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'Satsanga-
a gathering of truth seekers'

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Newsletter Issue 1 Spring 2009

Sukha Puravaka Pranayam

Sit in vajrasana with an erect spine. Hands may be kept in either Brahma mudra or the mahat yoga mudra. Sukha Puravak Pranayama is preliminary preparation for doing the further practices of the pranayama. This is also to develop the awareness of breath. It enhances the capacity of lungs and stimulates the respiratory centers in the brain.

Sukha Pranayama is one of the unique practices of the Rishiculture group of Dr. Swami Gitananda Giri. Pranayama is the process of refinement of the gross prana to the subtle prana and this is enhanced positively with the intensity of your awareness of breath. Practice of any pranayama without your conscious awareness is nothing other than the breathing exercises. Pranayama is not the breathing exercises, but is the process of refinement of prana to the subtler and subtler form.

Various rhythms of sukha-purvaka pranayamas are also used as the higher practices of dharanas (concentration practice) in madala dharanas (Kundalini practices). Thus perfection of the sukha-purvaka pranayamas is compulsory for the serious sadhakas (truth seekers) of yogic evolution. These rhythms are related to

the five-elements of our physical structure called the pancha-mahabhutas. These all align the pranic flow in various chakras. These rhythms help to get rid of all kind of problems associated with the imbalance of the pancha-mahabhutas.

Sukha purvaka pranayama could be practiced with various rhythms, in beginning one could start 4X4 rhythm, if you have low breathe capacity. Otherwise start with 6X6. The rhythm means the time or the counts (roughly seconds, but individually we should time it with our hearty beat) of the inhaling and exhaling breath. The count of inhaling and exhaling should be always equal.

Classes

Monday Mornings

Theatre Mwldan, Cardigan
10 to 11:30am

Tuesday Evenings

Queens Hall, Narberth
6 to 7:15pm Yoga Beginners

7:30 to 9pm Hatha Yoga

Yoga Retreat Day

Sunday 26 April, 2009

Namastey!

In the best of Yoga, Health, well being and spirit I would like to wish you a prosperous evolutionary yogic life in this and next successive births we are all going through. In Yoga we believe that in this or another birth; somehow we are all going to attain the liberation from the cycle of life and death. Yoga is way of life and we all need to learn how to live yogically. As my Guru Swami Gitanadaji says '*people live to learn whilst the yogi learns to live!*'.

Yoga is the most precious jewel of the Ancient Hindu way of attaining liberation. Even then yoga is not concerned with religion; Yoga is the way of living in harmony. Now every where you will find people practicing yoga and especially Hatha-Yoga (asanas and Pranayama) has become the synonym of yoga.

"Yoga is the science of the sciences. Yoga is an art, a philosophy, a religion, a fad and a fanaticism." Meaning or definition of yoga depends on the

individual persons, her/his level of consciousness and evolution. Yoga can be simply described as the process to control the perception and the conceptions, developing the conscious, rational thinking and viveka (discernment). So to improve meanings of life, your religion, your faith and practices, yoga is the tool away from religion, cast or creed, available for one and all.

Yoga is a vast and complete science to evolve from the lower self to higher self. It is necessary to protect and conserve our yogic science so that the next age can receive this science to overcome all the physical, mental, emotional and spiritual problems which is part of the evolutionary process according to yogic philosophy..

The term 'Yoga' has come to mean many different things since its origins in the motherland India. Even in Hindi it has different meanings in different contexts. YOGA derived from the root 'yuj', generally means 'union', 'to join', 'to yoke together', or 'to unite as one'. The word yoga comes from the

most ancient language, Sanskrita. It may be interesting to know that the word Asana (used to mean posture in modern day Yoga) actually derives from the Sanskrit word 'asi' which means TO SIT. In ancient India, yoga was something undertaken by few and in order to meditate one would need to be able to sit comfortably perhaps for days, without the distraction of pain from your body.

The Bhagavadgita uses YOGA (i.i.48) to mean sole desire for supreme divinity (*paramesvarikaparata- sridharasvamin*). In i.i. 50 of the same treatise, yoga denotes skill in work (*karmasu kausalam*). In IV. 1,2,3, Yoga means Karma yoga (desire less action) and Jnanayoga (acquisition of true knowledge). In VI. 16, 17, the term yoga means Samadhi in which the mind is united with the Atman. In VI. 23, yoga means a state of mind, which having realized the Supreme Being, is not disturbed even by great suffering. In i.i. 48 and vi. 33, 36, yoga means samatva or equanimity, i.e., indifference to pleasure and pain.

YOGA can be seen as a way of integrating the whole of your awareness with the true nature of the Self. Physical, mental, emotional and spiritual aspects of your life should work in integrated harmony with each other. Yoga is simply a way of life.

Healthy Yogic Prescription

- Exercise your body. Long fast walks on flat ground, swimming and yoga are ideal. Early morning exercise removes stagnation in the body and mind, strengthens the digestive fire, reduces fat and gives you an overall feeling of lightness and joy as it fills your body with good prana.
- Five rounds of Surya-namaskar with deep breathing, vajrasana, shasangasana, ustrasana, uttan-padasana, pawan-mukta-asana, kati-chakra-asana, sarvangasana, bhujangasana, dhanurasana, makrasana, paschimottanasana and ardhmatsendrasana are ideal asanas for regular practice to keep all your joints healthy and mobile, muscles strong and flexible, and organs and endocrine glands balanced and properly functioning.
- Prana mudra and vayu mudra should be done for five minutes to revitalize your body and eliminate the gases.
- Three cycles of nine rounds of savitri pranayam with 6x3x6x3 rhythm keep your body, mind and emotions in harmony, health and well being.
- A few rounds of kapalbhati and bhastrika cleanse your body, reduce the fat and revitalize the brain.

- Start your day with meditation to know yourself, what you really are. Before sleeping do self study of whatever you have done in the day.

Hathenas –Respiratory Stimulating Asanas.

Thus those are seeking to develop healthy respiratory system and willing to practice pranayamas must practice the hathenas first.

This group of asanas (hathenas) is aimed to stimulate and activate the respiratory centers and the lungs. Nowadays because of the stress, pollution, smoking, unhealthy diet, lack of exercise, etc. leads to the stiffness and rigidity of the lungs. This adversely affects our breathing capacity. Most of the diseases and health problems are arising only because of unhealthy breathing. Oxygen is the source energy in our body and if we are not getting the oxygen properly, how our organs can produce the required energy. Second deep breathing also excretes the carbon dioxide and other toxins from the cells and the blood and help in proper functioning of the body.

Pranayamas are aimed to prolong the breathing to develop the pranic energy and then to control the pranic energy to grow on the path of the evolution

on the spiritual path. This needs deep breathing capacity. Hathenas stretches all the lobes of lungs. Hathenas also helps in throwing out the air trapped in the lungs. This group also stimulates the respiratory receptors in the brain.

Vibhaga Pranayama

Vibhaga pranayama is based on the concept of partly breathing and activating the different lobes of the lungs. This is essential to activate all the lobes of the lungs before doing any of the pranayamas. Thus vibhaga pranayamas are preparation for doing the pranayama for spiritual growth.

Our breathing is involuntary function and vibhaga pranayama is to develop the conscious control on this involuntary function. This is one of the very serious practices as it removes all toxins and waste products accumulated in your lungs. This activates and rejuvenates all lobes of the lungs so smokers, heavy drinkers, and drug abusers should not practice this pranayama. As this pranayama helps in restructuring of the lungs and these toxins may be very harmful and cancerous for the practitioner.