

**RELAXATION
MEDITATION
MANTRA**

RELAXATION, MEDITATION AND MANTRA

I	Shanti Asanas		3-7
II	Relaxation Techniques	IRT QRT DRT Yoga Nidra Sangalpa	9-15
III	Meditation	Meditation techniques	16-27
IV	Mantras		28-30

SHANTI ASANAS / RELAXATION ASANAS

Shavasana, Makrasana, Adhvasana, Balasana, Anantasana , Supta Baddha Konasana, Apanasana, Sukasana

Yogic relaxation

How do people usually „relax“ after a long day at work?

-> TV, Videogames etc.

You think you relaxe, because you are not actively using your mind, but still your mind is working on different tasks while playing video games for example.

In yoga, relaxation refers to loosening of body and mental tension. We use a great amount of energy by keeping our muscles in a constant allert state. This energy is unavailable when our muscles need to function. In the relaxation techniques we train to release the grip on our muscles when we don't use them. Relaxation will help us to perform our tasks on a busy day.

The intention of yogic relaxation and relaxation asanas is to conserve muscular energy. This energy can be stored in the muscles and used whenever needed.

-> Relaxation is important to store energy

Elderly people

Shanti Asanas at beginning of class -> Build up energy through relaxation asanas

Young people

Relaxation at the end of lesson

Relaxation Techniques

- I. IRT (instant Relaxation Technique)
- II. QRT (quick Relaxation Technique)
- III. DRT (deep Relaxation Technique)
- IV. Yoga Nidra

Materials

You can use a Coir matt, Rubber mat or Sheet. Whatever you feel most comfortable with.

It is important to your own matt, not only for hygienic reasons but also your energy gets stored on the matt. Whenever you are using someone else's there is a risk of taking in their energy in and thereby disturbing your own energy field.

ASANAS

Shavasana

Shantiasana

Mariatasana

shava =

"corpse/dead body"



Instructions

- Lay on your back
- Hands and arms apart
- Palms facing up
- Head and spine in a straight line
- Eyes closed
- Normal breath
- (Focus on the breath and away from)
 - Physical state (itching etc.)
 - Mental state (thoughts etc.)
- getting up arm over head
- turn to the right (remain for 5 breaths)
- Push yourself up with the left hand into a seated position

Normally done at the end of practice

Duration 3-5 min (9,15 or 27 breaths)

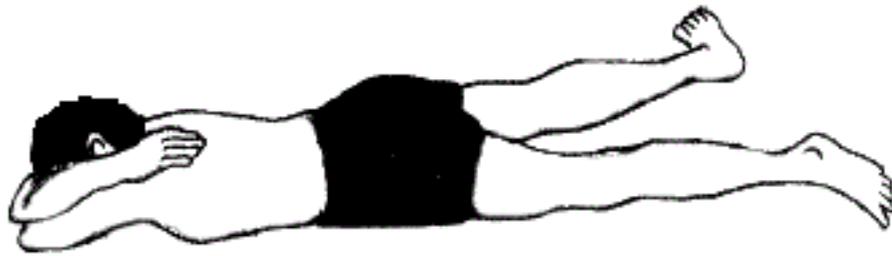
Variation hands and legs together

Benefits

- helps relieve
 - depression
 - high blood pressure
 - headache
 - fatigue
 - insomnia
- relaxes the nervous system as a whole
- relaxes entire body
- Attain a calm and a quite state of mind

Makrasana

Maka = "Crocodile"



Instructions

- Vajrasana starting posture
- Bend down to the stomach forward
- Cross hands and bring them on the elbows
- Chin inbetween the folded arms
- Eyes closed, Body relaxed
- Toes pointing outwards
- Feet are flat on the ground
- Focus on the tailbone
- Deergha swasha (long breathing)

Variation

Cupping the face with the hands.

Benefits

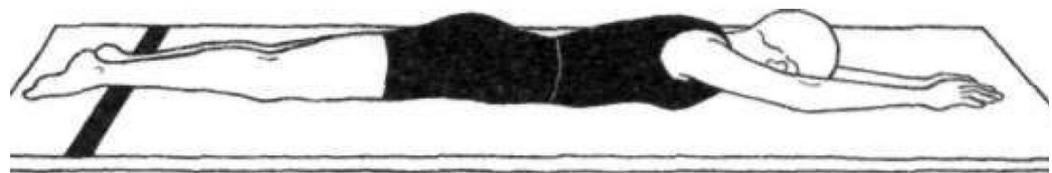
Good

- for children
- Slipped disk
- Spondelitis

Advhasana

*Reversed Corpse
pose*

Reversed Shavasana, Hands above the head, lying on the stomach.
Like picture but feet and hands apart.



<p>Balāsana <i>Child's pose</i> <i>bal = "child"</i></p>	<p>Instructions</p> <ul style="list-style-type: none"> • Lie down on stomach • Turn either to right or left • Take the leg up to the chest • Left hand goes behind (extended) • Right hand in direction of nose (thumb separated from rest of the fingers) • Look at the tip of the thumb • Focus on hip-region or thigh-region • Close your eyes • (Then do the other side) <p>Duration Deep breathing 3-5 min</p> <p>Benefit</p> <ul style="list-style-type: none"> • Stretches spine strengthens muscles of hips and thighs • Increases blood circulation • Cures back-pain
<p>Anantasana <i>Vishnu /creator Pose</i> <i>anant = "endless"</i></p>	<p>Instructions</p> <ul style="list-style-type: none"> • Lie on your Side • Back and entire body straight <p>Variation Head on the bent hand</p> <p>Benefits</p> <ul style="list-style-type: none"> • Relieves fatigue, back-pain

Supta Badha

Konasana

Supt = "lying"

Badh = "Bound"

Kon = "Angle"



Instructions

- Lie on your back
- Palms facing up
- Bring the feet together as in Baddha Konasana
- Relax your body
- Use cushions and blocks if necessary

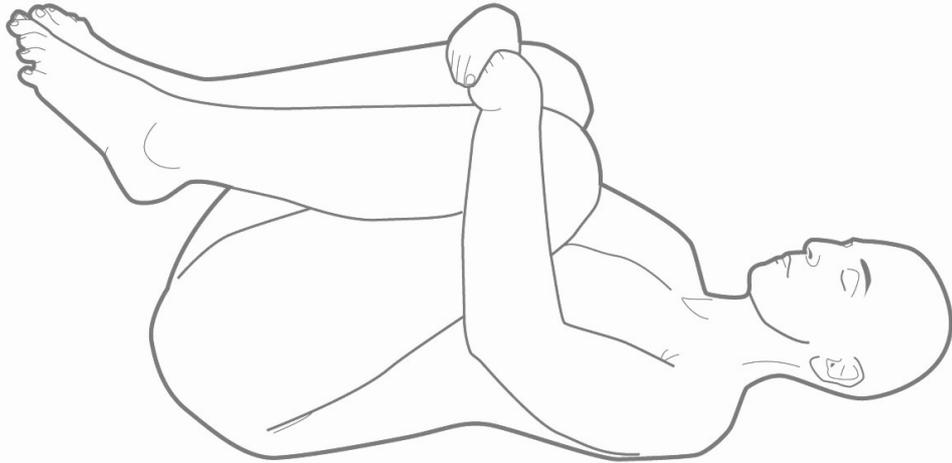
Caution Avoided if person has a knee injury or Lower back pain

