

# **Yoga, as Science of Living**

## **Introduction**

Yoga means to yoke, to join. This is one meaning. Patanjali, the great sage, describes

## **YOGSCHITTAVRITI NIRODH**

Yoga is cessation of mind. Both the meanings are relevant.

Patanjali describes that yoga has eight steps, they are like limbs. Steps means one step will follow other and limb means all the stages are integral part of yoga

The eight steps are Yama, Niyama, Asana, Pranayam, Pratyahar, Dharana, Dhyana, Samadhi.

## **Yama**

Yama means self restraint. This is not restraining in real sense but to give direction to life force. Yama is essential for maintaining good relation in family, society & work place. The different aspects of yama are Ahinsa (non-violence). Satya (truth), Asteya (Non-Stealing), Brahmacharya (dwelling in the arena of god), non-accumulation. These all qualities are essential for the creating proper environment. They are called five virtues of life or five pillars of life.

## **Niyama**

Rules or we may call discipline. This is needed for body & mind. They are Shauch (Cleanliness), Santosh (Contentment), Tap (austerity) self study and surrender to the will of god. For proper development Niyama should follow yama.

## **Asanas**

Niyama & Asanas are for keeping the body healthy. Asana means the posture in which one may sit comfortably & feel pleasure.

## **Pranayama**

This is breathing regulation. Breathing is deeply associated with our moods, our body conditions. The art of breathing enables to understand the science of breathing. This is bridge between body & mind.

## **Pratyahar**

Our Senses are double arrowed, We may see out side or may look within Pratyahar means returning towards our source, turning our senses in. This is for healthy mind.

## **Dharana**

One pointedness. This is very much needed for our mind. This will enable us to bring our mind on one subject or on one object.

## **Meditation (Dhyana)**

Meditation means to be with the self, fulfilled in oneself, relaxed, no crowd of thoughts, no thinking, rooted in one-self. This is bridge between mind & spirit or mind and consciousness.

## **Samadhi**

Samadhi means prolonged awareness. Samadhi helps in complete relaxation of body and mind. This also means total solution.

## **Importance of discipline in Yoga**

The yoga sutra starts with “Now the discipline of yoga”. It is important to note the word now. This is used because till one feels the value of discipline, the yoga is not useful for him. The word discipline & disciple comes from same source.

Discipline means creating an order within one-self. As we are, we are in chaos. Whether awake or sleepy, mind keeps running. We are in turmoil, in chaos, in restless condition. Yoga is a way of discipline. We are crowd and the crowd has many phenomena. We cannot believe a crowd. A crowd cannot promise. Who will promise? If one promises, who will fulfill the promise? A crowd cannot.

Discipline means the capacity to be, the capacity to know, the intention to know, the capacity to learn. Postures help physiological purpose, but they are basically to create capacity. If one can remain in one posture without moving, the body will become slave, it will follow. Once the body is non-moving, the mind also stops. Both are interlinked. Hence, one is centered.

The posture creates a situation in which centering can happen, in which you can be disciplined. Then it is revealed that the ego is false & humbleness arises. One becomes humble.

Only through centering one may become humble, one may become receptive, one will become empty and then Master can pour himself. The emptiness, the silence is the door to the bliss. The bliss happens on its own accord, as a natural consequence.

A disciple means one who is ready to receive, who has become a womb. A disciple means a seeker who is not a crowd, who is trying to be centered and crystallized, at least trying, making efforts, sincere efforts to become individual, to feel his being, to become his own master.

All disciplines in yoga are intended to make every body, walking on this path, master of his self, master of his body & mind.

The first Sutra makes clear stand that one should start yoga practices only when he is prepared to adopt the discipline of yoga as a whole then only he will be able to taste the divine nectar, the blissful living, the music of the divine, the sound of silence Hence, the first sutra starts with

**“NOW THE DISCIPLINE OF YOGA”**

# **Principles of Yoga**

## **Proper relaxation**

The first principle is relaxation. Yoga system provides complete relaxation so that the energy may be used for creativity.

## **Proper Exercise**

Proper exercise is essential for the body. Due to day to day activity, the body accumulates stress. Yogic exercises are for keeping the spine and joint flexible. This improves the blood circulation.

## **Proper Breathing**

This means breathing fully and rhythmically. This allows more intake of oxygen. This makes our body charged with vital energy. This also helps to control mental state by regulating the flow of prana - The life force.

## **Proper Diet**

It keeps the body light and helps our mind to remain calm. This also provides natural resistance & nourishment to the body.

## **Positive Thinking & Meditation**

Positive thinking helps to remove negative thoughts. Meditation is for stilling the mind, ultimately transcending all thoughts.

## **Proper Awareness**

Awareness is needed for daily life. Without this we will not be able to pursue yogic way of life for developing human values.

## **SHATKARMA – Cleaning Techniques**

The Shatkarma, means six cleaning techniques. These are useful for the body.

- 1.) **Neti** – There are two type of neti; one is Jal (Water) Neti & Other Sutra (Thread) Neti.

