

Beyond Yoga

What is Yoga?

- The direct meaning of Yoga is union. Union of What?
- As per the academic definition, union of mind, body and breathe. However, we all have body, breath, and mind and we all are living, but each person is unique in their own way.
- Therefore yoga is experience. Making a connection to our mind, body and breath through our experiences.

Experiences

- Our experiences are comes from our culture, beliefs, conditioning, situation, sensory organs and many other things...
- Through all these experiences we become knowledgeable and thoughts begins to arise.
- Science which has produced extraordinary , marvelous things in the world in communication, medicine, surgery, transportation, landing on the moon and so on is as a result of thoughts...this is creativity.

- At the same time we brought conflicts, struggle, pain, sorrow, wars and every form of disease which is a result of thoughts.
- Our brain have infinite capacity but it has been conditioned by above factors. (Jiddu Krishnamurthy, Los Alamos, U.S.A. , National Laboratory, 1st colloquium 20th March 1984)

The mind, the body, and the breath are all inextricably interconnected. When one is affected, the other two suffer or gain. We can live a healthy lifestyle and perform our duties, but if the mind is not healthy the other two cannot make up for the lack, and we are not truly healthy. (The Gilead Institute of America, The mind Body connection)

Psychosomatic Issues/disorders

Psycho(mind)soma(body)

- Panic attacks
- Emotional Issues
- Anxiety
- Depression
- Stomach ulcers
- High Blood Pressure
- Heart disease
- Headaches
- Eczema (Auto immune system)

How Mind Affects Physical Body?

- Fast heart rate
- Thumping Heart (palpitation)
- Feeling Sick (nauseated)
- Shaking (tremors)
- Sweating
- Dry mouth
- Chest pain
- Headaches
- A knot in stomach
- Digestion
- Neck and shoulder pain

Stress

- Comes from good things and bad things
- Stress becomes an issue when we do not know how to handle
- Some stress can be a good thing. It can motivate us to focus on a task or take action and solve a problem. In this situation, stress is manageable and even helpful
- We start worrying about never happened and become stressed

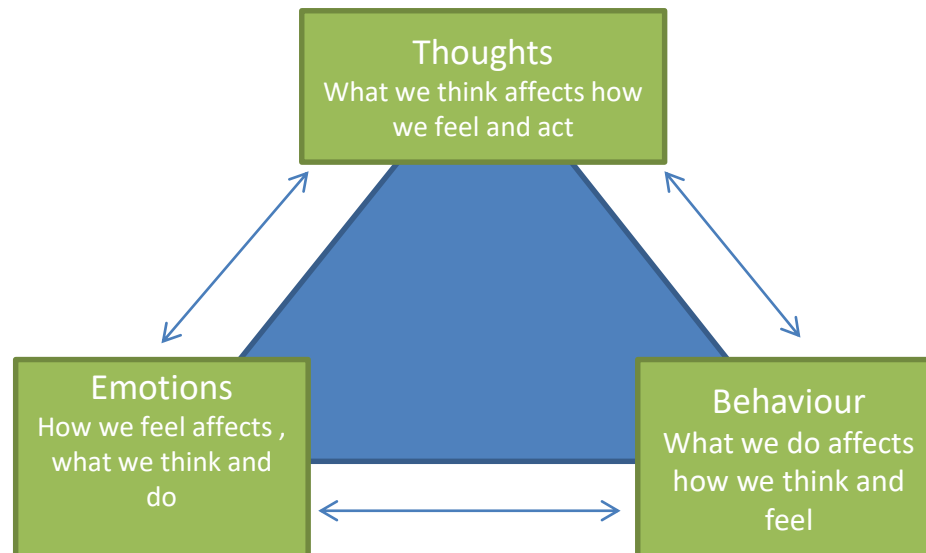
Effect of Stress

Many people feel the following symptoms:

- Fast heart rate
- Thumping Heart (palpitation)
- Feeling Sick (nauseated)
- Shaking (tremors)
- Sweating
- Dry mouth
- Chest pain
- Headaches
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Physical Dis-eases gets worst by mental factors

- Physical issues can bring emotional imbalance and emotional imbalance can hurt the physical body.
- Many health problems (often including cancer, chronic fatigue, depression, high blood pressure, cardiovascular disease, insomnia, irritable bowel disease, certain digestive disturbances) do not entirely clear up unless the mental aspect is also addressed.
- We may not have any of these diseases, yet our negative thoughts and emotions can hurt the body. Every part of our being, including our cells, sympathize or respond to the positive and negative states of our minds. (The Gilead Institute of America, The mind Body Connection)



Biological factors

- Body responds physiologically to emotional stress
 - Hypothalamus is activated
 - Stimulates the Pituitary gland and adrenal medulla
- Fight or Flight response**
- Short term and Long
 - It reduces the activity in the parasympathetic system and arousal of sympathetic nervous system
 - Short term response is control by the sympathomedullary pathway (SMP), while long term is regulated by the hypothalamic pituitary adrenal (HPA)
 - Pituitary secretes the adrenocorticotrophic hormones (ACTH)
 - Stimulates adrenal glands and produces corticosteroid hormones
 - Higher cortisol level suppresses the immune system, increases the blood pressure, damages the tissues, sluggish the digestion, oxidative damage to LDL, increases the sugar level

- When glands are chronically taxed they become inefficient and becomes the endocrine burnout.
- Can get into metabolic syndrome.

