve. The blind spot is the threshold to the brain – just like a yogin enters within and awakens to the inner realms. Both the geniculate (back of cerebral cortex) & retinal cells have a circle geometry – they respond best to circular spots /patterns because their receptive fields are circular.

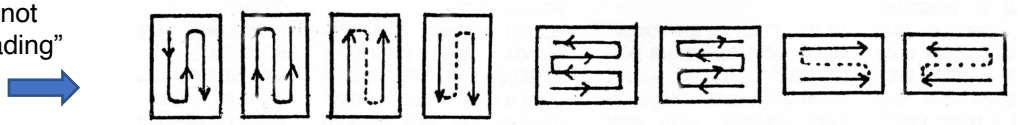
eye exercises

- **PALMING –** Rub palms together vigorously to generate warm prana. Place palms gently over eyelids, without pressure. Feel the warm energy being transmitted into the eyes and the eye muscles relaxing.
- **BLINKING** – Close + open the eyelids gently and steadily. Relax the eyes and the mind. It's like "time-lapse frames"…
- **CLOSE & RELAX EYES –** No tension. Relax *all* the muscles in and around the eyes. Stay. Enjoy the peace…
- **MASSAGE TEMPLES –** Using your fingers, make relaxing circles on the temples. Vary pressure.
- **HEAD UP & DOWN –** INhale pushing head back and Exhale bending head forward. Set of 6 x / 12x.
- **HEAD LEFT & RIGHT –** INhale at center and Exhale turning head looking left. Same on the right.
- **HEAD SIDEWAYS –** INhale at center and bend head to the left shoulder. Same on the right.
- **HEAD ROTATIONS –** INhale head back and Exhale rotating head to front. Make it continuous, both directions.
- **MOVE EYEBALLS –** With open / closed eyes, move eyeballs in all directions. Sets of 6x / 12x.
- **DRAW GEOMETRIC FIGURES –** Close eyes. Draw geometry figures: square, circle, rectangle, star, rhombus…

vision & perception practices

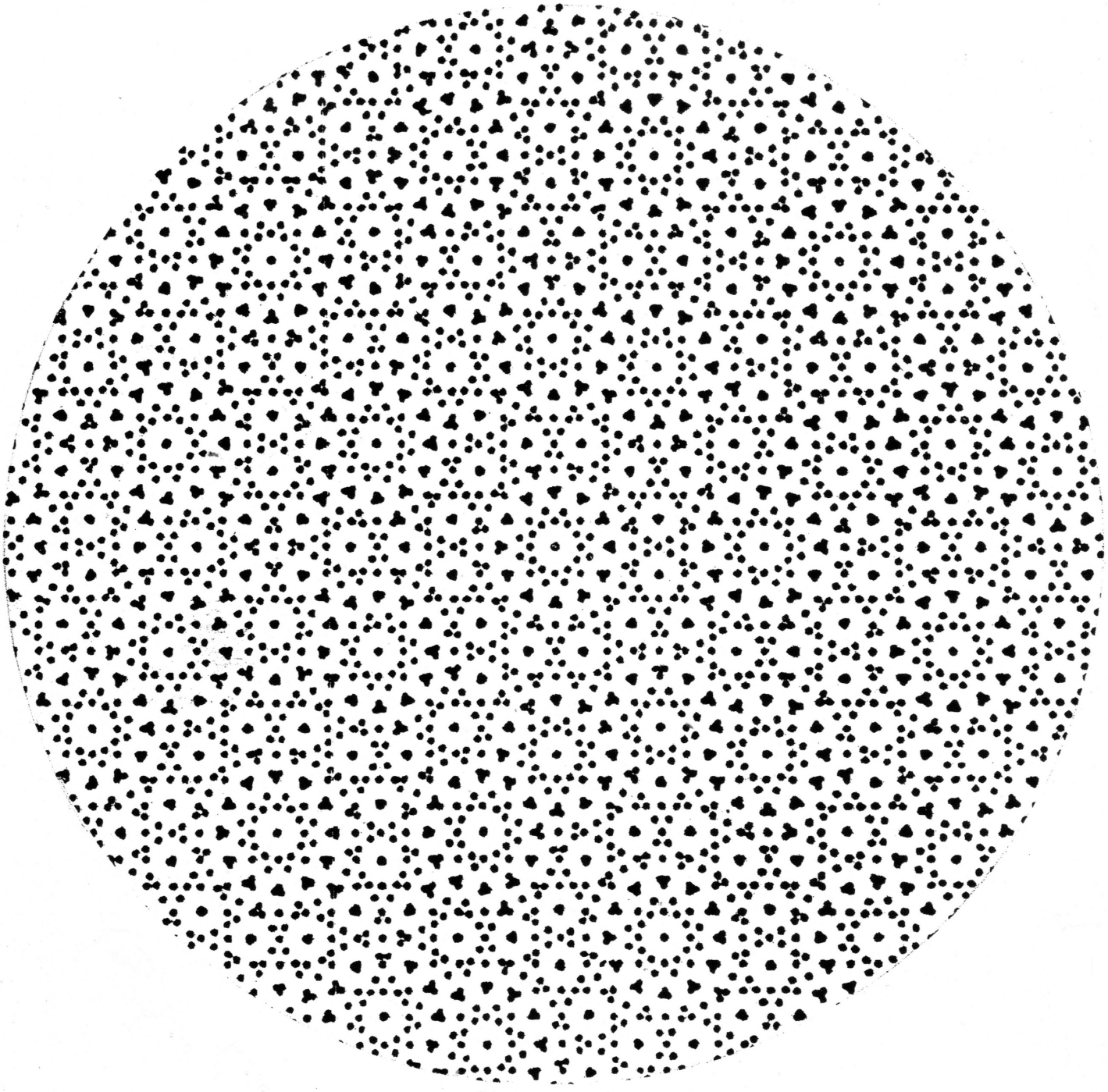
- **SOFT VISION –** Many wisdom teachings speak about "softening the seeing". The usual outward-oriented "looking" is when we reach out and grab objects with our eyes. It's a male-aggressive, ego-based attitude wanting to use and manipulate the outside world. By contrast, in **soft vision**, the eyes are more *receivers* than grabbers: one imbibes the impressions of the world, letting them interact with various levels of who we are. The flow of photons is then a river of light bringing into consciousness a deeper wisdom. ***[See Drishti]***
- **RAINBOW VISION –** This is the practice of focusing "in between" and "around" objects & visual fields in order to open up the perception of the subtle frequency fields, colors & auras emanated by everything and everyone… It is also called "gazing"… It is similar to the practice of listening to the subtle harmonics between plain musical notes…
- **PERIPHERAL & WIDE VISION –** To counteract the screen-induced "tunnel vision syndrome", a narrowing of the field of vision to the point of a certain space blindness, it is very healing to practice **peripheral perception**. Start with seeing a larger amount of details over a wide field of vision. This is done without moving the eyes towards the sides but by increasing the "peripheral attention". While looking at any object, become also aware of its surrounding space, "enlarging" your seeing. For instance, look at your 2 thumbs in front and progressively move them apart as you keep looking… Eventually you will develop an **omni-directional visual alertness**, like an American Indian scout…
- **NEAR & FAR FOCUS –** Bring your two thumbs at reading distance, focus on them for 5 IN/EX breaths. Then look out the window at a faraway, distant point – again for 5 breaths. Repeat 6x / 12x.

- **8 WAYS TO READ –** Take a book page in a language you do not understand at all and play at "reading" it in these 8 different patterns



pattern recognition practice 1

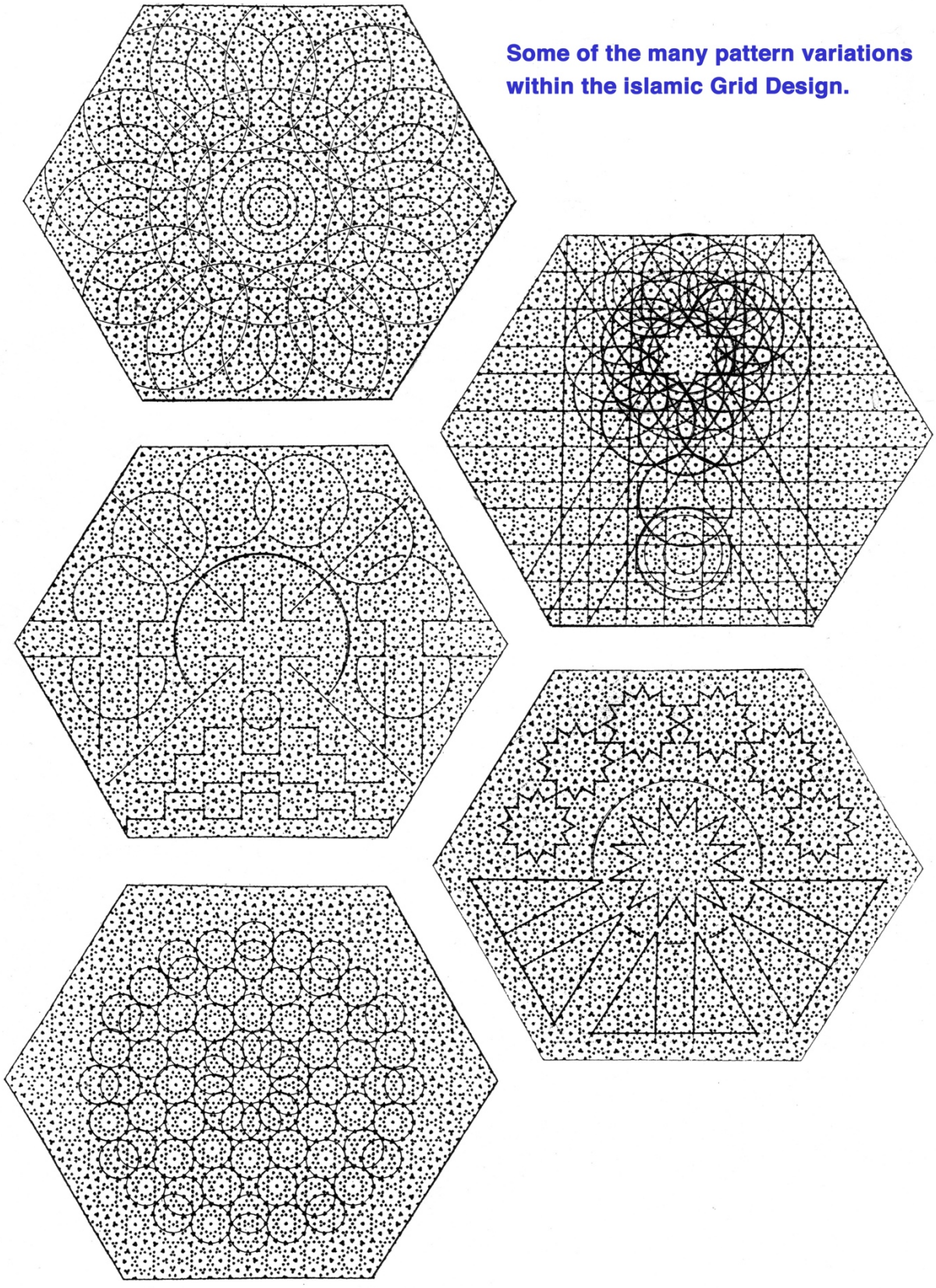
This diagram is a master grid from the Islamic culture. Let your eyes (outer and inner) travel, play, wander & wonder through this design. Relax and allow the design to look at you & interact with your inner perception… You will eventually realize that your eyes are constantly shifting, tracking patterns & tracing now squares, now triangles, now circles…, all at different scales, fading into each other and made up of dots forming geometric lines… Eventually, you will find: square & triangular grids, many circles and even a pentagonal shape… Use this device to loosen up your visual perception and allow yourself to simultaneously track various shifting patterns… Some activity is happening below awareness: the human brain connects the dots with ease and registers the cosmic creative codes of fractal harmonic growth and dance.



