

ZEN YOGA - P J SAHER

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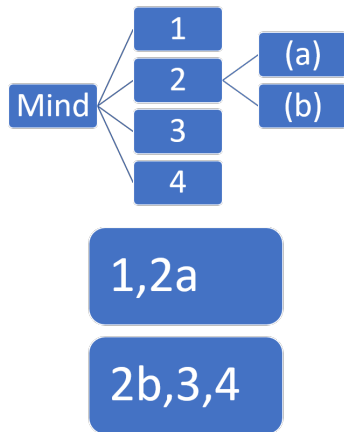
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Zenoga

(Based on "Zen Yoga" by P J Saher And Deep Knowledge YouTube Channel by Dr Ashish Shukla)

Prelude

- ▶ Mind is divided into 4 sections
 - ▶ Section 1 : Brain
 - ▶ Section 2 a: RAS
 - ▶ Section 2 b:
 - ▶ Section 3
 - ▶ Section 4
- ▶ Lower Dimension: 1, 2a
- ▶ Higher Dimension: 2b, 3, 4



Notes from Other References

“Introduction To Three Step Rhythmic Breathing(3SRB)”

- ▶ Yaksh : “What’s the most delusion that humans have?”
- ▶ Yudhishtira: “People live life as if they are not going to die”.
- ▶ Its inevitable. No one has control.
- ▶ Only sometimes externally.
- ▶ But we have no control internally.

Mind

- ▶ None of the internal organs behave the way we want.
- ▶ Including brain!! although we believe we have control on that
- ▶ Brain is just another organ, a hardware. And mind is the energy/software that runs on it.
- ▶ Proof: After death, hardware remains, but the software/energy is shutdown, so cant function.

Free Will?

- ▶ We have no control internally. Many centers are producing impulses. Most of the organ functioning is autonomous
- ▶ Thus we cannot control mind, but we have to bring them to rhythm, balance.
- ▶ As per Pantanjali, daily, out of 13k impulses 120 go to brain. Rest are used to keep system working. Out of 120 to brain, 12 are per second, Only one becomes a thought. This just one more theory. May ignore. Just a model.

Mind

- ▶ As per Patanjali, Breathing is one way to control the mind.
- ▶ Breathing happens as per emotions, eg. anger.
- ▶ Can controlling breathing control emotions? Patanjali says, Yes.
- ▶ Mind (Software) is run by breath. When Breath stops, its called death.
- ▶ Need Deep, Rhythmic and Belly breathing

3SRB (3 Step Rhythmic Breathing)

Technique

- ▶ Both chest and abdomen are raised and lowered together equally.
- ▶ Note: You can lie down in front of the mirror with two heavy books one on the chest and the other on the abdomen.
- ▶ Check whether both move together.

(Ref: <https://www.3srb.org/3srb/how-to-practise-3srb.html>)

3SRB (3 Step Rhythmic Breathing)

Volume

- ▶ The breath is full from neck to naval, i.e. the upper, middle and lower abdomen are filled to normal capacity
- ▶ The quantum of air inhaled and exhaled is what is usually normal to us neither too much nor too forceful, since normal 3SRB is not an exercise but a process of correct breathing.
- ▶ Note: Initially, to establish the rhythm your breath will be deeper. Once, the technique and volume is mastered, then the volume of the breath will be normal as you breath today.

3SRB (3 Step Rhythmic Breathing)

Rhythm

- ▶ In 3 sec out 2 sec — one hand chest one hand on belly— equal volume. No jerks.
- ▶ While counting its 1-2-3 (4) 5-6. Here, at “4” it is the turn of breath. Is not counted but just understood. Later, same but with deep breathing, and fast
- ▶ 12 cycles a minute to start with then to 24 and 36.
- ▶ Increase the duration of practice by 5 minutes every fortnight until 6 months time and until one hour of conscious 3SRB is reached.

Summary To-Dos

- ▶ Breath: Three Step Rhythmic Breathing (book on tummy)
- ▶ Food: lessen intake slowly to 1 time, be aware, get rid off addiction
- ▶ Drift: Watch thoughts-wavering, Put in Fear/Anger/Sex/Hope/Jealousy
- ▶ Walking with Awareness:
- ▶ Corrective methods: replace negative with positive thoughts
- ▶ Sleep: 11 pm to 5 am. Other times do 3 step breathing
- ▶ Reading
- ▶ Sex Moderation
- ▶ Awareness of Eyes: watch carefully, focus
- ▶ Awareness of Ears: listen carefully, don't drift

Thanks ... yogeshkulkarni@yahoo.com