

# Traditional Yoga- 8 week session

## Introduction to resonance with the Universal Energies

This class is an introduction to, and a return to, the original basic philosophies of traditional yoga that have been lost since yoga's arrival in our western society. A regular yoga class can provide you with physical, mental, and emotional benefits. But in addition to those things, this yoga class will provide the student with limitless potential. This class is an introduction to using yoga to unite with the energies of our world, and greater universal energies. The Sanskrit word Yoga means 'Union', and thus traditionally, yoga was not meant as a means of physical exercise; it was done by men as a means to reach enlightenment, or "Samadhi" in Sanskrit. The physical side of yoga was used to move energies, and to have great physical health and longevity to aid them in their spiritual seeking. It is documented that some yogi teachers have lived to be over 300 years old, staying around longer to reach Samadhi and then remaining in their physical bodies as a teacher. Yoga from its traditional standpoint is a lifestyle of seeking spiritual attainment through resonance with the universal energies. Some people choose to take yoga as a spiritual path, others choose to use it for the physical and emotional healing aspects and others take it even further. Yogis have even documented the use of these energies to develop paranormal powers, such as clairvoyance, healing, levitation, mind control, control of body heat to melt meters of snow. Thus living a pure life as outlined by the yoga sutras comes into play as there is a risk of dark 'magic' and receiving bad energies. But for our purposes we are sticking to the physical aspects of the energy transference and the physical/psychological healing that accompanies it. My teacher claims yoga can heal everything given that it is practiced properly and you didn't wait until your death bed to begin it. As all ailments of the body are a result of a toxic buildup or an imbalance. True yoga is not possible with psychiatric disorders that disallow inner connection and concentration.

### What is this 'true' yoga?

Ancient traditional yoga is one of concentration and meditation based on the laws of resonance, also known as the law of attraction (LOA). Given the LOA, a person who fears dogs and who focuses their energy on thoughts of being bitten, will more likely be bitten by a dog than a person who has no fear and no such thoughts. This is due to the fractal nature of the universe, your body is a microcosm which contains the building blocks of the entire universe—the macrocosm. There is a quantum entanglement in which the seven planes of the universe/macrocosm are fundamentally connected with the seven chakras within your body/microcosm. The lower planes/chakras vibrate slower, and the upper planes/chakras vibrate faster. A regular practice of yoga, done in the traditional manner, will advance you spiritually thus increase the speed of your vibratory resonance, so you may feel that you no longer connect with some people, while being drawn to others who have a similar resonance – a similar vibratory frequency. The fundamental secret of yoga is to create and maintain resonance with the energies of the macrocosm. Resonance is created and maintained through focused attention at the corresponding planes; these planes are our antennas to receiving the signal. They are called the 7 Chakras. We will study each of the 7 chakras in the 7 remaining classes. The human body can tune the chakras to receive the cosmic or telluric (earth) energies much like you can tune a radio to receive from the station. The energy received brings with it the characteristics of that energy source. We all have the chakras to receive these energies but for most of us they sit dormant from in-use. With practice you can feel the flow of energy and it is really something that you must feel to believe. Through yoga asanas (poses) with suitable concentration at the chakras, we can resonate with the energies of the universe, bringing in extra vitality, healing or even paranormal powers if you like.

Where the mind goes, the energy flows!

For more information on resonance of energies for yoga see:

<http://www.cakravartin.com/archives/the-supreme-law-of-resonance>

In the next 7 weeks we will look at each of the chakras, its relationship to the physical and emotional body and the asanas that we will use to create resonance and influence positive change.

In each class we will begin with Surya Namaskar -the flowing Sun Salutations, continue our vinyasa into other asanas to physically warm and strengthen the body, then warm up the energy system and then finish with 3 asanas focusing on energy transfer. Class will end with savasana, a guided final relaxation.

## Surya Namaskar: Salutation to the Sun

Chanting the 12 Vedic names for the sun: Aum \_\_\_\_\_ Namaha; Salutation to him who....