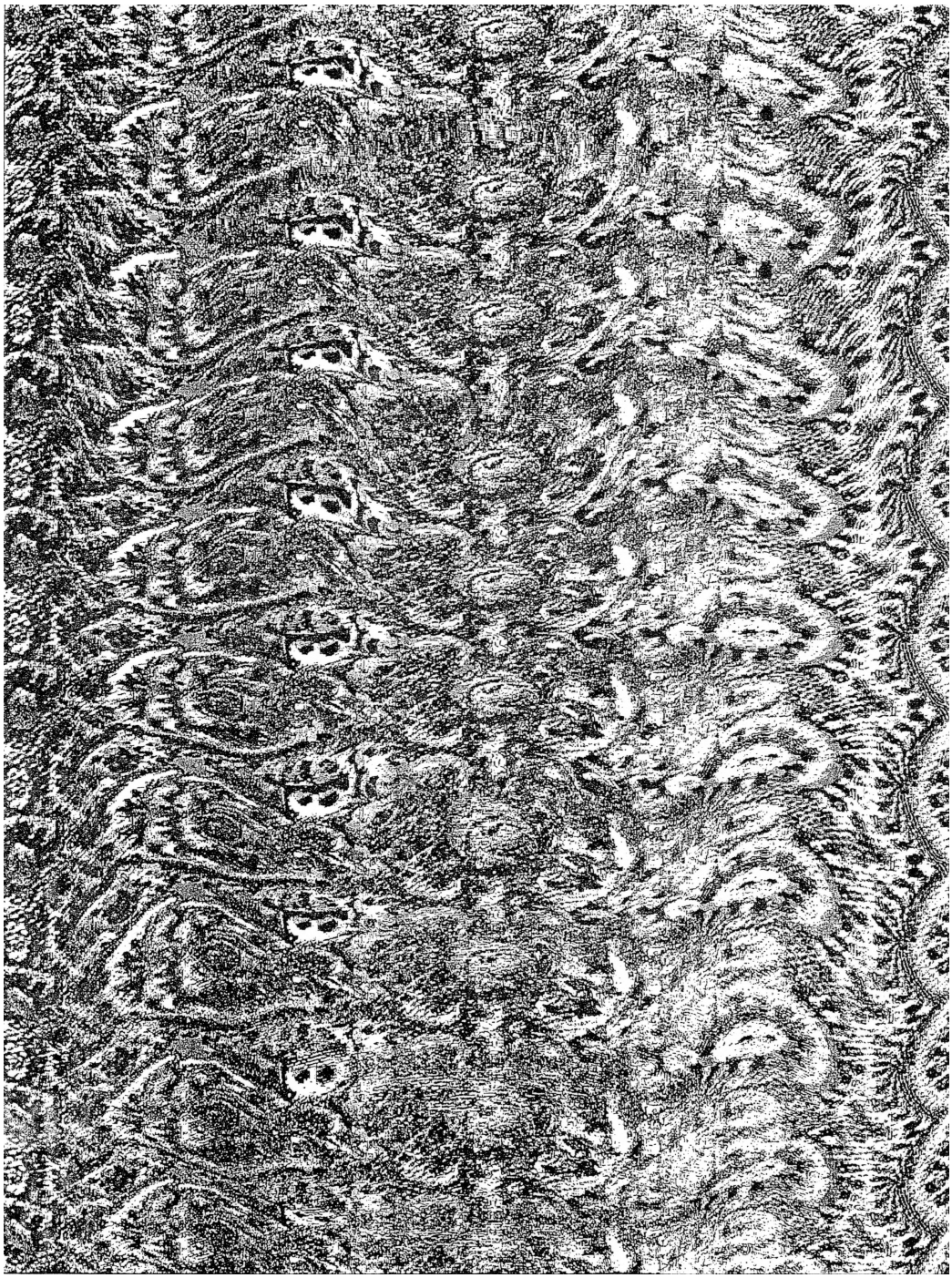
pattern recognition practice 2

Happy neuronal network yoga!

Some of the many pattern variations within the islamic Grid Design.



pattern recognition practice 3
stereogram

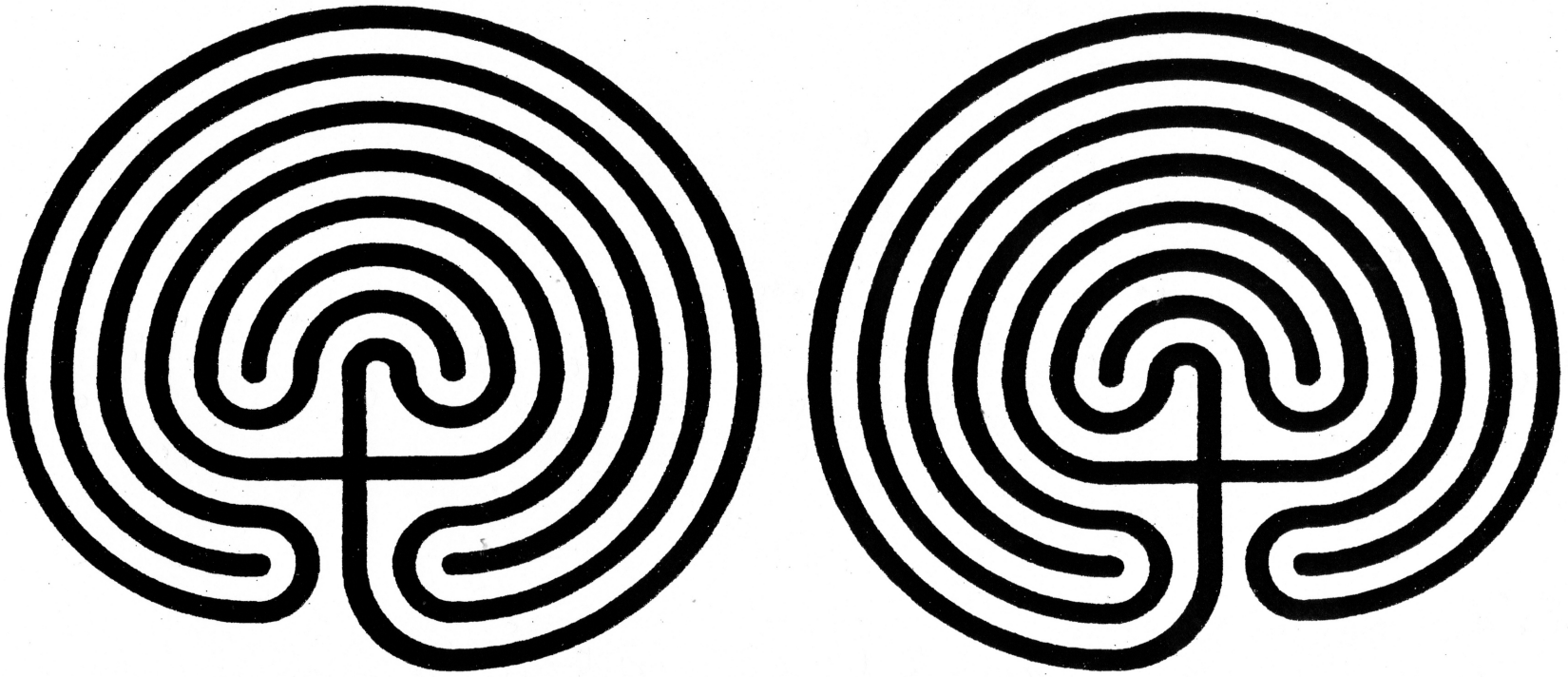


(Please view from the side)

Stereograms are a technology-based Western approach to altering perception.
The image "hidden" in the stereogram can be seen in 2 ways:

1. By crossing the eyes and focusing on a point (like a fingertip) ***in front of the image.***
2. By diverging the eyes and focusing on a point ***behind the image.***

Either way, the everyday "flatland" perception field is flexed and "quantum jumped" into stereogram vision, while the chaotic image suddenly turns into a definite 3D shape. Actually, there are 4 levels of this image. (© N.E.Thing. The Magic eye.)

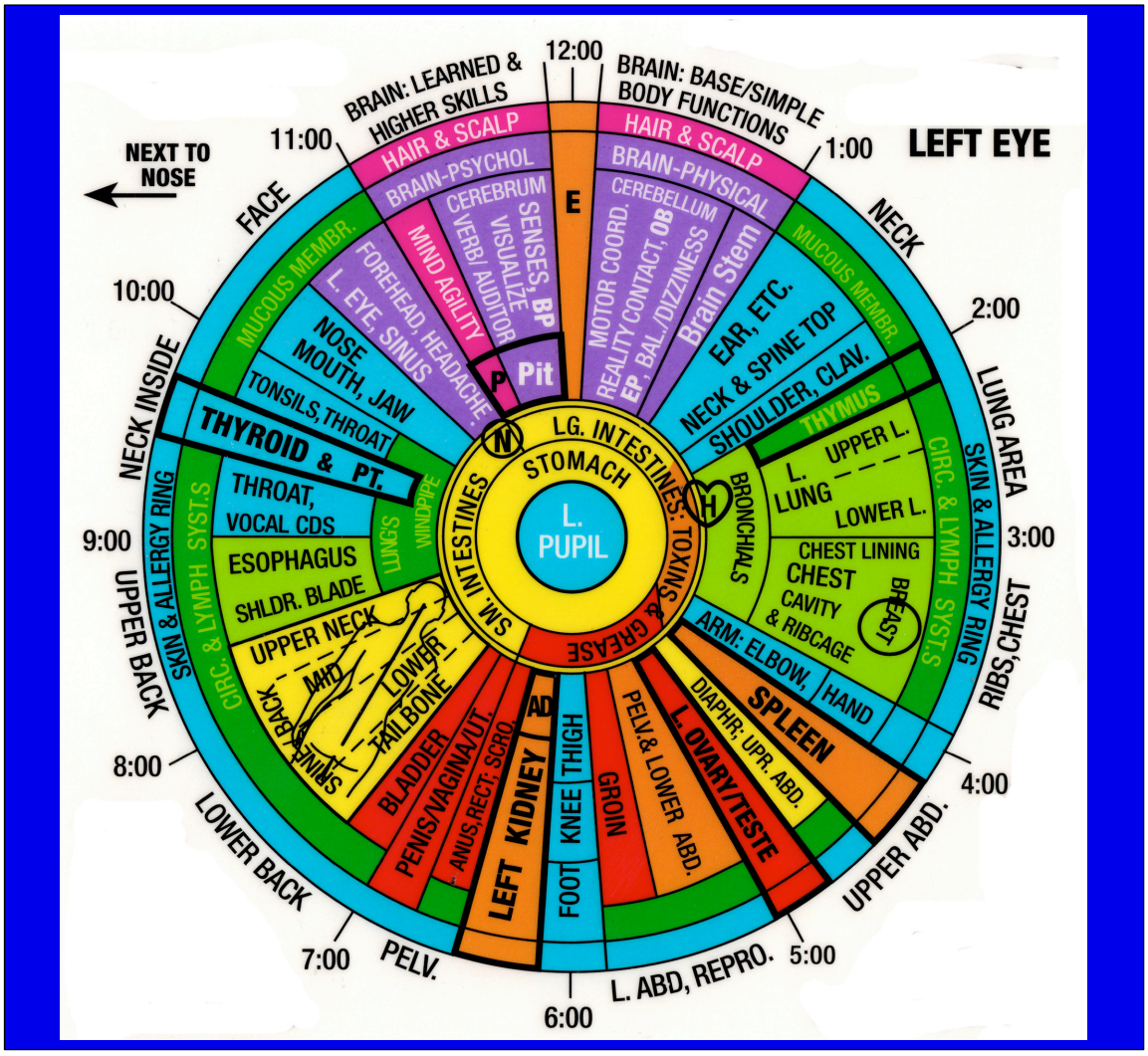


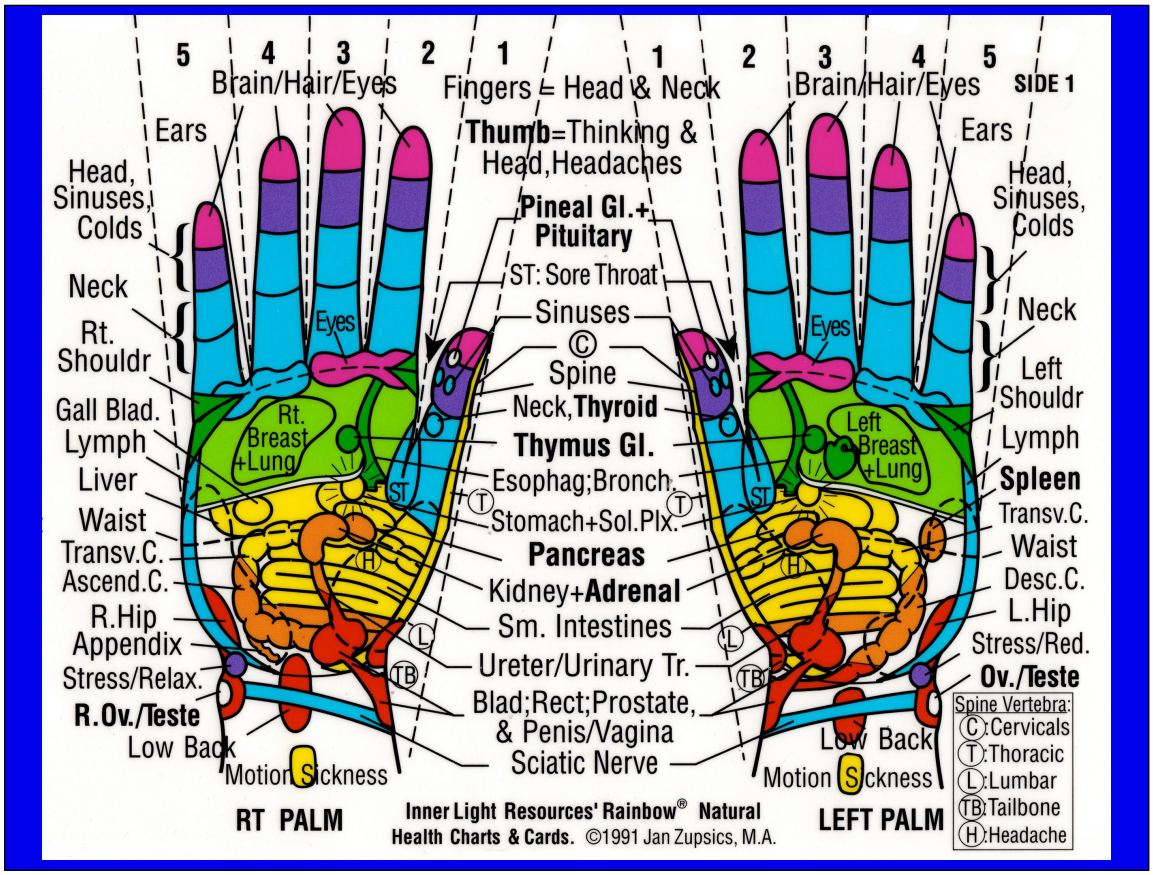
The Labyrinth & its Mirror-Image

A Visual Yoga practice for balancing left / right brains

1. Enjlarghe the designs 50% or more. Put the 2 pages side by side.
2. *Finger Walk* each labyrinth simultaneously: the left laby with a finger of your left hand, the right laby with a finger of your right hand.
3. Do not cheat or rush. Observe the effects on your brain, mind and energy system.

