



WELCOME TO THE
SPIRITUALITY OF
YOGA COURSE

DAY TWO

SPIRITUALITY OF YOGA

DAY 2

Welcome to Level 2 of the Spirituality of Yoga course! Over the next 6 weeks we will be moving on from the treasures we discovered in Level 1 - the grounded strength of the earth, the bright and powerful higher mind and the four petals at the heart.

We will be focusing on the water element, and how from a balanced, flowing state we can work with light and stillness of the heart to open to the abundance of Lakshmi. When we live from this abundance, we understand the laws of Karma, Punya and Dharma, and can become radiant representatives of spiritual lineage to bring healing to the world.

CONTENTS

- 01** Swadesh Namaskara
A place of pure belonging
- 02** Dharma and You
Living your highest destiny
- 03** Come to Your Still Point
Meditation
- 04** The Five Elements
The power to create balance
- 05** Punya
The greatest illusion of this world



SWADESH NAMASKARA

SPIRITUALITY OF YOGA

FIND WITHIN YOU A PLACE OF PURE BELONGING

Just as you'd spring clean your home, in this sequence you will learn how to use the water element to subtly cleanse your body and mind - the spiritual home of your soul. And once you're squeaky clean, discover the powerful Jyotir Dharnam practice to recharge and replenish body and soul so you feel full of light, love and connection to the universe.

Discover how powerful the influence of the moon and its phases are in our lives and how to bring a higher congruency between the conscious and sub-conscious minds.

PART 3 - JYOTIR DHARANAM

The aim of this part of the sequence is to empower, bathe and recharge the Swadistana, Manipura and Anahata chakras through a powerful sun visualisation. Then metaphorically step forward into your life with full confidence and love whilst being totally at peace and settled within yourself.

THE SEQUENCE

PART 1 - CLEANSING THE 3 WORLDS

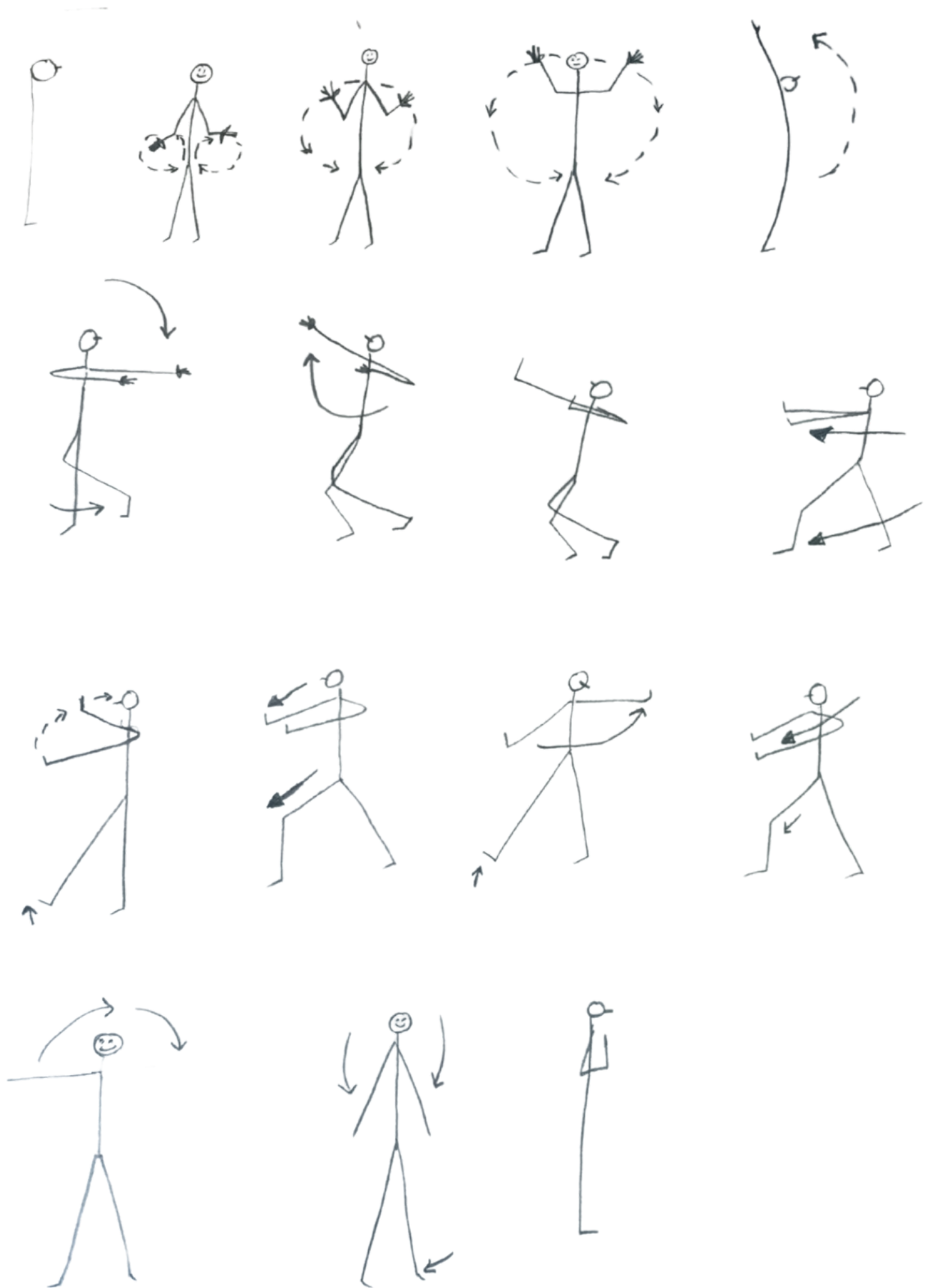
Our physical, emotional and mental worlds contain many thoughts, impressions and past experiences. In part one we learn how to cleanse the 3 bodies and chakras using the water element combined with the Varuna Mudra.

