

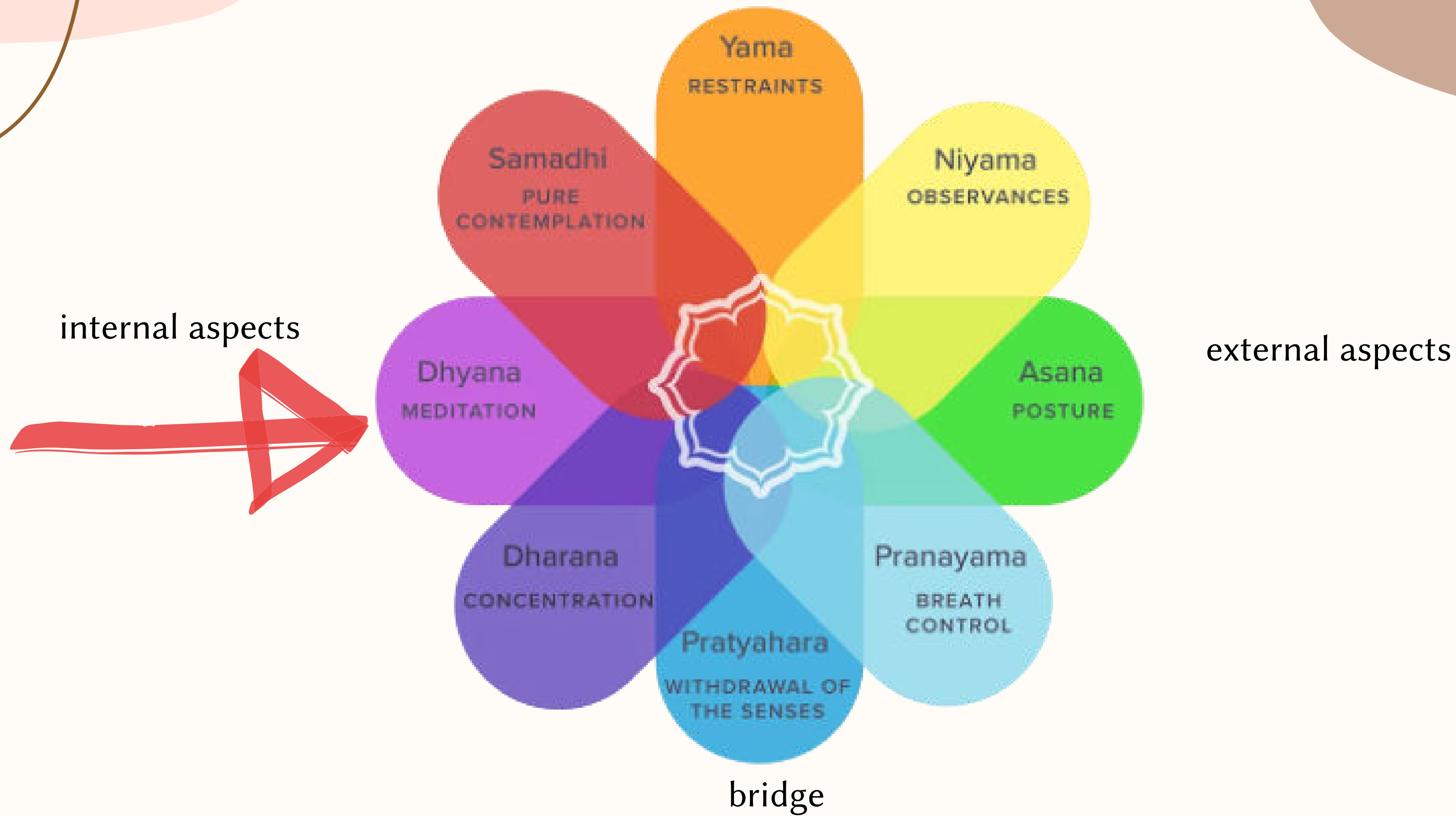
YOGA

HFIT 163-007

FALL 2020

AYANNA WELLS MS, CHES, RYT, CPT

11/10/20

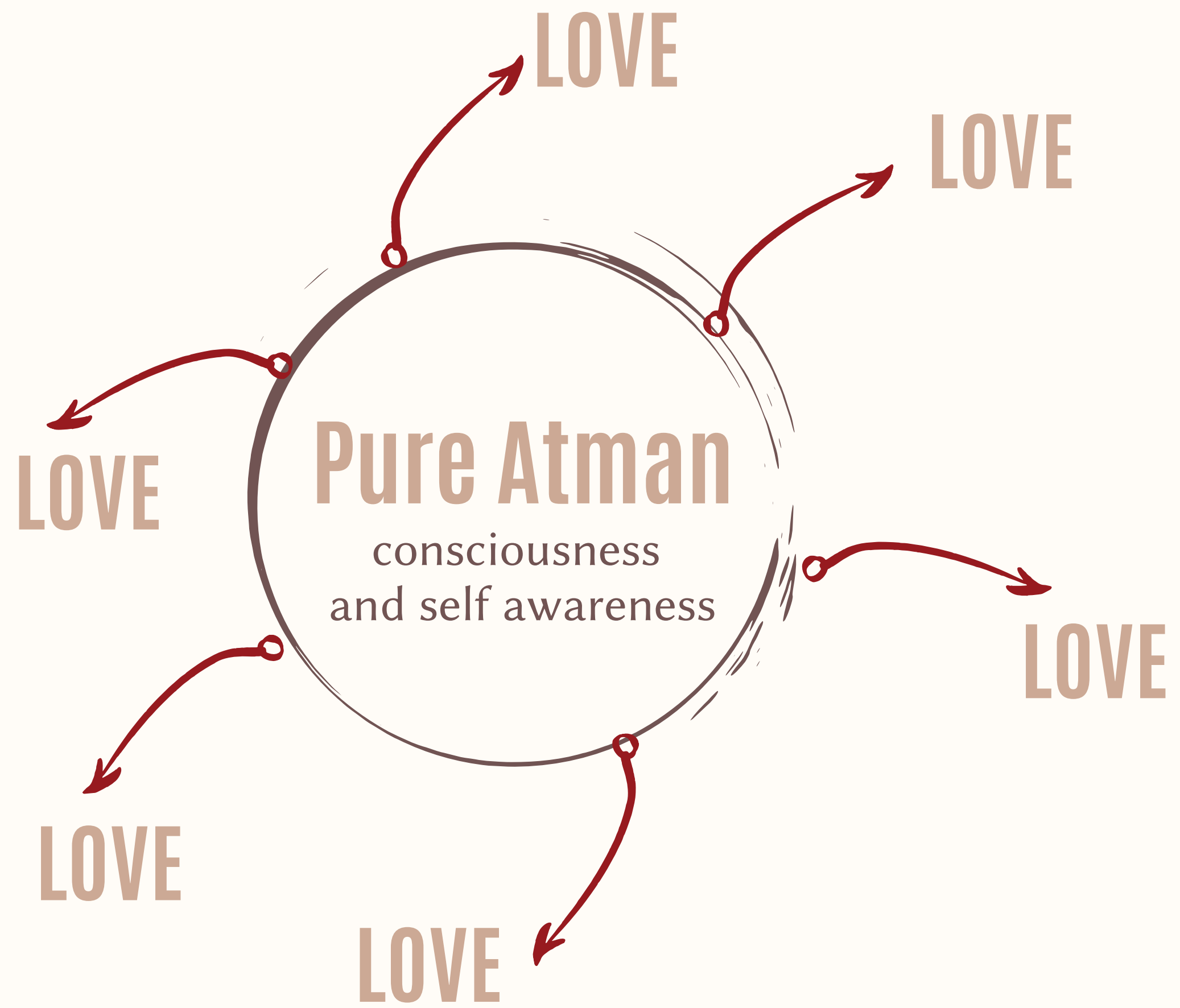


Dhyana meditation



"In meditation, glimpsing the soul is referred to as slipping into the gap. The space between your thoughts is the gap. This is the space of infinite possibilities and unbounded creativity. You are touching your soul space. As Atma Darshan suggests, you have these moments of stillness but are unaware of such stillness until you come out of the state. The soul exists beyond space, time, and causality, and therefore cannot be experienced within the parameters you are used to in measuring an experience."

- Chopra.com





7 Levels of Consciousness

1. **the state of waking consciousness**
2. **deep sleep**
3. **dreaming**
4. **transcendental consciousness**- bliss, silence, slipping into "the Gap;" everything is interconnected
5. **cosmic consciousness**- witness of the roles, events, relationships, and situations in our life; observe emotions
6. **unity consciousness**- joy, deepening bliss, love for all; awaken to our true self



Dhyana- Achieving Concentration



Watch later



Share

DHYANA 'MEDITATION'

8 FOLD PATH OF YOGA

Dr. Hansaji Yogendra





Class Affirmation:
I am love.

