PEACE OF MIND
THROUGH
YOG-SADHANA AND
MEDITATION

SHAMSHER PRAKASH
Director

CENTER OF YOGA HEALING AND MEDITATION
ROLLA, MO
(Shamsher Prakash Foundation)
“PATANJALI’S ASHTANG YOG-SADHANA”

1. YAMA (Social Discipline)
2. NIYAMA (Individual Discipline)
3. ASANA (Body Posture)
4. PRANAYAMA (Control and Regulation of Breath and Vital Force “Prana”)
5. PRATYAHARA (Discipline of Senses)
6. DHARNA (Concentration)
7. DHAYANA (Contemplation)
8. SAMADHII (Merger--Ecstasy)
YAMA includes...

- AHIMSA (Non-Violence)
- SATYA (Truthfulness)
- ASTEVA (Non-Stealing)
- BRAHMCHARYA (Celibacy)
- APRIGRAHA (Non-Acquisitiveness)
NIYAM includes...

- SHAUCHARA (Cleanliness)
- SANTOSHA (Contentment)
- TAPA (Austerity)
- SWADHYAYA (Self-Study)
- ISHWAR PRANI DHAN (Surrender to God)
BRAND NAMES

1. TM YOGA
2. KRIYA YOGA
3. MINDFULNESS YOGA
4. HOT YOGA
5. CHRISTIAN YOGA
YOG-SADHANA IS BLEND OF

1. PHYSICAL
2. MENTAL
3. SPIRITUAL (Beyond Thought, Knowledge)
TAAR ASANA

ASANAS
(POSTURES)
ARDH - MATSYENDR ASANA
BHUJ ANG ASANA

(See SPINE)
NAUKA ASANA

(See SPINE)
SARVANG ASANA

(See THYROID)
UDIYAAN (NEOLI) ASANA
SHAV ASANA

(Relax Body & Mind)
DHYANA
J ALANETI
CLEANSING THE SYSTEM

• **WATER**
  1. JAL NETI (clean nasal passage)
  2. KUNJAL (half stomach wash)
  3. SHANKH PRAKSHALAN (irrigate intestines and anal passage)

• **AIR**
  4. PAWAN VASTI (suck air from anal passage and release it)

• **MILK**
  5. DUGDH NETI (drink milk with nose)

• **GHEE**
  6. GHRI T NETI (drink ghee with nose)

• **CLOTH**
  7. DHAUTI (eat cloth, churn it in stomach and throw out)
PRANAYAMA

• Modification of the breathing process

1. **PURAKA** (inhaling),
   **RECHAKA** (exhaling)

2. Slowly, or Fast deep breathing

3. Holding the breath
   (**KUMBHAKA**)

**(PRANIC ENERGY)**
PRANAYAM VI DHI

1. SIT IN A MEDITATIVE POSE

2. CONCENTRATE ON RHYTHMIC/REGULATED BREATHING

3. TIME – 15 MIN
SIMPLE PRANAYAM

1. BHASTRIKA
2. KAPAL BHATTI
3. ANULOM VI LOM
4. BHRAMRI
5. UJJAYEE
6. SHEETLI
7. MAHABANDH
1. YAMA, NIYAM, ASAN, PRANAYAM IS A BLEND OF PHYSICAL AND MENTAL.

2. ASANAS WITH RHYTHMIC BREATHING IS KEY TO HEALTHY LIFE AND BEGINNING OF PEACE OF MIND

3. PRANAYAM LEADS TO HIGHER/DEEPER STAGES OF CONCENTRATION AND CONTEMPLATION, AND PEACE OF MIND
1. We do understand and see physical body.

2. We do experience thoughts.

3. Is thought physical?

4. What is the seat (abode) of thought in our body?

5. BRAIN

6. MIND (Relationship of mind and brain) – Role of mind in human well being and peace of mind

7. HAPPINESS (Ecstacy)
SPIRITUAL MATTERS
(METAPHYSICS)

• END OF THOUGHT PROCESS
• END OF KNOWLEDGE
• DARK TUNNEL (CASE OF BUDDHA)
• ENLIGHTENMENT (NO SIGN POSTS)
• KEY -- PEACE OF MIND
KNOWLEDGE

BOOKS OF KNOWLEDGE (VEDAS)

VEDAS

BIBLE

KORAN

GEETHA

COMMENTARIES
VEDA-ANT
(KNOWLEDGE-END)