Benefits

- stretch in inner thigh and hip region
- Good for abdominal region
- Improves circulation
- Feet together -> circle
- Reproductive organs, bladder etc.
- Calmness

Apanasana

apana “ownward moving, moving life force”



Apana = Air
Getting rid of unnecessary gases
Knee to chest pose
Downward moving life force

Instructions

- Savasana
- Lift feet and knees to the belly
- Pressure on abdominal region (relief gases)
- Hands on the side or holding the legs

Do at end of a yogic session

Benefits

- Helps to move the toxins down
- Detoxification
- Hands on the side Or Holding the legs
- The further it is to your chest, the more benefit

Sukhasana

Pleasant pose /
Decent pose / Easy
pose

Suk = "state of
comfort"



Instructions

- Sit straight
- Hands in Chinmudra

You can do anytime
In between practices

NOTE

Alignment of the bodyparts is very important very important.

When alignment is disturbed -> affects the rhythm of the body (Circadien, ultradien and infradien)

RELAXATION TECHNIQUES

Basically there three different Relaxation techniques.

- I. Instant Relaxation Technique (IRT)
- II. Quick Relaxation Technique (QRT)
- III. Deep Relaxation Technique (DRT)

YOGIC RELAXATION

How do people usually „relax“ after a long day at work?

TV, Videogames etc.

You think you relaxe, because you are not actively using your mind, but still your mind is working on different tasks while playing video games for example.

In yoga, relaxation refers to loosening of body and mental tension. We use a great amount of energy by keeping our muscles in a constant alert state. This energy is unavailable when our muscles need to function. In the relaxation techniques we train to release the grip on our muscles when we dont use them. Relaxation will help us to perform our tasks on a busy day. The intention of yogic relaxation and relaxation asanas is to conserve muscular energy. This energy can be stored in the muscles and used whenever needed.

Elderly people

Shanti Asanas at beginning of class -> Build up energy through relaxation asanas

Young people

Relaxation at the end of lesson

The concept of the Relaxation techniques was introduced by Swami Vivekananda. The pioneer in the philosophies of Yoga. He emphasised the importance of reducing stress in the physical body and the mind. The relaxation techniques will raise your awareness of your body movements and breath. Synchronising the two and bringing relaxation to body and mind.

Depending on the group you teach techniques can be used before, during and after the Asana practice. The Instant Relaxation Technique (IRT) is usually done at the beginning, Quick Relaxation Technique (QRT) is done after the standing yoga poses practice and Deep Relaxation Technique (DRT) is done at the end of the yoga practice. The duration of the relaxation technique is also dependant on when it done and what your intention is.

For any of the techniques your stomach should be empty (at least 2h after you had food). After a meal the blood flows into digestive organs to dissolve the food. But the Relaxation techniques are supposed to get the blood flowing throughout the body.

For all of the techniques it is important that the body is aligned in a straight line. The more symmetrical and aligned you lie in Savasana, the easier the energy can flow throughout the body.

IRT

The Instant Relaxation technique is an immediate way to bring your body and mind. It is usually done at the beginning of the class.

The IRT focuses on various muscles within the body and their immediate relaxation through first tightening them and then immediately releasing it. The technique is done in Savasana and the duration is about 2-3 minutes. It can be done more than 3 times in each round. There is no specific time of the day when it should be done and it can be done several times a day, irrespective of practice of Asanas. It helps balancing, activating and opening the Sahasrara Chakra (Crown Chakra)

INSTRUCTIONS

1. lie down on your back on a mat or a blanket in Savasana. Settle the entire back on the floor.
2. Bring the legs together
3. Bring the arms close to the torso with the palms facing upwards
4. Close your eyes
5. Make yourself comfortable and completely relax
6. Begin from the lowest part of your body and work upwards:
 - Tighten the toes.
 - Tighten the ankles.
 - Tighten the calves.
 - Tighten the knee cap.
 - Tighten the thighs.
7. Move towards the middle of the body
 - Tighten the hips.
 - Tighten the entire abdomen.
 - Pull the belly in.
 - Exhale completely
8. Move towards the rest of the body
 - Tighten the fingers.
 - Form a fist with the hands.
 - Tighten the forearms.
 - Tighten the upper arms.
 - Inhale, and expand the chest filling in maximum.
 - Tighten the shoulders.
 - Tighten the neck and face muscles.
9. Tighten the entire body, from the tips of the toes to the forehead. Bring all the muscles under your control. Pulling them all and be aware of the control and the sensation.
10. Hold the breathing while the belly in sucked in and the chest is expanded.
11. Hold the breath for about 30 seconds along with the muscles pulled in.
12. Exhale and release the muscles
13. Relax, feel the sensations in your body and breathe normally
14. Repeat for about 3 rounds to start with, gradually going deeper and longer with the holding of the breath and the muscles.

15. Put your right arm above your head and turn to the right side
16. Slowly come up to a seated position by using your left arm to push you up
17. Rub your palms together and Place the palms on the eyelids
18. Repeat and Again rub your palms together. Place them over the eyelids
19. Open your eyes behind the closed palms
20. Slowly move the palm away from the face and look into your palms while moving them down (since you created a lot of energy with this practice this ending gives the energy back to yourself instead of losing it to your surrounding right away)

Variations

Tighten and relax body part by body part.

P.e. Tighten right leg, relax, tighten left leg, relax etc.

BENEFITS

- can be practiced anytime and after any yoga pose
- Awakens body and mind
- Calms restless mind by focusing on the bodyparts
- Reduces stress
- Decreases tension in the muscles
- Sharpens body awareness for the following Asanas if done at the beginning of a class

CONTRAINDICATIONS

IRT is not advised for people who have/are

- hypertension, high blood pressure
- Heart diseases
- Pregnant
- Fibromyalgia

QRT Quick relaxation technique

In this technique the focus is on the breath. The flow of the breath into the body and out of the body through the nostrils. It can be done lying down (Savasana) or sitting in a chair. QRT is usually done after practicing Asanas. Through energy diversion the body relaxes and becomes calmer. It is usually done for about 5 minutes (5-7 Cycles) and can be done more than once a day. The ratio of your breath should be 1-2 (inhale 1,2 exhale 1,2,3,4) QRT should be instructed by someone else for maximum relaxation. It balances and activates the Chakras.