reflexology maps – eye & hands





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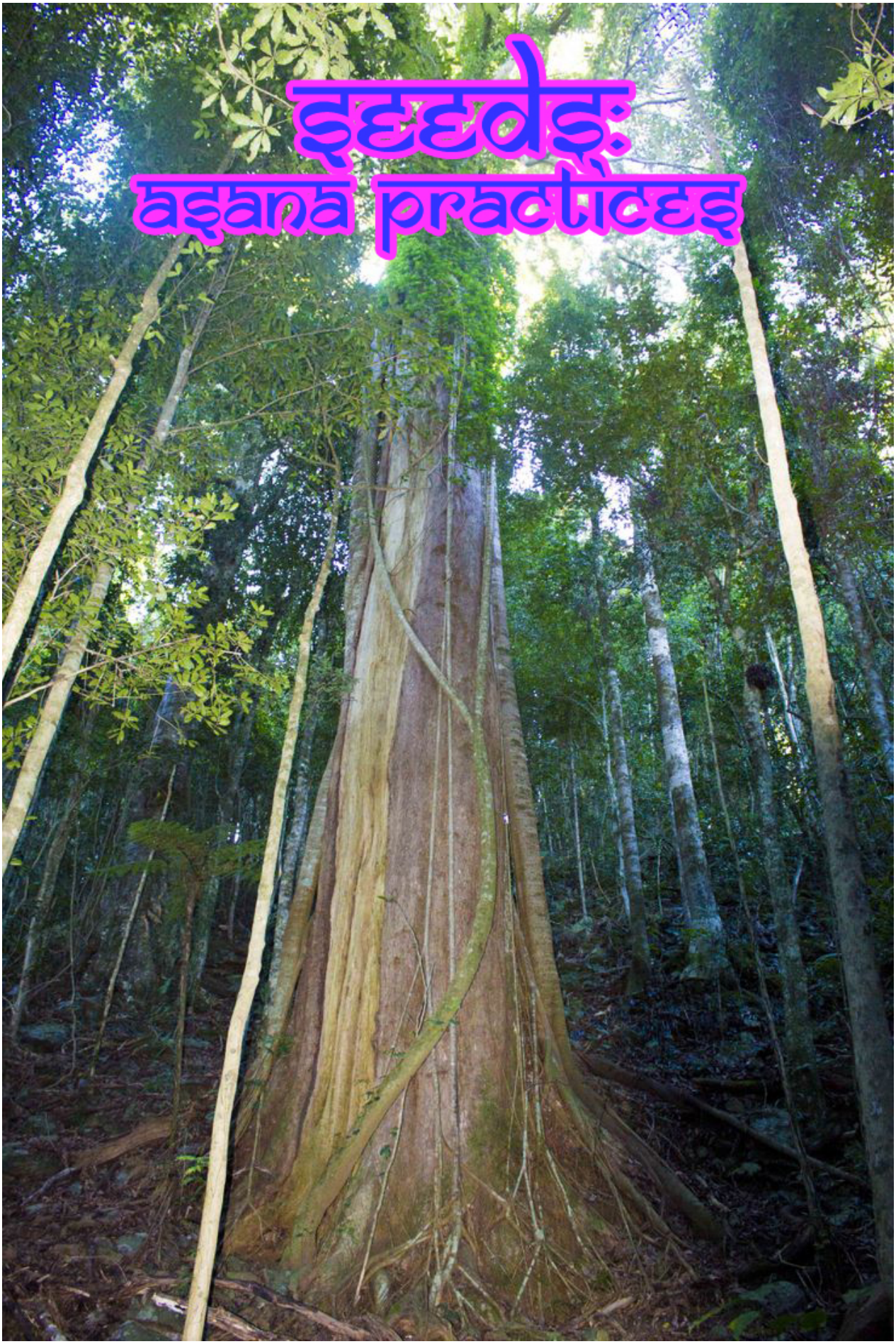
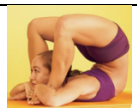
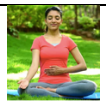
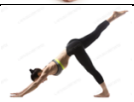
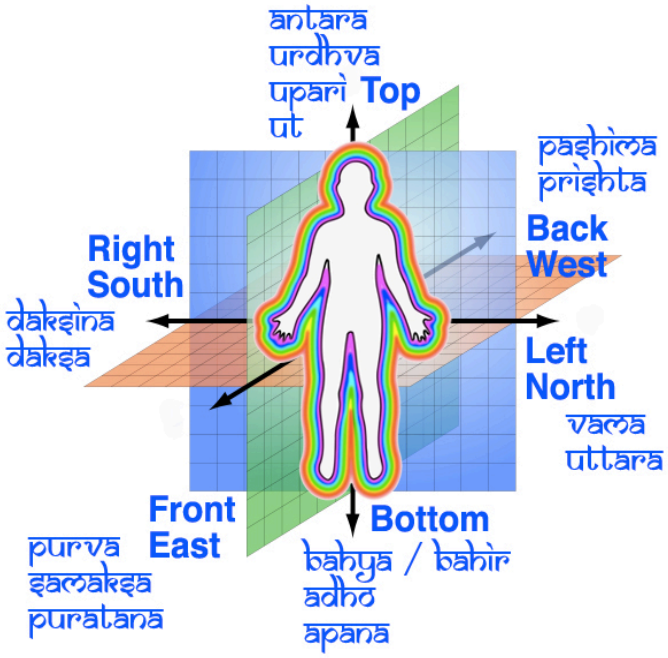

seeds:
asana practices

sanskrit for asanas 1 body

anga	Limb	**Sarvangasana** / Shoulderstand Posture of all (*sarva*) limbs	
angula	Finger	**Angula Phalakasana /** Fingertip Plank Pose of the Flat Plank (*phalaka*)	
angusta	Big toe	**Padangustasana /** Big Toe Fold Hand to Big Toe pose	
ganda	Cheek	**Ganda Bherundasana /** Formidable Face Formidable (*bherunda*) Face pose	
hanu	Jaw	**Hanumanasana** / Front Splits Hanuman (= with a deformed jaw) got his name in childhood when Indra, the king of the gods, struck him in the jaw for attempting to leap up and grab the sun.	
hasta	Hand	**Urdhva Hastasana /** Upward Salute Hands (*hasta*) Upwards pose	
janu	Knee	**Janu Sirsasana /** Head to Knee Head (*sirsa*) to Knee pose	
jathara	Belly	**Jathara Parivartanasana /** Belly Twist Posture of the Belly Turning (*parivarta*)	
kapala	Skull / Forehead	**Kapala Bhati /** Head Cleansing Breath Forehead Shining (*bhati*) Pranayama	
karna	Ear	**Akarna Dhanurasana /** Shooting Bow Bow (*dhanura*) to the ear (*a-karna*) pose	
kati	Waist	**Kati Chakrasana /** Waist Turning Waist Twisting (*chakra* = wheel) pose	
meru	Spine	**Meru Vakrasana /** Spine Twisting Twisting (*vakra*) the spine pose	
nabhi	Navel	**Nabhidarshanasana /** Hollow Body Navel gazing (*darshan*) pose	
mukha	Face	**Gomukhasana /** Cow Face Pose of the Cow (*go*) Face	
pada	Foot	**Eka Pada Adho Mukha Svanasana /**One (*eka*) Leg Downward (*adho*) Dog (*svan*)	
sirsa	Head	**Sirsasana / Tripod Headstand** Posture (*asana*) on the Head (*sirsa*)	

sanskrit for asanas #2 directions & positions

adho	Downward	**Adho Mukha Svanasana** / Down Dog Pose of Dog (Svan) with Face (mukha) down	
ardha	Half	**Ardha Chandrasana /** Half Moon Half Moon (*chandra*) pose	
baddha	Bound	**Baddha Konasana /** Butterfly Bound Angle (*kona*) pose	
parivritta	Revolved	**Parivritta Trikonasana /** Revolved Triangle Revolved Tri (*tri*) Angle (*kona)* pose	
parsva	Side / Lateral	**Parsva Bakasana /** Side Crane Side Crane (*baka*) pose	
prasarita	Spread out	**Prasarita Padottanasana /** Wide Forward Bend Wide Legged *(pada*) Forward (*uttana*) Bend	
salamba	Supported	**Salamba Sirsasana /** Supported Headstand Forearms-supported headstand pose	
supta	Supine	**Supta Virasana /** Reclining Hero Reclining Hero (*vira*) pose	
urdhva	Upward	**Urdhva Mukha Svanasana /** Up Dog Upward Facing (*mukha*) Dog pose	
uttana	Intense	**Uttanasana /** Bending Forward Intense pose	
utthita	Extended	**Utthita Hasta Padangustasana /** Hand to Toe Hand Extended to Big Toe pose	
viparita	Inverted	**Viparita Karani / Legs Up** Inverted Action (*karani)* pose	



More Directions

chapa – Arc / Arching
kona – Angle
lola – To Swing
nidra – To Sleep
paripurnja – Full / Complete
parivartana – Twisting
sahita – Intense Stretch
sarva – All
stithi – Equal / Balanced
ubbhaya – Both
uddiyan - Lifted
uppavista – Seated
vakr - Bend

sanskrit for asanas #3 animals

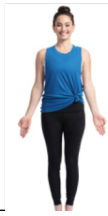
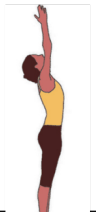
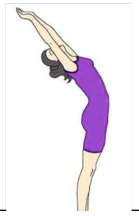
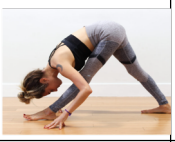
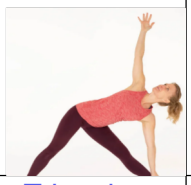
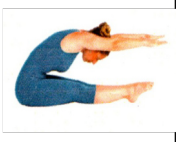
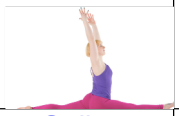
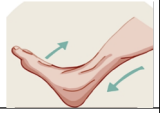
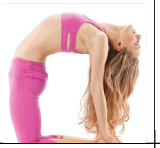
baka	Crane	Bakasana	Crane pose	
bheka	Frog	Bhekasana	Frog pose	
bhujanga	Cobra	Bhujangasana	Cobra pose	
bitila	Cow	Bitilasana	Cow pose	
cetaka	Horse	Cetakasana	Low Lunge	
galava	Flying Pigeon	Galavasana	Flying Pigeon	
garuda	Eagle	Garudasana	Eagle pose	
hansa	Swan	Hansasana	Swan pose	
kaka	Crow	Kakasana	Crow pose	
kapota	Pigeon	Kapotasana	Pigeon pose	
krka	Lizard	Krkasana	Lizard pose	
krounca	Heron	Krouncasana	Heron pose	
kukkuta	Rooster	Kukkutasana	Rooster pose	
kurma	Tortoise	Kurmasana	Tortoise pose	
makara	Crocodile	Makarasana	“Sphinx” pose	

sanskrit for asanas #4 animals

manduka	Frog	Mandukasana	Wide Frog	
marjari	Cat	Marjariasana	Cat	
matsya	Fish	Matsyasana	Fish pose	
mayura	Peacock	Pinchu Mayurasana	Dolphin pose	
salaba	Locust	Salabasana	Locust pose	
sasanka	Rabbit	Sasankasana	Rabbit pose	
sardula	Tiger	Sardulasana	Tiger pose	
shisho	Puppy	Uttana Shishosana	Extended puppy pose	
simha	Lion	Simhasana	Lion pose	
svan	Dog	Urdhva Mukah Svanasana	Up Dog	
titthiba	Firefly	Titthibasana	Firefly pose	
ustra	Camel	Ustrasana	Camel pose	
vataya	Horse	Vatayanasana	Horse pose	
vrishcika	Scorpio	Vrishcikasana	Scorpio pose	

fitness gym acro language

When you take or browse through a variety of yoga classes, you will come across some of the fitness, gymnastics and acrobatics language. It is a cross-fertilization, on the way to a global body language.
Below are some common, generic terms for body positions. *[Some images from Acro Yoga Int. - acroyoga.org]*

