



## **Week 9**

### **Overview of Lecture**

Fire phase 2.

Understanding the heart constrictor and the circulatory system.

Bhakti yoga or where is your mind.

## On Bharti Yoga and The Mind

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“For one who is a neophyte in the eight-fold Yoga system, work is said to be the means and for one who has already attained to Yoga cessation of all activities is said to be the means”. BG 6:3

There are those who have attained to the perfect stage of work in Yoga and there are those who are attempting to reach a stage of Yoga where they can work.

“A person is said to have attained to Yoga when having renounced all material desires he neither acts for sense gratification nor engages in fruitive activities” BG 6:4

It is said that this Kind of person has connected with the ultimate machine. He has become a part of a larger machine which carries out different functions. From the view point of Yoga a disconnected part is engaged in activities which are simply a waste of time. One engaged in such activities is considered a Mudha. To be alive one must engaged in the relative world. It is our nature as living entities to act. If a child is not trained or educated he becomes spoilt. They will engage their senses in their own gratification. When one is gratifying their senses there is no question of practising Yoga.

“A man must elevate himself by his own mind not degrade himself. The mind is the friend of the conditioned soul and His enemy as well.” BG 6:5

The mind is an enemy when perceiving the reflection of nature as the reality. As soon as the mind is focused on the true nature of life it is like bringing a light into a darkened room. Yoga is meant to make the mind strong.

“For man mind is the cause of bondage and mind is the cause of liberation. Man absorbed in sense objects is the cause of bondage and mind detached from the sense objects is the cause of liberation.” Visnu Purana 6:7:28

“The purpose of exercises in mysticism is to preserve the essences of life by seeking expression in outward form. A person must continually exert his will to remain calm and harmonise the forces of life and death, and not hold any worldly concerns in his heart. Even so, there seem to be those who make a business of teaching methods for longevity and increasingly these practices are taking on the disguise of deceptive mystique - these are not the teachings of the wise men of old”  
CONFUCIUS 500 BC