The cold virus flourishes in nerves tissue of nose, particularly the olfactory nerves. During a cold, neti greatly helps by removing accumulated mucus in the nose, this is the breeding ground.

Regular Practice keeps nasal passage clear & working at optimum level. Neti is helpful for sinusitis, ailments of eyes, nose and throat, tonsillitis, catarrh etc. It has soothing effect on brain. Also helps in Asthma, Pneumonia, bronchitis, pulmonary tuberculosis etc.

### **2.) Dhauti**

Dhauti means wash.

The different Dhuties are:-

- 1.) Dant Moola (Tooth) Dhauti
- 2.) Jihva Moola (Tongue) Dhauti
- 3.) Kapal Randhra (Head) Dhauti

This is merely washing the head vigorously & thoroughly

- 4.) Karn (Ear) Dhauti
- 5.) Chakshu (Eye) Dhauti.  
Eye toning techniques

### **3.) Nauli** – This is abdominal massage technique.

This must be done with care & must be learned under guidance.

**4.) Basti – Colon Cleaning**  
(Yogic enema)

This is also learned under guidance. However, enema, may be learned easily. It is advisable to use the enema pot. This is simple way of the naturopath and will find the same benefits as yogic enema.

**5.) Kapalbharti –** This is purification and vitalization of the frontal lobes. This is very helpful & must be learned under guidance. This clears the mind & also massages the abdomen.

**6.) Trataka -** Blink less gazing. This is practiced for development of concentration. There are number of techniques. This is helpful for the concentration. Candle gauzing or gazing at the middle of the eye brown or the nose tip gazing is adopted for practice.

# **Yogic Asanas**

Due to daily routine, the body gets fatigue. The asanas help the joints of the body, stretch the muscles & tones them. The asanas remove poisons which tend to accumulate in the various parts of the body. The functioning of the limbs, the joints, the muscles & the organs are toned up. The nervous system is harmonized and they get proper massage. The functioning of the nervous system is improved. Asanas also improve the functioning of the internal organs such as heart, lungs, endocrine glands, blood vessels, kidneys, liver & so on. This slowly leads to the best possible physical health.

## **The influence of Asanas on one's mental outlook**

1. The asanas influence the functioning of the endocrine glands, Thereby helping the system. The emotional system is helped.
2. Asanas bring harmony in the bodily system such as blood circulation, nerves, respiratory and digestive system.
3. They have subtle influence on energy channels of the body. They help free flow of energy.
4. Asanas bring change in the breathing.
5. Awareness increases.
6. The common problems of the body, like constipation is removed. Also help in mind problems.

# BANDHA

**NOTE: Here only benefits of Bandhas and Mudras are given. This will be demonstrated, Participants will subsequently practice to get the feel of Bandhas & Mudras.**

The bandha mean to hold or to tighten or to lock. The bandhas aims to lock the pranas in particular area and redirect their flow for purpose of health and spiritual growth.

## **1. JALANDHER BANDH (Throat Lock)**

This practice produces mental relaxation, relieves anxiety and anger. This is very good for throat and meditation. This should be learned under expert guidance.

## **2. MOOLA BANDHA (Root Lock)**

It stimulates the pelvic nerves and tones them. This is beneficial for tissues, ulcers, prostates and chronic pelvic infection. This must be learned under expert guidance.

## **3. UDAYANA BANDHA (Abdominal Contraction)**

This is very good for abdominal and stomach health. The digestive fire is stimulated by this. This affects all abdominal organs. However this must be learned under expert guidance.

## **4. MAHA BANDHA (The Great Lock)**

In the great lock, all the above three bandhas are locked together. This gives benefit of all the three combined.

## **MUDRAS (Gesture or Attitude)**

There are many Mudras. Here we will take up only few. This may be described as special gestures, which help to develop proper energy flow. This we may describe as short cut or circuit –by-pass method.

**1. JNANA MUDRA (Psychic gesture of knowledge)**

This is comfortable meditation posture. This makes meditation powerful.

**2. CHINA MUDRA (Psychic gesture of Consciousness)**

This is also very comfortable and makes meditation powerful.

**3. BHAIRAVA MUDRA (Terrifying or fierce attitude)**

This is easy and very useful for meditation.

**4. SHAMBHAVI MUDRA (Eyebrow Centre Gazing)**

This is excellent for development of concentration (Trataka).

**5. YOGA MUDRA**

This is excellent preparatory practice before going to meditation.

**6. ASHWINI (Horse Gesture) MUDRA**

This is very good for strengthening the anal muscles.

**NOTE:** The BANDHAS and MUDRAS will be introduced during the programme so that participants may learn on the spot.

## **Pranayama : Breathing**

With the passage of time, as age advance, the respiratory muscles become lazy and cease to give optimum inhalation & exhalation. Our breathing pattern indicates the condition of our body & mind. If we are tense, our breathing will be different. If we are peaceful, breathing will be different. If we are hungry, the breathing pattern will be different. Breathing is indicator of our physical & mental Conditions.

