



WELCOME TO THE  
SPIRITUALITY OF  
YOGA COURSE

DAY THREE

# SPIRITUALITY OF YOGA

DAY 3

## CONTENTS

- 01** Swadesh Namaskara  
Aligning the energy centres
- 02** Bhava Sampati Meditation  
Discovering the inner teacher
- 03** Discovering the power of a shrine  
Creating Reminders of the Divine
- 04** The Inner Teacher  
Listening to the stillness
- 05** Puja to Cultivate Bhava Sampati  
Excellence of being



May the nourishment of the  
Earth be yours  
May the clarity of light be  
yours  
May the fluency of the ocean  
be yours  
May the protection of the  
ancestors be yours  
And so may a slow wind  
Work these words  
Of love around you  
An invisible cloak  
To mind your life.

## SWADESH NAMASKARA

SPIRITUALITY OF YOGA

# ALIGN THE ENERGY CENTRES TO THEIR TRUE NATURE

The final part of Swadesh Namaskara is to take the positive life images we create through our Empowered Chakra Visualisations and then bring them into reality through sankalpa (positive intention).

## JYOTIR DHARANAM

In this 3rd session of Swadesh Namaskara we explore the deeper meaning behind Jyotir Dharanam (concentration on light) which, in essence, is designed to empower a new way of being. After cleansing the physical, mental and emotional worlds and allowing the moon energy to align the subconscious, we can now visualise, and then “light up” the new and improved version of your life and help it to manifest into the present.

In Jyotir Dharnam we will refer to three bij mantras; Vam, Ram and Yam which correspond to the Swadistana, Manipura and Anahata chakras respectively.

### **Empowered Chakra Visualisations**

On the next page take a few minutes to consciously imagine a beautiful and positive vision of your future using the questions below. Then, during the Jyotir Dharanam section of Swadesh Namaskara we'll be empowering these chakra visualisations.

# SWADESH NAMASKARA

---

## SPIRITUALITY OF YOGA

**What would your life look like if Swadistana was more balanced?**

*positive relationships, creative expression, emotional balance and unshakable self-worth*

**If Manipura were more in balance how would you imagine your life to be?**

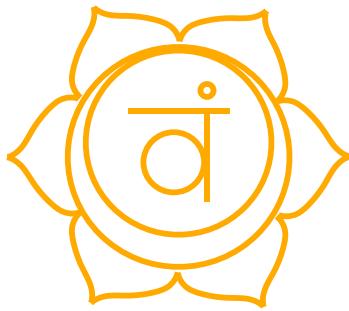
*vibrant energy, great health, confident, able to make strong decisions*

**And if Anahata was in full alignment - what would your life look like?**

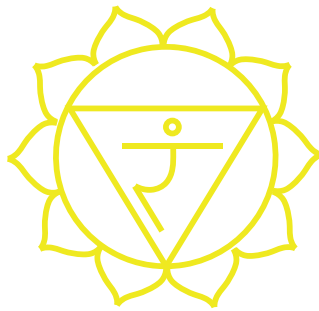
*total love, compassion, gratitude and abundant joy and happiness*

# INTRODUCING BIJ MANTRAS

## SPIRITUALITY OF YOGA



VAM



RAM



YAM

### Bij Mantras

In Jyotir Dharnam we will refer to three bij mantras; Vam, Ram and Yam which correspond to the Swadistana, Manipura and Anahata chakras respectively.

Bij mantras are usually one syllable sounds which are the core essence of the mantra/ archetype/ chakra to which they refer. They are considered very powerful when chanted with intention and focus. Using these bij mantras we evoke the power of nada yoga (the yoga of sound) to help to align these energy centres to their true, balanced and harmonised nature.

