

10/2/76 retreat darshan

Brought up unnaturally, we need unnatural foods to establish balance. Semen is the pure part of the blood.

Soma rasa (nectar) is a much higher level thing than bodily fluids.

(To alleviate feeling of irritability after pranayama and meditation.) Clog prominent nostril.

Fire of yajna represents knowledge, witness.

The four lower limbs of ashtanga yoga help wipe out hindrances (list of nine from Yoga Sutras). Also satsang does. The upper limbs are the more important sadhana.

Asanas are meditation. They build concentration. (During corpse pose one should be in a meditative state.) Movement, breath, concentration come together. Lift a weight fast: no concentration.. Lift a weight slowly: the mind follows (every inch of the way).

Doing asanas slowly, you don't need very many different asanas. But great strength is needed to do slow asanas: ten counts while moving into the position, ten or twenty count in the position, ten counts coming out of it. Breath retention from the start of this timing. Later, locks are applied also: in some all three, in other asanas fewer.

To overcome a negative emotional space or dullness or resistance or restlessness, switching nostril of breath will usually work.

Asanas to always do: shoulder-stand series, fish, cobra, corpse. Goal of yoga: to bring peace. SO-HAM is ajapa. M is not pronounced. (None of it is.) The "mantra" is the natural sound of the breath, and ajapa is watching the breath. Don't worry about thoughts in japa, first worry about having the spine straight.

Use right nostril for pranayama, left for meditation. When both are equal: relax. Left nostril rules sleep, but right nostril is better for digestion.

Sitting is best for meditation, even though lying down may produce a deeper state. Lying down always turns into a sleep.

Well balanced sadhana contains something from purifications, asanas, pranayama, mudras, meditation techniques.

Asanas release tensions in body caused by psychological strains, as well as by doing other

practices. Thus promoting mental stability.

March-April and September-October are emotional months.