### **Breathing Capacities**

If a person is reasonably relaxed & is sitting comfortably, one inhale half a liter of air, this is called **Tidal volume in physiology.**

When full inhalation is done with expanded & deep inhalation, two liter extra air is inhaled, this is called

#### **Aspiratory reserve volume**

When the air is fully exhaled, it is possible to inhale extra one a half liters of air, this is called **Expiratory reserve Volume.**

Then also one & half liter remains in lungs, which cannot be expelled, this is called

#### **“Residual Volume”**

Therefore, if full inhalation is done after full exhalation, maximum volume of air-inhale becomes.  $\frac{1}{2}$  liter tidal volume + 2 (two) liter Aspiratory reserves volume + 1  $\frac{1}{2}$  liter (One and Half) liter expiratory reserves volume = 4 liter Most people while sitting, breathes less than  $\frac{1}{2}$  liter of air and so their lung usage is only 12.5% of the full capacity.

## **Why should we follow slow and deep breathing?**

The deep breathing allows maximum intake for each respiration and slow breathing allows optimum exchange of oxygen and carbon dioxide.

### **Pranayama : Rules**

1. Body should be straight & relaxed.
2. Best time is empty stomach in the morning. However may be done in evening after 4 to 5 hours of meal.
3. Nasal passage should be clear.
4. Awareness is the key while practicing pranayama.
5. No violent respiration, it must be slow & deep.
6. If there is discomfort, while doing, stop.
7. Try to maintain awareness while doing inhalation, exhalation and retention. There are four aspects. Keep awareness on all aspects.

(i)	Poorak	-	Inhalation
(ii)	Rechak	-	Exhalation
(iii)	Antar Kumbhak	-	Breath retention (to hold the breath after inhalation)
(iv)	Bahir Kumbhak Or empty retention	-	External breath retention (to hold the breath after exhalation)

## **PRATYAHAR (INWORD LOOKING)**

Normally we engage our senses for the outside world. All our senses are focused to outside world. We see, we hear, taste etc. Our senses are capable of seeing outside and at the same time if they are turned inwards, they start revealing another dimensions of life. When the senses are turned inward, the process is called Pratyahar. We may call turning in or returning home.

With turning in of each sense organ we will be able to explore new dimensions of inner world. We will be able to hear sound, which is never heard outside, we are able to see miracles, we are able to taste divine, and so on and so forth. Each sense organ reveals its inner dimensions.

Pratyahar is the important mile stone on the path of yoga. From here, the inward journey starts. It is possible to realize the concentration (Dharana) only when the senses are turned inwards.

## **CONCENTRATION**

Concentration means being one printed. The object of concentration may be a subject, a statue, a person or anything. When we start looking at an object, there is nothing in sight except the object, the concentration happens. Trataka is the technique for developing concentration.

## **WHAT IS MEDITATION?**

This is the state when one is not doing anything at all – bodily, mentally, or on any level, when all types of activities have ceased and one is simply, just being with oneself, that's what meditation is. We may say

“Sitting silently, doing nothing, just being with oneself, is the state of meditation.

Thinking, Concentration, Contemplation is not meditation. These are all activities. Even if for a single moment one is not doing anything, utterly relaxed and one is at his own centre that is meditation. This is the state and once one gets the knack of it, one may go in the state without effort. The state of meditation is achieved with effortlessness or when one drops all efforts.

## **IMPORTANCE OF MEDITATION**

1. This is a good tool for stress management.
2. Meditation helps in proper thinking and is able to calm and control the mind.
3. Meditation helps to be rooted in oneself and these flowers as love. Meditation makes one loving, caring and loving makes one meditative.
4. Meditation brings sensibility, a great sense of belonging to the world. It makes one to accept the life in totality and enjoy life.
5. It leads to joy and blissful living.
6. It increases the intelligence.
7. It is very good for control of B.P, Heart problem and for many more physical, mental and emotional ailments

## **Mysteries of mind**

1. Western psychology describes that mind has three functions

Cognition

Thinking

Feeling

2. Eastern psychology looks from different angle. Eastern psychology says mind has four functions

Walking

Sleeping

Dreaming

and the Turya (the forth)

As per eastern psychology Turya is the door to meditation.

3. Western psychology analysis suggests that mind has deeper layers below conscious. These deeper layers are significant. They are