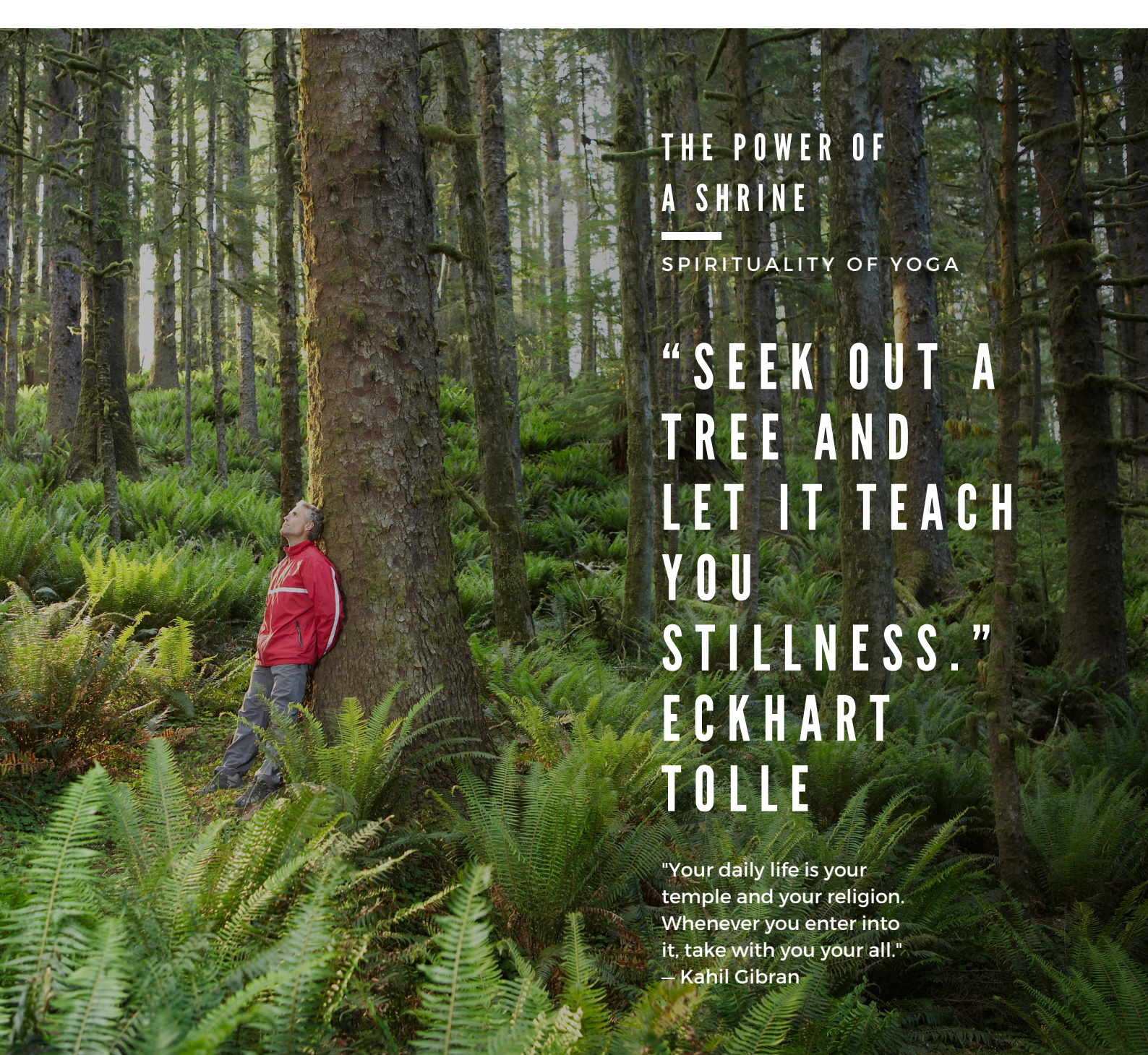
### Sankalpa

A sankalpa is a promise or commitment combined with positive intention. Its effect is to awaken our willpower by uniting the conscious and subconscious and thereby providing us with the positive resolve to complete the task ahead.

### Tat-astu

This wonderful phrase translates as “so be it” and is used in many of the ancient scriptures and stories by the Gods to grant boons to the sages. It’s affirming that what has just been agreed or said will come into manifested reality.





## THE POWER OF A SHRINE

SPIRITUALITY OF YOGA

“SEEK OUT A  
TREE AND  
LET IT TEACH  
YOU  
STILLNESS.”  
ECKHART  
TOLLE

“Your daily life is your temple and your religion. Whenever you enter into it, take with you your all.”  
— Kahil Gibran

## DISCOVERING THE POWER OF A SHRINE

Throughout history, humans have used everyday objects to represent the sacred. Creating a shrine or focus table will help you maintain the benefits of a regular practice, and act as a visual reminder of who you are.