YOGA

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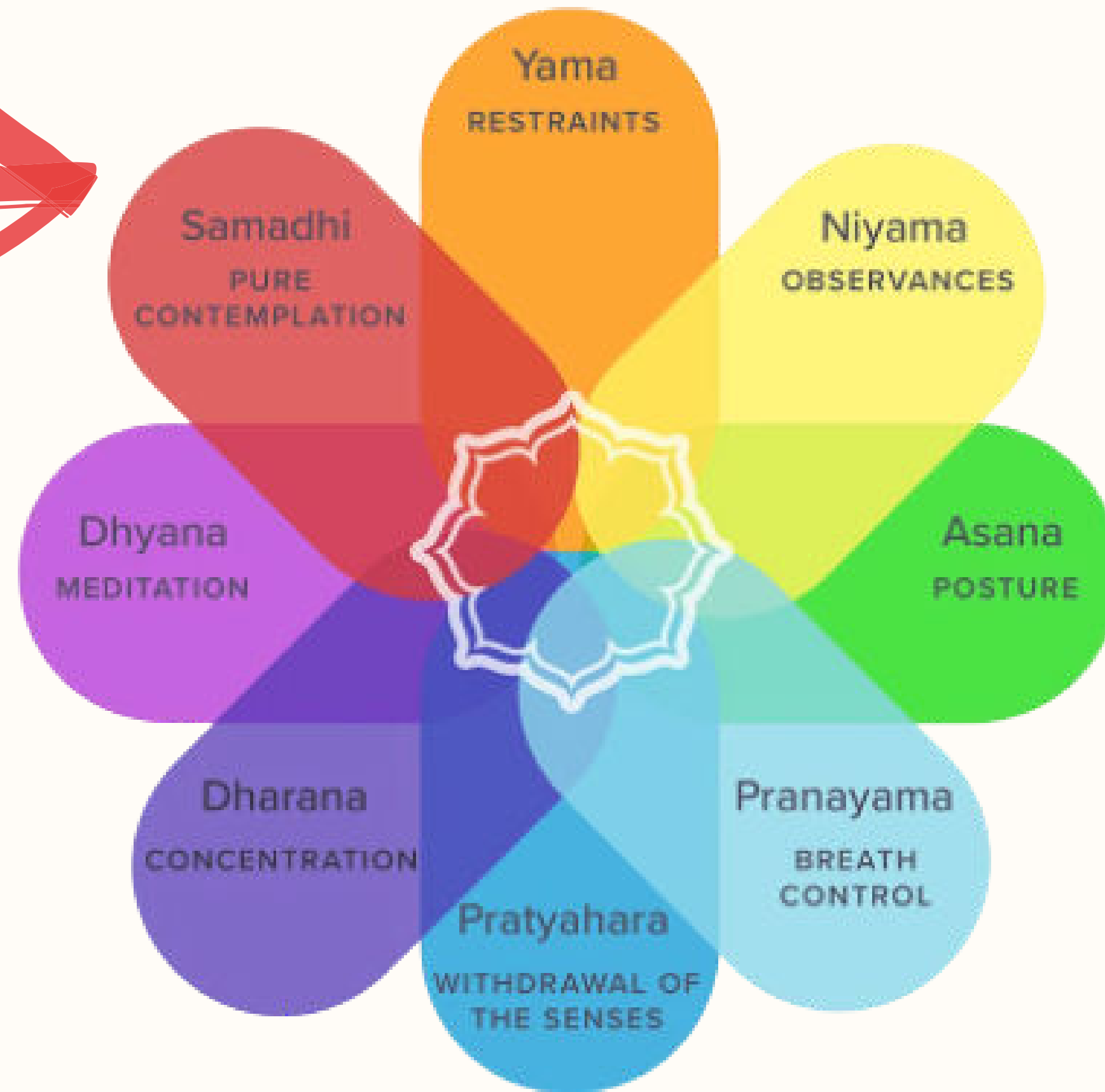
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11/13/20

internal aspects

external aspects



bridge

Samadhi

eternal bliss



"Patanjali says that, for a short period of time, you lose all human consciousness. In this state, the concepts of time and space are altogether different. For a minute, an hour, or more you are in another world. Now you see that practically everything happens spontaneously—you have nothing to do. Thoughts and ideas do not affect you. You remain undisturbed, and your inner being functions in a dynamic and confident manner."