Consciousness

Sub consciousness

Unconsciousness

Collective unconsciousness

Cosmic unconsciousness

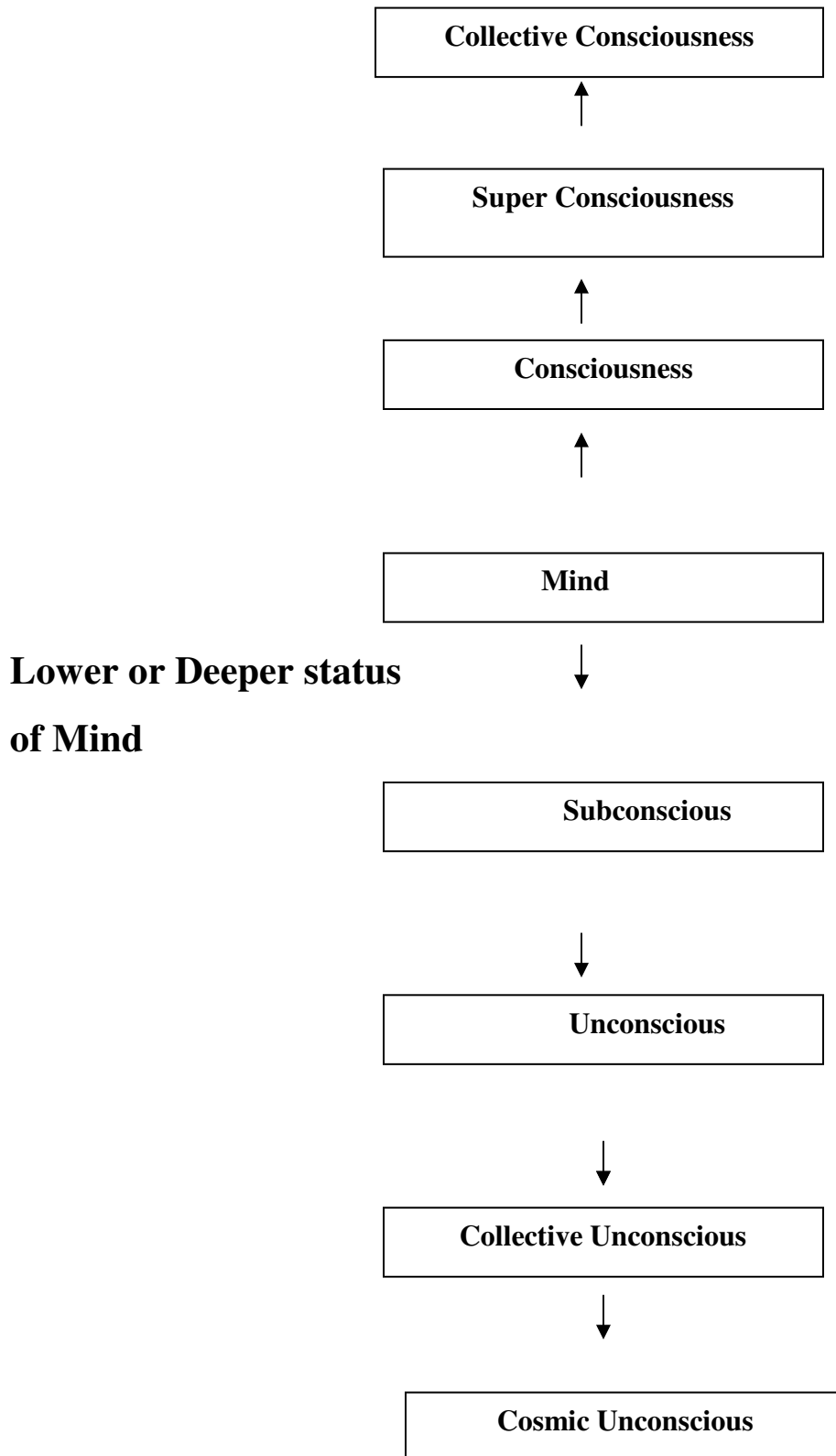
The western mind is able to describe the deeper layers but is not able to visualize the upper layers.

4. As per the Eastern philosophy, the mind has deeper layers and upper layers as given below.

**Cosmic Conscious**

**Upper Status of Mind**





# **THE SCIENCE & ART OF RELAXATION**

Relaxation means release of tension from body and mind for a period of time to allow rest and revitalization.

Relaxation has become far away phenomena. People are so full of activity all the time it becomes difficult to relax. Relaxation means no urge to either physical or mental activity. Relaxation comes when there is no urge to activity. When the body and mind is not in any activity, the energy turns in at home, not moving anywhere. If a certain situation arises one will simply act, that is all, but one will not find some excuse to act. One becomes at ease with oneself. Relaxation means arriving at home, just at rest.

Relaxation is neither of the body, nor of the mind, but relaxation is total. That's why all great masters say "Become desire less" because they know that if there is desire, it is not possible to relax.

## **MECHANISM OF TENSION**

The root cause of mental and physical tension is faulty thinking in relation to our environment, our surroundings and to other people. Our ways of thinking does not match with our external environment. We want everyone to follow our dictate. We always feel that the environment in which we are living is against our ways of working. These create conflicts and tension arises. Our situation becomes like a fish would be out of water continuously fighting our surroundings instead of merging and flowing with life. The factors that prevent man fitting in with the surroundings are, fear, hatred, dislike, jealousy, greed, lust, etc. They are piled up since birth. They remain hidden in unconscious layers of mind. They play important part in our daily activities.

**Example:** Fear is one of the major contributors from childhood, if a child was locked in a cupboard in childhood, this will result in fear in adulthood. Similarly, fear of heights, inferiority complexes, results of failures etc. These are major causes of tension in our life.

## **MECHANISM OF RELAXATION TECHNIQUES**

When a child sleeps, he forgets all problems. Adults are not able to forget. They keep mentally working while they sleep and of sleepwalking when they work. The store house of unconscious mind play important role and the conscious mind is kept engaged in thought process. This does not allow relaxation to happen.