### Earth - Stability

Rocks, crystals, flower

### Water - Flow

Water vase, water pot

### Fire - Energy

Candle, diva

### Air - Clarity

Incense, bell

### Ether - Connection

Photo of inspiration, statue, sound

# BHAVA SAMPATI MEDITATION

---

## SPIRITUALITY OF YOGA

Make sure you are grounded with your higher mind awake and spacious.

Visualise yourself in a place where all your elements are balanced possibly sitting next to a beautiful mature tree.

Follow the two vertical forces of self-empowerment and divine love.

In the stillness where the two forces superimpose there, perceive a light.

This light is your inner teacher - let it take a form that feels right for you.

Rest with this teacher, and listen.

In the third stage of this powerful meditation, we bring all the previous stages together - to rest in the heart and meet our inner teacher. I find the symbolism of a tree useful to connect with the two movements of energy - the upwards force of strength and empowerment from the earth to the leaves, and the downward force of joy and divine love from the leaves down through the trunk.



## THE INNER TEACHER

—  
SPIRITUALITY OF YOGA

# FIND WITHIN YOU THAT WHICH GUIDES YOU FROM MOMENT TO MOMENT

“You are one thing only. You are a Divine Being. An all-powerful Creator. You are a Deity in jeans and a t-shirt, and within you dwells the infinite wisdom of the ages and the sacred creative force of All that is, will be and ever was.”

- Anthon St. Maarten

## LISTEN TO THE STILLNESS

Within every action, behind every thought, there is part of you that knows the right thing to do, at the right time, in the right way, with the right people. This quiet certainty is available within us all, and it will guide us from moment to moment.

Will you listen?

Will you act in response?

When you do, the universal love will guide you to your perfect swadharma, your perfect expression of life.

### During the day:

#### Pause

#### Invite a lineage

*the collected wisdom of the teachers who have gone before you - to help guide you*

Ask what you should do next that will bring the most upliftment to the people around you?



# THE INNER TEACHER

---

## SPIRITUALITY OF YOGA

### **The upward moving force of creating, empowerment**

Within us all there is a quest for expression, an empowering uplift of energy that yearns to create, to make, to accomplish, to make the world a brighter, better place. This quest begins with the seed phrase, 'Yes I can!'

**What yoga techniques activate this for you?**

**How many of these techniques have you done in the last week?**

### **The downward force of the Divine that brings joy and love**

Available in every single moment, arising from the very centre of the universe, there is a force of divine connection that fills us with inspiration and gives us inspired ideas. We know we're touching this force because it comes with higher emotions: joy, love, delight or a profound sense of 'aha, this is right'.

**What yoga techniques awaken this for you?**

**How many of these have you done this last week?**

# PUJA TO CULTIVATE BHAVA SAMPATI

EXCELLENCE OF BEING

Mantras used by the final celebratory puja

**Om Gam Ganapataye namaha**

*activating the base*

**Om Sri Saraswatiye namaha**

*invoking the higher mind*

**Om Sri Shanti namaha**

*balancing the elements*

**Om Prem Shantih namaha**

*calling Divine love*

**Om Siksha Shanti namaha**

*calling upon the wisdom teachings*

**Om Sangha Shanti namaha**

*honouring your spiritual community*

**Om Seva Shanti namaha**

*activating your service, on fire with love and wisdom*

**Om Sri Lakshmyai namaha**

*welcoming infinite abundance in the presence of your inner teacher*



earth

water

fire

air

akash

prema

sangha

siksha

seva

## YOU MADE IT!

---

AIM FOR THE STARS,  
IF YOU FAIL, YOU'LL  
LAND ON THE MOON.

COMING  
TOGETHER IS  
A BEGINNING,  
STAYING  
TOGETHER IS  
PROGRESS,  
AND WORKING  
TOGETHER IS  
SUCCESS.

"Awakening is not changing  
who you are, but discarding  
who you are not."

-Deepak Chopra

They say that there are no  
endings, only beginnings.

Let us walk this path of  
spirituality together and we  
can change the world.