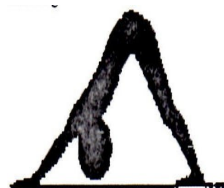
1. Mitraya  
- is affectionate to all  
Exhale hands to chest



7. Hiranya Garbhaya  
- is of golden colour  
Inhale open the chest



2. Ravaye  
-bestows radiance  
Inhale arch with devotion



8. Marichaye  
-posses rays  
Exhale hips up



3. Suryaya  
-induces activity  
Exhale forward fold



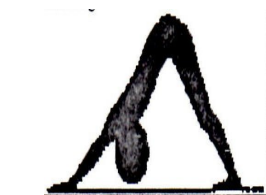
9. Adityaya  
is the son of Aditi  
Inhale step foot forward



4. Bhanave  
-diffuses light  
Hold step foot back



10. Savitre  
-is worshipful  
Exhale forward fold



5. Khagaya  
-is all-prevading  
Inhale hips up



11. Arkaya  
-removes affliction  
Inhale arch with devotion



6. Pushne  
-nourishes all  
Exhale knees, chin,  
chest to the floor



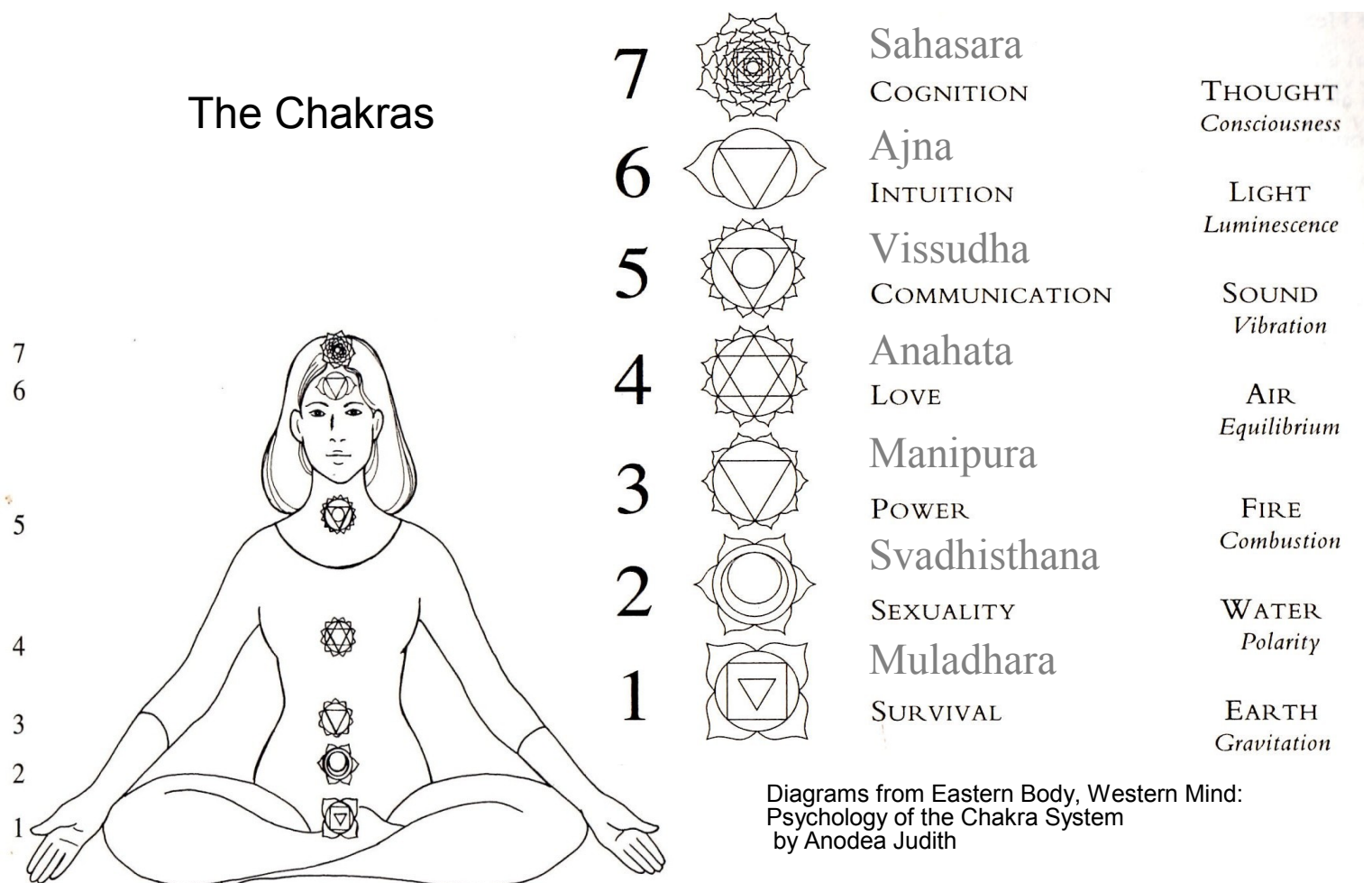
12. Bhaskaraya  
-is the cause of desire  
Exhale hands to chest

