



Perceiving the 5 Tattwas

In this session we will continue training the sitting bones and muscles for meditation, as well as begin to learn how to maximize our lung capacity for pranayama, yogic breathing techniques.

Then, after withdrawing the senses and quieting the mind, we will delve into the sublime depths of inner space as we explore the five cosmic elements which are

the building blocks of all energy and matter.



Dissolving the awareness into inner space

"Our senses enable us to perceive only a minute portion of the outside world."
~Nikola Tesla

Overview of the Practices



1) Bhujangasana - Cobra Pose
Breathing: Inhale while raising the torso and arching back.
Awareness: Swadisthana Chakra



2) Tiryaka Bhujangasana - Twisting Cobra Pose
Breathing: Exhale while twisting the torso, take 3 breaths, inhale to center.
Awareness: Swadisthana Chakra



3) Sarpasana - Snake Pose
Breathing: Inhale in the starting position, retain in the final pose, exhale while lowering back down.
Awareness: Anahata Chakra



4) Ardha Titali Asana - Half Butterfly Pose
Breathing: Inhale bringing the knee up, exhale down.
Awareness: Muladhara Chakra



5) Purna Titali Asana - Full Butterfly Pose
Breathing: Normal breathing.
Awareness: Muladhara Chakra



6) Vayagrhasana - Tiger Pose
Breathing: Inhale while stretching the leg back, exhale back down.
Awareness: Swadisthana Chakra



7) Breath of Joy

Breathing: Inhale lifting the arms up,

exhale bringing them back down.

Awareness: Anahata Chakra

8) Panchatattwa Dharana - Perceiving the 5 Elements

Withdraw the mind from the five
senses and bring your awareness to
the five elements within your body.

9) Prana Mudra

Breathing: Inhale lifting the arms up,

exhale bringing them back down.

Awareness: Sushumna Nadi

Stages of the practice:

1. The mind is stilled, silenced and gradually becomes one pointed. One begins to disassociate from the experience of the five senses. The symbols of the five tattwas are created in the imagination.
2. One becomes acutely aware of the vast etheric deep space within the body. The experience of the five senses is more easily transcended. One begins to have a deeper vision of the symbols of the five cosmic elements within the body.
3. One is able to completely dissolve their gross awareness into the etheric space within the body. The outer experience of the five senses is completely transcended, as the inner experience becomes vivid and real. A true vision of the symbols of the five tattwas is perceived along with the actual subtle experience of each element.

Notes:

.....