Namaste Prayer	 Straight Standing	 Straight Up	 Arch Back Bend	Hollow Belly Tuck	Open Straddle	Straddle Pike
Side Bend	Fwd Bend	 Pyramid	 Triangle	Plank	Down Dog	Up Dog
Pike	 Hollow Pike	Pike Jump	Straddle Jump	Stag	Tuck Up	Tuck Jump
Cobra	Hollow Body	 Split	Bird Dog	Table Top	V-Up	Tucking
 Flexed Foot	Pointed Foot	Tip Toe	Clam	Child	Knees2Chest	Bridge
Squat	Butterfly	ShoulderStd	Headstand	Handstand	Dolphin	Cat-Cow
 Camel	Sphinx	Crunch	Leg Lifts	Super Belly	Side Plank	Corpse

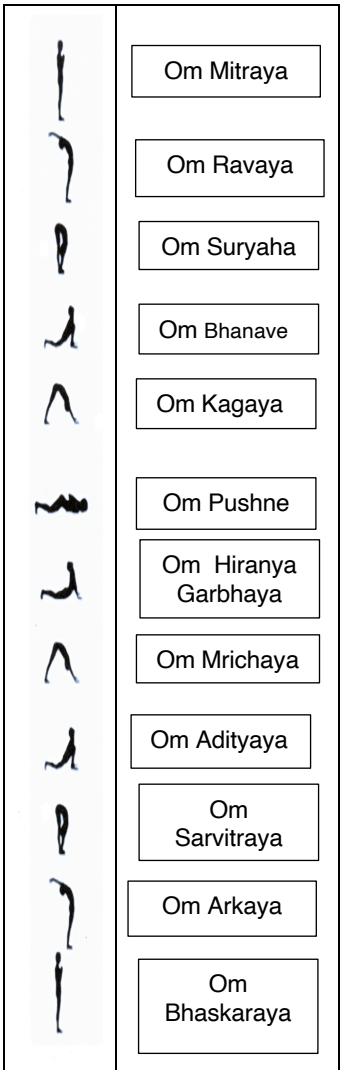
Yoga training is a springboard for life: what we learn on the mat is highly valuable when applied to life "off the mat". The advantage of yoga is that it offers a defined & safe space, as well as an incremental pace, to deepen our self-knowledge – whereas life can be overwhelming.

Eventually, yoga is life and life is yoga…

yoga (and life) tips

• **Engaged yet Relaxed** is a basic principle of the Yoga Sutras. Constantly optimize the fine balance between relaxation (no slumpiness) and engagement (no tension). Practice yoga from a place of release, softness and yet firm attention. Similarly, in life, it is best to be fully involved without any fears, and yet to avoid anxiously clutching at situations and getting lost in them.
• **Cultivate the Larger Perspective** of your soul-bird witness. Imagine you are holding your iphone (eye-phone) 10' above your body and monitoring your human life. Catch yourself, again & again, being entangled in your *doing,* in your dramas. And learn, from this higher perspective, how to free yourself. In Yoga, we learn to establish a healthy distance by nurturing & increasing awareness (mindfulness) – we realize that we are not the body, mind or emotions. Within your human identity, always see & remember your cosmic identity.
• **Find your Child**, literally… the playful, unconcerned, pranky, spontaneous, jumping & dancing parts of you.
• **Experiment**… There is no true learning except through direct experience. Do not let anything / anyone define, from outside, who you are. Don't let anyone or anything supersede your own personal experience.
• **Practice & Keep a Discipline.** Once an action is established as a sincere, daily routine (same time / same place), it becomes easy and natural: it turns into your private sanctuary, your sweet refuge. No matter what's happening out there or in your mind, always come back to your own sanctuary, your own heart - soul.
• **Watch Carefully for the Games of Polarity** in your language, thoughts & actions: liking / disliking, grabbing / rejecting, loving / hating, desiring / loathing… See the misery of being tossed around between extremes and learn the art of being more & more neutral and balanced – equanimity. Observe what arises in the moment and accept it fully without judgement. Do your yoga & live your life from that point of balance.
• **No Mud No Lotus.** Find a comfortable position to consider and contemplate *dis-comfort* in your yoga practice or life. From the comfort of your inner consciousness, be the witness and bring up your current challenges / complaints / grudges / fears & angers… Own them, love them and transmute them: they are the compost for your flowers…
• **Asana is your friend.** When entering a yoga asana, enjoy it like if you were meeting a friend. It's a two-ways encounter: listen to your friend. Allow the asana some time to teach you its wisdom and how it can affect your entire body-mind. Explore various breath techniques, speeds (from stillness to slow motion to faster moves), styles (devotional, choreographic, fitness), settings (mat, outdoors, alone, with partners)...
• **Slow Entry & Slow Exit.** In your asana practice, make it a natural rule to *enter slowly* in the position (so that the muscles, tendons & fascia ease into it) and to *exit slowly* (without yanking your limbs out of the position and into the next one). It is a question of respect for your body. Learn how pauses are also poses.
• **Listen to your Body Intelligence.** It is your body, your practice, your life. Learn to monitor the myriad signals your body system sends you, from obvious pain to super subtle feelings… It is like learning a new language: be patient & attentive to all the nuances and levels of meaning…
• **Establish & Watch your Intention.** The quality of your attention now will determine the quality of your next moment and your tomorrow… We all have the same name: awareness…
• **You Are What you Seek.** You are worthy and complete not because of anything you have done or attained – but because your natural, permanent home is spirit. Relocate your worthiness & identity *within*.
• **Letting Go & Letting Grow.** In your yoga garden there is weeding & planting, letting go of unwanted energies and inviting new seeds, new feelings, new approaches…
• **Lead and Start Asanas from the Left Side** – the side of the heart (and the *Ida nadi*). And make sure you remember to always do symmetrical flows & twists (left + right sides) so that integration happens naturally.
• **Know your Edge**. Be on the lookout for the place (your edge) where you can push a little more even though it stretches the body – and the place where you passed your edge (out of competition or proud achievement) and a sudden, sharp pain arises. Love yourself enough to stop before the sharp pain.
• **Being Happy**, **Being Grateful, Being Kind to Yourself & Sending Blessings to Others**… you will find, these are, in essence, the Yoga of Life…

surya namaskar – the sun salutation



The 12 positions of the Classical **Surya** (*Surya* = Sun; *Namaskar* = reverence) **Namaskar** Sun Salutation have many correspondences: names of Surya, 12 hours x 2, words of Gayatri mantra, zodiac … as well as many permutations, using the "variation slot" after position #8 "Down Dog". The Sun Salutation is best at dawn, facing the rising sun.
Surya Namasmar regulates the *Pingala nadi*, the pranic channel that carries the vital, solar energy.

chandra namaskar – the moon salutation

Just as the Moon reflects the light of the Sun, the practice of **Chandra Namaskar** reflects that of **Surya Namaskar.**
The sequence is the same except that, after positions 4 and 9, the Half-Moon Pose (*Ardha Chandrasana*) is inserted and position 5 is traditionally replaced by Parvatasana (Mountain pose #8)
Whereas the 12 positions of the Sun Salutation relate to the 12 zodiac or solar phases of the year, the 14 positions of Chandra Namaskar relate to the **14 lunar phases**: 14 days of rising moon (*Shukla paksha*) + 14 days of waning moon (*Krishna paksha*). The lunar energy flows with the *Ida nadi:* it has cool, soothing and creative qualities. Chandra Namaskar is best practiced in the evening or at night (when the moon is visible) – or at dawn at the time of the full moon.

Ardha Chandrasana / Anjaneyasana

16 sitting positions

Asana, in Sanskrit, means "Seat". Yoga's goal is to prepare the body to "sit" in meditation, comfortably.

The human body, centered on the spine, is a cosmic antenna. To attune the body to universal resonance, it is essential to keep the spine erect, yet flexibly sensitive. As your Yoga practice evolves, experiment with sitting positions where you can be stable, at ease and focused inwards.

Lotus	Bound Lotus	Half Lotus	Crossed Legs
Easy Sit	Siddhasana	Hero #1	Hero #2
Butterfly	Side Sit	Eagle Legs	Dandasana
Squat / Kagasana	Squat / Malasana	Logs Legs	Knees Sit

Model: Ako. Sedona, AZ

the 12 one-leg positions

• Sitting in **Dandasana** (the Staff pose), with feet flexed, straight back + hands in **Anjali Namaste**, take a Full Yogic Breath. The right leg will remain extended on the mat, with foot mostly flexed, engaging quads & hams. The left leg will move through 12 basic positions.

• After doing the cycle with the left leg, come back to Dandasana. INhale, circle your arms up. Exhale, bend forward, moving from the hip, to reach your knees or feet. Take 3 full breaths here. **Pashimottasana**.

• Release. Come back to **Dandasana** and begin the cycle of 12 positions with the right leg while the left leg is extended on the mat, foot flexed, engaging quads & hams.
• Do a second set of left & right leg. This time, stop a moment in each position and explore variations: bend, twist, lean,

Dandasana – Staff
Press tailbone down + lengthen crown of head to sky + flex feet

1 – Extend both feet	2. Cross over L foot	3. L foot by R knee	4. L foot by seat
5. L foot over R knee	6. L ankle on R knee	7. L foot in “Eagle”	8. L foot Semi-Lotus
9. L foot folded in	10. “Hero” L leg	11. 90° Hero L knee	12. Extend 90° L leg

Model: Ako. Sedona, AZ

core yoga

You don't need to know the names of all the body muscles in order to practice Yoga. However, it is good to have a sense of the muscles involved in supporting & moving the center of the body: the **core** – pelvis, hips & lower back.
A strong & live core (and its energy hub, the 3rd chakra) sustains healthy internal organs and their metabolic & transmutative functions. It also serves as a foundation for a young & flexible spine.

what is core

- **Core of the body is a group of ~ 20 muscles providing *core strength*.**
- **Core exercises use the trunk without support (push-ups, core asanas)**
- **Core is the essence of a person and how they treat the world around them.**
- **Core is the inner most part of planet Earth.**
- **Core is the inside part of an apple that holds the seeds.**
- **What are your Core values?**

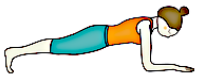
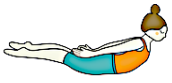
core anatomy

The core consists of the following muscle groups:
1. Pelvic Floor Muscles. Diamond-shaped muscles, tendons & tissues at the base of the spine.
2. Rectus Abdominis. Surface muscles in front of the torso ("6-pack" abs). They compress the internal organs.
3. External & Internal Obliques. The external obliques are a large group of muscles running diagonally down the side of the body. The internal obliques are smaller and work in the opposite direction. Together they twist & side bend the torso.
4. Transverse Abdominis. Deepest core muscle. Wraps around torso like a net, in order to protect the spine when carrying heavy loads.
5. Erector Spinae & Multifidus. The core muscles of the back. The Erector is a band of 3 large muscles that run up the spine. The Multifidus runs through the vertebrae. Together they extend the spine.
6. Gluteus. A group of 3 muscles: Gluteus maximus extends the legs back & sideways. Gluteus medius & minimus draw legs away from the midline.
7. Hip Flexors. Bring the legs to the chest (like in Child pose). One of the hip flexors is the **psoas** – one of the largest muscles in the body.
8. Diaphragm. This is a muscle. By practicing Pranayama (such as Full Yogic Breath), we strengthen the core as well.

the gut – brain axis

There is a direct + bi-directional connection between the guts (our "micro-biome") and the brain. Any disruption in the micro-biome immediately affects cognition and feelings *("I have a gut feeling!").* The 10th cranial nerve is the *vagus nerve* (the "wanderer"), a parasympathetic nerve that connects directly the core of the brain with the depth of the guts.
The most powerful way to enliven the vagus is the BREATH.