INSTRUCTIONS

1. Lie down in Savasana (arms and legs apart, palms facing up)
2. Observe your Abdominal Muscle Movement
 - Bring the focus to the abdomen
 - Let the movement of the belly be natural, do not control the movement (While feeling the movement, the body automatically begins to calm and the movement is slow and easy when compared to at the beginning, smile)
3. Connect the movement with the breath
 - Take four deep breaths through the nose (4counts inhale/4counts exhale)
 - Whenever you breath in your abdomen fills with air

- When you breath out it pulls itself together like a ballon
 - Start slowing down the breath (for example 4 counts in 8 counts out)
 - Do this for about 5 minutes or about 8 rounds
3. Deepening the practice
- Chant Omkara (the A is felt in the abdome, the U in the chest are and the M in the head area)
 - Put your right arm above your head
 - turn to the right side
 - Slowly come up to a seated position by using your left arm to push you up
 - Rub your palms together
 - Place the palms on the eyelids
 - Again rub your palms together
 - Place them over the eyelids
 - Open your eyes behind the closed palms
 - Slowly move the palm away from the face and look into your palms while moving them down (since you created a lot of energy with this practice this ending gives the energy back to yourself instead of losing it to your surrounding right away)

BENEFITS

- relaxation of the abdominal muscles
- Calms mind fast
- Positive flow of energy
- Support the function of the organs by breathing fresh air into the seperate areas

CONTRAINDICATIONS

- back injuries, that hurt while laying in Savasana
- Trauma patients: For those who find it uncomfortable to close eyes in front of other people

DRT Deep Relaxation technique

This is the longest and deepest of the three Relaxation techniques. It takes about 10-20min and can be performed in Savasana or sitting in a chair. DRT is best done at the end of your Yoga Practice to release all tensions while retaining the muscle strength. Instructions should be given by a teacher. DRT can be done by anyone, even without practicing Asanas. Helps to open the Chakras (especially the Crown Chakra). It slows down the heartbeat and therefore all the other processes in the body which rejuvenates and energies.

INSTRUCTIONS

1. Savasana (legs and arms apart, palms facing up)
2. The whole idea of Deep Relaxation Technique is to consciously bring each part of the body to relax while giving instructions to that part in particular.
3. Bring awareness to the part mentioned (energy diversion)
4. Relax lower part of the body (right)
 - Toes
 - Soles of the feet
 - Top of the feet
 - Ankles
 - Calf
 - Knee

- Thigh
 - Hips
 - Buttock
5. Relax lower part of the body (left)
 - Toes
 - Soles of the feet
 - Top of the feet
 - Ankles
 - Calf
 - Knee
 - Thigh
 - Hips
 - Buttock
 6. Feel the relaxation in the lower part of the body
 7. Chant A-kara
 8. Move your awareness up to the part above your hips
 9. Bring your Awareness to the
 - Abdomen
 - Chest
 - Shoulders
 - Lower back
 - Moving up to the upper back
 - Shoulder blades
 - Fingers of the right side
 - Forearm of the right side
 - Elbow of the right side
 - Upper arm of the right side
 - Fingers of the left side
 - Forearm of the left side
 - Elbow of the left side
 - Upper arm of the left side
 10. Feel the relaxation in the Torso and Arms
 11. Chant U-kara
 12. Bring your awareness to the upper part of the body
 - Throat
 - Neck
 - Jaw
 - Tongue
 - Nose
 - Cheeks
 - Ears
 - Eyes
 - Space between the eyebrows
 - Forehead
 - Move to the top of the head
 - Back of the head
 13. Observe the sensations in the upper part of your body
 14. Chant M-kara
 15. Relax the whole body

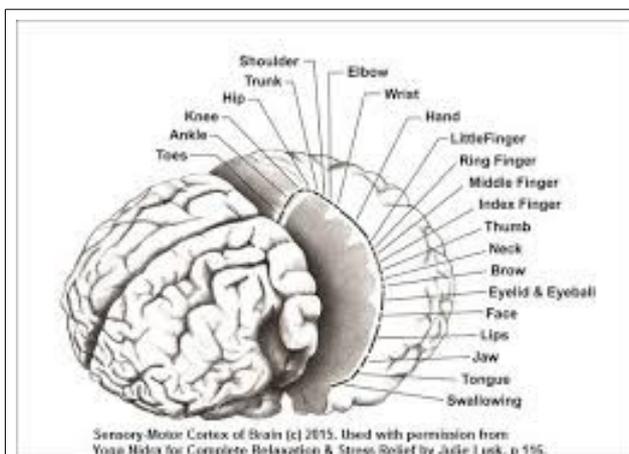
16. Chant Om-Kara and feel the vibration in your body (A-lower part, U-middle part, M-upper part)
17. Come out of your body consciousness by looking at the body from the outside
18. visualize how you are lying there
19. Expansion of awareness (music, visualization) p.e. „imagine your body moving up towards a blue sky, merging with the sky“ or singing bowl
20. Return to body consciousness (aum, more than 3 times)
21. Slowly start moving your toes and fingers, turn your head from left to right
22. Put your right arm above your head and turn to the right side
23. Slowly come up to a seated position by using your left arm to push you up
24. Rub your palms together and Place the palms on the eyelids
25. Repeat and Again rub your palms together. Place them over the eyelids
26. Open your eyes behind the closed palms
27. Slowly move the palm away from the face and look into your palms while moving them down (since you created a lot of energy with this practice this ending gives the energy back to yourself instead of losing it to your surrounding right away)

CONTRAINDICATIONS

- back injuries, that hurt while laying in Savasana
- Trauma patients: For those who find it uncomfortable to close eyes in front of other people

YOGA NIDRA “the Yogic Sleep”

Yoga Nidra is a popular yogic way of relaxation. Explained as sleeping with trace of awareness i.e it’s the state of mind between wakefulness and dream. The practice of yoga nidra has much impact in the human system especially in today’s busy life style by removing the tension in the muscular, emotional and mental tension.



Yoga Nidra impacts in the brain

- Different part of the body is connected to the sensory motor cortex of the body, by conscious scanning of the different part of the body the brain is stimulated.
- While relaxing each body part separately; the nervous pathway to the brain get cleared

Yoga Nidra influence on the emotions

- By evoking the opposite emotions Like love and hate/ joy and sorrow during the Yoga nidra; opposite hemisphere of the brains will get activated simultaneously which do not operate in together in normal circumstances.