- Chopra.com

Yoga Sutras

IV.28: THESE DISTRACTIONS CAN BE SUBDUED, AS THE CAUSES OF SUFFERING WERE, BY TRACING THEM BACK TO THEIR ORIGIN, OR THROUGH MEDITATIVE ABSORPTION.

IV.29: ONE WHO REGARDS EVEN THE MOST EXALTED STATES DISINTERESTEDLY, DISCRIMINATING CONTINUOUSLY BETWEEN PURE AWARENESS AND THE PHENOMENAL WORLD, ENTERS THE FINAL STAGE OF INTEGRATION, IN WHICH NATURE IS SEEN TO BE A CLOUD OF IRREDUCIBLE EXPERIENTIAL SUBSTANCES.

IV.30: THIS REALIZATION EXTINGUISHES BOTH THE CAUSES OF SUFFERING AND THE CYCLE OF CAUSE AND EFFECT.

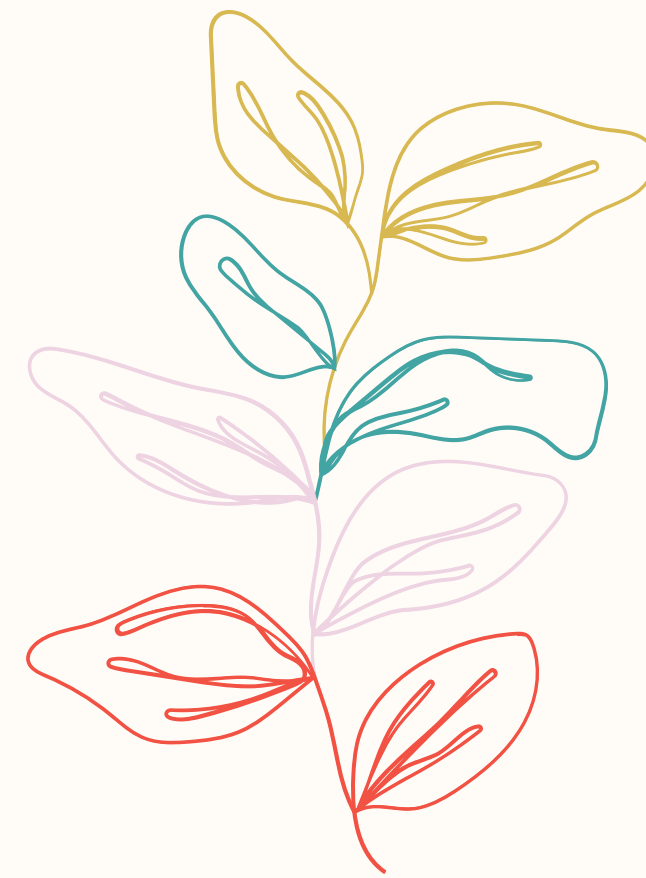
IV.31: ONCE ALL THE LAYERS AND IMPERFECTIONS CONCEALING TRUTH HAVE BEEN WASHED AWAY, INSIGHT IS BOUNDLESS, WITH LITTLE LEFT TO KNOW.

IV.32: THEN THE SEAMLESS FLOW OF REALITY, ITS TRANSFORMATIONS COLORED BY THE FUNDAMENTAL QUALITIES, BEGINS TO BREAK DOWN, FULFILLING THE TRUE MISSION OF CONSCIOUSNESS.