asanas for the core

Cat - Cow	rectus abdo ext. obliques	
Hand-Knee Balance	obliques trans. abdo	
Plank	obliques multifidus rectus abdo	
Dolphin Plank	ext obliques rectus abdo glutes	
Side Plank	obliques rectus abdo	
Down Dog Splits	ext. obliques trans. abdo	
Hi Lunge	int ext obliques rectus abdo	
Reverse Side Angle	rectus abdo trans abdo ext obliques	
Chair Twist	rectus abdo ext obliques trans abdo	
Eagle Pose	Int obliques trans abdo	
Bridge	rectus abdo erector spinae glutes	
Reverse Plank	rectus abdo erector spinae glutes	
Half Boat	rectus abdo glutes	
Boat	trans abdo psoas back muscles	
Bicycle	hip flexors glutes	
Tuck Headstd	rectus abdo psoas glutes	
Locust	multifidus glutes erector	

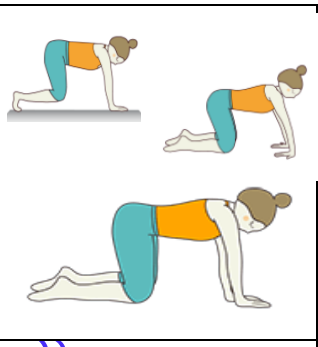
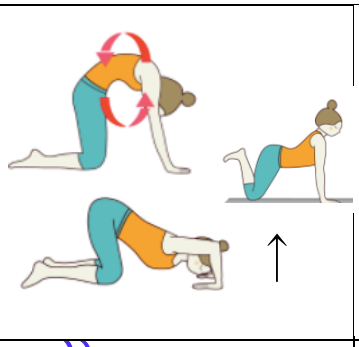
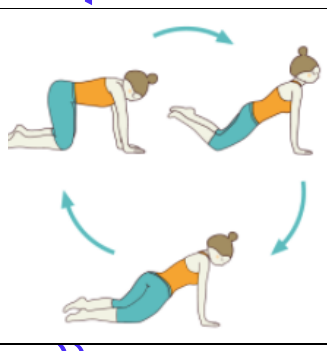
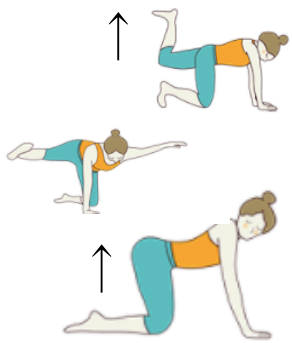
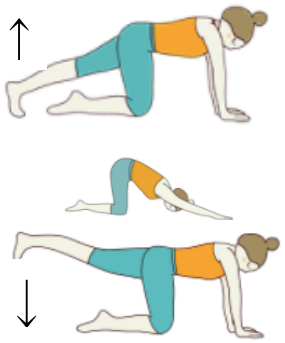
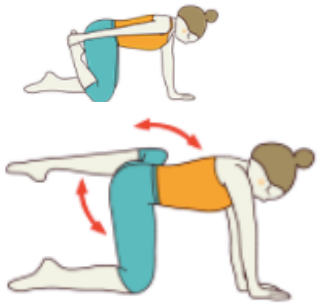
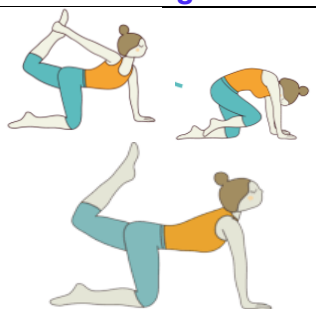
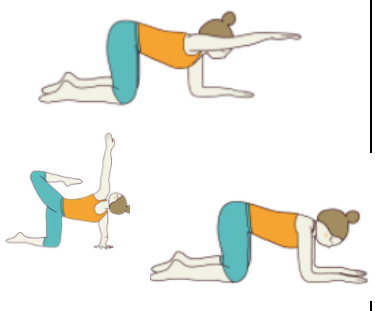
on all fours (1)

Being "on all fours" is a Yoga foundation pose known as Table (or Tabletop) Pose – *Bharmanasana*. Bharman = support; nurturing. Table pose offers a platform of stability anchored at right angles and is therefore a transition posture for many floor positions. Table pose brings balance to the body while equally stretching all muscles.

From sitting upright (6-7 months) to learning how to walk (about 12 months), babies are crawling on all fours to start exploring the world. Table pose gives access to the **entire evolutionary memory of the mammalian form**. It gives the opportunity to consciously re-own many layers of animal / quadruped behavior and to integrate their lessons and wisdom.

Unsplash.com – images by Nathan Dumlao on Left & Hazwan Hashim on right.

on all fours (2) table-top (TT) variations

			
bharmanasana warm up	bharmanasana warm up	bharmanasana warm up	marjariasana / bitilasana
Table Top pose	Sh. Circles / Push Ups	Hip Circles	Cat Cow Flow
			
bharmanasana core	bharmanasana core	bharmanasana core	bharmanasana core
Extensions / Flexing	Extended Leg Pumps	Extended Side Leg	Leg Clam Set
bharmanasana / parsva pada	urdhva mukha paschanana	dandayamana bharmanasana	bharmanasana / balasana
TT Side Leg Flow	Thread the Needle	TT Bird Dog crunch	TT – Child Flow
			
vyaghrasana	anjayenasana	bharmanasana	bharmanasana
Tiger Pose	TT Knee Lunge	TT Variations	Forearm TT

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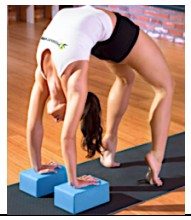
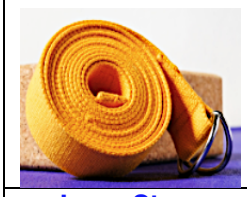
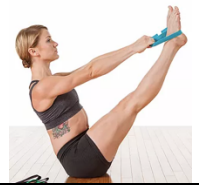
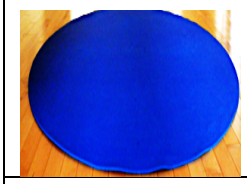
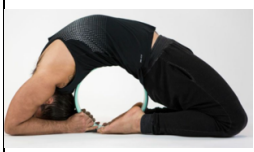
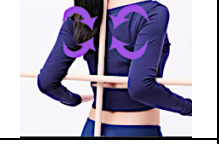
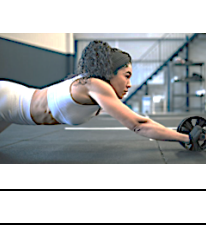
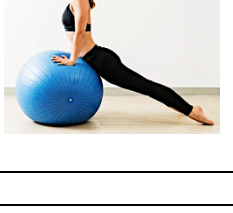
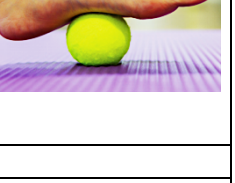
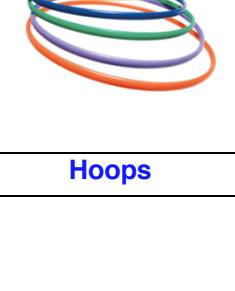
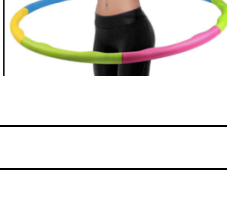
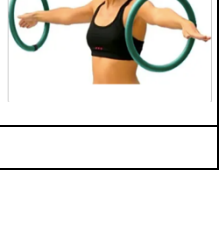
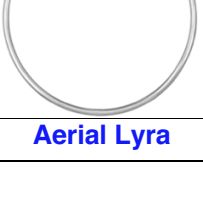
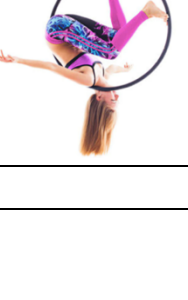
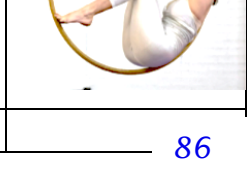
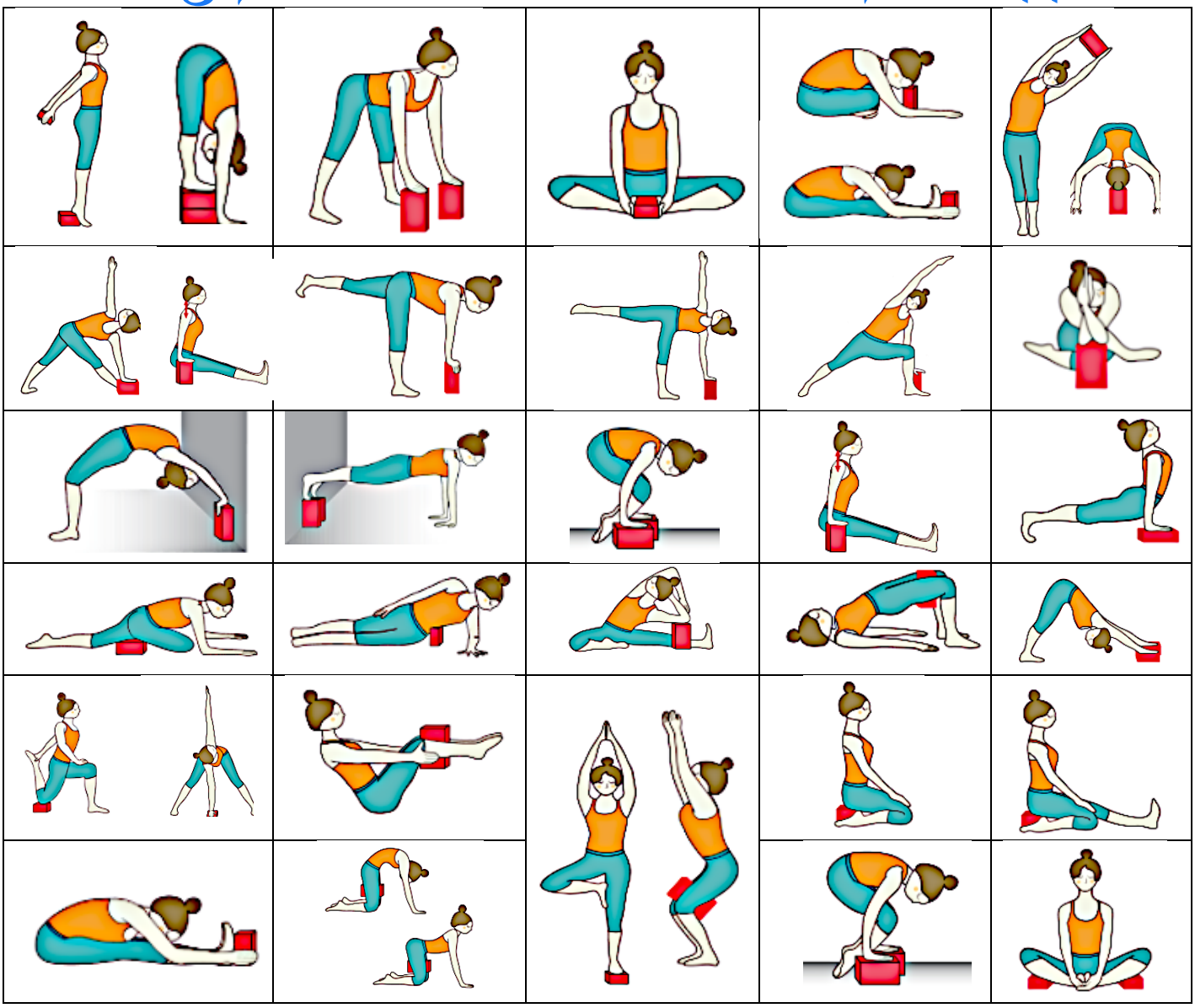
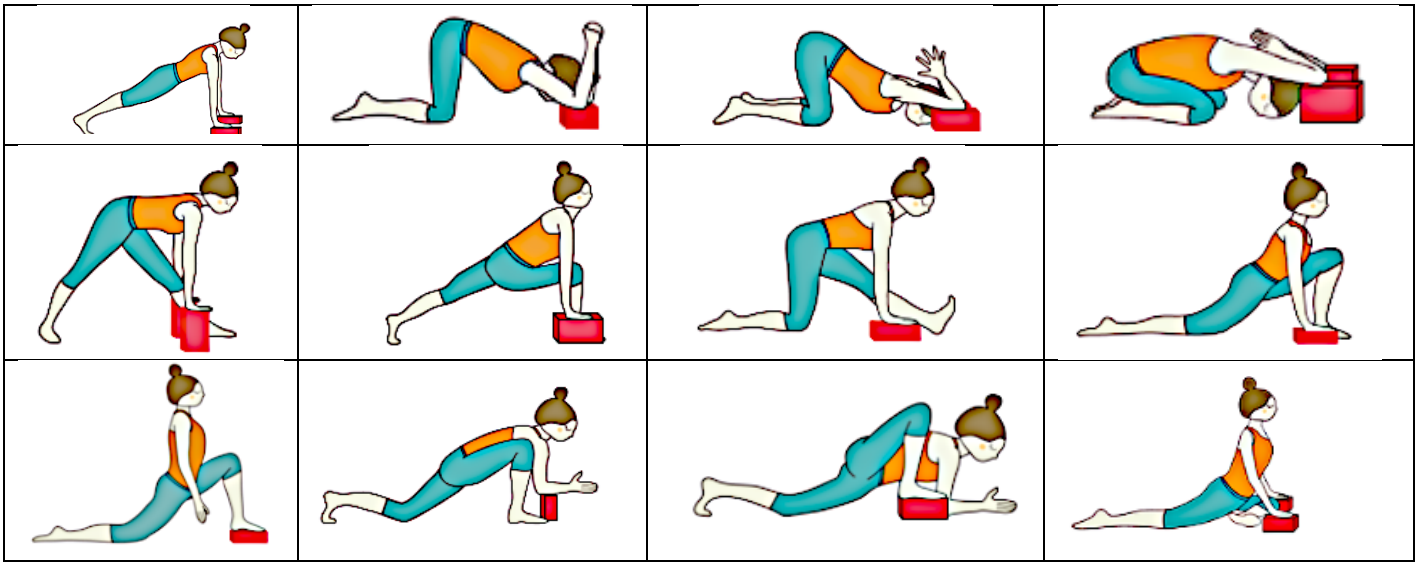
yoga with props