BEYOND KNOWLEDGE

DARK TUNNEL?
GURU NANAK
NAM KHUMARI NANAKA,
CHARHIII RAHE DI N RAAT

नाम सुभाषी नानका, यही रहे दिन गत
नाम चुमावी नानका, यही रहे दिन गत
नाम चुमारी नानका, पहुँच सके दिन गत
साभ चुमावी नानका,
यही रहे दिन गत
• HAPPINESS IS BEYOND TIME
• HAPPINESS IS UNCONDITIONAL
• TIME TO BE HAPPY IS NOW
• THE PLACE TO BE HAPPY IS HERE
MEDITATION AND STRESS CONTROL

• Pratyahara (Discipline of Senses)
• Dharana (Concentration)
• Dhayana (Contemplation)
  – Steady Gaze Meditation
  – Technique of Trataka
  – Concentration by Breathing
  – Concentrating on Sound
  – Others
  – No one technique like discovering EVEREST. It is new every time.
  – There are no sign posts
TRATAKA
MEDITATION BY MENTAL CHANTING
CASES IN POINT

1. Psychiatrist and candle
2. Role of mind
3. My colleague after Jalneti only once
4. Patient with Asthma
5. Lady in great physical pain
6. Professor with 49 years of allergies
7. Dentist with back pain
8. Gentleman with aching ankles
1. **ATTITUDES**
   
   - Every eve is a christmas eve, every day is a new year’s day.  
     (Sadaa Diwali Saadh Kee, Aatthon Pehar Basant)

2. **SURRENDER**
   
   - I do nothing, everything is done.

3. **FAITH IN GOD**
   
   - Everything happens according to HIS will and is good for me.
INNER CONTENTMENT

• TWO METHODS

1. Obtain everything that we want and desire.

2. Not to have what we want but rather to want and appreciate what we have.

- Dalai Lama 29
MAN -- DESIRE = GOD

GOD + DESIRE = MAN

- Soamiji
DESIRE

- DESIRE – **KAMNA** IS a contaminant for ‘BUDHI’ and ‘KARMA’. IT IS NEITHER GOOD NOR BAD.
- Muddy water is not clear. Let the mud settle, the water becomes clear.
- A mirror with a coat of dust does not reflect your face clearly. Clean the dust, the mirror acquires its original characteristics.
- Similarly understand **KAMNA** (Desire) and restore the original GODHOOD in you!
YOGA

• YUJ MERGER
• DROP OF WATER Vs OCEAN
• A SMALL FIRE Vs THE SUN
DHRAMA

- Relationship – four aspects
  1. INDIVIDUAL
  2. SOCIETY
  3. NATURE
  4. SUPREME BEING

- Relationship leads to duty for all the four-
  - Harmony with self, physical, mental and spiritual
    1. Harmony with Society
    2. Harmony Nature (birds, trees, grass, Mother Earth)
    3. Relationship with Parmatma (Supreme soul)
THE PATH OF HAPPINESS*

• “ONCE BASIC NEEDS OF FOOD, CLOTHING AND SHELTER are met, we do not need more money; we do not need greater success or fame; we do not need even the perfect body. RIGHT NOW, at this moment, we have a MIND, which is all the basic equipment we need to achieve complete happiness*. ”

* Ecstasy

- Dalai Lama 37
• THERE ARE NO SIGN POSTS TO REACH MOUNT EVEREST

• SIMILARLY THERE IS NO SET PATH TO TREAD TO REALIZE YOURSELF OR “UNION”.

• THERE IS NO WAY TO ENLIGHTENMENT, BUT ENLIGHTENMENT IS THE WAY (BUDHA)
• MIND

• THOUGHT

• SIMPLIFY

• BLANK BUT AWARE MIND

• SILENCE

• URGENCY OF CHANGE

• THE ONLY REVOLUTION
- SELF IS THE FRIEND OF SELF

- SELF IS THE ENEMY OF SELF

- NONE ELSE BUT SELF CAN SAVE THE SELF

(Unparelled Philosophy on ‘self’ in the Upanishads Need one more hour!)
IT IS DIFFICULT TO FIND HAPPINESS WITHIN –

BUT IT IS IMPOSSIBLE TO FIND IT WITHOUT!
THERE ARE NO HOLIDAYS IN YOG-SADHANA!

MAKE YOUR LIVING IN HARMONY WITH SELF, SOCIETY, NATURE AND PARAMATAMA (REALIZE THE SUPREME SOUL)
CONCLUSION

• Yog-Sadhana is for everybody.
• Yog-Sadhana is all enveloping.
• Yog-Sadhana is for happiness.
• Yog-Sadhana is Bliss and Ecstacy.

MAY GOD BLESS YOU!
ONLY SIMPLE

QUESTIONS PLEASE