



Week 34

OVERVIEW OF LECTURE

The Great Seal (Maha Mudra)
About Being Human

THE GREAT SEAL (Maha Mudra)

The great Seal.

The breath is retained in this posture with one knee out to the side and the toe held of the outstretched leg.

Accessed from the sitting pose Dandasana, the pose is purported to “destroy death”.

Because we retain the breath it generates energy and because we draw up the organs it lifts the internal organs so that enlarged spleen and poor digestion is definitely improved.

It is recommended for anyone suffering from allergies or any other digestive disorders.

Because it draws the energy up from the perineum to the third eye and engaging all the three bandhas it draws energy up from the lower chakras from the Mula Bandha through the Uddiyana Bandha and up into the Jalandhara. it is also recommended for enlarged prostate.

Employing the Sushumna Channel it is considered an advanced practice to generate and refine kundalini energy. Anyone can practice this pose however and should practice this pose with very little considerations other than the normal ones such as not eating beforehand and evacuating the bowels.

Use this pose as preparation to or part of a meditation session. Extremely uplifting and energising it is simple and exciting to do. Regular practice refines your internal functions and so can help sublimate bad habits.

Many schools of yoga make a big fuss about this pose and advise to not practice on hot days suggesting that it generates heat. which it does not.

It is suggested to avoid during menstruation by a lot of yoga teachers. On the contrary it can help a great deal with many menstrual problems. This pose is recommended for any prolapse or fatigue resulting from menstrual difficulties.

I recommend this pose as a simple and powerful tool that takes from two to six minutes and can create a spiritual awakening by giving the regular practitioner the possibility of uplifting themselves.



Once you feel the lightness of free-flowing energy and how your mind can influence your feelings by these simple means there is no going back. Your mind starts to flow more freely from one aspect of your desires to another.

With this possibility awakened in oneself, the mind will always settle on the better question. More possibilities always arise from questions. Limitations arise from thinking we know the answers.

This pose opens channels, generates, and refines your energy and opens you to the possibility of new avenues of greater satisfaction.

POWER POSE (UTKATASANA)

**POWER POSE
(UTKATASANA)**

- To lower the centre of gravity and establish it in the right place.
- Considered the most important posture taught in yoga. this pose concentrates the energy of the entire body into the tanden.
- Strengthening the tanden brings discipline and strength to mind and body.
- Use this pose to develop your innate humanity.

SUPPORTED HEADSTAND (SALAMBA SIRSASANA)

**SUPPORTED HEADSTAND
(SALAMB SIRSASANA)**

- To reverse the effects of the upright position and improve vagus nerve functioning.
- This pose improves blood circulation the brain, improves the memory function and banishes fatigue.
- Use to treat headache, indigestion, sex organ disfunction, asthma, nervousness, shoulder problems, stomach ache, back pain, ear, eye, and nose problems.

ABOUT BEING HUMAN

Do yoga to expand your sense perception.

The human body has subconscious mechanisms that are memories.

Yoga strives to make these subconscious functions conscious.

Yoga is used to expand our perception of ourselves beyond the 1%

Genetic memory: Overcoming the survival mechanism beyond what is necessary.

Emotional memory: Relaxing the body

Mental memory: It is important to not have beliefs

Sense memory: Experience creation