- This helps the practitioner to be aware of the emotions and helps in emotional reaction

Yoga Nidra influence on the mind

- It helps to relax the intellectual mind and works in opens the unconscious and subconscious mind. Which leads the mind to be more receptive
- Takes you deep within yourself where you get in touch with your deeper self and aides you unleash your personality.
- With the positive sankalpa the seed of change is planted in the subconsciousness to transform the life pattern of the person

Instructions for Yoga Nidra

Preparation

- Wear comfortable loose clothes.
- Switch off your mobile or set it in silent mode.
- Dim the lights in the room.
- If you enjoy aroma burn an incense stick or aroma light lamp.
- If you require put some warm clothes over you.
- Lie on the mat in Savasana legs apart, hands to the side of the body making you comfortable
- try not move any parts of the body throughout the practice
- Follow the instruction, avoid analysing or scrutinizing and allow you to be clam and steady.
- Take 3-5 deep breathing and chant Om mindfully for 3 times.

Resolve / Affirmation / Goal / Sankalpa

- The resolve you make in yoga nidra will become true in your life hence make a short positive statement in a simple language.

Rotation of consciousness

- Now move your consciousness from one part of the body to another.
- Bring your attention to your
 - right big toe, second, third, fourth and little toes relax your toes, relax right feet,
 - right ankle, right calf muscles, loosen right knee, and relax right thigh; now relax left big toe, second, third, fourth and little toes relax your toes, relax left feet, left ankle, left calf muscles, loosen left knee, relax left thigh. Loosen the hip joints. Totally relax your lower part of the body.
 - Gently move your attention to the navel and observe the abdomen movement, and relax the abdominal muscles, and chest muscles. Shift your awareness to the lower back and relax the lower back. Loosen your vertebral joints one by one, relax the muscles and the nerves around the back bone. Relax your middle back, shoulder blades and upper back muscles are totally relaxed. Relax your fingers, palm, loosen your wrist joints, relax your fore arms, loosen the elbow joints, and relax triceps, biceps and shoulders. Move your awareness to the neck slowly turn your head right and left. Relax the muscles, nervous and the whole of the middle body.
 - Gently move your attention to the head region, relax your chi, lower and upper jaw, lower and upper gum, lower and upper teeth, shift your awareness to your nose, observe your nostril feel the cool air touching the walls of the nostril while inhaling and feel the warm of the air touching your nostril while exhaling. Relax your face muscle, relax the cheeks, relax your eyeball muscles, relax your eyelids, eye brows and in between the eyebrows. Relax your fore head, ears, side and back of the head and crown the head.
 - Feel the complete body is relaxed.

Awareness on the breath

- Bring your focus to your breath without changing your breathing rhythm and count your breath from 27 to one.

Relaxation/Visualisation

- Visualize that you are at your favorite nature spot and expand your consciousness to the details of the place. Repeat your Sankalpa three times.

Finish

- Bring your awareness to your breath observe the movement of your breath, take a note on how your body is completely relaxed and gently wriggle your toes. Stretch your fingers. Move your legs and hands. Bring your legs together hands by the side of the body. Turn your body to your comfortable side and lift yourself for seated position. OM Shanthi. Shanthi. Shanthi.

Practicing Yoga Nidra under a trained personal is recommended.

	<p>SANGALPA (संगल्प) sanskrit, sangalpam = tamil)</p> <p>In life if you have identified matters which are challenging and beyond your influence or control the process to overcome that challenge is called Sangalpa. God gives you what you need and not what you desire.</p>
--	--

About Sangalpa

The Sangalpa can be identified by using the knowledge mapping.

“In which field do you feel like you have put a lot of effort, attention, work etc. into, but it is still not coming true?” Once you identify which field it is, you can create you sangalpa from it.

Sangalpa = affirmation + determination

Sangalpa = time and knowledge + planning

Sangalpa = Natrual healing process

Maha Sangalpa

You can have 3-5 sancalpas

One will be your “**maha sancalpa**” your main sancalpa which usually results from your passion. The minor ones are linked to the maha sancalpa.

Sangalpa practice

Find a positive, small statement to describe your wish.

P.e. “My holistic centre is flourishing”

What is something that makes you feel proud, that gets glorified, that is special about you?
= your name. Every time the name is called. Activation of consciousness, the soul opens.

21712. Recite your name 27 times

21713. Recite your wish 27 times

21714. Recite your name 27 times

MEDITATION

YOGANAS / ASTANKA YOGA SYSTEM

1. Yama (ahimsa, satya, asteya, brahmacharya, aparigraha)
2. Niyama (shaucha, santosha, tapa, swadhyaya, ishvarapranidham)
3. Asana
4. Pranayama
5. Pratyahara
6. Dharana
7. **Dhyana = Meditation**
8. Samadi

1-5 external (*bahya*)

5-8 internal (*antarik*)

Dharana works as a bridge between the inner and the outside world. Dhyana can be seen as the gate. Once you have mastered the Yamas and Niyamas, Asana and Pranayama you get rid of impurities in the body and gain control over the senses. Then only Dharana is possible.

There are many streams of enlightenment, but all of them have one thing in common: meditation. Basically all meditation techniques are related to the mind. They involve controlling the mind in order to transcend it. In *Hatha Yoga* this transcendence is called *unmani* or *manomani awastha*.

Meditation trains the mind and the senses to disassociate with the form of the object and stand beside like a non judgemental witness. There is no attachment to the thoughts and objects. Thoughts are reviewed without identification, analysis, judgement or resistance. It leads the mind into one pointedness.

Meditation is a state of being. The goal is to be fully present in the moment, not only while sitting down and actively meditating, but throughout your whole day and all of your actions. Once meditation becomes natural, the mind can not overpower the individual anymore. There is a greater clarity and sharpness in the thought, not clouded by judgement or overthinking.

Mindfulness

Being aware of what you are doing at the time of doing, no matter what you are doing.

General benefits

- efficient functioning of the body
- General state of well being
- Reach a state of Equanimity
- systematically allowing the mind to become still for a specific period of time each day
- Strengthen the relationship between consciousness and the world gradually changes
- Induce higher mental states
- Control over emotions
- Meditation stimulates the para sympathetic nervous-system which results in relaxation of the body and the mind.
- Improves concentration, Memory, Emotional equipoise, creativity
- Controls blood pressure
- Improves blood circulation
- Normalises heart rate
- Slows respiration
- Relieves anxiety
- Delays onset of mental ailments (for example Alzheimers)

Features of Meditation

- mind dwells on a single thought of choice
- Deep relaxation of all the parts of the body
- Reduced metabolic rate by slowing down the breath
- Freshness, lightness, feeling of expansion at mental level
- Calmness, peace and serene bliss
- Continuous awareness

Forms of Meditation

- breath observation
- Auto suggestion
- Visualisation
- Mantra chanting
- Rotating of beads in Mantra Japa
- Concentration on one object
- Non-judgemental awareness of thoughts

The difference between Dharana and Dhyana

Patanjali "Yoga Sutras"

In Dharana the mind is brought to one object and has to be focused again and again on the specific object in order to keep it from wandering towards the many distractions.