This body IS your most wonderful prop

					
Block			**Blanket**		
					
Long Strap			**Short straps**		
					
Mandala Mat			**Wheel**		
Bolster			**Balance pad**		
					
Staff / Sticks			**Ab Roller Wheel**		
					
Fitness Ball			**Tennis Balls**		
					
Hoops			**Aerial Lyra**		

block yoga 1 variations stretching / support





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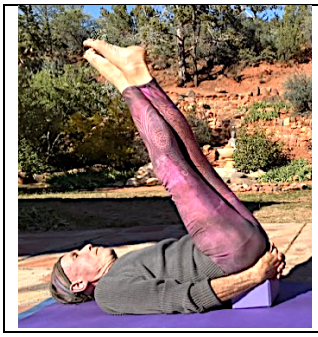
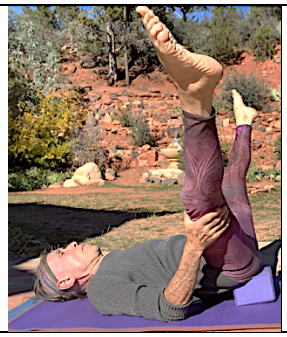
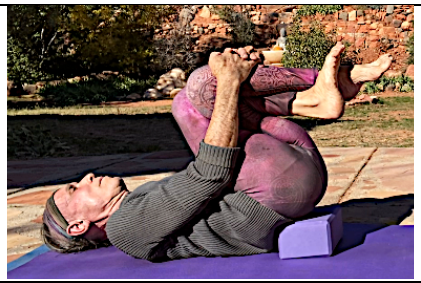
block yoga 2 variations on the back

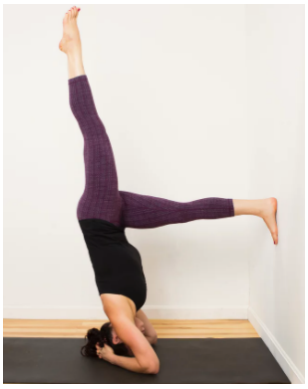
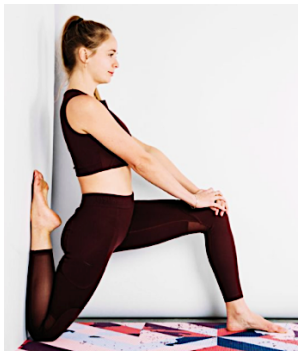
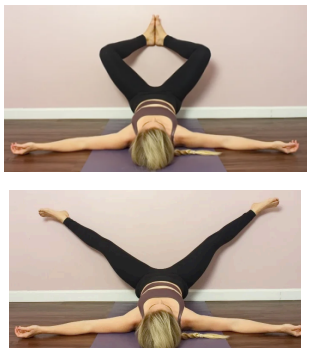






wall yoga

The Wall (any wall) is a wonderful partner - friendly, stable & dependable.

Forward Bend	Standing L-Shape	Revolved Twist	Revolved Hand 2 Toe
			
Twisted Half-Moon	Warrior III var.	Handstand L-Shape	Headstand L-Shape
			
Folded Knee Pose	Side Plank var.	Wall Plank	Sliding Hanuman
			
King Cobra	Dolphin Scorpio	Wall Splits / Butterfly	Viparita Karani

155 basic asanas · and variations

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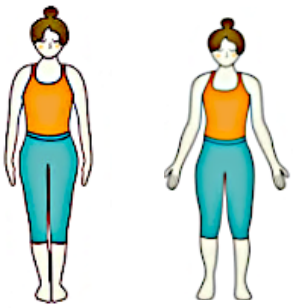
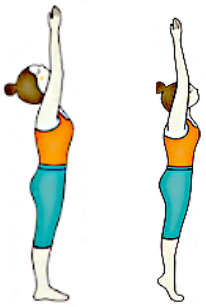
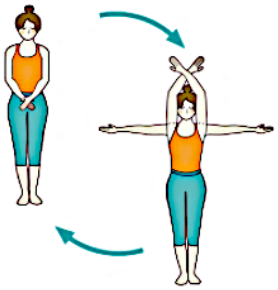
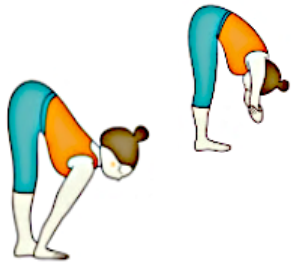
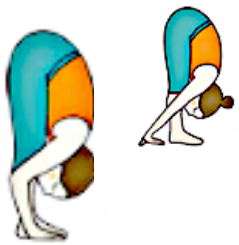
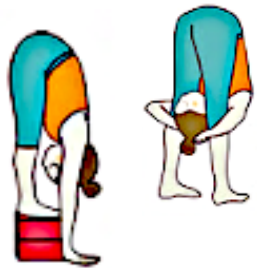
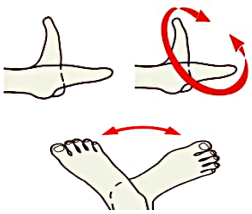
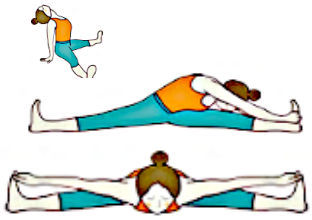
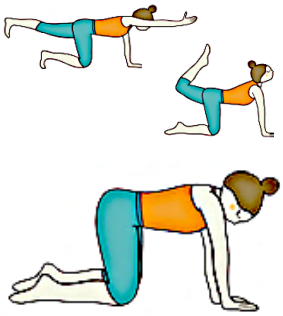
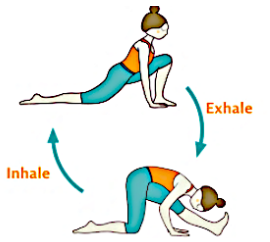
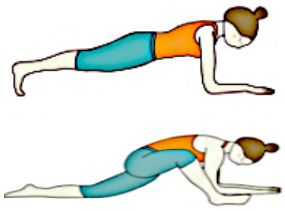
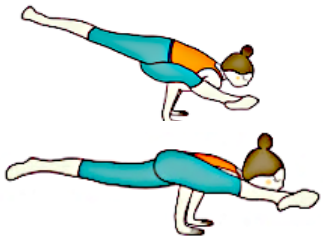
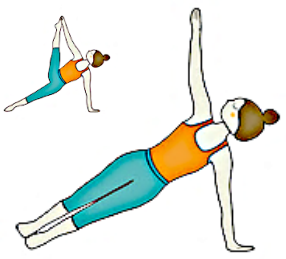
Tummee.com is a yoga sequencing software for yoga teachers.

Tummee.com website and app offer a gallery of 4,300 poses (constantly added to) and a teacher's library of many yoga class sequences. You can request images for new poses, store the sequences you create, customize the look of the poses, learn the Sanskrit pronunciation of each pose, search poses by name... and just be greatly inspired.

			
Pranamasana	*Tadasana*	*Urdhva Hastasana*	*Parsva Bhanga*
Standing Namaste	**Mountain Pose / Samasthiti**	**Standing Arms Extended**	**Standing Side Bend**
			
Uttanasana / Anuvittasana	*Utthita Tadasana*	*Utthita Tadasana*	*Kati / Janu Chakrasana*
Standing Arch / Back Bend	**Variations**	**Warm-up Arm Circles**	**Standing Hip / Knee Circles**
			
Ardha Uttanasana	*Uttanasana I*	*Uttanasana II*	*Uttanasana III*
L-Shape var.	**Forward Bend Prep**	**Forward Bend**	**Fwd Bend Hands to Ear**
Siddhasana	*Ardha Matsyendrasana*	*Bharadvajasana*	*Dandasana*
Sage Pose / Kunda Circles	**Half Lord of the Fishes**	**Side Sit Nourishing Twist**	**Staff Pose**

			
Danda Gulph Chakra	*Dandasana Utthita Pada*	*Paschimottanasana*	*Upavistha Konasana*
Ankle Rotations	**Staff Pose Extended Foot**	**Seated Forward Bend**	**Seated Straddle Pose**
			
Bharmanasana	*Bitilasana Marjaryasana*	*Urdhva Mukha Pasanana*	*Anjaneyasana*
Table / Balance / Tiger	**Cat Cow Flow**	**Thread the Needle**	**Low Lunge**
			
Anjaneyasana Vinyasa	*Parivrtta Parsvakonasana*	*Parivrtta Anjaneyasana*	*Utthan Pristhasana*
Low Lunge Half Split	**Low Lunge Prayer**	**Revolved Low Lunge**	**Dolphin Plank / Lizard Pose**
			
Utthita Pristhasana	*Koundinyasana*	*Kapotasana*	*Valakhilyasana*
Extended Lizard	**One Legged Koundinya Pose**	**Forward / Half Pigeon**	**Heavenly Spirits Pose**
			
Eka pada Rajakapotasana	*Hanumanasana*	*Parighasana*	*Vasisthasana*
King Pigeon	**Splits**	**Gate Pose**	**Side Pose**

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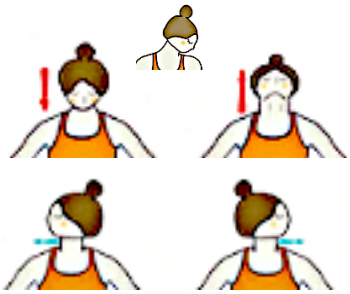
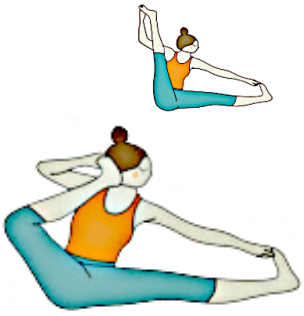
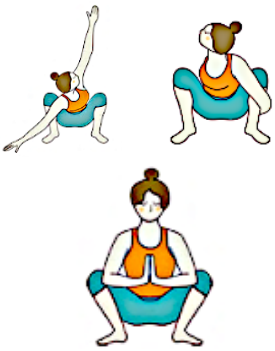
			
Kapal Griva asanas	*Gomukhasana*	*Surya Yantrasana*	*Baddha Konasana*
Head & Neck Opening	**Head Roll / Cow Face Pose**	**Sundial Pose**	**Flap / Extended Butterfly**
			
Dandayamana Baddha Konasana	*Eka hasta Bhujasana*	*Dhanurasana*	*Eka / Dwi Pada Sirsasanaa*
Balancing Butterfly	**Elephant Trunk Pose**	**Shooting Bow**	**Foot Behind the Head**
Vajrasana Namaste	*Virasana*	*Kagasana*	*Prapadasana*
Thunderbolt Pose	**Hero Pose**	**Squat pose**	**Tip Toe Squat**
			
Malasana Jump Flow	*Malasana Parivrtta / Baddha*	*Yoni Mudra Malasana*	*Vikasita Kamalasana Hasta Gulpha Mala*
Garland Pose	**Garland / Revolved / Bound**	**Balancing Toes**	**Blossom Lotus / Hexagram**

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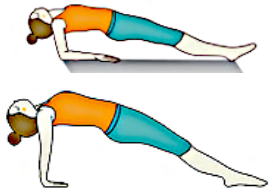
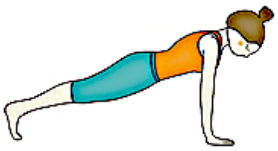
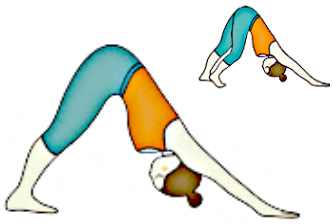
Kakasana	*Bakasana / Parsva B.*	*Bala Baka / Kurmasana*	*Balasana*
Crow Pose	**Crane Pose / Side Crane**	**Baby Baka / Tortoise Pose**	**Child Pose**
			