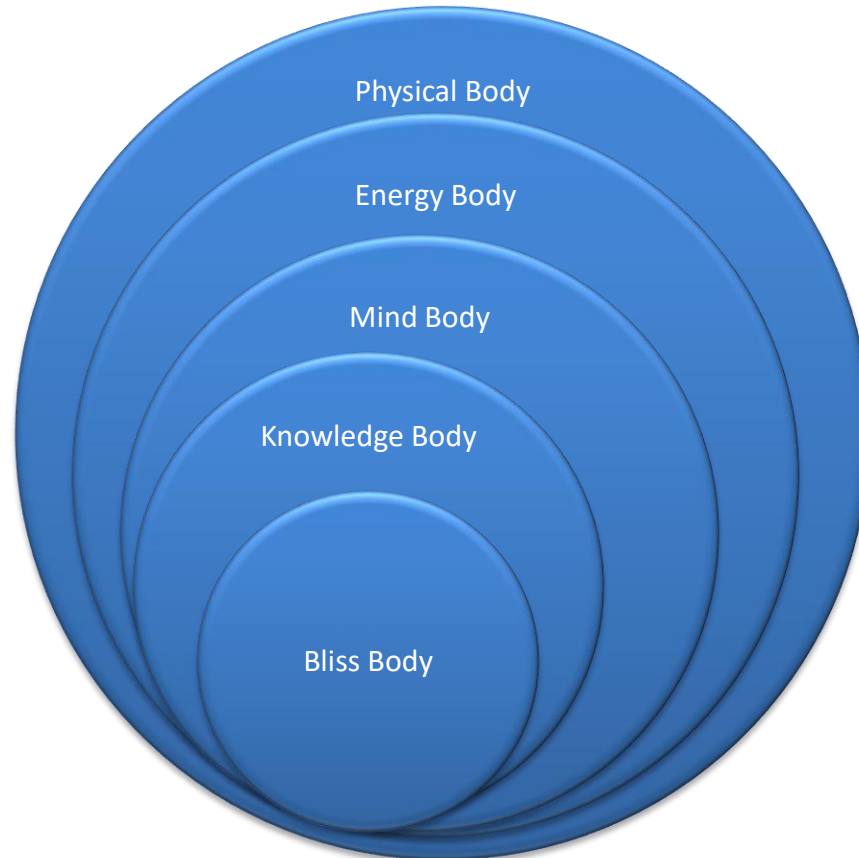
Managing Stress through Kosha

- We can manage our stress through understanding that it is our physical response to the situation
- Understanding the layers of our being (kosha)
- Being mindful
- Setting boundaries

Pancha Kosha (Energy layers or layers of being)

We will look at Koshas(layers of being) to understand how these conditions can affect our well being. There are five Kosha.

- Annamaya
- Pranmaya
- Manomaya
- Vigyanmaya
- Anandmaya



Annamaya Kosha

- Annamaya Kosha is the body made up and maintained through the Food. Physical body cannot function on it's own.
- Provides the ability to sustain the other four layers.
- It is influenced by sensory organs and by the food we eat.

Pranamaya Kosha

It is part of our subtle body

- Contains and regulates the movement of physical and mental energy.
- It is as necessary as food in our life.
- The quality of our prana is decisively affected by external influences as well as our own thoughts and emotions

Manomaya Kosha

It is a part of our subtle body

- The scope is infinite, the mind and thoughts can reach anywhere without loss of time.
- Contains mental thoughts and emotional feelings.
- Governs the rational, linear and sequential thought process.

Vigyanmaya Kosha

It is a part of our subtle body

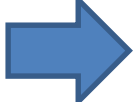
- Contains intuition, wisdom and witness consciousness


Anandmaya Kosha

It is our bliss body

- Contains pure joy and happiness

Review

In the beginning, it is physical body, once we are grounded, feeling safe and secured, our breath flows and softly  Our body responds to our breaths and our physical body relaxes.

Mind closely works with our body, once body is relaxes thoughts start to float on the surface and melts as the breath gets deeper  mind is responding to the breath.