

Bamboehuis



Ontdek jezelf

Sambhavi Mudra

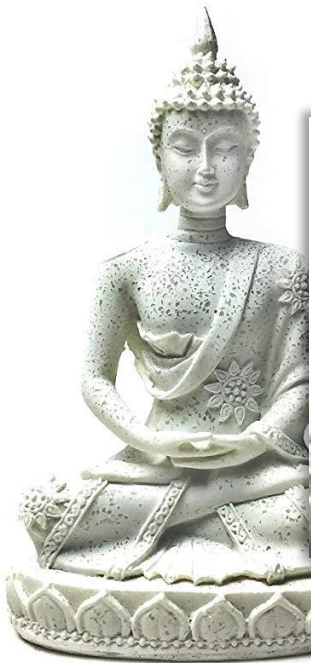
Naar binnen kijken - 6



Pranayama - Mudra

Energie beheersing - Energiezegel

Energie beheersen doe je met je mind - Een energiezegel gebeurt vanzelf



Dhyana mudra (meditatie)

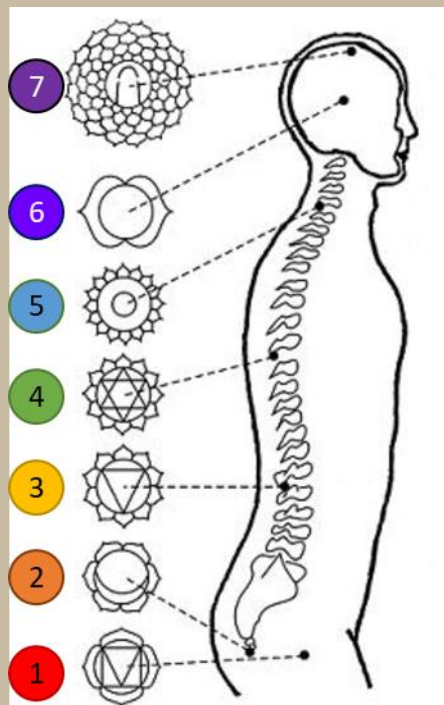


Vitarka mudra (wijsheid)