Prasarita Balasana	*Uttana Shishosana*	*Sasangasana*	*Purvottanasana*
Wide Child	**Puppy Dog Pose**	**Rabbit Pose**	**Upward Plank**
			
Ardha Purvo / Eka Pada	*Brahmanasana*	*Meru Jhulasana*	*Phalakasana*
Reverse Table Top / 1 leg	**Cosmic Egg**	**Seated Spine Flexing**	**Plank Pose**
			
Phalakasana Janu Kaphoni	*Adho Mukha Svanasana*	*Tri Anga Phalakasana*	*Urdhva M. Svanasana*
Plank - Knee to Elbow	**Down Dog / Walking the Dog**	**3-Legged Dog**	**Up Dog**
Adho Urdhva Svanasana	*Bhujangasana*	*Raja Bhujangasana*	*Chaturanga Danda*
Dog Flow	**Cobra Pose**	**King Cobra**	**Chaturanga Vinyasa**

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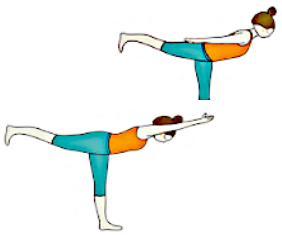
Catur Svanasana	*Svanasana Tadasana*	*Utkatasana*	*Utkata Konasana*
Dolphin Pose	**Down Dog to Standing**	**Chair Pose**	**Goddess Pose**
Vatayanasana	*Prasarita Padottanasana*	*Skandasana*	*Ashta Chandrasana*
Horse Pose Stretch	**Wide Leg Forward Bend**	**Wide Leg Squat**	**High Lunge**
Virabhadrasana I	*Virabhadrasana II*	*Viparita Virabhadrasana*	*Trikonasana*
Warrior I	**Warrior II**	**Reverse Warrior**	**Triangle Pose**
			
Virabhadrasana III	*Ardha Chandrasana*	*Chapasana*	*Natarajasana*
Airplane Pose	**Half Moon Pose**	**Sugarcane Pose**	**Cosmic Dancer Pose**
Utthita Hasta Padangusthasana	*Svarga Dvijasana*	*vrksasana*	*Parsvottanasana*
Standing Hand to Toe	**Bird of Paradise**	**Tree Pose**	**Pyramid Pose**

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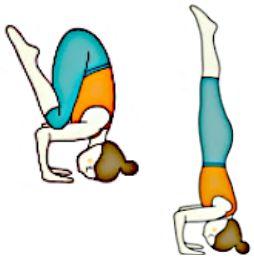
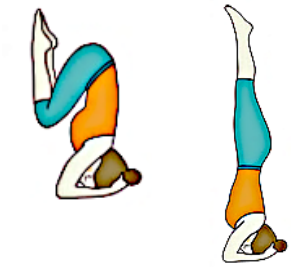
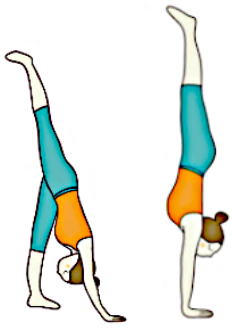
Garudasana	*Vatayanasana*	*Agnisthambasana*	*Uttolana Uttanasana*
Eagle Pose	**Horse Face Pose**	**Firelog Pose**	**Diver / Drinking Bird**
			
Mukta Hasta Sirsasana	*Sirsasana*	*Sirsasana*	*Pincha Mayurasana*
Tripod Headstand	**Headstand**	**Headstand variations**	**Dolphin / Forearm Stand**
			
Vrschikasana	*Adho Mukha Vrksasana*	*Ardha Ustrasana*	*Ustrasana*
Scorpio Pose	**Handstand**	**Half Camel**	**Camel Pose**
Supta Vajrasana	*Laghu Vajrasana*	*Lolasana*	*Bhujapidasana*
Reclined Thunderbolt	**Little Thunderbolt**	**Pendant Pose**	**Shoulder Press Pose**
Titthibasana	*Parsva Bhuja Dandasana*	*Astavakrasana*	*Ganda Bherundasana*
Firefly Pose	**Baby Grasshopper**	**8-Angle pose**	**Chin Stand**

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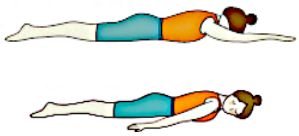
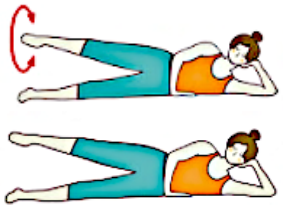
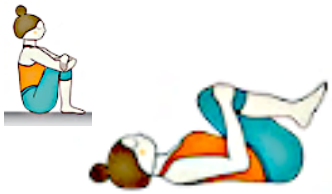
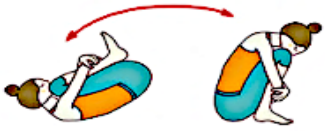
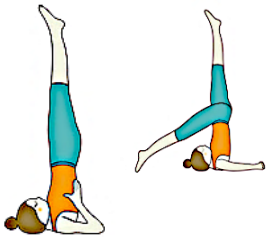
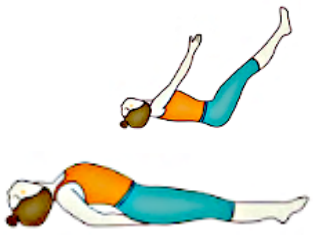
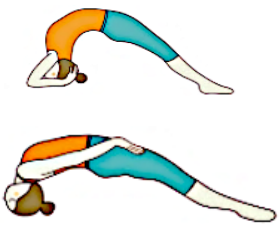
			
Advasana	*Salabhasana*	*Ardha Bhekasana*	*Gherandasana*
Hug The Earth	**Locust Pose**	**Half Frog**	**Gheranda II**
Ardha Dhanurasana	*Dhanurasana*	*Salamba Bhujangasana*	*Samakonasana*
Half Bow	**Bow Pose**	**Sphinx Pose**	**Straddle Split Pose**
			
Beka Bhujangasana	*Mayurasana*	*Sahaja Anantasana*	*Anantasana*
Frog Cobra Pose	**Peacock Pose**	**Easy Side Reclining**	**Side Reclining Leg Lift**
			
Supta Vrksasana	*Pavanmuktasana*	*Pavanmuktasana*	*Setu Bandha Sarvangasana*
Scorpio Roll Over	**Wind Relieving Pose**	**Back Roll**	**Bridge Pose**
			
Urdhva Dhanurasana	*Supta Dandasana*	*Ardha Halasana*	*Sarvangasana*
Wheel Pose	**Dead Bug**	**Plow Roll Over**	**Shoulder Stand**
			
Halasana	*Urdhva Padmasana*	*Matsyasana*	*Sirsa Pada Matsyasana*
Plough Pose	**Upward Lotus**	**Fish pose**	**Reverse Staff**

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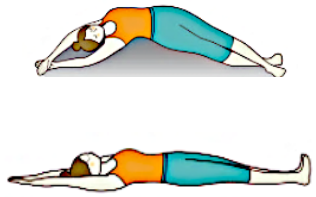
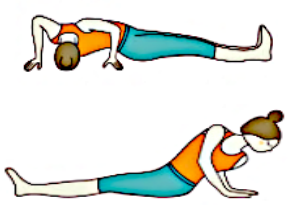
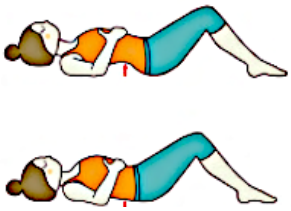
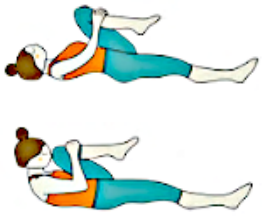
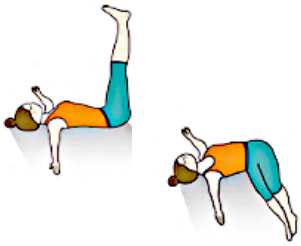
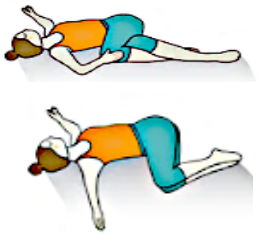
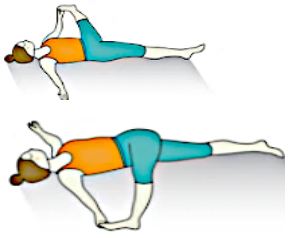
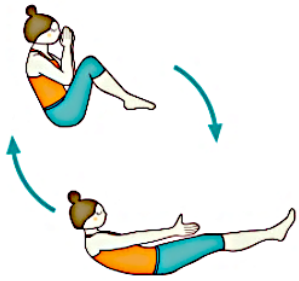
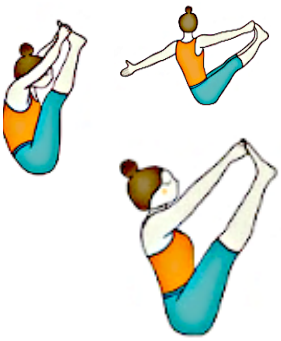
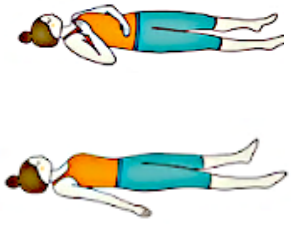
			
Supta Utthita Tadasana	*Bhu Namanasana*	*Supta Tadasana*	*Supta Meru Lila*
Supine Stretch / Banana	**Greeting the Earth Pose**	**Back Stretch with Block**	**Supine Pelvic Tilt**
			
Ardha Pavan Muktasana	*Pada Lolasana*	*Supta Matsyendrasana*	*Supta Padangusthasana*
Supine Crunch	**Pendulum Flow**	**Spinal Twist**	**Swastika Twist**
			
Ardha Navasana	*Navasana*	*Ubhaya Padangusthasana*	*Urdhva Upavista Konasana*
Hollow Body Crunch	**Boat Pose**	**Big Toe Boat**	**Straddle Navasana**
Sucirandhrasana	*Ananda Balasana*	*Supta Baddha Konasana*	*Parsva Savasana*
Reverse Pigeon Pose	**Happy Baby Pose**	**Supine Bound Angle**	**Side Embryo Pose**
			
Savasana	*Ardha Padmasana*	*Padmasana*	*OM Namaste*
Corpse Pose	**Half Lotus**	**Lotus pose**	**Blessings**

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spontaneous yoga

In the tradition of ancient yogas, kriyas are not a set of motions we *do*, in imitation of a teacher – but something that *happens to us*. Kriya, in Sanskrit = ***that which happens by itself without volition…*** The higher Self has taken over and overridden the objections & limited barriers of the socially conditioned ego-mind (or yoga-mind).
Observe yourself: when your energy is expanded and you feel "high", you will lose some of your "gravity" and live in a lighter way, with "levity", daring to act and behave spontaneously, and following deep inner promptings rather than the diktats of your mind or your usual practice.
When the Kundalini power starts to be released from its dormant coiling, like a tight spring unwinding, the body goes into a spontaneous, **celebrative Dance of Shiva**: it shakes its chains and hops free, trembles with bliss, sways in grace… revealing a cornucopia of yoga asanas,

↑ Shiva at the CERN, Geneva. *Tandava*, the Cosmic Dance of Shiva is a *kriya*: it happens, by itself, without volition - like a slow motion from beyond space-time.

shaking medicine & healing

Many cultures have been shaking themselves awake through a great variety of **Shaking Medicines** & **Spontaneous Dancing.** From shamanistic trances to dynamic meditation to contemporary "therapeutic tremoring", shaking has been a perennial way to let go of old energies and to prepare the body-mind for new insights & fresh starts. Shaking by-passes the mental & cultural patterns and engages the parasympathetic system responsible for deep relaxation. Shaking IS an instinctive mode of the body intelligence, deeply ingrained in mammalian evolution: animals instinctively shake to heal themselves from trauma or just for daily maintenance. Trembling, together with crying & laughing, is a direct somatic response to emotional states: the body goes into free forms of "seismic" activity. Sometimes, crying, laughing, quaking and uttering sounds are combined in a highly personal body language. In time, this becomes Sacred Temple Dancing.
Here are some well-known **Shaking Traditions:**

