

Wind of Prana School of Yoga Science

Exposing the Nature of Asanas (NOA) Program

Introduction to NOA Program

Yes, we have the body of muscles, bones, joints, tissue, and over nine different physiological system. We also have the mind, the illusive companion, which most of the time has complete control over us, tuned to the external world of sensations, desires, demands and pursuit of happiness based on these. But we, our true nature is not that body, is not that mind. We are not the five senses of sounds, sight, touch, taste, and smell. We are not the mind of knowing nor we are the processes which keep our body functioning relatively well. We are that which knows, hears, sees, feels, smells and tastes. We are that which experiences the outside inside. We are the force which created us, we are the lifeforce present in every being, like a breeze, not accepting any obstructions to permeate the life, the visible and non-visible parts of our existence. We are the breeze, and we are also the elements allowing the breeze to flow.

So, why do we focus on our physical body as seen from the outside when engaged in practice of Yoga asanas? Why do we seek help to bring us out difficulties and suffering from the outside of our body? Why do we not seek that help where the help is available in limitless capacity? So, why do we not listen to the answers we already have, deep in our true nature, that is all-knowing, and knowing all there is to know?

This writing will shed the light on the essential practice of Yoga, beyond our body but with and by the body, using the empowering modes beyond the shapeshifting.

“The way out is in” – Thich Nhat Hanh