If the practitioner becomes successful in keeping the mind from wandering and hold the concentration in one spot continuously, it becomes Dhyana.

If the Dhyana becomes prolonged it eventually becomes Samadhi.

Concentration

The effort of trying to keep the mind from wandering and bringing it into single mindedness.

Meditation

The mastery of keeping the mind from wandering and being completely in the present.

Obstacles

According to Patanjali's Yoga sutras there are certain difficulties and distractions a practitioner might have to face.

Vyadhi	Physical illness
Styam	Mental languor or listlessness
Samshaya	Doubt
Pramada	Heedlessness or misplaced priorities
Alasya	Physical laziness
Avirati	Stubborn attachment to sense objects
Bhranti Darshana	Illusion or misunderstanding
Alabhada Bhumikatva	Non attainment of firm ground
Anvasti Tattva	Non maintenance of firm ground

Obstacles might also come up due to a lack of preparation, like wrong food, wrong sleep pattern etc. Internal obstacles can be an agitated mind, worldly fears about meditation, holding on to the identity while meditating, focusing too much on objects, non regularity in meditation, lack of enthusiasm. The most common obstacles are Laya (sleep) and Vikshepa (agitation or distraction).

Goal of meditation

Thus meditation having a lot of general benefits for health, the main goal is not only the improvement of the health in the physical body. The goal is for the practitioner to sharpen the awareness and discover the true essence within. To lift the veil of impurities and be present in the moment. To be free from past regrets and future worries. To bring balance to the body and mind and not be the slave of senses.

SIMPLE MEDITATION ADVICE FOR BEGINNERS

1. Make a promise to yourself that you will meditate daily.
2. Start with 2min of sitting still. Gradually increase the time.
3. Find a fixed time and place for your meditation (ideally in the morning)
 1. Best time to meditate is in the morning, according to the natural rhythm of the body.
 2. The place should be clean and not too noisy
 3. Fixing time and place helps establish a routine, with practice you body and mind will instantly connect the place with stillness and peace.
4. Find a way to remind yourself of the practice and keep track (phone, post its etc.)
5. Do not worry on how to sit or where to sit, as long as your spine is erect and you do not sit on the blank floor (you can sit on a couch, chair etc.)
6. Wear comfortable clothes
7. Once you become comfortable with sitting for 2 min, increase the time and start correcting your posture (body alignment)
8. Start observing the breath. If the mind is restless, how is the breath reacting? Just observe, do not try to control it.
9. If you get drowsy: take deep inhalation, exhale forcefully and repeat for couple of times
10. Keep increasing the time spent. You will start enjoying the stillness and wanting to spend more time there
11. When the mind wanders, get rid of the thoughts immediately.

MEDITATION TECHNIQUES

Meditation itself can not be taught, but there are several techniques that can help guide a student into meditation.

BRAMMARI MEDITATION

1. Sit comfortably (spine erect etc.)
12. Close eyes, relax the body
13. Feel the breath: cool air entering the nostrils, warm air coming out
14. Perform 5 rounds of Brammari
15. Repeat Brammari only in the mind and feel the vibrations all over the body
16. Enjoy the state of inner silence

CONCENTRATION MEDITATION

For beginners it is recommended to be given a subject of meditation as a support. Like the breath or a deity of choice. The mind needs something to get attached to. Concentration meditation focuses on bringing the mind to one single point. For example

- breath
- Mantra
- Candle flame
- Rotation of beads in japa
- Autosuggestion for visualisation
- Object of choice (deity, *ishtha devata*)

It takes time to build up the concentration and stay there. In the beginning only practice a couple of minutes and then start increasing the time

MINDFULNESS MEDITATION

In mindfulness meditation the free flow of thoughts is observed. The practitioner should not get attached to the thoughts running through his/her mind. He/she should simply stand apart from the thought and not identify with them or judge them in any way.

Through this he/she will realise that there is a constant flow of thoughts in the mind and that the thoughts itself do not have any power, only the identification with the thought brings suffering. This meditation helps bringing a correct evaluation of thought and realising that the thought flow tends to occur in preconditioned patterns, which can be broken by continuing this practice and bringing equanimity to the mind.

Concentration and Mindfulness meditation can be practiced in combination.

OM MEDITATION

Phase I

1. Sit comfortably
17. Close your eyes and start chanting OM mentally
18. Repeat continuously without a break (If you get distracted, chant faster)
19. After a while the chanting slows

Phase II

1. As the chanting slows, the gaps between the OMs become wider
20. Observe the silence in these gap

Phase III

1. The experience of inner silence helps expand from 3D Awareness into multidimensional awareness beyond the limitations of the body
21. The depth of the silence becomes longer, deeper and more expanded
22. Visualise and feel an ocean of silence with gentle soft waves of OM
23. Merge into complete silence and reach into **Ajapa** (no repetition)
24. Silence is the source of Creativity, power, knowledge, bliss
25. Remain in this blissful state for a while

Phase IV

1. Form this deep ocean of silence in your heart region
26. Chant one OM out loud
27. Feel the intense vibration created
28. Gently bring yourself out of the meditation

<ol style="list-style-type: none"> 1. Ajna Chakra 2. Vishuddi Chakra
<p><i>right side</i></p> <ol style="list-style-type: none"> 3. Shoulderjoint front 4. Ellbow inside 5. Wrist inside 6. Top of the thumb 7. Top of the index finger 8. Top of the middle finger 9. Top of the ring finger 10. Top of the little finger 11. Wrist inside 12. Ellbow inside 13. Shoulderjoint front
<ol style="list-style-type: none"> 14. Vishuddi
<p><i>Left side</i></p> <ol style="list-style-type: none"> 15. Shoulderjoint front 16. Ellbow inside 17. Wrist inside 18. Top of the thumb 19. Top of the index finger 20. Top of the middle finger 21. Top of the ring finger 22. Top of the little finger 23. Wrist inside 24. Ellbow inside 25. Shoulderjoint front
<ol style="list-style-type: none"> 26. Vishuddi 27. Anaghatam 28. Chest right 29. Anaghatam 30. Chest left 31. Anaghatam 32. Manipooragam 33. Mooladharam

Right side

34. Sitbone
35. Knee
36. Ankle front
37. Top of big toe
38. Top of 2nd toe
39. Top of 3rd toe
40. Top of the 4th toe
41. Top of the 5th toe
42. Ankle front
43. Knee
44. Sitbone

