

Pranayama Week

Practices for Spiritual Development

October 25th-29th, 2021

ॐ शं नो मित्रः शं वरुणः ।

शं नो भवत्वयमा ।

शं नो इन्द्रो बृहस्पतिः ।

शं नो विष्णुरुक्रमः ।

Om sham no Mitrah sham Varunah |

Sham no bhavtv-Aryamaa |

Sham no Indro Brhaspatih |

Sham no Visnur-Urukramah |

Om, May Mitra be propitious towards us;

May Varuna be propitious towards us,

May Aryaman be propitious towards us,

May Indra and Brihaspati be propitious towards us,

May Vishnu who makes wide strides be propitious towards us,

नमो ब्रह्मणे ।

नमस्ते वायो ।

त्वमेव प्रत्यक्षं ब्रह्मासि ।

त्वामेव प्रत्यक्षं ब्रह्म वदिष्यामि ।

ऋतं वदिष्यामि ।

सत्यं वदिष्यामि ।

Namo Brahmane |

Namaste Vaayo |

Tvameva pratyaksam Brahmaasi |

Tvaameva pratyaksam Brahma vadisyami |

Rtam vadisyami |

Satyam vadisyami

Salutations to Brahman (the Universal Soul),

Salutations to You, O Vayu (the Breath or Life-Force),

You indeed are the perceptible Brahman (i.e. the Breath or Life-Force is indeed the perceptible Brahman or the Shakti of Brahman),

I proclaim that you indeed are the Perceptible Brahman,

I proclaim the Divine Order,

I proclaim the Truth,

तन्मामवतु ।

तद्वक्तारमवतु ।

अवतु माम् ।

अवतु वक्तारम् ॥

ॐ शान्तिः शान्तिः शान्तिः ॥

Tan maam-avatu |

Tad-vaktaaram-avatu |

Avatu maam |

Avatu vaktaram ||

Om Shaantih Shaantih Shaantih ||

May that (Truth) move me (i.e. may I be established in that Truth),

May that (Truth) move the speaker (i.e. may the speaker be established in that Truth),

May that (Truth) protect me (i.e. may that Truth take me in its fold) (i.e. may I surrender to that Truth),

May that (Truth) protect the speaker (i.e. May that Truth take the speaker in its Fold) (i.e. May the speaker surrender to that Truth),

Om Peace, Peace, Peace.

Practices

1. Tadagi mudra
2. Dwipada peetham
3. Baitaks
4. Urdhva hastasanas
5. Bhujangasana/Anahatasana
(preparatory)
6. Resonance breathing
7. Surya/Chandra anuloma viloma
(physiological)
9. Sithala dandasana
10. Ashvini mudra
11. Nadi shuddhi 1:1
(sense perceptions)
12. Kumbhaka practice
13. Bhastrika
14. Nadi shodana 1:2
15. Maha bandha
(emotions)
16. Nadi shodana with gayatri
17. Pracchardana vidaranbhyam
18. Vishoka va jyotishmati
(spiritual plane)
19. Baitaks
20. Urdhva hastasana
21. Tadagi mudra
(grounding)

Rest 2 minutes

The Eighteen Marmasthanas, Yoga Yajnavalkya 2.8-11

1. Big toes
2. ankles
3. shins, 8 inches above the ankles
4. calves two inches below the back of the knees
5. center of knees
6. middle of thighs
7. mula, root of the anus
8. dehamadhya, the center of body
9. svadisthana, pubic bone
10. nabhi, navel
11. hrdayam, heart
12. kantha kupa, pit of the throat
13. lalata, root of the palate
14. nasagra, root of the nose
15. eyes
16. brumadhya, between the eyebrows
17. forehead
18. sahasrara, crown of the head

Pranayama is not just breathing, but disciplined breathing combined with visualizations, deliberate pauses, and measurements

It's ultimate goal is to still the flow of breath for increasing periods of time, in order to correlatively still the mind.

What is the mind?

The functioning of the nervous system

The perception of sensations, incoming information,
feelings, and thoughts

The faculties of intellect, memory, thoughts, and I- sense
(*antahkarana*)

What is spiritual development?

Spiritual = the subtle body of breath, mind and intellect.
It means developing clarity, balance, equilibrium, and stability
for those levels of our being. It does not necessarily mean
religious, though it can.

Spirit = breath, inspiration

Psyche = life force, vitality

Disease (dis-ease) = **roga**

Ease (sukha) = **yoga**

The concept of disease in yoga has two parts:

1. Disease caused by external influences, and disease
2. Caused by internal influences.

Internal influences are largely due to perceptions
and reactions to stress

Prana, the senses, and the mind are linked together as one movement of energy.

They can also be separated apart from each other.

To distinguish prana from the senses, and the senses from the mind is pratyahara, which is a part of and outcome of pranayama.

To understand prana, the senses, and mind, is to become more established in observer awareness.

ॐ सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु
मा कश्चिद्दुःखभाग्भवेत् ।
ॐ शान्तिः शान्तिः शान्तिः ॥

Om sarve bhavantu sukhinah
Sarve santu niraamayaah |
Sarve bhadraanni pashyant
Maa kashcid-dukhha-bhaag-bhavet |
Om shaantih shaantih shaantih ||

Om, may all be happy,
May all be free from illness.
May all see what is auspicious,
May none suffer.
Om Peace, Peace, Peace.