

## Meditation Foundation - Week 2 -18.1

### Thanks Giving

- There are two main source of Energy, source of luck and source of abundance.
- What is the first thought you think when you wake up? Before you go to sleep? Before eating? We can decide & practice
- Just when we open our eyes, say in your heart thank you, for waking up!
- In the Yoga Tradition:
  - Thanks your mother & father for giving you life
  - Thanks your mother / father for.... (mention one of her essence)
  - Thanks your teacher, what you believe in, life itself
- You can make it in your style and write your first thought of the day
- Or make it intuitive, say thank you and receiving what/ how it arrive.
- Also start any event in thanks, we thank what we want, in a present form  
Thank you for the divine support - Thank you for a clear mind – thank you for focus meeting – thank you for healthy body – thank you for essential day
- Bring the thanks vibration to any inhalation & exhalation

### Preparing the Body for the Practice

- Knee preparation
- Hips, archery, bend, shoulder (katas are online)

### Asana Demonstration

- Are in Online Video

### Serene Breathing Practice

- **The foundation ability to develop for meditation, Practice 3 times a day for a month.**
- Lying down, one hand on the belly, the other on the chest. Trying to breath only using the belly, and the chest being completely still. This can be done twice a day for 5 minutes each.
- Using Makarasana or the crocodile pose. This forces to breath from the belly, and is like body-building for the belly which has to lift the body.
- Diaphragmic massage in sitting/baby pose/lying down on the belly, we make a fist and locate it in the belly, inhale pushing the fist by expending the belly, exhale allowing the fist to gently come deeper and support the exaltation to come to the end.
- It takes about one month to retrain this behavior.
- One should breath more or less the same time for the inhalation as well as the exhalations. No jerkiness: The breath should be as smooth as possible, no multiple inhalations for just one big inhalation, and similarly for exhalations. - No noise: As silently as possible - No retention of any kind at the top of the

inhalation, or the bottom of the exhalation. Initially, just removing the extended pauses is already good.

## Diaphragmatic Breathing

- There are 3 main way to breath, depending on the the muscle that activate, the lungs will expend differently in any case – Diaphragmatic, chest, clavicle. The Diaphragmatic is the most efficient.
- The Diaphragm movement is down and up, the direction of rooting, like rebound movement when we threw a ball to earth and it come up by itself. Same with breathing, we inhale, the air rooting down, pushing the ground floor and rising up passively.
- This Down & Up movement is happening in our body by our 3 diaphragms, **The respiratory Diaphragm, the down Diaphragm** in the pelvic floor, **the upper diaphragm** in the resonant box.
- When we breath in the Diaphragm move down, the lungs getting more space to expend fully and in breathing out the diaphragm is pushing up the air is spreading from the lungs to all body parts.
- The diaphragms are the passages between our 4 element, the different practice of the diaphragm bring us into our full vitality flow, our higher potential ability and release the pain body.
- Observe your down Diaphragm - when we breath in there is a push down and expansion, breathing out, back to bowl.
- Observe your upper Diaphragm - The resonant box, we can put both hands and feel the inner movement in that area.
- Contract the pelvic/the bally/the through and see what happened to the other two

## Body Relaxation

- Contracting and relaxing body part muscle systematic
- The 61 point or any other systematic scanning of the body

## Pranayama

Choose one version of Nadi Shudhana and do it 3 time with finger, 3 time with out fingers, Start with your active nostril.

## Meditation Flow

- **Still your body**, give an order to your body for no out side movement
- **Breath awareness** – Notice your belly breath, noiseless, no retention, no jerkiness, keep your attention there, add a mantra Sohum, I am that, that bring us to our core.

Hear So in inhalation, Hum in Exhalation

- **61 point relaxation** scanning, move your attention from third eye and back.
- One version of Nadi Shudhana\* 3 time
- **Sushumana Kriya** - attention at the base of the spine, imagine very thin tube of light going from there to the top of the head, in Sushumana. Every time you inhale, imagine the light go down (active) and up (passive) from the bottom to the top, and when exhale, imagine the light going down back to the base of the spine.

You can add two tubes on either side of that central tube, representing Ida and Pingala, and no light goes through them, only through the central channel.

Add Sohum Mantra.

- **Sushumana Awakening Meditation**
  - Concentrate on the point between the nostrils. This is called the Nasagra point. Try to feel the air going there.
  - You should feel if the air comes from the right or left nostril. When it blocked or less air comes from one particular side, try to subtly change the flow to breathe more to that one so that it opens up, when it opens up, go back to breathing from both nostrils simultaneously and even as much as possible.
  - It's like the steering wheel of a car, if the wheel turns to one side but we want to drive straight, we turn to the opposite direction.
  - After some practice, this should become easier.
  - Try to feel the air inside the nostrils canals also, putting your attention to breathe evenly from both sides.
- **Giving purifying meditation** – if we ask our self what we can give in any situation, we come in meditation, the power stay within our self.  
In Giving, we have two main blockages of flow:  
Male side: Comparativeness, competitiveness, computation  
Female side: the need for insurance, acceptance, value
  - We bring our attention to the Trikuti point and guru triangle
  - Direct our intention to clear our giving experience from the impression we gave in order to open up and free our giving
  - In any situation during the week, meditate on what you give. I giving my attention, I giving my love, I am listening, I am learning.