# The Energy System Warming Exercises

There are 6 exercises recommended for warming the system up for reception with the universal energies. Due to time constraints we may not do all 6 in each class but will mix them up so you become familiar with all of them. For most of us our neck has developed some calcification and with these exercises grinding, cracking noises may occur and will lessen as the calcification is broken up and removed by the actions.

1. slow head circles: Slow counter and clockwise circles with the head. Activation of the mind, expansion of consciousness, arousal of the 5<sup>th</sup> chakra.
2. double hasty head movements: 2 to the left, 2 to the right, 2 obliquely left, 2 obliquely right and 2 directly back. Awakens latent potential of the mind, arouses 7<sup>th</sup> chakra.
3. Lateral head movements: Right and left focus on the middle of the forehead. Awakens the 6<sup>th</sup> chakra, increases mental insight and harmony between mind and body.
4. Lateral spinal movements. Shoulders up and down causing a snake-like motion of the spine. Activates the sushumna nadi the central channel connecting to the chakras that runs along the spine.
5. Thorax/spine stretch: An exhalation and held inhalation that initiates the flow of cosmic energy down the spine.
6. Gastric massage: Purification of energies and expulsion of toxic energies at the massaged point.

## The Chakras





	CHAKRA ONE	CHAKRA TWO	CHAKRA THREE	CHAKRA FOUR	CHAKRA FIVE	CHAKRA SIX	CHAKRA SEVEN
SANSKRIT NAME (MEANING)	<i>Muladhara</i> (root)	<i>Svadhishthana</i> (sweetness)	<i>Manipura</i> (lustrous gem)	<i>Anahata</i> (unstruck)	<i>Vissudha</i> (purification)	<i>Ajna</i> (to perceive)	<i>Sahasrara</i> (thousandfold)
LOCATION	Base of spine, coccygeal plexus	Abdomen, genitals, low back, hips	Solar plexus	Heart area	Throat	Brow	Top of head, cerebral cortex
CENTRAL ISSUE	Survival	Sexuality, emotions	Power, will	Love, relationships	Communication	Intuition, imagination	Awareness
ORIENTATION TO SELF	Self-preservation	Self-gratification	Self-definition	Self-acceptance	Self-expression	Self-reflection	Self-knowledge
GOALS	Stability, grounding, physical health, prosperity, trust	Fluidity, pleasure, healthy sexuality, feeling	Vitality, spontaneity, strength of will, purpose, self-esteem	Balance, compassion, self-acceptance, good relationships	Clear communication, creativity, resonance	Psychic perception, accurate interpretation, imagination, clear seeing	Wisdom, knowledge, consciousness, spiritual connection
RIGHTS	To be here, to have	To feel, to want	To act	To love and be loved	To speak and to be heard	To see	To know
DEVELOPMENTAL STAGE	Womb to 12 months	6 months to 2 years	18 months to 4 years	4 to 7 years	7 to 12 years	Adolescence	Throughout life
IDENTITY	Physical identity	Emotional identity	Ego identity	Social identity	Creative identity	Archetypal identity	Universal identity
DEMON	Fear	Guilt	Shame	Grief	Lies	Illusion	Attachment
ELEMENT	Earth	Water	Fire	Air	Sound	Light	Thought
EXCESSIVE CHARACTERISTICS	Heaviness, sluggish, monotony, obesity, hoarding, materialism, greed	Overly emotional, poor boundaries, sex addiction, obsessive attachments	Dominating, controlling, aggressive, scattered, constantly active	Codependency, poor boundaries, possessive, jealous	Excessive talking, inability to listen, stuttering	Headaches, nightmares, hallucinations, delusions, difficulty concentrating	Overly intellectual, spiritual addiction, confusion, dissociation
DEFICIENT CHARACTERISTICS	Fearful, undisciplined, restless, underweight, spacy	Frigid, impotent, rigid, emotionally numb, fearful of pleasure	Weak will, poor self-esteem, passive, sluggish, fearful	Shy, lonely, isolated, lack of empathy, bitter, critical	Fear of speaking, poor rhythm, aphasia	Poor memory, poor vision, unimaginative, denial	Learning difficulties, spiritual skepticism, limited beliefs, materialism, apathy

