



1. **CONTEMPLATION .. SAMADHI .. MOKSHA .. KAIVALYA .. LIBERATION ..**
 - Balanced Self-Conscious Awareness
2. **MEDITATION**
 - Inward and Upward
 - Effortless Holding to One Subtle Object
 - Feeling State
 - Aware of What Exists Beyond Mind
 - There is Only You, the Object of Meditation, and the Interaction Between the Two
3. **DHARANA**
 - Concentration — Effort
 - Turning Inward
4. **PRATYAHARA**
 - Sense Withdrawal — Outer and Inner
 - Detachment
5. **PRANAYAMA**
 - Control of Life Force — Conscious Movement
 - Recognize Prana
6. **ASANA**
 - Postures — Poses
 - Total Body(ies) Awareness — Body Consciousness
7. **NIYAMAS**
 - Observances
 - Balance Outer, Inner Life
8. **YAMAS**
 - Restraints
 - Balance Outer, Inner Life



CALMING THE FLUCTUATIONS OF THE MIND

WHAT IS MEDITATION?

A PROCESS ➔ YOGA CHITTA VRITTI NIRODHA

Introduction to Patanjali's Eight Limbs or Yoga

I. YOGA CHITTA VRITTI NIRODHA

- A. Chitta = "Mind Stuff"
- B. **MEDITATION**: Using Senses to Become Present
- C. Yoga is the calming / stilling of the fluctuations of the mind.

II. EIGHT LIMBS:

- A. YOGA = YOKING OF INNER WITH OUTER, UNION OF SUN AND MOON
- B. NATURAL PROGRESSION
 - 1. Meditation on cushion affects meditation off cushion.
 - 2. Meditation off cushion affects meditation on the cushion.

A. YAMA

- 1. AHIMSA—removing harm from the mind.
- 2. SATYA — truthfulness, removing falsehood from the mind.
- 3. ASTEYA — removing expropriation from the mind
- 4. BRAHMACHARYA — removing sexual/creative abuse and from the mind
- 5. APARIGRAHA — removing obsessions from the mind

B. NIYAMA

- 1. TAPAS — mental discipline, concentration, and purification
- 2. SVADHYAYA—study, introspection, self-examination
- 3. ISHVARA PRANIDHANA — surrendering to our higher Self
- 4. SAUCHA — purification of body, prana, senses, mind
- 5. SANTOSHA — holding to a state of contentment, not seeking happiness externally

C. ASANA

1. PURPOSE OF ASANA: To sit in meditation. STABLE.
2. MEDITATION ASANAS:
 - a) Prosperous Pose, *Tailor Pose, Auspicious Pose.*
 - b) Easy Pose
 - c) Lightening Bolt Pose, Frog Pose
 - d) Chair
3. **MEDITATION:** Body at ATTENTION WITHOUT TENSION

D. PRANAYAMA

1. PRANA = LIFE FORCE
2. TECHNIQUES
 - a) THREE PART BREATH / RELAX ON EXHALE
 - b) UJJAYI BREATH
 - c) ALTERNATE NASAL BREATHING
 - d) PATTERNING TO ADVANCE TECHNIQUES
3. **MEDITATION:** AWARENESS AND CONTROL OF FLOW OF PRANA

E. PRATYAHARA

1. INTURNING — DETACHMENT
2. OM TICK
3. LABELING / NOTING
4. NETI TECHNIQUE
5. **MEDITATION:** LOVING KINDNESS

F. DHARANA

1. CONCENTRATION IS HOLDING EFFORTLY TO A SUBTLE OBJECT
2. GET TO MEDITATION THROUGH CONCENTRATION
3. CONCENTRATION - GENTLY BRING MIND BACK
4. **MEDITATION:** USE SENSES, COUNTING, GAZING, VISUALIZATION...

G. DHYANA

1. MEDITATION IS HOLDING EFFORTLESSLY TO A SUBTLE OBJECT
2. MEDITATION IS TURNING AROUND IN CONSCIOUSNESS AND BECOMING AWARE OF OUR TRUE SELF.
3. PROCESS OF BRINGING MIND BACK AGAIN AND AGAIN TO TECHNIQUE
4. MEDITATION IS PRACTICING TECHNIQUE, RELEASING TECHNIQUE, AND EXPERIENCING FEELING STATE
5. **MEDITATION:**
 - a) **PRESENCE:** IN BODY, SENSATION
 - b) **BREATH:**
 - **HONG-SAU** TRANSCEND BODY
 - **CENTRAL CHANNEL BREATHING**
 - c) **REST IN “AFTER-EFFECT”**... FIELD OF AWARENESS. WHO IS AWARE OF THESE SENSATIONS?
 - d) **MANTRA:** OM SHANTI SHANTI SHANTIHI, OM NAMAH SHIVAYA
 - e) **VISUALIZATION:** OBJECT OF BEAUTY, MOUNTAIN MEADOW WATERFALL

H. SAMADHI

1. THE REALIZATION YOU CAN BE HAPPY NOW.