Sambhavi Mudra

- Een manier om je concentratie te verbeteren



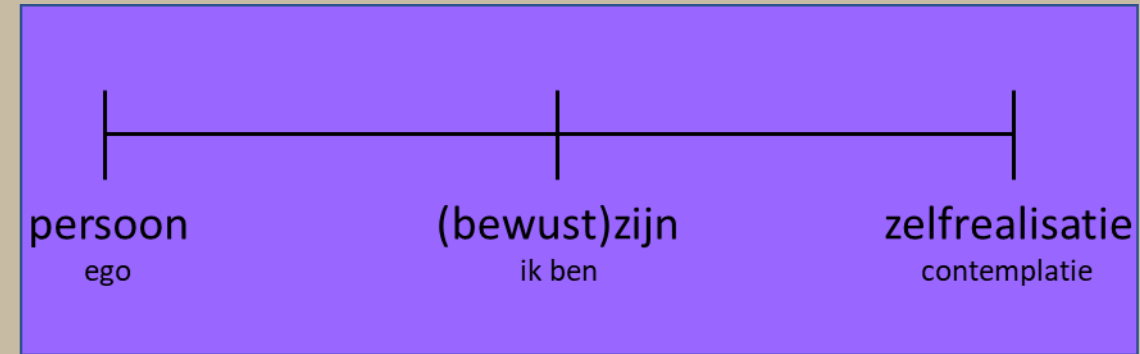
Standvastigheid

Trouw

Ego

Creativiteit

Hoogmoed

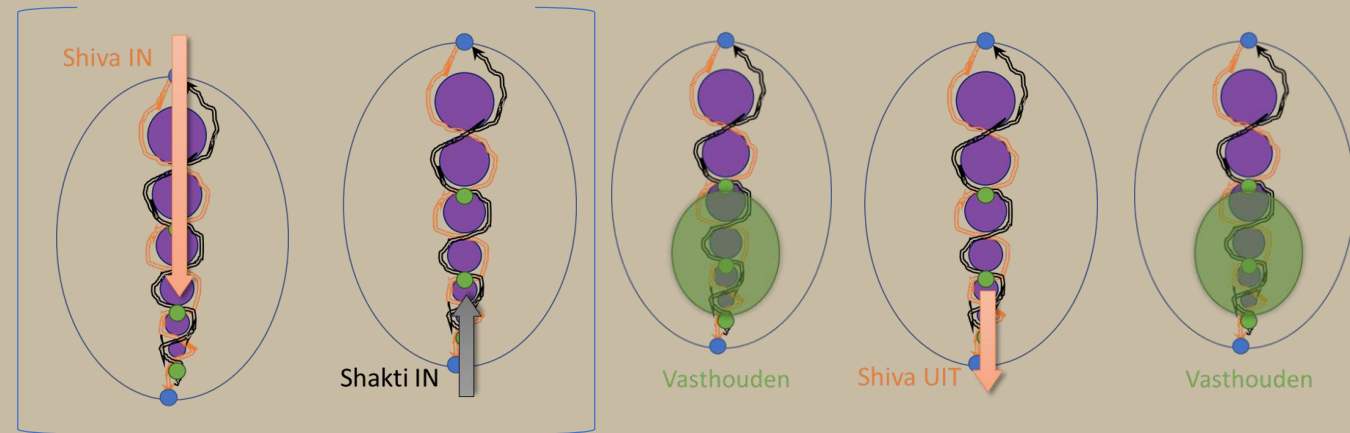


Asana's

- Vrksasana (boom)
- Utthita Parsvakonasana (gestrekte hoek)
- Parivritta Parsvakonasana (gedraaide hoek)
- Sirsasana (hoofdstand)
- Parsvaikapada Sarvangasana (kaars met been zijwaarts)
- Halasana (ploeg)
- Paschimottanasana (westen uitgestrekt)
- Triangmukhaikapada Paschimottanasana (3 ledematen...)
- Padmasana (lotus)
- Virasana (held)
- Ardha Matsyendra I

Ujjayi Pranayama

- Oefening om krachtig te worden
- Ritme: 12:48:24:48
 - Energie instromen: 12 tellen
 - Energie vasthouden: 48 tellen
 - Energie uitstromen: 24 tellen
 - Energie vasthouden: 48 tellen
- Deze oefening bestaat uit
 1. Shiva IN & Shakti IN : vast :
Shiva UIT : vast

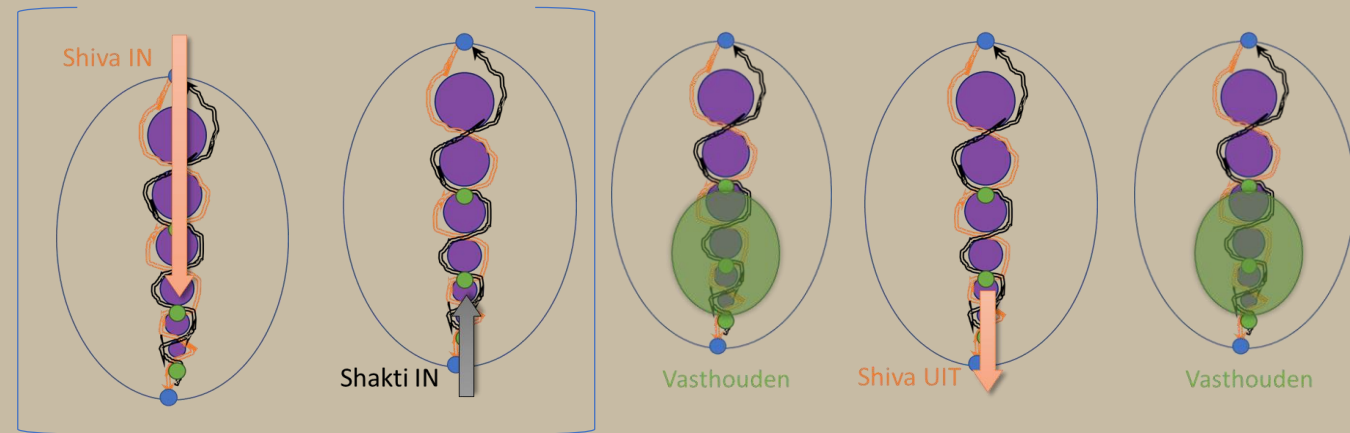


Meditatie

- Tadasana (3 min)
 - Sta stil bij een Yama of Nyama, doe een wens, kom tot rust en stilte in de houding
- Pranayama (8 min)
 - Ujjayi Pranayama
 - Ritme: 12:48:24:48
- Sukhasana
- Concentratie (24 min)
 - Nada
 - **Sambhavi Mudra**