The relaxation technique is to use the mind consciously to order the muscles to relax, the body to relax, the breathing to relax and the mind to relax. The session involves giving verbal instructions to the participant to induce deep level of relaxation and thereby reprogramming the mind. The relaxation techniques are reprogramming the mind to achieve relaxation. The process is given below:-

1. First tense the body. The tension is applied to whole body consciously. This must be up to optimum level, beyond this the body may ache and may not achieve the desired result.
2. Then follows step by step relaxation instructions. This is practiced in Shavasana. This allows achieving the results after few sessions.

### **PHYSICAL MANIFESTATION OF MENTAL TENSION**

Whenever we think about something, our body automatically prepares to transfer the thought to action. When a man returns after day work, his body and mind remain full of tension and he wants to relax. Some times he returns feeling angry and frustrated due to any reason. He comes home and starts reacting, this leads to chain action.

People feel continues anger, fear, jealousy etc which make them perpetually tense in mind and body. This leads to number of physical and mental ailments.

Tension has got direct bearing on the physiological conditions. They are

- Blood supply to the Digestive system is curtailed. Digestion slows down or is halted.
- The salivary glands dry up.
- Respiration rate increases. Breathing becomes faster or gasping.
- The liver releases some of the store of blood sugar and is carried to the muscles of the arms and legs.
- The heart beats faster to pump more blood where it is most needed and the blood pressure rises.

The changes in physiological conditions give rise to complex changes in the human body leading to many ailments.

## **ROOT CAUSE OF TENSION**

The root cause of tension lies in the mind. The mind keeps on gathering conditioning in subconscious state. This happens continuously due to interaction with family members, tradition, society, belief system etc. Everyone must explore the mind to get rid of these conditionings. Most of us cannot even consider exploring and knowing their own mind. This is because the first requirement for this is physical and mental relaxation. With tense body and mind full of turmoil, never allows to explore. Secondly, most of us are full of so many problems that their awareness is completely involved in worries and outside distractions.

## **BRAIN, MENTAL COMPUTERS**

Brain consists of about ten to thirteen billion brain cells. These are known as neurons. There are uncountable numbers of interconnection, between these cells. They work like computer. They receive data, store, compare, analyze and direct all the data from body and its surroundings via the sense organs of the ears, skin, eyes, nose etc.

At any moment, the mental data from internal and external environments is sent via nerve impulses to the brain. A particular part of the brain called the limbic system compares the information with the stored data in the memory of the cerebral cortex. The response comes on the basis of the previous stored data in the memory. We normally respond in a fixed, programmed manner. We may say that our response of mind and body to life situation is determined by our previous conditioning.

If the incoming data from the surroundings does not fit the pattern of our previously stored memories, the limbic system starts to create tension.

We are programmed to become tense so that we may be prepared for the abnormal life situations. This is built in as natural capacity. But, some of us are, so badly conditioned that we respond to almost all of life situations as though they are a threat to our survival. We continuously feel hatred, fear, and anger and so on. This is so abnormal that we live in a state of physical and mental tension. Normally our reaction in life is due to subconscious memories carried out from childhood. They are fear of strangers, of the dark, of insects, dislike of opposite race or of people from another country.

One of the biggest complexes that the modern man has is the fear of failure, the desire to be successful.

## **THE STATE OF EGO, MOST DESTRUCTIVE FEATURE**

A part of the brain called the reticular activating system, which is situated at the top of the spinal chord, performs important functions. This system acts like a sluice gate allowing only a small percentage of the memory data to the brain to reach conscious level. When information is received the same is compared with previous data received. If the information reinforces or fits in with the pattern of mental conditioning or if the incoming information is particularly important and urgent then only the information is allowed to rise to our consciousness.

We normally see good points of our friends and the worst points of our enemies. Projections, which are based on our conditioning and programming, are called ego, it is that which creates all the destructive features of our life.

### **TENSION: The outcome of our mental programming**

We have seen that the limbic system continuously create mental and emotional responses to our life situations. This does not allow us to relax. Tension has become normal life pattern. Brain is not at fault. We become tense due to narrow limitations of our mental programme put into the brain from the conditioning of the surroundings from childhood. That is the root cause of the problem.

## **REPROGRAMMING THE MIND**

We are in discontentment due to conditioning of the mind. If the mind is reprogrammed then we may experience the joy. Yoga serves the same purpose. Yoga practices, specially the meditation techniques, are tools of reprogramming the mind so that we are relaxed and experience the moments of bliss.

## **Action and Activity**

Action and Activity are entirely different. Their natures are diametrically opposite to each other. Action is when the situation demands it, you act, you respond. In activity, the situation does not matter. It is not a response; you are so restless within that the situation is just an excuse to be active.

Action comes out of a silent mind – it is the most beautiful thing. Activity comes out of a restless mind.