- **Bhakti Traditions** – Ecstatic, devotional celebrations through music, dance, poetry: Mirabai… The Bauls…
- **Sufi Whirling Dervishes** – Magnificent ecstasies of sacred whirling around the inner axis of the world.
- **Quakers & Shakers** – Dedicated practitioners of spontaneous shaking & ecstatic dancing.
- **All indigenous cultures -** From Siberia to Kalahari to New Zealand…

sahaj samadhi yoga is the path of *spontaneous* ecstasy… Listen within and allow body postures & dances to come up naturally during practice… Let the body-mind freely express & process transformations - cooperate lovingly. *"Relax by shaking your body"* is now a standard guidance in yoga classes. Spontaneous Yoga and kriyas that arise in meditation are a reminder that all actions are actually forms of resonance downloaded from the greater body of the universe – nothing is exclusively ours and nothing is really under our control. Spontaneous Yoga is a sweet abandonment to divine, cosmic grace.

oregoneclipse2017.com

nada kriyas Vocal kriyas or uttering spontaneous, "meaningless" sounds is a very natural, primal way of communicating with self, nature or others: a form of body-based proto-language free from social / cultural norms: grunting, whistling, shouting, whispering, howling, overtoning, speaking in "tongues"…

romancing your spirit-soul

Be honest... every human, regardless of their daily life, has experienced a few of these peak, extraordinary moments when we feel suddenly transported into a vaster realm of transcendence... we got a peek of some higher dimension of beauty, love or peace – beyond any words... beyond anything we have known... beyond any belief or category stored in our mind... and for no reason...

just a spontaneous gift from the universe

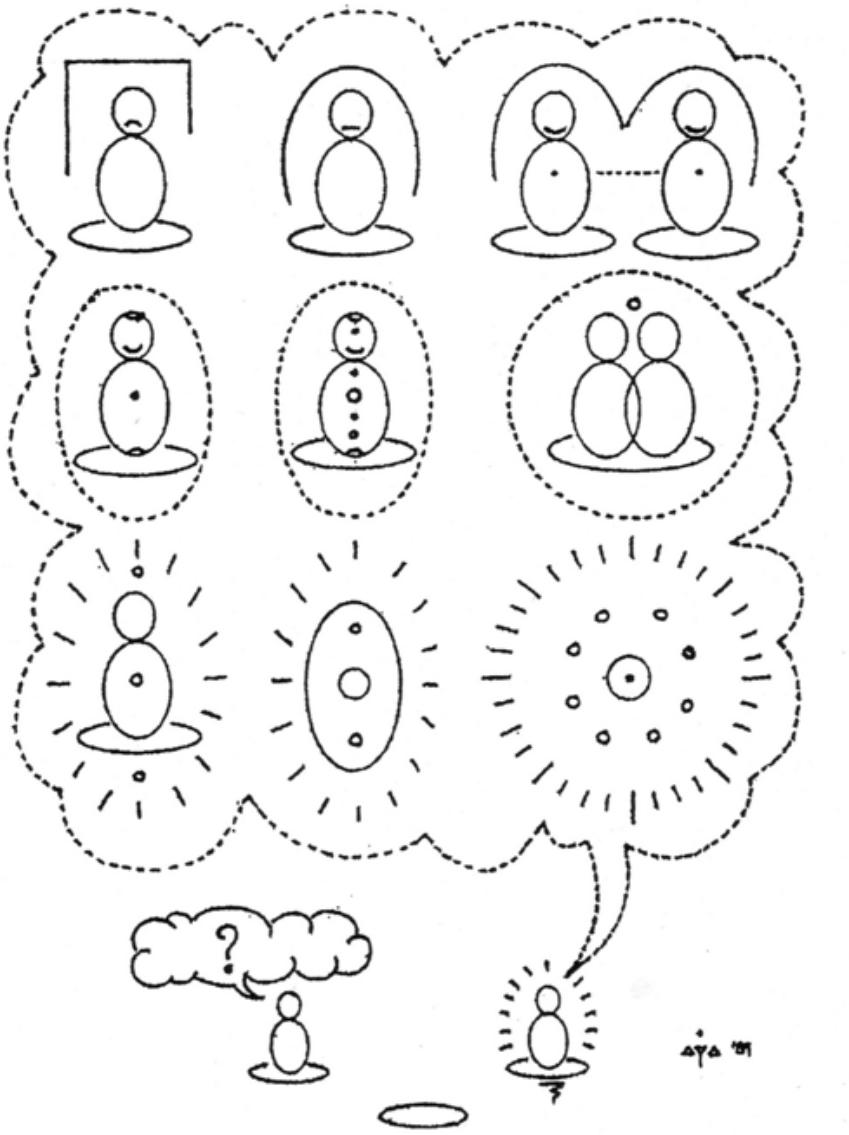
Honor these moments with profound gratitude and preciously gather them in your heart: they are flowers of love from your spirit-soul reaching out to bring grace and nobility in your human adventure...

Yoga is engaging this love affair with full passion: this is the love affair of your life – all your other human relationships are rehearsals...

Engage a romance with your spirit-soul... feel the excitement, the longing for your beloved... flirt, peek & hide, leave an anonymous gift, offer a token of your love... make space available for your spirit-soul to come visit... make your inner home so attractive that your spirit-soul will rush in, blindly wanting you... fumbling for your touch...

Find out what your spirit-soul most desires and provide it... create the conditions and environments, inside and outside, that will magnetically attract your spirit-soul... then become sacred lovers: the two of you will be one again – as you have always been...

seeds:
asana practices
flowers:
beauty practices
branches:
wisdom practices
trunk:
energy practices
roots:
grounding practices



aya, A.Y.A and global projects

Aya is a Global Renaissance artist, a gardener and a 500 RYT yogi who took his Yoga Teacher's Trainings in Bali and Rishikesh, India. The creator of the **StarWheel neo-mandalas** and the founder of the **School of Sacred Geometry,** Aya weaves together the various threads of Yoga into the **Anjali Yoga Arts** classes & play-shops he is offering. Aya brings to his classes a cosmopolitan feel and a sense of perennial wisdom by harmonizing Western & Easter traditions, integrating ancient and future science and sharing playfulness, creativity and community-building.

Yoga is the passionate, shared dance of celebrating existence.

Global Projects and Visions

AyaLove.Earth. On Thanksgiving 2021, Aya decided to stop "doing business" and to close his dba and Amazon seller accounts. Instead, a new, streamlined website **AyaLove.Earth** will be offered in January 2022 to share ***free downloads*** of the StarWheel Mandala images, the 18 volumes of the Encyclopedia of Sacred Geometry, the Yoga Manual and more… **AyaLove.Earth** will also promote the StarWheel Collection (looking for an active home), the 13 StarWheel Special Editions and the new StarWaves digital renditions…

Purna Vida Eco-Yoga Farm - An **Eco-Yoga Retreat Center** for all ages, School of Creative Arts, and Tropical Fruit Farm (Finca) in Costa Rica. This Eco-Village Yoga Farm will offer educational programs immersed in the tropical Pura Vida lifestyle: rain forest wisdom, yoga & meditation, mandala arts, tropical fruit tree reforestation, organic & nutritive diets, cooperative skills, music & dance, creativity in art / science / healing / self-discovery… the basic human lessons to live a life of joy, co-responsibility and celebration… Retreat Center in Costa Rica (starwheelfoundation.org)

Earth School – Endowment for World Orphans (E.W.O) - Residential 1-3 Years Scholarships for Orphans around the World. Kids from ALL nations / cultures living together & learning from each other.

StarWheel Interactive Museum (S.W.I.M) - A combination of Interactive Exhibits, Exploratorium, Multi-Media Immersion, Display of StarWheel Collections, Mandala & Sacred Arts Research Center. A Hub for a Global Culture of Arts & Ceremonies Celebrating Life & Spirit. Heart-quarters for a non-corporate Global Council of the Arts. The StarWheel Interactive Museum (S.W.I.M) (starwheelfoundation.org)

Phi-Sciences University (P.S.U) – Mission: **introducing PHI-Sciences into Academia** and creating a Global Campus for PHI-Sciences Education, Research and Synthesis. Building a World-Class Library & Resources Center on Sacred Geometry, Harmonics and PHI-related Sciences & Technologies.

School of Life Yoga Youth Yostels (S.O.L - Y3) - A World-Wide Network of Low-Cost (Yoga Included) Hostel "Travel Hubs" for World Travelers & Pilgrims moving on the Path of the School of Life.

Gaia-Gala (G.G) - Global, Multi-Media Publishing House. Distribution and Publication of Visionary Art, Tools, Apps and Projects. StarWheel / StarWave Decks. Creative Tools of Consciousness Expansion.

Anjali Yoga Arts (A.Y.A) - A Global Hub for 21st Century Yoga Arts & Life-styles on Mother Earth. Living Yoga in Daily life by Designing, Enacting & Sharing Oneness. StarWheel Yoga Gear (S.W.Y.G)

Trees for Earth (T4E) - Preserving Rainforests, Saving Seeds and Re-foresting Earth. "Bamboo Planet" Global Drive - Bamboo Plantations to reclaim deserts, stop erosion and provide multiple uses.

NAMASTE

AyaLove.Earth

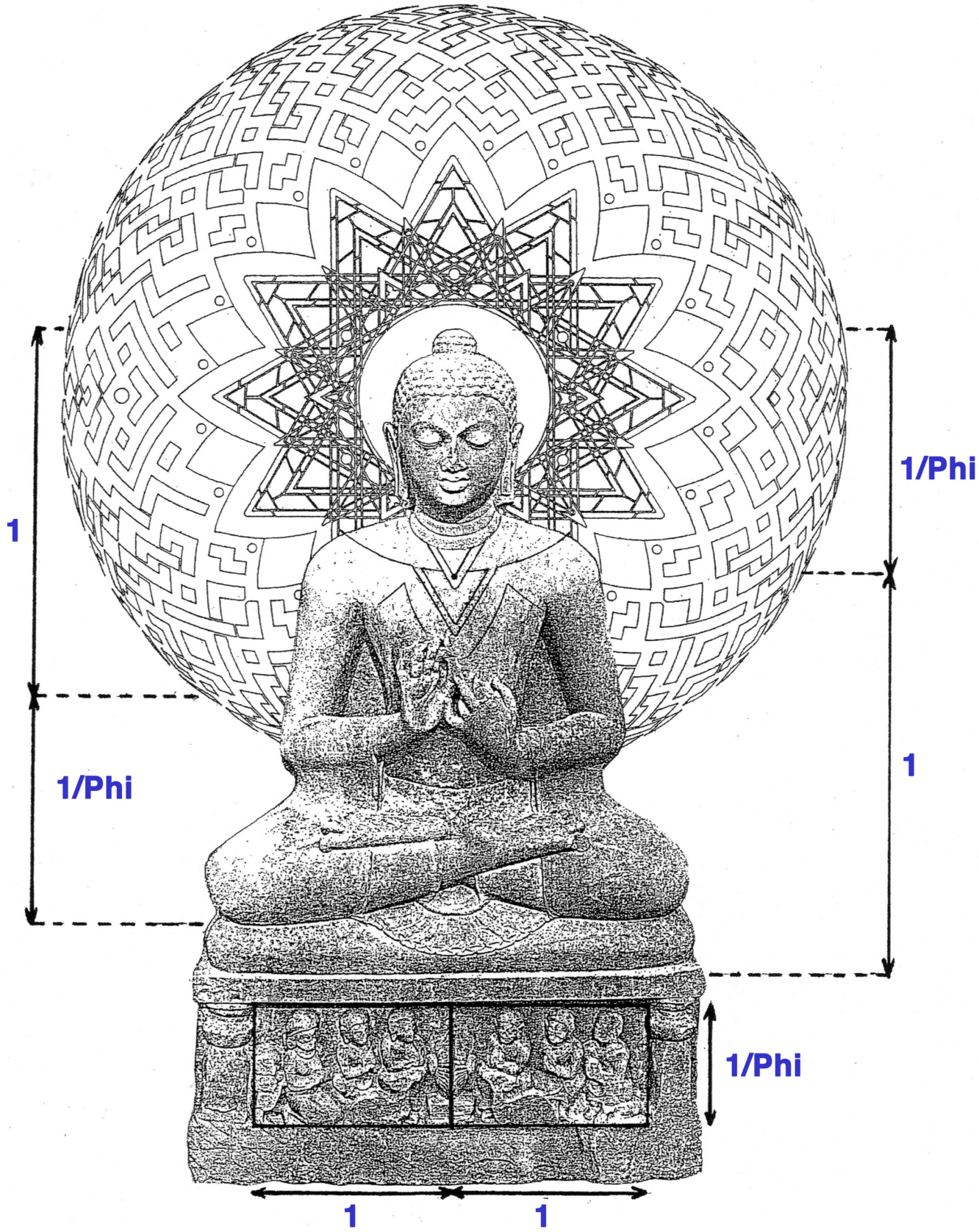
StarWheels.com SchoolOfSacredGeometry.org StarWheelFoundation.org

PO Box 3714, Sedona, AZ 86340 928-300-7971 aya@starwheels.com

StarWheel #90 – Room-of-Ra

BEAUTY

Rising out of the night,
You cross the grids of dawn,
Heralding a new Self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... to You,
the universal Yogi - Yogini