## **Meridians: Heart Constrictor & Triple Heater**

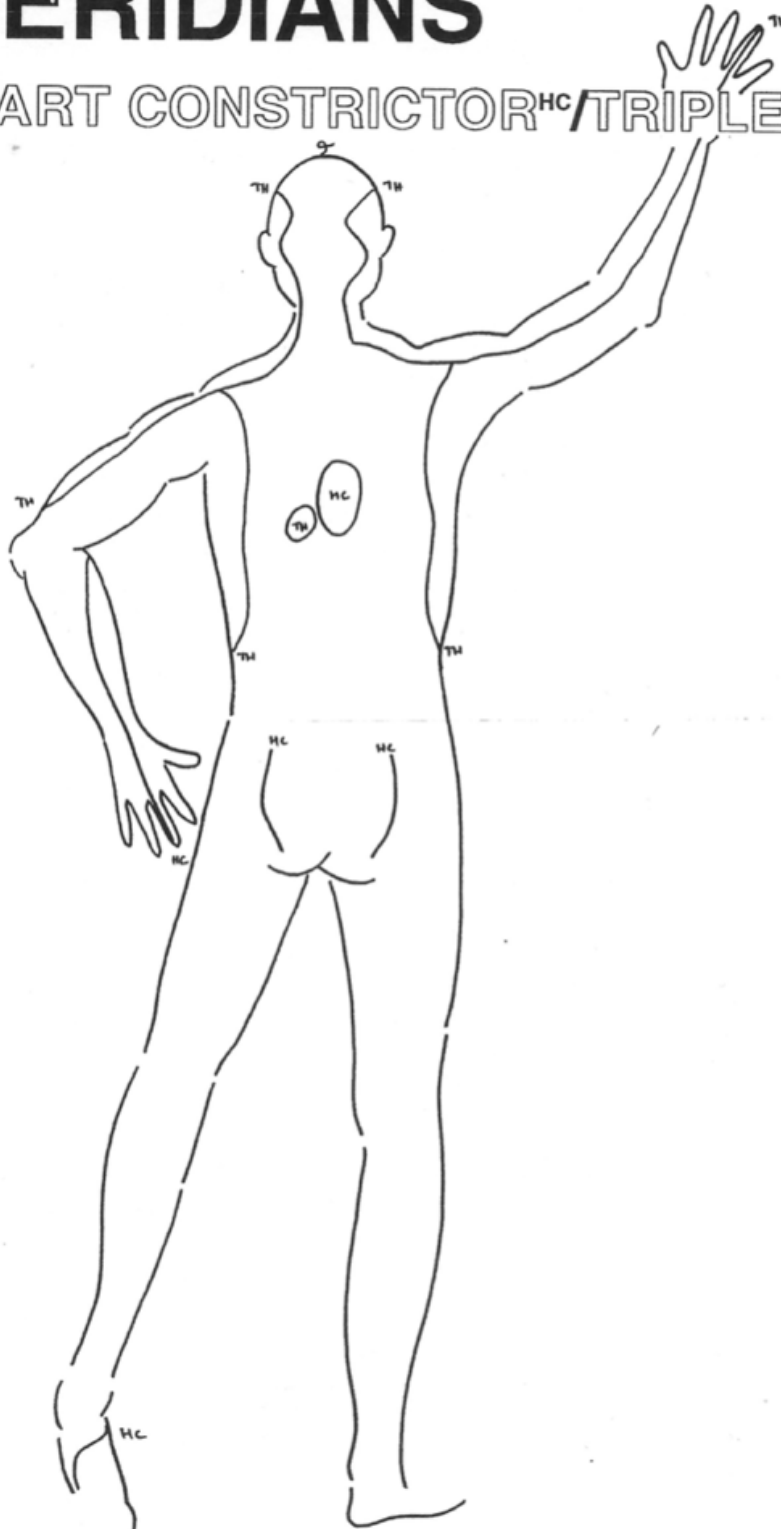
# MERIDIANS

HEART CONSTRICTOR<sup>HC</sup> / TRIPLE HEATER<sup>TH</sup>



# MERIDIANS

HEART CONSTRICTOR<sup>HC</sup> / TRIPLE HEATER<sup>TH</sup>



## Fire Phase – Part 2

### Heart Constrictor & Triple Heater

- Deals with communication responsiveness, protection, sensitivity.
- Heart Constrictor maintains the distribution of energy and substance supplied by the Triple Heater. Triple Heater protects and provides for the Heart Constrictor.
- Times: Heart Constrictor 7pm to 9pm Triple Heater 9pm to 11pm.
- Nourish the Heart Constrictor to drop the Triple Heater defenses and re-establish sensitivity. Stimulate Triple Heater to re-establish energy and nutrient flows.
- The Heart Constrictor is a supplementary function of the Heart and has its form in the structure of the arteries, veins, and the pericardium. All nutrients and subtler forms of communication are carried out by the Heart Constrictor.
- In demanding circumstances, the Heart Constrictor can oversupply to designated areas causing heat in one area and chilling in another. This can also be emotional flows.
- The Triple Heater creates an interface between the internal and the external. The lymphatic system, peripheral areas of circulation and the skin best represent its form. The Triple Heater allows nutrients and energy into the body and defends against undesired qualities. A disturbed Triple Heater imbalances mobility, respiration, and digestion, creating a defensive attitude.
- The Heart Constrictor communicates internally the substances made available to it by the Triple Heater.

## SYMPTOMS TRIPLE HEATER

### KYO

Felling isolated  
 Overly concerned with trivial things  
 withdrawn  
 No awareness of environment  
 Insensitive - can't pick up info (spoilt brat syndrome)  
 Not feeling changes in temperature  
 Feeling hot or cold all the time  
 Can't regulate temperature  
 Lymphatic system problems  
 Metabolic imbalances  
 Digestive disorders/disturbances  
 Shoulder and neck pain (scapula and head)  
 Poor adaptability  
 Overly cautious  
 Tense, awkward

### JITSU

Big aura, communication on energy level  
 Very sensitive, aware of themselves  
 Insensitive to others, selfishness  
 Burping, discomfort in guts  
 Overactive digestive system  
 Over eating ,nibbleing a lot  
 Poor appetite  
 Hyperactive movement (defence mechanism)  
 Jiggling legs - yang food (eg meat)  
 Jiggling upper body - yin food  
 Left shoulder/scapula trouble (connected  
 with stomach on left side)  
 Headaches/heavy head  
 Exhausted  
 Over sensitive skin/ticklish/itchy  
 Numbness in arms

## SYMPTOMS HEART CONSTRICTOR

### KYO

Disconnected, feel cut off  
 Lost, head isolated from body  
 Cold hands and feet (eg poor circulation,  
 blood stagnant)  
 Pain between shoulder blades  
 Pericardium palpitations - weak  
 palpitations but serious (hurting)  
 Deep ache and coldness in chest - neuralgia  
 Squeezing sensation in chest  
 Breathing difficulties - sharp pain in chest short breath  
 Can't breath easily on back  
 Pain and tingling in arms  
 Difficulty in swallowing  
 Under nourished  
 Anti-social - don't know what they are feeling  
 Immobile and restless mental distress (ie freaked out)  
 Absent minded  
 Lots of dreaming  
 Stomach aches and pains  
 Discomfort in sacral area

### JITSU

Hot palms  
 Coated tongue  
 Blocked from body/congestion  
 Building up emotional difficulties  
 Can't let go of emotions  
 Choke on food,lump in throat, coughing  
 Heavy hot cough (chest cough)  
 Shoulder pain in thoracic  
 Tight chest muscles  
 A type of bronchitis (lungs inflamed)  
 Abnormal emotions  
 Touchy  
 Tend to try too hard  
 Constant nervousness  
 Restlessness in social situations  
 High blood pressure  
 Dizziness  
 Stomach pain