Action comes out of our requirement, our basic need, our survival needs. Activity is a phenomenon, which we are obsessed with. Normally the activity continues in our body and mind. If we watch, we may observe. If some body is sitting, the body is moving, legs are moving and while walking, people keep on making gestures etc. If we watch people in office, we will observe that they are sometimes putting this file that files, here & there. Just getting busy or showing that they are very busy.

Our mind always remains in activity, Thoughts coming, planning coming, future ideas, future planning, past remembrance etc. Mind remains always seized of activities. This ruins our productive capacity. Reaction comes due to unbalance between thinking & emotion. This is a kind of response when action flows abruptly, without balance of thinking & emotion.

Reaction is governed by unconscious mind and it is controlled by others. Our action should be rooted in our consciousness. Contrary we act from our unconscious mind, without considering the value of response. Our action must flow from consciousness and from freedom.

### **Right Action**

Right Action is golden mean between over action and under-action. We may say – this is balance between laziness and restlessness. Whatever we do, we must do with self remembrance. Our action should flow from our consciousness and freedom. All actions should be a balance of our emotion and thinking, Right action gives peace of mind.

## **Awareness**

Awareness means to be conscious for every happening around us, in our body, in our mind. Awareness should be like unwavering flame burning inside us for each activities going around & within us.

Every life form is the vehicle of consciousness. The nature of all living organism is consciousness, however, each of these forms, plants, animals, and human, express the potential of consciousness at different levels.

We may say that consciousness sleeps in stone, dreams in plants, begins to awake in animals and can be realized in man. Man has potential to fully realize. Awareness is the ability to stand, to look back and observe one's mental & physical activities. If one is able to be aware of one's activities within one's body & mind, then one becomes spectator. If we are able to watch, what our body and mind do, then this means that our nature transcends the body and mind. It means there is something that is watching. There is something within us, which in the background, keeps watching the actions of the mind and the body.

This witnessing capacity in man is called awareness in yoga. Man has this ability though it is rarely utilized. Most of the time, we are totally absorbed in our thoughts and physical bodies. Slowly, we tend to feel that our actions are natural.

We watch television and we become so much absorbed that we forget everything. Same happens with our thoughts. We remain so much absorbed in futile thought process that we hardly become aware. Most of us spend twenty four hours everyday fully lost in the absorbing mental process. We become totally sick of mind show. Our identification with the mind and body keeps us trapped in a limited realm of existence.

Awareness is the ability that can be developed in all of us. It is the ability that can be developed to tune in with consciousness, the ability to identify with consciousness.

It is common misconception that consciousness is a function of the brain and is dependent on it. We think that the brain is the master. If brain is master, then how can

consciousness watch the activities of the mind or brain? It indicates that the consciousness must be beyond mind or brain. The mind is merely the instrument of consciousness and storehouse of our personality.

Man has ability to tune in with and know his consciousness; Man has ability to function by liberating himself from the shackles of mind and body. The body & mind are important and they carry functions but consciousness is the master. When a person becomes more aware then he knows himself that he is consciousness and nothing else.

### **Development of Awareness**

There are different methods to increase awareness. All the branches of yoga like Karmyoga, Bhakti yoga, Mantra yoga etc are for development of awareness. Awareness has to be developed. Awareness should be added while doing any activity, eating, sitting, walking, talking etc. Yoga practices aim to develop awareness.

### **Methods for development of Awareness**

#### **(KAYOTSARGA), A wonderful body relaxation technique,**

#### **BODY AWARENESS**

1. Spine Straight, neck straight but without stiffness, body loose, comfortable posture, eyes closed softly. Now relax all the muscles of the body.
2. Visualize each part of the body one by one. Allow each part to relax by the process of auto – suggestion and feel that it has become relaxed.
3. Start with the big toe of the right leg. One by one give autosuggestion to each part of right foot, then going up till hip joint. Then left leg in the same way. Relax the left leg up to hip joint.
4. Next, relax from the hip joint up to the neck. Then relax your hands, first right, then left.
5. Finally relax the head from neck to scalp, throat, chin, jaws, lips, tongue, mouth, cheeks and all the other facial muscles, eyes, ears, temples, forehead and scalp.

6. Experience that the whole body is completely relaxed. Retain the relaxed condition for some time.

**NOTE :-** This will be guided by the Acharya during the yoga session. Subsequently each individual may practice to get desired results.

## **2. BREATH AWARENESS**

First practice the step 1 and then add this step. This may also be practiced separately.

1. Maintain the posture as in step 1. Relax all parts of body and muscles. Watch body from inside. See yourself separate from body.
2. Now turn in to breathing. Breathing comes touching the tip of nose. Just watch at this point. Be aware of breath at his point.
3. One may watch the breath at belly. Breath comes and belly comes out, breath goes and belly goes down. Watch the belly point. Whatever is the easier, watch at that point? Simultaneously give auto – suggestion. “The breath is becoming slow, slow, slow”.
4. Watching the breath may be practiced at any time, while doing the work, while walking, while eating.

## **3. WATCHING THE THOUGHT**

After step 2. Go ahead with step 3. This step may be practiced independently. Maintain relaxed posture as in step 1. Then watch the thought, watch as if thoughts are separate just like white clouds moving in the blue sky. Just watching, sitting silently, and watching the clouds of thoughts.