PART 2 - FLOWING WITH CHANGE

A variation of Chandra Namaskara, this part of the sequence has a focus on cleansing the subconscious and unconscious minds, represented by the moon.

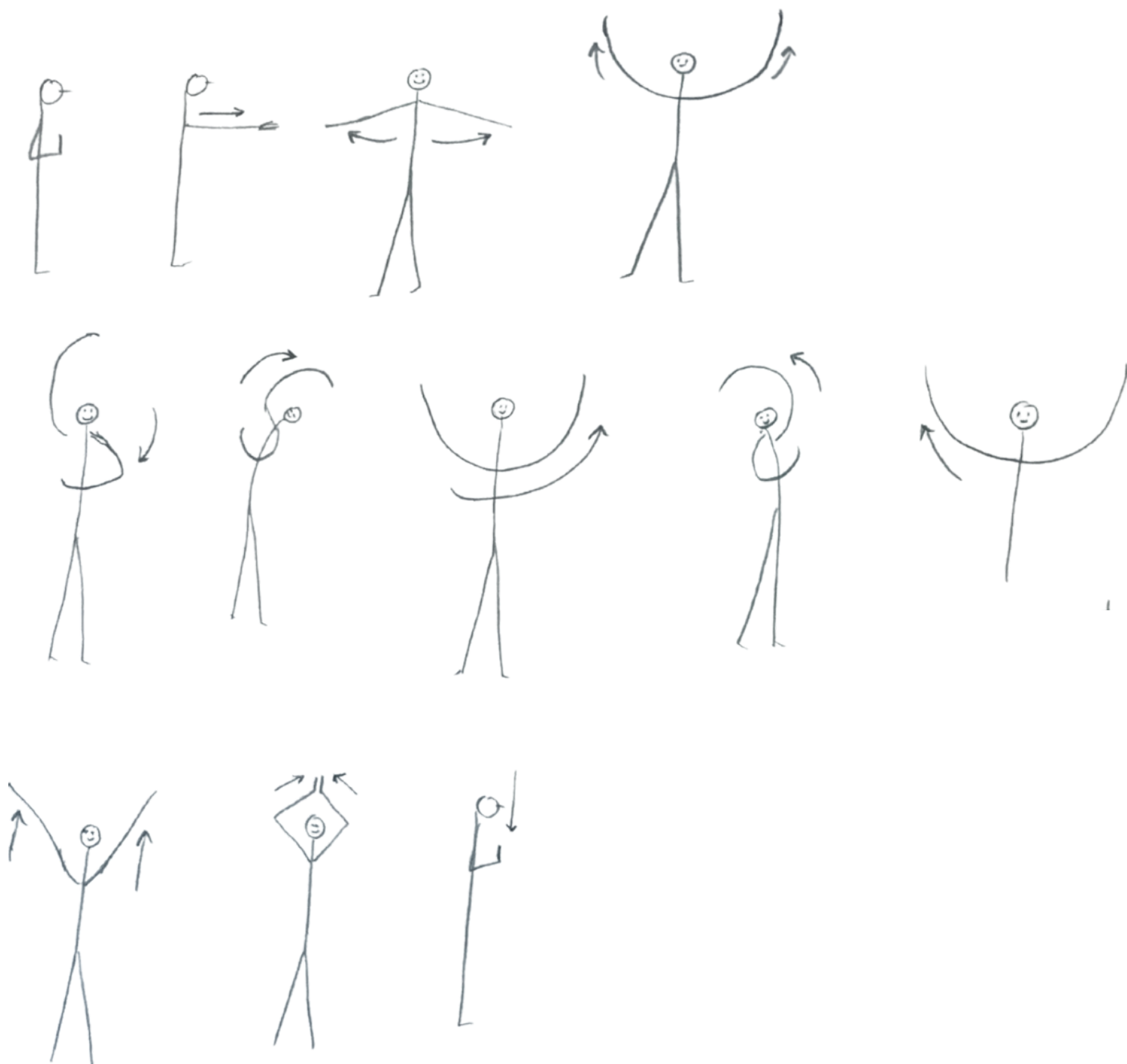
SWADESH NAMASKARA

CLEANSING THE 3 WORLDS



SWADESH NAMASKARA

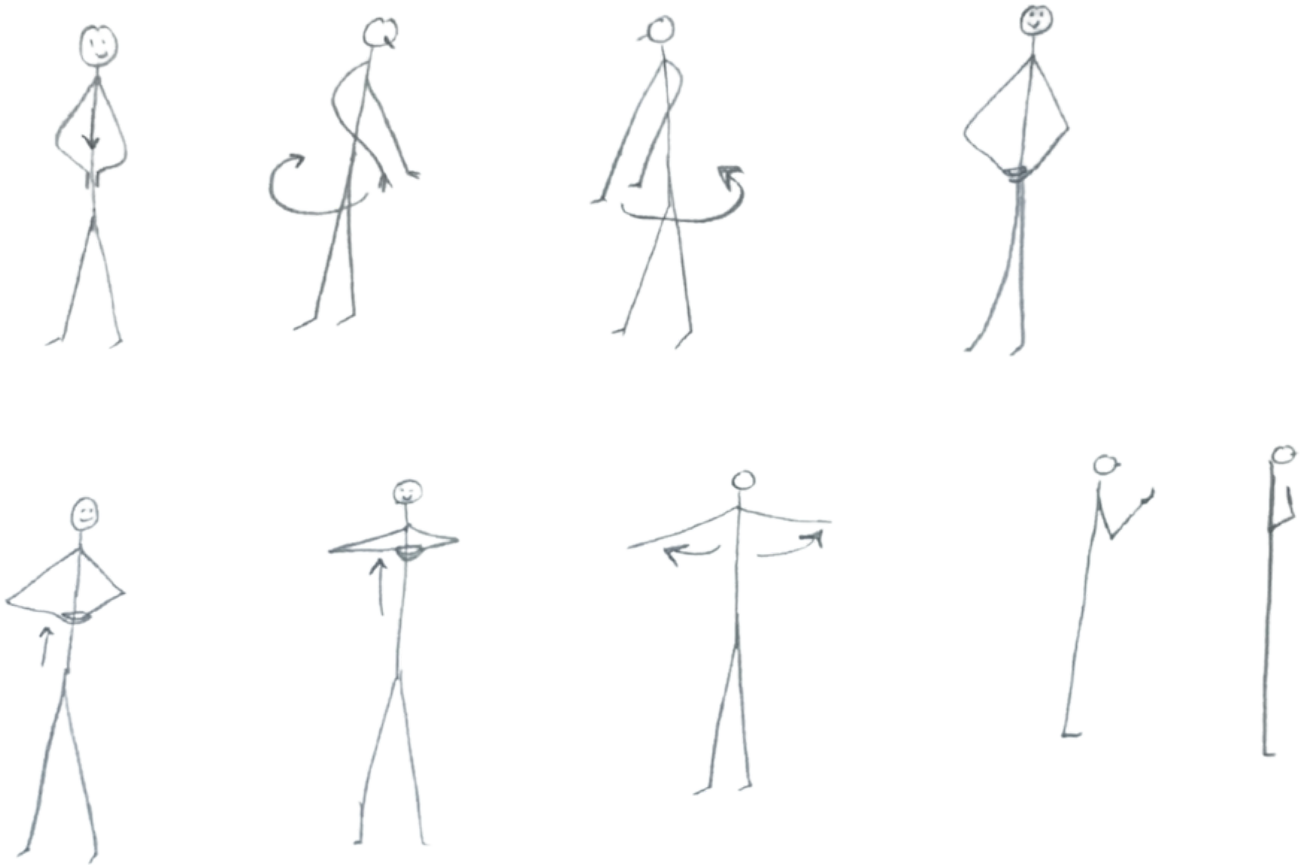
FLOWING WITH CHANGE



Swa means oneself, or one's Self.
Desh means the abode or place in which one's Self resides. It's usually used to refer to our country of birth. The country in which we are born and live is usually the place where we associate with a sense of belonging.

SWADESH NAMASKARA

JYOTI DHARANAM - A FOCUS ON LIGHT



However, being born in one place and brought up in another can mean that our sense of belonging is associated with our 'second home' rather than our birthplace. This is the real meaning behind 'swadesh' - where we belong is not necessarily where we think or expect to. It is the place where we feel most 'at home', the dwelling place for our deepest sense of self. Our true roots.

DHARMA AND YOU

SPIRITUALITY OF YOGA

LIVING YOUR HIGHEST DESTINY

"The purpose of dharma is to help your mind to expand, to grow, to clarify. It should uphold us and create an inner sense of peace, joy, and clarity."

-Tenzin Palmo

BECOME FULFILLED