45. Mooladharam

Left side

46. Sitbone
47. Knee
48. Ankle front
49. Top of big toe
50. Top of 2nd toe
51. Top of 3rd toe
52. Top of the 4th toe
53. Top of the 5th toe
54. Ankle front
55. Knee
56. Sitbone

57. Mooladharam
58. Manipooragam
59. Anaghatam
60. Vishuddi
61. Ajna

61 POINTS MEDITATION

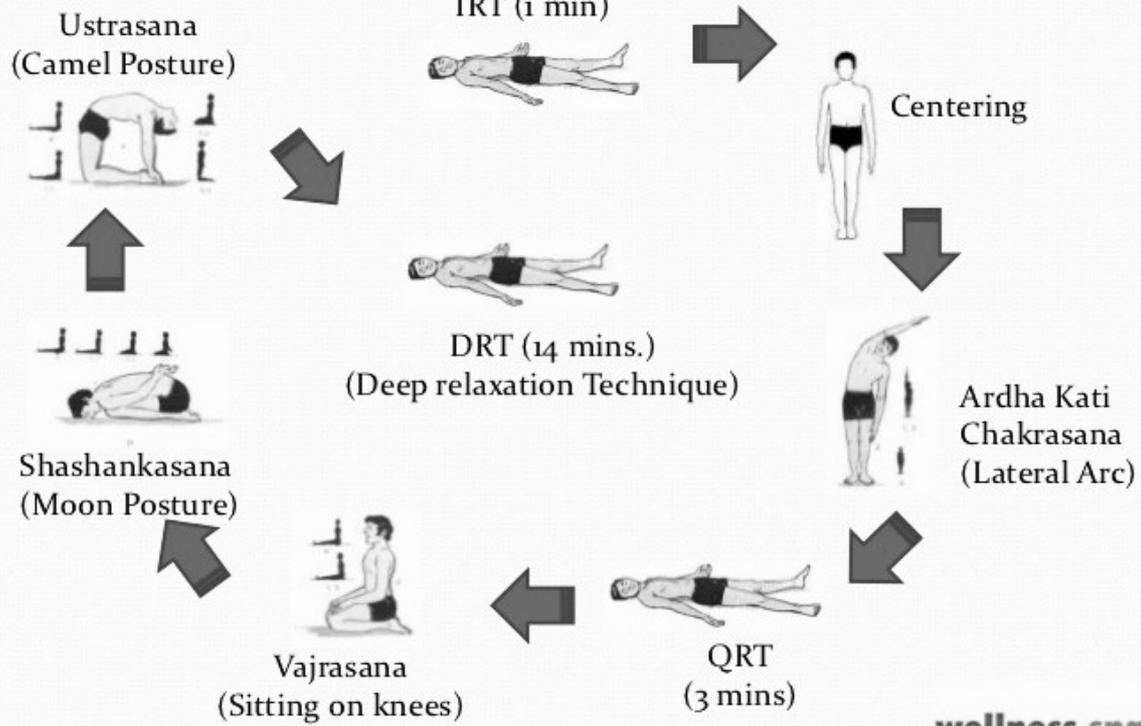
Do 3 Rounds. When forgetting one go back to the beginning.

CYCLIC MEDITATION

Swami Vivekananda University

Cyclic Meditation Practices

Benefits at all levels



S-VYASAH UNIVERSITY

24400. Opening Prayer

- Lie in Savasana (hands apart, feet apart, spine straight, head in one line with spine)
- Observe your breath
- Chant the opening prayer or prayer from the book
 - Om sahana vavathu, sahanam bunakthu, saha veerjam karava vahai, tejasvee-na vadhee damastu, ma vid visha vahai. Om Shanti Shanti Shantii
 - Laye sambodhayaeccittam viksiptam samayetpunah, sakasayam vijaniyatsamapratam na calayet. (In the state of oblivion awaken the mind, when agitated pacify it, in between the mind. If the mind has reached the state of perfect equilibrium, then do not disturb again.)
- Observe your body, observe the changes

2. IRT

- Stay in Savasana
- Bring feet together and hands closer to the body
- Start tightening your body from the toes up
- Hold the tension: tighten tighten tighten..
- Release
- Observe the changes in your body
- Enjoy the relaxation

- Put your right hand above your head
- Turn to the right side
- Come to a seated position
- Then come to a standing position

3. Centering

Tadasana

- Stand in Tadasana (see that you are straight, head and spine in one line etc,)
- **3D awareness** Chant OM-kara or Brammari (“ng”)
- **Pointed awareness**
 - Shift your weight to the front/toes
 - Shift your weight to the back/heels
- **Surface awareness**
 - Come to the center, feel the weight
- **Linear awareness**
 - Shift your weight to the left
 - Shift your weight to the right
- **Surface awareness**
 - Come to the center, feel the weight
- Observe the changes in your body
- Feel how your weight is equally distributed on the feet
- Feeling grounded and centered

4. First stimulation and relaxation part (Ardha Katti Chakrasana and QRT)

Ardha Katti Chakrasana

- Stand in Tadasana (see that you are straight, head and spine in one line etc,)
- Slowly start raising your left arm, keep your arm straight and count to 30 as you move it to the shoulder level (slow)
- **Pointed awareness**
 - When the arm is at shoulder level, twist the wrist, palms face up
- Move your arm further up to into a vertical position while counting to 30 (slow)
- Feel your muscles
- **Surface awareness**
 - Feel the biceps touching the ear
- Move the right hand further down, stretching the right side
- **Surface awareness**
 - Feel your left palm sliding down the thigh
- Do the same process in reverse (slowly bring arm to 90°, then horizontal, turn the palm down, hand down)

Repeat the process for the left hand.

Observe the changes in your body. Feel a tingeling sensation in your hands. Now both sides are equally energised and relaxed.

Slowly come to a seated position and then lie on your right side (**Linear awareness**)

QRT

- Move from your right side onto your back

- Make yourself comfortable
- **Phase 1** Observe the abdominal movement (natural breath)
- **Phase 2** Connect to the breath and synchronise the movement and the breath
- **Phase 3** Breathe with a feeling, feel the abdomen bulging out with every inhalation and sinking back in with every exhalation
- Continue for **5 rounds**

Observe the changes in the body.

Come to Sthiti Dandasana, sit up, legs straight but relaxed, Relax your shoulders and neck.