4. Fourth step, just sitting silently. Accepting as we are. Just falling in own being.
5. Return to body and do some light exercise.

## ANGER

Anger may be compared with darkness. Let us first understand about darkness.

First thing, the darkness is more mystic than light. If a room is dark from ages, a small candle light will do the miracle. The age-old darkness will disappear. But if we remove the light, the darkness reappears. This means darkness is absence of light. Second, light makes the darkness disappear but the darkness reappears if the light is removed. Hence darkness is already there; simply presence of light makes it invisible. Hence, this is mysterious and non – existential. We cannot do directly against darkness, only solution is to bring the light. Only we can do something with light. We may bring light; we may make it permanent or temporary. We are capable of working with light directly, not with darkness.

Darkness is connected with us from age old, even before the fire was invented. Darkness is involved deeply with our existence in many million of ways. Same is the case with anger, greediness, jealousy etc. These are like darkness of our being. Whenever we are angry, the darkness has entered and has taken control of us. Our darkness is our unconsciousness. When we are unconscious the anger possesses us, we feel violent, we feel jealous etc. All these weaknesses are the result of unconscious mind. When we are conscious, it is difficult to be angry.

Therefore, we must feel that the nature of our consciousness is just like light, the nature of anger is just like darkness. We cannot have both. If the light is there, there will be no darkness. If there is darkness that means light has disappeared. The only transformation, the revolution comes, when we realize our real nature, which is light.

Therefore, let us understand that all the elements like greed, anger, violence, jealousy etc are darkness and our inner nature is that of light. This is because only due to absence of real nature, we are griped by the darkness. When we understand that our real nature is light, things start changing. Now, why we miss our real nature? This is due to forgetfulness. We forget our self, we ruin our conscious state and we fall back, because we do not remember our real nature, which is like light.

Self remembrance is the key. We must try to remember our real nature more and more, because whenever we try to remember more and more, we become centre, the journeying mind, the moving mind falls back.

Let us understand the phenomena of anger from another stand point. If we throw a ball on the wall, the wall returns the ball; there is reaction from the wall. If there is no wall but a deep valley, then the ball will not return. Same phenomena happen with us. We remain full of conditionings, so much of stuff inside that a simple word by someone is repelled back with violence. Now this has become a part of our nature. Only one thing is possible that is to clean the space, to demolish the walls of conditioning. This is only possible by self remembrance. The self remembrance will slowly become part of our nature only through regular practice of meditation.

## **TYPES OF ANGER & TECHNIQUES TO TACKLE**

**There are three types of Anger:-**

**1. Anger of Past:** This remain accumulated in us due to past happenings. They remain like store house. They form wall in our inner space. They become like stones. We must work hard to dispel the past accumulated anger.

**Technique:** Technique is catharsis. Recall the past events. Be in anger and express this in private room. This experiment will be carried during the workshop.

**2. Anger of Present:** This is most common. We remain angry only the situation makes this to come out. This is as if we are waiting to express and the situation becomes the door for the anger to come out. The situation is only a excuse.

**Technique:** For this we must establish our ego state and remember this. Ego only makes us to react and agitate. If we remember our ego state, this will not happen.

**3. Anger of Future:-** This is concerned with our future events. Technique for this is to be creative. We must find time for our creative hobbies. We must find time for things, for which doing gives pleasure. Any work, if we find pleasure, satisfaction, we must find time for that. Creativity will help us to combat future anger.

## **Prana – An introduction**

Prana is the unit of the life energy. We may call, Prana is the body of the self (Supreme Consciousness). We may call this as the vehicle or the medium of consciousness. Prana or Ki is that life energy, which keeps the body alive & healthy.

Prana means energy. Prana is active aspects of existence. (Prana is called Ki by Chinese). According to Chinese, the universal energy is comprised of two types of energy (ki), yin & yang. The Chinese call Prana as ki. The yin & yang can be considered as the negative & positive forces.

## **The Pranic Body**

The science of yoga and physiology agree that there are various forms of energy within the body, such as nerve energy, heat energy, and biochemical energy etc., which function in the different parts of the body.

Yoga says, there are pranic bodies, surrounding the physical body. Within this pranic body the prana flows in fixed pathways, they are called in yoga, nadis (energy paths). The nadis refer to the pathways or flow of a particular form of prana. When the body is healthy, the nadis allows free flow of prana. An unhealthy body obstructs the free flow of prana, thereby, causing ailments.

## **Modern Science & Prana**

Kirlian photography opened the door for realizing the conclusive proof of the energy or energy body. Kirlian photography showed that mental or emotional stress tends to blur the bio-plasma body.

Our physical body is surrounded by energy bodies. Any disease, first enter in the energy body and later manifest (appear) in the physical body. Now, the modern science has come to the conclusive evidence of these energy bodies and photographs are available or may be photographed by highly sensitive lenses.

Yoga utilizes pranic body and flow of prana to bring about changes in the sensitivity of the participant and to influence the mind. The influence is subtle and may be felt if practiced according to the rules. Various practices have been developed to bring the desired change.