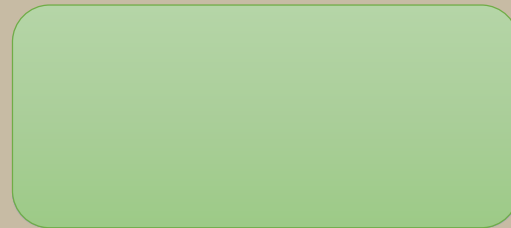
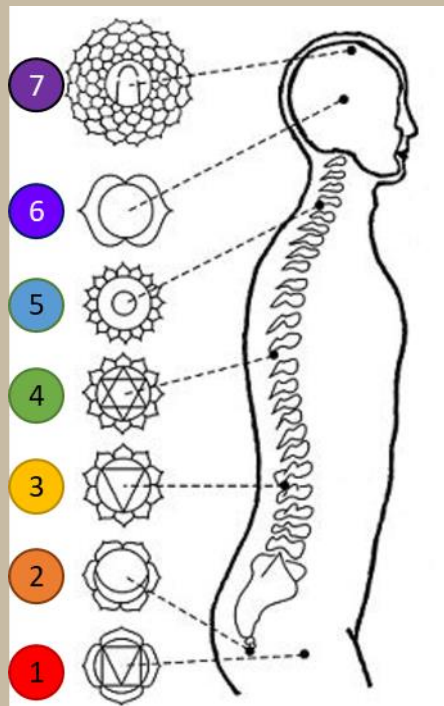
Totaal 35 min

tevredenheid



Sambhavi Mudra

- Eenpuntige aandacht (op nada)



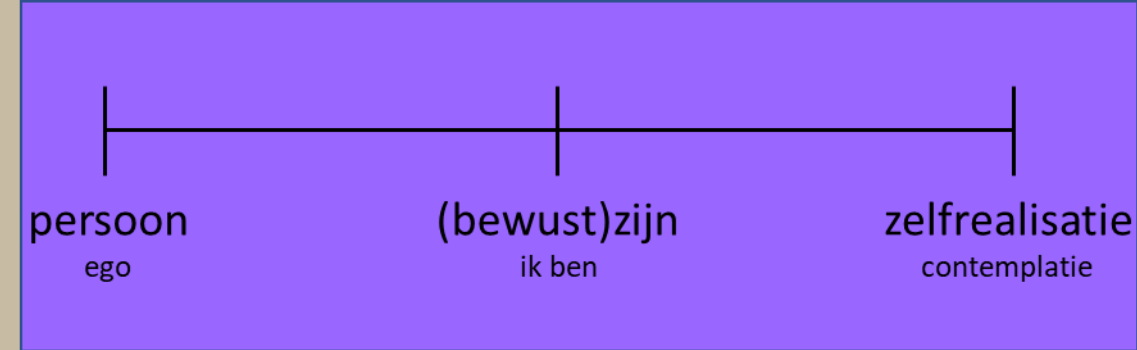
Standvastigheid

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All the mudras expand consciousness, but for the aspirant whose mind remains disciplined and whose awareness remains alert when all internal and external barriers have been dissolved in samadhi, shambhavi is the greatest perfection. Shambhu refers to Lord Shiva, 'the one born of peace', and bhava is 'divine emotion', or the elevation of human emotion into intense spiritual longing. Shambhavi is the energy principle of Shambhu. The mudra is adopted by gazing at the eyebrow centre, (known as bhrumadhya), and instils peace. It may be performed externally with the eyes open or internally with closed eyes.

Meditation becomes samadhi when awareness merges with the object of meditation and duality dissolves. In that state, sense perception is completely non-existent, and the eyeballs turn upwards, spontaneously fixed in shambhavi mudra. This is an external sign of the inner mental tranquility.

"Hatha Yoga Pradipika – chapter 3, verse 125"

Contact

herman@dompseler.nl

www.bamboehuis.amsterdam