In the Vedic tradition, dharma is one of the four components of the Puruṣārtha, the aims of life, and signifies behaviours that are considered to be in accord with Ṛita, the order that makes life and universe possible. It includes duties, rights, laws, conduct, virtues and "right way of living". In Buddhism, dharma means "cosmic law and order".

In the early Vedic texts, dharma meant cosmic law, the rules that created the universe from chaos, as well as rituals; in later Vedas,

Upanishads, Puranas and the Epics, the meaning became refined, richer, and more complex, and the word was applied to diverse contexts.

In certain contexts, dharma designates human behaviours considered necessary for the order of things in the universe, principles that prevent chaos, behaviours, and action necessary to all life in nature, society, family, and at the individual level.

Dharma encompasses ideas such as duty, rights, character, vocation, religion, customs and all behaviour considered appropriate, correct or morally upright.

DHARMA AND YOU

MY JOURNAL

What is the Highest Dharma in my life right now?

What unique talents and gifts do I have to add to this Dharma?

How can I put my shoulder to the wheel of dharma in the next week?

MEDITATION

SPIRITUALITY OF YOGA

COME TO YOUR STILL POINT

We must experience the Truth in a direct, practical and real way. This is only possible in the stillness and silence of the mind; and this is achieved by means of meditation.

-Samael Aun Weor

THE PRACTICE

Become aware of all the elements in total harmony in and around you

Notice two forces

Upward energy of self-esteem

Downward energy of divine love

Rest in the still point where these two forces superimpose.

During the week, come to that still point as often as possible.

WHEN YOU OWN YOUR BREATH, NOBODY CAN STEAL YOUR PEACE

MEDITATION



MY REFLECTIONS

THE FIVE ELEMENTS

SPIRITUALITY OF YOGA

THE POWER OF THE ELEMENTS TO CREATE BALANCE

"One of the many reasons why I love Ayurveda is that it helps us to understand the power of using the elements to balance body, mind and soul. Ayurveda enables us to create our own unique mental and physical personality profile, using varied combinations of the elements."

- Annie Jones

AYURVEDA

My experience is that this can help give us a greater insight into who we are. This enables us to make better decisions about our life choices. Also, we can better understand the people around us in terms of their 'dosha' or element combination, rather than their specific mood state such as 'irritable' or 'flighty.'

The term dosha is used in Ayurveda to denote 'a state of constant change.'