The practices are called yogic pranayam (yogic breathing exercise)

## **Energy Body (Pranic Body)**

The physical body is surrounded and interpenetrated by energy body. The energy body is luminous energy body. It is called 'bio-plasma' body. Bio means life and plasma is the fourth state of matter. Plasma is ionized gas or gas particles with positive & negative charge. The Bio-plasma body is called energy body.

The visible physical body is just like the shape of the energy body. The energy body looks like physical body. The energy body is responsible for absorbing and distributing prana or life energy through out the whole body.

### **Functions of the Energy Body**

1. Energy body absorbs, distributes and energizes the whole of our physical body with prana. Life energy or prana is the key to our survival, to the functioning of our organs.
2. The energy body is like mold or pattern for the physical body. The physical body is molded after energy body. If the physical body is defective, the energy body shows the signs of defects. If the energy body is defective, then the visible body suffers. This may manifest gradually or almost instantaneously.
3. Energy body has centre, called chakras. These chakras are responsible for functioning of whole body. The sicknesses are caused by malfunctioning of one or more energy centre.
4. The energy body acts as protective shield against germs & diseased energy.

## **Major Energy Centres (Chakras)**

The energy centre is responsible for the functioning of the organs and endocrine glands.

### **Functions of Energy Centre (Chakras)**

1. They are responsible for absorbing, adjusting and distributing prana to the different parts of body.
2. The energy centre control, energize and keep the different parts of body, organs and endocrine glands in proper functioning condition. The ailments are caused due to malfunctioning of the energy centre.

## Seven Important Energy Centre

### CHAKRAS

Yoga describes seven major energy centres. There is more minor & mini centre. Here we will discuss only seven major and important centres. These are called Chakras.

**1. Crown Energy Centre:- ( Crown Chakra)**

This is located at the crown of the head. This is important for functioning of brain & pineal gland. This is also centre for direct knowing or direct inner perception.

**2. Ajna Energy Centre:- (Ajna Chakra)**

This is located between the eye brows. This controls & energizes the pituitary gland. This is directing centre or 'will' centre. It is responsible for understanding. This is responsible for proper functioning of head area.

**3. The Throat Energy Centre:- (Throat Chakra)**

This is located in the throat area. This energizes the thyroid gland. This is also centre for higher creativity. The speech and vocal chords are controlled by this centre.

**4. The Heart Energy Centre:- (Heart Chakra)**

This is located at the front heart area. This is emotional centre. This is the centre of higher emotions.

**5. Naval Chakras**

This charka is located at naval. This chakra is important for the health of body. Child in the womb is connected with mother with this centre. This chakra influences digestive system.

**6. Sex Chakra**

This is located at the pubic area. This is the centre for sexual instinct. This is also called lower creative centre which is responsible for procreation.

**7. Basic Chakra**

This is located at the base of the spine or the coccyx area. This is the root of the body. This is important for muscular & skeletal (bonny parts of body) system, growth rate of cells, body heat etc. This also affects the heart and the sex organs.

# BANDHA

**NOTE:** Here only benefits of Bandhas and Mudras are given. This will be demonstrated, Participants will subsequently practice to get the feel of Bandhas & Mudras.

The bandha mean to hold or to tighten or to lock. The bandhas aims to lock the pranas in particular area and redirect their flow for purpose of health and spiritual growth.

## **1. JALANDHER BANDH (Throat Lock)**

This practice produces mental relaxation, relieves anxiety and anger. This is very good for throat and meditation. This should be learned under expert guidance.

## **2. MOOLA BANDHA (Root Lock)**

It stimulates the pelvic nerves and tones them. This is beneficial for tissues, ulcers, prostates and chronic pelvic infection. This must be learned under expert guidance.

## **3. UDAYANA BANDHA (Abdominal Contraction)**

This is very good for abdominal and stomach health. The digestive fire is stimulated by this. This affects all abdominal organs. However this must be learned under expert guidance.

## **4. MAHA BANDHA (The Great Lock)**

In the great lock, all the above three bandhas are locked together. This gives benefit of all the three combined.

## **MUDRAS (Gesture or Attitude)**

There are many Mudras. Here we will take up only few. This may be described as special gestures, which help to develop proper energy flow. This we may describe as short cut or circuit –by-pass method.

**1. JNANA MUDRA (Psychic gesture of knowledge)**

This is comfortable meditation posture. This makes meditation powerful.

**2. CHINA MUDRA (Psychic gesture of Consciousness)**

This is also very comfortable and makes meditation powerful.

**3. BHAIRAVA MUDRA (Terrifying or fierce attitude)**

This is easy and very useful for meditation.

**4. SHAMBHAVI MUDRA (Eyebrow Centre Gazing)**

This is excellent for development of concentration (Trataka).

**5. YOGA MUDRA**

This is excellent preparatory practice before going to meditation.

**6. ASHWINI (Horse Gesture) MUDRA**

This is very good for strengthening the anal muscles.

**NOTE:** The BANDHAS and MUDRAS will be introduced during the programme so that participants may learn on the spot.