

Losing my religion

OR FINDING IT... MIGHT JUST BE THE SAME THING...



THIS CONCISE AND LIGHT READING MATERIAL IS ALSO AN INVITATION TO
KNOW MORE... BE MORE...

What is religion! My religion?

This could be anybody's true story, for now it is of a young lad called Boi, born in a Hindu nation, raised in a Muslim family, schooled by Irish brothers of the church, friends with people of all following.

At the tender age of five, being initiated in the art of praying namaz, reciting the Quran, rejecting it because of lack of understanding the words printed in the text. Friends of the family sharing their interpretations of the holy text 'the Gita'. The kirpan wielding friends shared their understanding of the holy text 'the Guru Granth Sahib'. The few select friends in school going to mass while the others were exempt, why? To learn the concept of oneness?

These thoughts, paled in front of the looming exam paper questions, lost in math, sciences and other such important studies, it was home, the moments in between and conversations between adults that the child was gathering information, processing, processing, processing.

Fast forward to age adolescence, the moustache sprouts along with something else... hmmm.. it rises of its own accord, confusion strikes, girls seem different now... the scents in the air, music and what not, it makes him swoon and do things that some holy folk say will make you blind... huh! Oh! so the pleasures of the flesh, not limited to eating are unlimited, this young lad of sixteen, indestructible in will and body, pledges his undying love to many a young woman.

Fast forward to early twenties;

A smoker, stoner, boozier, womaniser, well mannered ruffian, friend to a friend, lover to a lover, explorer of life, a child at heart, healthy, stealthy but not too wise...

This is religion! My religion?

Everything I do repetitively morning to night and again, routinely and actively is my religion.

Yes!

Faith is what I want (to be) ! 'I have faith in you, you will do it'

Religion is what I do (repetitively) ! 'I meditate everyday'

Belief is not knowing ! (blindly accepting) 'I believe what the village fool told me'

A smoker is religious about the habit of inhaling flavoured air and happily indulges at frequent intervals, a boozer loves his night cap, a clown his act, a thief his scam, an adulterer his sideshow, a lazy man his inactivity

Whoever it is, the smoker, thief, clown, boozer... the list goes on indefinitely, are all religious about their activity

So what about the variety of world religions and sub religions? Are they all made up of smokers, drinkers, gluttons, clowns, thieves, adulterers... yes!

We are all sinners; repent ye will be spared, waste not this gift of life or you will bake in the heat of hell...

Chill dude, gimme a drink and you have one too...

THE BASIS OF ANY RELIGION IS THE GEOGRAPHICAL IMPOSITION OF NATURE, HUMANS ADAPT THEIR HABITS BASED ON THAT

Let us take alcohol as an example; and apply a little common sense.

What does the drink do other than offer that euphoric feeling?

It dehydrates, numbs the senses, heats the system, relaxes the muscles, laces the breath and reduces inhibitions.

So if you were to drink in a desert environment (you might possibly suffer serious injury or death) hmmm...A certain religion which originated in the Middle east prohibited... you guessed it! Alcohol!

Another religion, which purportedly originated in Europe; uses alcohol; drinking in a cold environ will keep your core temperature up and aid in survival

And another religion, which purportedly originated in Asia, suggests it be used wisely; in this tropical climate it should be used wisely, as medicine.

To decode in today's day and age and understand for the lay person their religion it is best understood from the perspective of the nature of their geographical location and the commonality of irrefutable facts and happenings

For every being, there are a few things that are common, no matter where in the world or space one exists, what the weather is like or what grows or roams the terrain, these are common to all in existence.

Consumption

Rest

Elimination

Thought

Let us look at them

Consumption - Air, food, water; we consume these things all the time, our body is most satisfied when we are fulfilled, we breathe when we eat, the slower we chew, the easier to digest

Rest - No matter where we are, who we are, we sleep and slow down after a point. Sleeping time, posture and position will dictate the quality of life

Elimination - Oxygen in, carbon dioxide out, food in, stool out, water in, urine out.
A good elimination means lesser toxins in our body

Thought - In between all these complex yet simple actions exists thought, it makes up every moment of our lives, even during sleep

How we breathe, what we eat, how we sleep, what we eliminate, bound by thought, this is our personal religion - we have the freedom of choice till we haven't taken a decision and then we still have a choice to know and be more

There is common wisdom in all world religions, let us look at it too

Abstinence - It is a detox, a cleanse, through the abstinence of food, sexual activity and many such things our patterns are broken and we grow stronger in our ability

Prayer/meditation - It is through a combination of sound, focus points, emotion, belief, faith and action that brings about a chemical change in the body mind

Moral guidance - As law would guide societies hand as a universal method of conduct, religious values sometimes take precedence over other things

Patterns that we have actively chosen or passively accepted, complex or simple, useful or useless are all around us in nature, of which we are a big part of, the strength of humankind depends on the ability to change and rewrite it by intellectualising and acting upon it.

An opportunity

Everything extreme which is not necessarily good or bad, just opposite, has in between them, a point of balance, the state of active meditation.

Existence

+ Observer +

Oblivion

We as people of all followings or maybe none or just restricted to one, have the choice to explore and know more, it is our purpose, nay, duty to grow in compassion, wisdom and ability.

