Healing the Mind & Emotions - Practices & Principles

1. **Grounding - Belly Breathing with Long Haaa Exhale - Apāna Vāyu**
   - **Belly Breathing with Haaa, Bhramari & Ujjayi Pranayama-s**
   - Move into Breath-Based Meditation - IN = So & EX = Hum

2. **Sun Breathing - By Meditating on the Light in the Heart, the Mind Becomes Clear**
   - See Yoga Sūtra I-36

3. **Tadakamudra- Focus on Breath-Movement Coordination - Breath Education**

4. **Add Chest to Belly Breathing**
   - Left hand on heart/chest & right on belly
   - **IN**: Apāna meets Prāna - Chest to Belly
   - **EX**: Prāna meets Apāna - Belly to Chest
   - See Bhagavad Gītā IV, 29

   **Note**: If chest breathing is too activating or feels difficult, then stick with belly breathing. Apāna is the Mother of the Vāyu-s. It is the foundation of prāṇāyāma

5. **Breath-Based to Breath-Awareness Meditation**
   - This guides you towards the 4th stage of pranāyāma beyond IN, EX & Holds after IN/EX - Stages 1-3 (See Yoga Sutra-s II-51), towards Prakāśa (Sattva, Light in Heart II-52), towards Dhārana (Concentration II-53) & Pratyāhāra (Withdrawal of the Senses, II-54-55)
   - **IN = So & EX = Hum**
   - Focus on Rise & Fall of Belly Breath - Natural Breath - Move into Observing the Natural Breath

   **Note**: #1-5 guided class from asana (postures) to pranayama (lengthening the breath) to pratyahara (withdrawing the senses) to dhārana (single focus concentration) to dhyāna (meditation = extending stay on point of concentration). This is the guiding principle for this whole practice.
6. Dvipadapitham with Apānāsana & Ūrdhva Prasrta Padāsana Vīñāsā
Focus on Hip Flexor, Hamstring, Lower Back Flexibility to Prepare for seated Prānayama/Meditation
Focus on Breath-Movement Coordination with Lengthening IN & EX - Pick a Samavrtti (equal) ratio
Focus on Chest to Belly & Belly to Chest Breathing

7. Šātali/Sītkari Pranayama with Chest Movement to Open Prana Vayu 2:0:2:1 Ratio

8. Breath-Based to Breath-Awareness Meditation
IN = So & EX = Hum That which I AM
Focus on Rise & Fall of Belly Breath - Natural Breath - Move into Observing the Natural Breath
Move into awareness of the inner Knower, Observer, Intelligence

9. Dvipadapitham with Hip Openers with Cakravakasana Vinyasa Counter
Focus on Hip External Rotation Flexibility - Prepare for seated Prānayama/Meditation
Focus on Breath-Movement Coordination with Lengthening IN & EX - Pick a Samavrtti (equal) ratio
Focus on Chest to Belly & Belly to Chest Breathing
10. Anuloma/Viloma & Pratiloma Ujjayi Pranayama - See Pranayama Workshop for Details
2:0:2:1 Ratio 4:0:4:2 or 6:0:6:3 or 8:0:8:4 or 10:0:10:5 = Visamavrtti

11. Chanting Japa Meditation /Contemplation of Values - Yoga Sutra-s I-33
Maitri- Karuna- Mudita- Upeksa
Loving- Compassionate-Grateful-Grounded

Think of someone you love and chant this - 3 T
Think of someone you feel compassion for and chant this - 3T
Think of someone you appreciate and chant this - 3 T
Think of someone you don’t like and chant this, finding your ground, your detachment & your equanimity to move beyond the trigger to right action - 3 T

Follow up - Pick one person to work with per day and chant 12T visualizing them in front of you

12. Šavasana - Visualize the Sun Shining out of the Heart
By Meditating on the Light in the Heart, the Mind Becomes Clear - See Yoga Sutra I-36