



Week 23

Overview of Lecture

MEDITATION
NECK & SHOULDERS

Meditation

According to Patanjali

PRATYĀHARA IS THE 5TH STAGE OF YOGA PRACTICE

Pratyāhara is the practice of turning the mind inwards.

The goal is to set oneself free from the tyranny of the senses.

The mind is both the cause and the liberator of bondage.

The practice of pratyāhara is to make a distinction between the good and the pleasant.

Knowledge allows us to pursue a bitter path to reach sweetness.

There are three distinct temperaments as described in Hindu philosophy.

1. Satva which is an illuminating and good quality and creates clarity of mind and mental serenity.
2. Rajas which is the the quality of mobility or activity creating wilfulness and tension.
3. Tamas which is dark and restraining creating obstruction to work and revelation.

DHYĀNA IS THE 7TH STAGE OF YOGA

Where the other stages are active (yang) Dhyana is yin

An unhealthy mind/body creates tension and stress.

Humans also need to practice yin to feel balanced.

the autonomic nervous system needs to be able to fully focus and also completely relax.

In the beginning with meditation one is tense due to mind/body imbalances.

Yin and Yang unification is yang

Dhyana is yin

Your whole being needs to sit when you meditate.

Neck & Shoulders

Causes can be psychological, organic, irregularities in blood pressure, poor nourishment, incorrect posture or fatigue.

Weakness of the core and twisted or tense ankles and achilles tendons need to be resolved to help with neck and shoulder problems.

Tension in the chest raises the centre of gravity so deep relaxed breathing should be practiced.

Balancing the left/right sides of the body caused by organ disorders.

Neck problems can come from poor posture from not supporting oneself correctly.

Any slight imbalance in the sacral and lower lumbar area needs to be focused on if the upper neck bones are disturbed.

The intestines need attention if the lower neck bones are a problem