

Zero Point Yoga

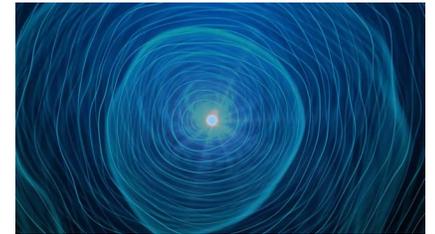


Healing Others with Prana

In this session, we will be going beyond both the physical and astral vehicles to develop an experience of the causal vehicle, the karan sharira, which is located at the region of ajna chakra at the brow center, and is otherwise known as Rudra granthi - the knot of Rudra.

The causal vehicle is the catalyst of the soul, which carries us from life to life on this infinite journey of transmigration. To

perceive that which is beyond the physical body and the mind, we will have to resort to sound. Through the extremely high vibrational frequencies of mantra the experience of the bindhu can be seen and felt at the brow center within the space of chidakasha. This bluish pearl-like point of light is the seat of the Atman, to have the true vision of this is the attainment of a lifetime.



Experiencing the blue bindhu at the space of chidakasha.

“We are the cosmos made conscious and life is the means by which the universe understands itself.”

-Brian Cox

Overview of the Practices



1) Tadasana - palm tree pose

Breathing: Inhale while raising the arms, exhale while lowering.

Awareness: Ajna Chakra



2) Tiryaka Tadasana - swaying palm tree pose

Breathing: Exhale while twisting, inhale back to center..

Awareness: Manipura Chakra



3) Eka Pranamasana - one-legged prayer pose

Breathing: Breath normally throughout this technique.

Awareness: Ajna Chakra



3) Saral Natarajasana - easy Lord Shiva's pose

Breathing: Breath normally throughout this technique.

Awareness: On maintaining balance



4) Janu Sirshasana - head to knee pose

Breathing: Exhale while bending forward, breath normally in the final position.

Awareness: Swadisthana Chakra



5) Ardha Titali Asana - half butterfly

Breathing: Inhale while bringing the knee towards the chest, exhale pushing it back down towards the ground.

Awareness: Swadisthana Chakra