4. **Second stimulation and relaxation part** (seated positions and DRT)

Vajrasana, Sasankasana, Ushtrasana

Vajrasana

- Sit on your heels in Vajrasana
- Observe the changes in your body
- Bring your right hand in Aadi Mudra
- Hold your right wrist with your left hand

Sasankasana

- Slowly bend forward
- **Surface awareness**
 - Feel the stomach touching the thighs
 - feel the head touching the floor
- **3D awareness** Chant M-kara
- Feel the lightness in the head
- Slowly come up into Vajrasana

Ushtrasana

- Stand on your knees
- Put your on your waist, support your waist
- Bend back
- If you can touch your ankles or soles of the foot
- Feel the chest opening
- The head dangles down freely
- **3D awareness** Chant A-kara
- Come back to Vajrasana
- Relax and observe the changes

Come to Savasana

DRT

5. **End prayer**

Short steps

29. Opening prayer

30. IRT

31. Centering and 3D awareness (Tadasana: Foot positions, Om-Kara or Brammari)

32. First set
 1. Ardha Katti Chakrasana (pointed awareness, surface awareness)
 2. QRT (side, linear awareness, tighten relax)
33. Second Set
 1. Vajrasana
 2. Sasankasana (M-kara, surface awareness, 3D awareness)
 3. Ushtrasana (A-kara, 3D awareness)
 4. DRT
34. Closing prayer

Benefits

Help people relax and prepare for deeper meditation

Asana to stimulate and relax

- performing a set of Asanas slowly and purposefully with awareness
- Key method:
 - first stimulating the mind and body
 - Then relaxing the mind and body
- 3 aspects, IRT, QRT, DRT and Asanas

Pointed awareness when awareness is on one point. Ardha Katti Chakrasana.

Linear awareness when one side of the body is activated. Laying on side

Surface awareness when both sides of the body are in balance, or you are touching a surface

3D Awareness, when you chant and the awareness is created in the head region through the resonance of the chanting.

Foot positions

1. Raise toes spread, put down,
 35. go up on toes put heels down,
 36. Inside move to the edge of the side of the feet
 37. Outside move to the edge of the side of the feet
- > Grounding

Kajagatha

Kaja = body

Sattbhagana

Mindfulness based on body awareness

Chankamana

Walking meditation

Anapana Sati

Focus on the breath cycle

Metta Bhavana

Loving Kindness Meditation

Sati Pattana

Mind-fullness of body sensations

Vipassana

Insight into the true nature of reality

Insight into Impermanence, suffering, satisfactory, non self

Om mani padme hum

Padme = lotus

Mani = jewel

Hum = inside

108 times chanting

Visualise a straight line between the eye brows and another one from the crown going down

Where it touches, beautiful neon blue multifaceted jewel

Kayastrayam

Kaya = body

Strayam = a technique which leads to Stability + stamina (not strength)¹

Not a meditation technique but concentration technique.

Starts as concentration technique and can lead into meditation.

Rhythms of the body

27088. Circadian

A circadian rhythm (/sɜːrˈkeɪdiən/) is any biological process that displays an endogenous, entrainable oscillation of about 24 hours. These 24-hour rhythms are driven by a circadian clock, and they have been widely observed in plants, animals, fungi, and cyanobacteria. Latin circa “around” dia/diem “day”. For example **breath**.

2. Ultradian

In chronobiology, an ultradian rhythm is a recurrent period or cycle repeated throughout a 24-hour day. In contrast, circadian rhythms complete one cycle daily, while infradian rhythms such as the human menstrual cycle have periods longer than a day. The descriptive term ultradian is used in sleep research in reference to the 90–120 minute cycling of the sleep stages during human sleep. For example **sleep**

3. Infradian

In chronobiology, an infradian rhythm is a rhythm with a period longer than the period of a circadian rhythm, i.e. with a frequency less than one cycle in 28 hours, such as **menstruation**, breeding, tidal or seasonal rhythms.

Before incision (Piercing etc.) you need to be sure the 3 rhythms are balanced therefor kayastrayam technique.

Whole body is brought into a pause condition

Only

- **Breath**

- **Thought**

- **Heart**

Will keep moving

-> Triangular process

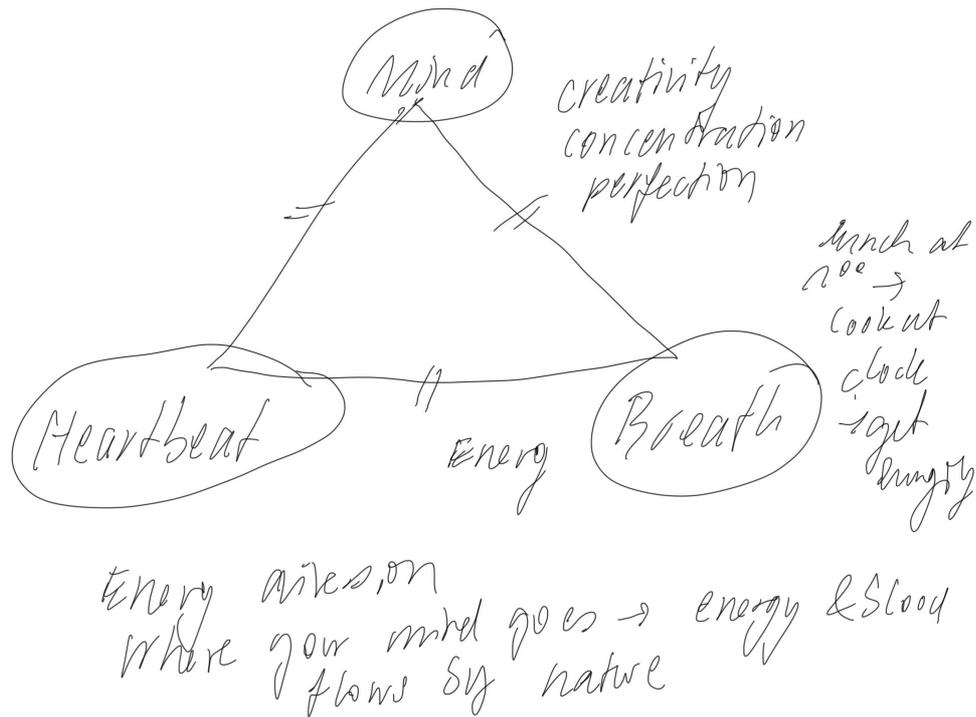
Synchronisation between the 3 entities (Breath, Thought, Heartbeat)

Energy diversion

Wherever the mind goes the energy and blood-flow increases.

If a man sees a beautiful woman his thoughts flow to his private parts - > erection.