Factors that impact our physical, mental, emotional and spiritual well being include; our lifestyle, where we live, the weather, the season of the year, circumstances, and our age.

Ayurveda recognises that we are born with a unique combination of elements that forms our 'blueprint.' This is known as our **Prakriti** nature.

Over time, and due to ever-changing circumstances (as above), this blueprint can change. Our current state is known as our **Vikrutti**.

THE FIVE ELEMENTS

SPIRITUALITY OF YOGA

Ayurveda Consultants can determine our Vikrutti, and detect when one or more of the doshas (and therefore elements) have gone out of balance. It is also interesting to note that our mental constitution can be different from our physical constitution. This means, for example, that a person could have a Kapha body type and a pitta mind state.

What dosha am I?

Generally, we see that we are a combination of doshas. We may move out of balance due to various external and internal influences – lifestyle, environment, health, age, season. To discover our own unique combination, it is best to see an Ayurvedic consultant who can check your pulse (this can also ascertain your Prakriti), tongue diagnosis and ask specific questions to get a clearer picture.

Read on to get an idea of the different dosha constitutions on a physical and mental basis to help you recognise what may be your more dominant constitution. It can also help you see what is happening on an hour by hour basis and be able to adapt and balance your body/mind state as you move through your day! For example, I may be quite Pitta as a dominant constitution, but I also experience days and moments when I feel either more expanded (Vata) or heavy (Kapha). As I recognise the state I am in I act accordingly. This means that I no longer judge myself but rather observe my state and act to balance.

VATA CONSTITUTION KEY: MOBILITY

Vata is made up of the combination of Space and Air (50% 50%).

Physical:

Fine-boned, tall or short, cold, dry, rough, subtle, light, moves fast, talks fast, multi-tasker, likes change, likes to travel. Can suffer from constipation, sore joints, nervous conditions.

Mental and emotional:

Creative, enthusiastic, alert, restless, lots of ideas, intuitive, imaginative. Tendency when out of balance to appear - anxious, worry, fearful, forgetful, overwhelmed, spaced out, irregular rhythm.

PITTA CONSTITUTION KEY: TRANSFORMATION

Pitta is made up of Fire and Water (90% 10%).

Physical:

Muscular, medium build, warm skin, strong digestion. Can suffer from inflammatory disorders.

Mental and emotional:

Determined, focussed, intelligent, ambitious, good memory, perfectionist, loves detail/organised, good leaders, passionate, romantic. They have a tendency when out of balance to appear angry, critical, workaholic, burn the candle at both ends, controlling, competitive, obsessive, fear failure, unforgiving.

THE FIVE ELEMENTS

SPIRITUALITY OF YOGA

KAPHA CONSTITUTION KEY: STABILITY

Kapha is made up of Earth and Water (50% 50%).

Physical:

Well developed, soft oily skin, slow digestion, cold, prone to weight gain and mucus conditions.

Mental and emotional:

Patient, caring, compassionate, kind, loyal, non-judgmental, calm grounded, slow to learn, slow to forget. They have a tendency when out of balance to appear resistant to change, stubborn, slow to react, block difficult emotions, greedy, possessive/clingy, depressed, low motivation, lethargic.