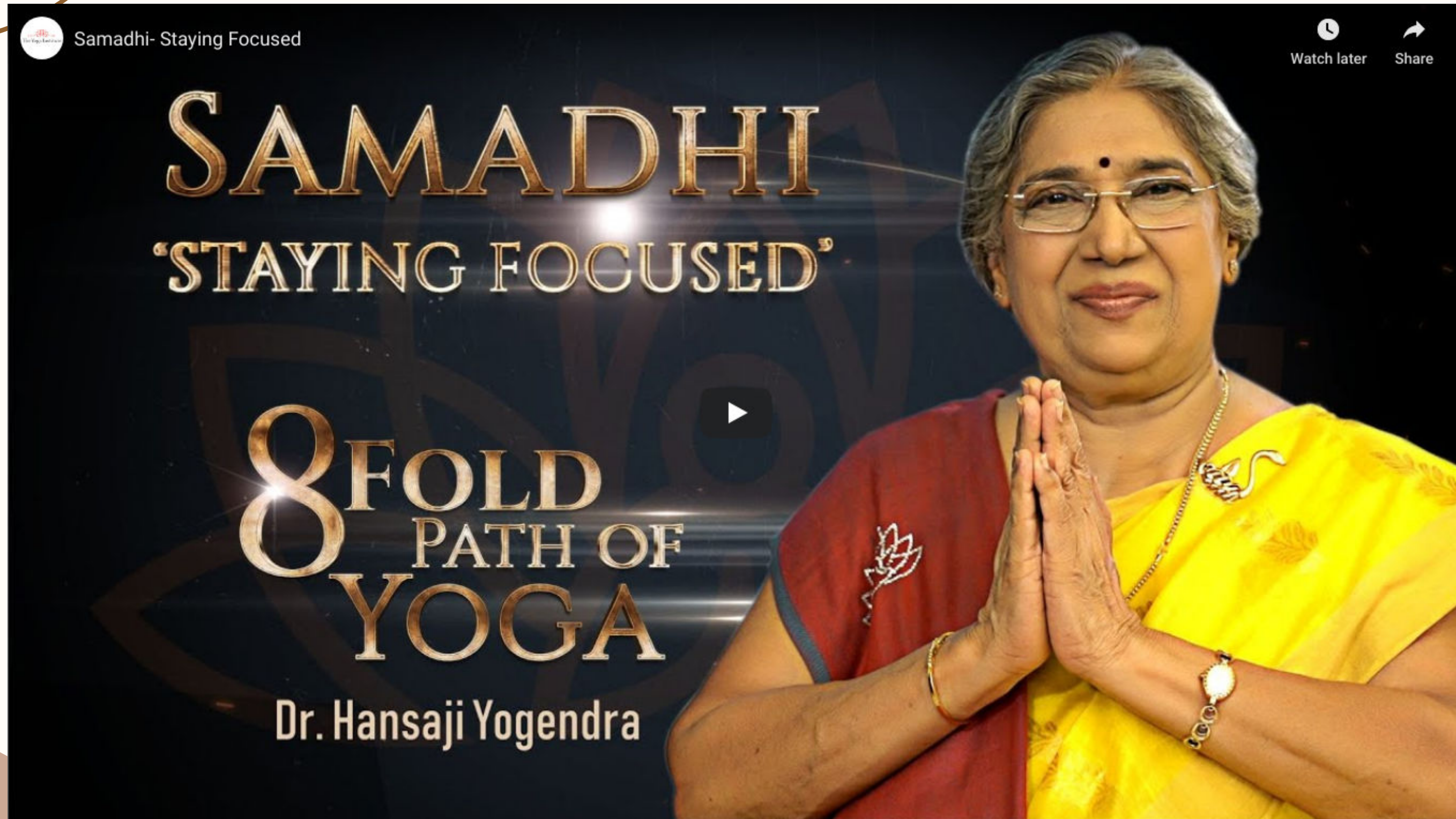
IV.33: ONE CAN SEE THAT THE FLOW IS ACTUALLY A SERIES OF DISCRETE EVENTS, EACH CORRESPONDING TO THE MEREST INSTANT OF TIME, IN WHICH ONE FORM BECOMES ANOTHER.

IV.34: FREEDOM IS AT HAND WHEN THE FUNDAMENTAL QUALITIES OF NATURE, EACH OF THEIR TRANSFORMATIONS WITNESSED AT THE MOMENT OF ITS INCEPTION, ARE RECOGNIZED AS IRRELEVANT TO PURE AWARENESS; IT STANDS ALONE, GROUNDED IN ITS VERY NATURE, THE POWER OF PURE SEEING.