¹**Stamina** = increases the immunity (continuous strength)



Flow

- sit comfortably
- Open eyes
- Focus on the tip of the nose
- Close your eyes
- Hear the sound, feel the sound
- Start with the foot that is in front of you
- Feel every toe
- Feel the sole of the foot
- Feel the heels
- Feel the pressure on the ankle
- Feel the calf region
- Feel the knee and how it is located (up a little)
- Move down to the thigh
- Feel the hip
- Feel the right side (same as left)
- X
- Feel the hip region
- How does the hip region carry the body
- Feel the body from the hip to the shoulders
- Feel the right palm
- Feel the wrist
- Feel the arm
- The elbow
- Th upper arm

- Shoulder
- Weight from hips to feet
- Weight from shoulders to hips
- Weight of the head
- Feel the throat
- The neck
- The face
- Feel the weight of the head on the neck
- Slowly come to a lying down position
- Slowly extend the left leg
- Slowly extend the right leg
- Slowly put your hands to the mat
- Stabilise the body and slowly come to a lying down position
- Feel the energies in your body
- Completely relax the body
- No movements
- Feel the breath in the nose region (the warmth when you breath out and the cold when you breath in)
- Feel the heartbeat
- Feel how the thoughts, breath and heartbeat are connected
- Focus your thoughts on the connection of the 3
- Slowly start moving your toes
- Slowly start moving your hands
- Slowly turn to the right side
- Slowly come to a seated position
- Rub the palms to create some heat, put them on your face
- 3 times
- Breath in deep
- Om shanti

Definition - What does *Sthairyam* mean?

Sthairyam is a Sanskrit word that translates as "steadfastness." In the Hindu sacred text the Bhagavad Gita, *sthairyam* is described as a component of spiritual knowledge. It is the determination to stay on the yogic path to self-knowledge and Self-realization.

The term also means "stability" and is used to referred to one of the benefits of yoga asana practice, developing physical and mental stability. Physical *sthairyam* provides the yogi with a solid base to sit comfortably and undistracted by the body during meditation

Nyasa

- Cleaning - Rub palms and sa ta na ma movement - cleaning palms
- Aura lock - snipping into 8 directions (clockwise)
- Body lock - top of the head , eyebrows, throat, heart Curl your finger with thumb out and touch two shoulders (Om, Amen)
- Sangalpa - right hand over right knee, place left hand over, close it 27 times name, 12 (27) sangalpa,
- Focus on Akasa (Ajna) Chakra Dhyana - 27x4 or 108 times Bastrika
- kumbhaka hold and focus between brows and on repeat sangalpa 4 times = 108
- Meditation
- Rub palms, distribute the energy

- Unlock = touching the energy points again and then snip anticlockwise

MANTRA

“Man” represents the mind, whereas “tra” (from “trayati”) means “to protect”. Therefor the mantra can be referred to as, “that which protects the mind”. *“mananat trayati iti mantra”*.

Most vedic mantras were written by Rishis and then passed to the world. For example the Gayathri Mantra is written bei Maharishi Vishwamitra.

4 Stages in Humans

1. Awake (*Jagran*)
2. Sleep (*Swapna*)
3. Deep sleep (Dreamless state) (*Susupti*)
4. Conscious state (*Turiya*)

Conscious State

Conscious state = differs internally

Awake = external, senses active and alert, mind outward

When the eyes are closed = senses closed = journey inwards

Eyes closed but awareness = meditation

IRT QRT DRT = techniques to calm the body

Mantras = functionality of mind, no influence over the mind, the mind is restless

Restlessness

Restlessness means that you are not satisfied with the current state, therefore the urge for something "better, bigger, faster etc." Arises. when this can not be fulfilled, we get agitated which can lead to a panic attack.

! Restlessness makes decisions weaker.

! Restlessness is in the mind, it is not a disfunction of the brain. Whereas in panic attacks the brain releases certain chemicals. Fever = disorder of the mind (not sickness)

If you are restless, the level of satisfaction decreased. There will be problems in your environment.

For example with the boss, payment, partner etc. This dissatisfaction leads into urges. The craving for something you do not have, which leads into unhappiness and disease.

Forms of restlessness

- Physical
- Mental
- Emotional

MANTRA JAPA

Recitation of a syllable or Mantra. Every culture has mantra japa. Can be done in a meditative posture or even during daily activities. Mantra Japa deals directly with the thought process. It should be done after Pranayama.

Mantra Japa must be performed not mechanically but with the spirit of surrender and devotion.

How Japa works on the thought flow

Your mind does not function in a systematical manner. Imagination, narration and expression, mingled (like noodles). Your thoughts might jump from BMW to Germany to WWII. The thought flow comes without consent in arguments because the thought flow is not structured. Mantra Japa helps to structure the the thought flow and harmonise it.

For example when you start chanting "OM namah shivayah" you have a specific structure, there is a starting point and an end point. The mind always knows what comes next. Through this the thought process gets structured for the mind

Brainwash

Artificial way of influencing someone for some kind of purpose

Mantras are not brainwash, they only build a fencing and structure for your thoughts.

Four ways of Mantra Japa

<p>Shanti Mantra</p> <p><i>Om sahana vavatu, Sahanau bhunaktu Saha veeryam karavahai Tejasvinau adhitam astu, ma vidvishavahai. Om Shanthi, Shanthi, Shanti.</i></p> <p><i>“Om, may we all be protected, may we all be nourished. May we work together with great energy. May our intellect be sharpened (may our study be effective). Let there be no animosity amongst us. Om peace, peace, peace)”</i></p>	
<p>Karagre vasate Lakshmi</p> <p>कराग्रं वसेऽस्मि, बेरुधः सरस्वती कर्मले स्ति शि, मलं नारदा</p> <p><i>Karagre vasate Lakshmi Kara madhye Sarasvati Kara mule sthite Gowri Prabhate kara darshanam</i></p> <p><i>“On the tip of the hand resides Goddess Lakshmi, at the middle of the palm resides Goddess Saraswati. At the base of the hand lives Goddess Gauri, It is auspicious to look at the palm in the morning.”</i></p> <p>After waking up in the morning, look at the palms and recite the mantra.</p>	
<p>Samudra Vasane Devi</p> <p>समुद्रान् पृथिवीं पर्वतान् तन्म किंणुपि सुमन्तुं क्खं</p> <p><i>Samudra vasane Devi Parvatha sthana mandale Vishnu patni namastubhyam Pada sparsham kshamasvame</i></p> <p><i>“Oh mother earth / Devi, whose garments are the Oceans and whose bosom are the mountains, who is the consort of Sri Vishnu, I bow to you. Please forgive me for touching you with my feet.”</i></p> <p>After waking up in the morning, recite this mantra when you get out of bed and stand on your feet. (Right foot first, because it is associated with the Surya/Sun Nadi)</p>	
<p>Sarasvati Mantra</p> <p><i>Ya varna pada vakyartha Gadya padya svarupini Vachi narthayatu kshipram Medam devi Sarasvati</i></p>	
<p>Bija Mantra Mantras of pure sound</p>	

Vedantic Mantras	Pauranic Mantras
Tat Tvam Asi - That thou art Aham Brahma Asmi - I am Brahman Sivoham Sivoham - I am Shiva	Om Namah Shivaya Om Nama Narayana Sri Ram Jaya Jaya Rama Hare Rama Hare Krishna