MUDRA FOR VATA

Chin Mudra

Index finger to tip of the thumb

MUDRA FOR PITTA

Aditi Mudra

Thumb to base of the ring finger

MUDRA FOR KAPHA

Varuna Mudra

Thumb to tip of ring finger

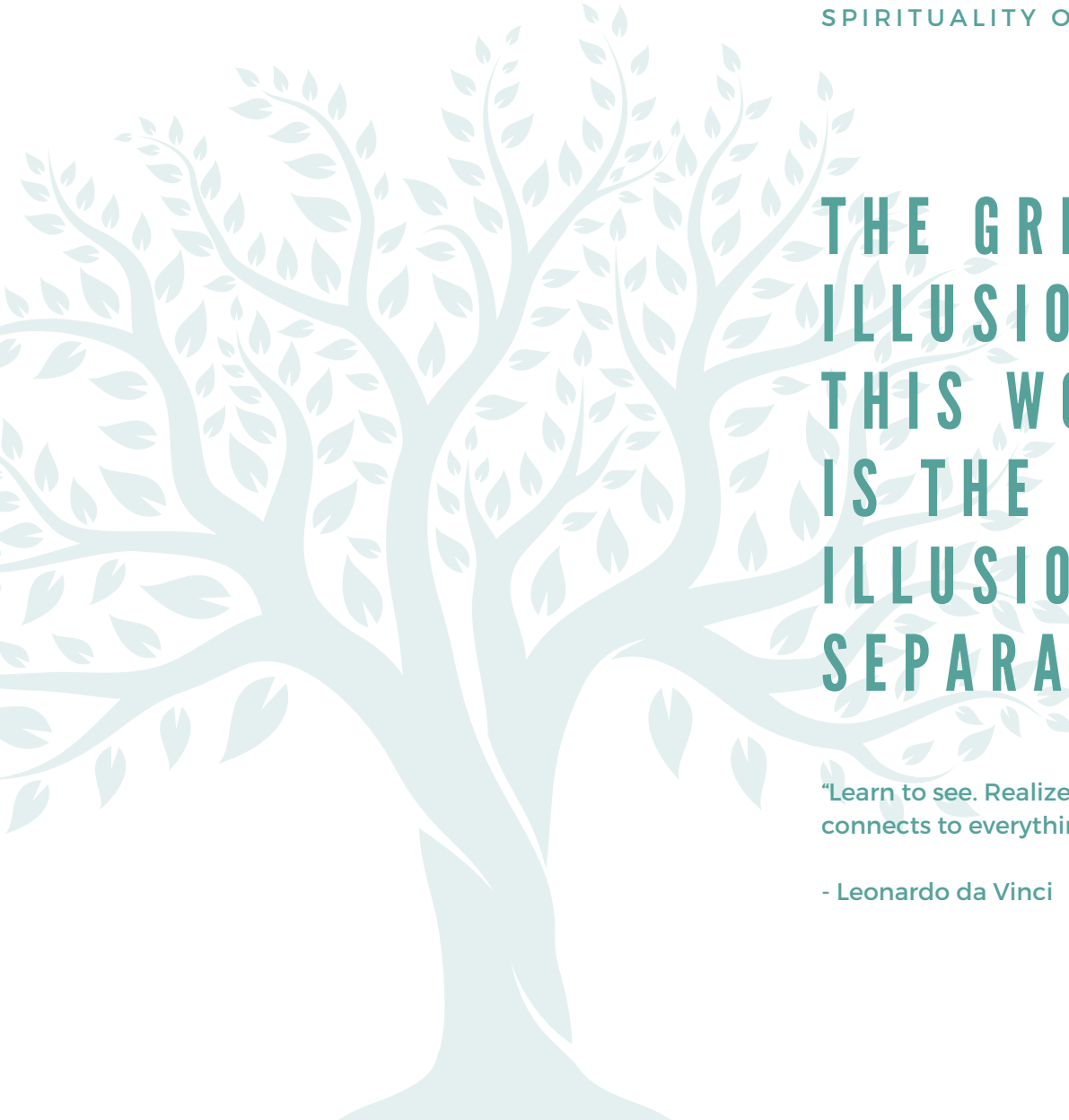
THE FIVE ELEMENTS



MY REFLECTIONS

PUNYA

SPIRITUALITY OF YOGA



THE GREATEST ILLUSION OF THIS WORLD IS THE ILLUSION OF SEPARATION

“Learn to see. Realize that everything connects to everything else.”

- Leonardo da Vinci

THE CUMULATED POSITIVE ENERGY FROM ALL THE WAYS YOU'VE ADDED TO THE UNIVERSE

The greatest way you can add to the universe is to help people become closer to the experience of their great self. Think back to a time when you helped someone feel better about themselves, better about their life.

How does it feel to recall that?

It's great to develop a habit of journaling the ways you've added to people's lives, or to the universe in general. Try to write some of these down every day, or every few days.

It's amazing to come back and read these after a few months. It's like reading magic!

PUNYA



MY REFLECTIONS

HIGH FIVE?

YOU FINISHED THE
SECOND PART OF
THIS COURSE!

THANK YOU
FOR
SUPPORTING
EACH OTHER
AND FOR
STEPPING
CLOSER TO
THE HEART OF
DRU

Right now, the world needs empowered people with strong minds who can be pillars of support in society. It is easy to achieve this, given the right training.

Thank you for making the first step towards a bright future.

We at Dru are proud of you!