This is one such exploration, which if you so choose to embark upon has the power to liberate you from the shackles of your own design and rewrite the code to what you want.

Try it, it has great potential... as do you!

It is called... **Ayoga practice.**

Ayoga practice

There is a connection between the body and the breath, one of trust and existence, an act of observation...

To know from your own experience is a gift, let us explore...breath, posture and gravity to enhance awareness of connection between body, mind and soul.

Any integrative daily practice, is best received in person, though you will also benefit from this written work

Two things : posture and breath

(exist with the support of gravity)

Posture:

supine

sitting

standing

and everything in between...

Breath:

it is movement

pause

in

pause

out

...

Supine position, complete breathing

(lying down on your back)

You can do this, the first thing in the morning, as soon as you open your eyes, close them again, lie in supine position and...

Breathe into your stomach, allowing it to rise and fall with the inhalation and exhalation.

Next, breathe into your chest, allowing it to expand and contract with the inhalation and exhalation.

Let your inhalation and exhalation be so complete and relaxed that the shoulders are allowed to rise and fall with each inhalation and exhalation.

Breathe in with focus on all three fill your belly, chest and shoulders (clavicular region) and breathe out relaxing your shoulders, chest and belly.

Sitting position, complete breathing

(with a little movement)

Sit comfortably, in a chair or on the floor, as comfortable

Place your hand on your knees or lap, breathe here, three breaths

Bend your arms at the elbows and bring your palms to your chest, breathe here, three breaths

Raise your hands up towards the sky, finger pointing upwards, breathe here, three breaths

Complete breathing is important here, very important

Sense the resistance and acceptance of breath with the change in posture

Standing position, complete breathing

(movement and gravity)

Stand up and relax your entire body, feel as if there is a string attached to the top of your head pulling you upwards and roots growing down from you feet planted firm on the ground

Now move each part of your body, slowly, in the way you feel comfortable,

The head and neck, turn, and rotate

The shoulders, lift rotate and drop

The arms, elbows and wrist

The torso, twist and bend

The hips, tilt

The knees and ankles, rotate and turn

Breathe in each position or through each movement, slowly and sense how gravity helps deepen a fold, a bend, a turn with each exhalation and how the body expands with each inhalation creating space and filling it at the same time.

Pat up, complete activation

(Say good morning to your physical being)

Bend forward from your hips and touch your toes with your fingers, knees bent as needed.

Tap your toes with the tips of your fingers, or palms/hands gently but firmly to awaken all those parts which are still asleep.

Continue this awakening process from the tip of your toes till the top of your head, leaving no part feeling neglected.

Slowly, it should take at least a couple of minutes or more to reach the top, the slower the better.

Massage down, complete activation

(Say, I love you, to your physical being)

*Change the tapping motion to a more relaxed massaging motion,
gently and lovingly massage your entire body from the top of your head to the tips of your toes.*

Slowly, it should take at least a couple of minutes or more to reach the bottom, the slower the better

Sit down and massage the bottom of your feet, the soles

Alternate nostril breathing

(balancing a flow)

Block the right nasal passage, breathe in,

Block the left nasal passage, breathe out, breathe in

Block the right nasal passage, breathe out... this is one cycle

continue...

The right nasal passage, breathe in,

Block the left nasal passage, breathe out, breathe in

Block the right nasal passage, breathe out, breathe in

Repeat... twelve cycles

Opening the channels

(through our own vibration)

Cover both eyes with four fingers, see something?

Block your ears with the thumbs, mouth closed breathe through the nose,

Make a sound like the buzzing of a bee...hmmmmmmmm

Continue for twelve breaths, relax with hands on the knees for the next step, breathe

Activating the energy

(using our own sound)

*Make a heavy deep sound (through your mouth) emanating from the base of the stomach, three times,
three breaths*

Make a medium melding sound from the heart and chest, three times, three breaths

Make a lighter higher sound from the top of the head, three times, three breaths

end with...

*One breath and all sounds in succession, in descending order, from the head to the heart to the base;
high, medium, low*

Observe

(the observer)

Eyes closed

Relax, things are changing

Watch, feel and sense

Let it happen

Smile and open your eyes, life is happening

A quick recap
for this integrative daily Ayoga practice

The basic structure is to be noted as follows

- Supine position, complete breathing
- Sitting position, complete breathing
- Standing position, complete breathing
- Pat up, complete activation
- Massage down, complete activation
- Alternate nostril breathing
- Opening the channels
- Activating the energy
- Observe

Take into account that what is shared in this practice is a matter of slowing down and knowing yourself; just plainly experiencing what is you.

The Ayoga practice is best practiced empty stomach.

About the Author

Adnan (Adi) Vahanvaty, born in Gujrat, on the eleventh of May, nineteen eighty four, is the founder of a permaculture and spiritual farm in the Himalayan foothills.

He spends time, while he isn't imparting a healing or a practice, being a social entrepreneur, nature conservationist, friend and guide, an explorer philosopher he is always seeking something new and enjoys taking people on a journey he once undertook.

He likes to say;

"We are here, to learn how to die, to be one with nature, is to live".



You can address your thoughts and queries to adnanvahanvaty@gmail.com
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