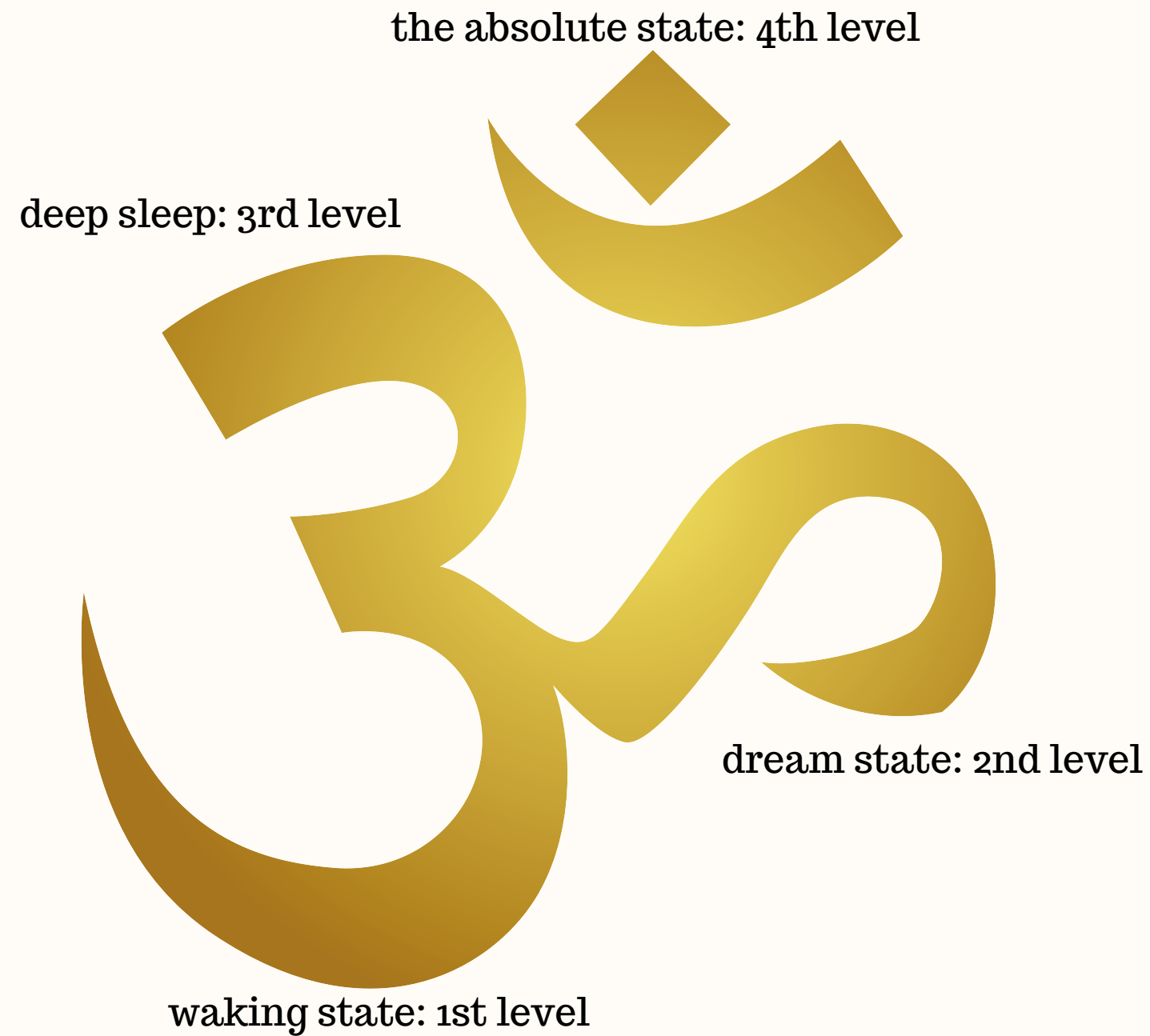
SAMADHI IS NOT A SINGLE STATE, BUT RATHER A SERIES OF STAGES THAT UNFOLD IN A PROGRESSION.



Steps of Samadhi



AUM/OM



'A' represents the waking state
'U' represents the dream state
'M' is the unconscious state, or
state of deep sleep

BREAK IT DOWN

THE AUM SYMBOL

AUM OR OM
EITHER WORKS!

PAST, PRESENT, FUTURE

The sound of AUM connects us all.
A: the waking state of the mind
U: the dream state of the mind
M: the deep sleep part of the mind

THE SOUND OF AUM

It's often said to be the sound of the universe. Its universal vibration connects us all.

REDUCE STRESS

Chanting AUM focuses your mind on here and now, bringing you into your breath.

CONTROL EMOTIONS

Redirect your mind to help manifest positive thinking by chanting AUM.

MANIFEST

Use the mantra AUM to manifest positive things in your life.

INCREASE ENERGY

Chant AUM for a few minutes to increase energy levels and feel refreshed.

STRENGTHEN

Research shows chanting AUM, specifically the "a" sound, can strengthen your spinal column.



Class Affirmation:
I am one with the Universe.