Chart from Eastern Body, Western Mind: Psychology and the Chakra System by Anodea Judith

## Tadasana – The palm tree pose

Tadasana is a pose of cosmic energy charging. Standing with feet parallel and shoulder width apart with good posture we raise our hands overhead. Palms facing each other and hands are relaxed. Focusing the flow of the cosmic energy coming in through the hands. We apply asvini mudra the gesture of tightening the anus to hold the energy within the torso. Notice the difference between the limbs. The receptive left lunar yin (–) energy and the strong right solar (+) yang energy. Release arms down keeping hands apart.

Note the electric currents in the fingers, biomagnetic energy around the arms and the build up of energy (prana) in the torso.

### Benefits:

Increased energy and vitality. Creates a proportionate, light and agile body. Strengthens the shoulders, improves posture. Positive results in relieving sciatica. Reduced sensitivity to cold in limbs, increased height, improved agility of the mind. Great for pregnancy up to 5 days prior to labour- increased energy, painless birth. Hand healing in advanced practitioners.

## Sahaja Agnisara Dhauti – Cleansing of the fire (3<sup>rd</sup> chakra)

Sahaja means natural, Agni means fire, sara means essence and dhauti means cleansing. Cleansing of the natural fire essence, referring to the 3<sup>rd</sup> chakra Manipura and the digestive fire. This abdominal massage is most often done following Tadasana when the hands are charged with healing energies. With hands on the waist, fingers about 1 cm from the navel. Bend the knees and bend forward slightly to soften the abs. Bring the fingers into the abdomen massage both hand in a clockwise circle then the same number rotations counterclockwise. Focus on pulling the navel deep towards the spine, any painful area and the bioenergies flowing in. Arouses the 3<sup>rd</sup> chakra manipura.

**Forbiddance:** Younger than 12, pregnancy and not advised during menstruation.

### Benefits:

Heals a wide range of abdominal diseases, cures indigestion, diarrhea, cholera. Slims the waist, decreased abdominal fat. Improves digestion. Decreases stresses related to manipura.

## Chakrasana – The Wheel pose

Chakra means wheel. The pose of the wheel is the one of the best in energy transfer as it creates a wheel of energy flow. Telluric -earth energy rising up the legs and descending through the arms. Chakrasana is difficult in the beginning but it can be achieved gradually. Holding only 2-10 second initially or doing the half pose and resting some weight on the top of the head.

Placing the hands on an elevation may help if the limitation is in shoulder flexibility.

While in chakrasana notice the difference of flow of energy (+) yang/solar energy in the right side and (-) yin/lunar energy on the left side. After chakrasana you can note the activation of your dominate chakra by perceiving vibrations in the vicinity of that chakra.

### Benefits:

Energizing of the body especially arms and legs. It is claimed that aging is delayed even stopped with regular practice. Tones the spine, makes the body resilient, supple and alert. Is the traditional yogi remedy for obesity, slims the waist and broadens the chest. Cures lumbago, backaches and defects of the spine. Removes rigidity of the thoracic cage which improves respiration. Removes constipation, indigestion, dyspepsia, swelling of the belly. Beneficial for women's reproductive organs and relieving irregularities to menstrual cycle. Positive benefits to knees, shoulders, arms, wrists and neck. Blood circulation is improved for the entire body. It brings energy, a cheerful mood, exhilaration of the spirit and spontaneous enthusiasm.