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Day 09 of 30 Days of Yogic Journey — Yogic Sukshma & Sthula Vyayama Practice, Yogic Shat Karma Practice, Principles of Yogic Diet, Gunas or Qualities of Individual's Nature



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Summary

- Prayer
- Yogic Sukshma & Sthula Vyayama Practice
- Yogic Shat Karma Practice
- Principles of Yogic Diet
- Gunas or Qualities of Individual's Nature
- Closing Prayer
- What's Next?

Prayer

As per our daily routine, we started today's session by preparing ourselves for prayer by sitting in the "Sukhasana" pose and the "Gyan" mudra.

We chant "OM" 3 times, followed by prayers which are:

gururbrahmā gururviṣṇuḥ gururdevo maheśvaraḥ .
guruḥ sāksāt parabrahma tasmai śrī gurave namaḥ ..

Yogic Sukshma & Sthula Vyayama Practice

I stand up in an alert position before starting Yogic Sukshma Vyayama practices

As a part of today's yoga practice, we practiced 7 yogic sukshma vyayama and 2 yogic sthula vyayama which are mentioned in the previous articles.

Today, we also included “**Kapalabhati**” yogic shat karma in daily yogic practices.

Principles of Yogic Diet

There are 4 principles of the Yogic Diet which are:

Quality

We should eat food that is an immunity booster, easily digestible, and provide energy to the body and mind.

Quantity

We should always eat 1/4 part less of our actual appetite.

State on Mind

We should eat the food with a happy mind in a calm place.

Time & Place

The place should be clean where we are eating or cooking our food.

We should eat food on time e.g. ideal time for breakfast is 8–9 AM, Lunch should be between 12–1 PM and dinner should be before sunset which is not possible in modern times, so try to finish your dinner before 9 PM

Gunas or Qualities of Individual's Nature

There are 3 types of Gunas or quality of nature which are:



Sattva Guna

The following are characteristics of Sattva Guna:

- Respect Others
- Happy
- Positive
- Supportive
- Kind

Sattva Guna is more active in the morning time.

Rajas Guna

Following are characteristics of Rajas Guna:

- Easily gets angry
- Selfish
- Jealous with Others
- Aggressive
- Hardworking

Rajas Guna is more active in the afternoon time.

Tamas Guna

The following are characteristics of Tamas Guna:

- Lazy
- Delayed Work Unnecessary
- Always Feels Sleepy

Tamas Guna is more active in the evening time.

Following are key points that impacts Guna/qualities of individual's nature:

- Surroundings

- Eating Habits
- Places Individual Visits
- Friend Circle

Relaxation

After intensive yogic practice, we perform the “**Shavasana**” yoga poses to relax our body and mind.

Closing Prayer

We end today’s session by chanting “OM” following the Mantra:

om sarve bhavantu sukhinah
sarve santu nirāmayāḥ .
sarve bhadraṇi paśyant
mā kaścid duḥkha bhāgbhavet .
om śāntiḥ śāntiḥ śāntiḥ ..

What's Next?

In the next article, we will discuss more about Yogic Shat Karma practices.

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Written by Saatvik Life

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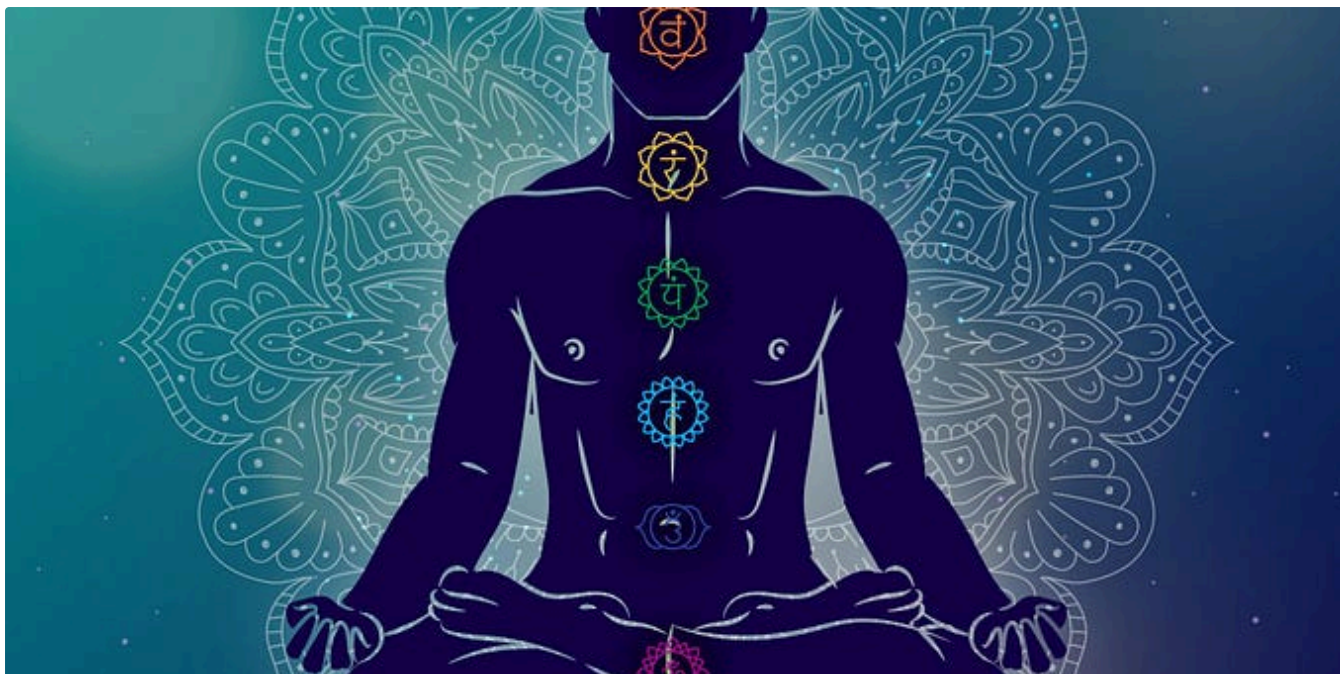
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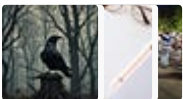


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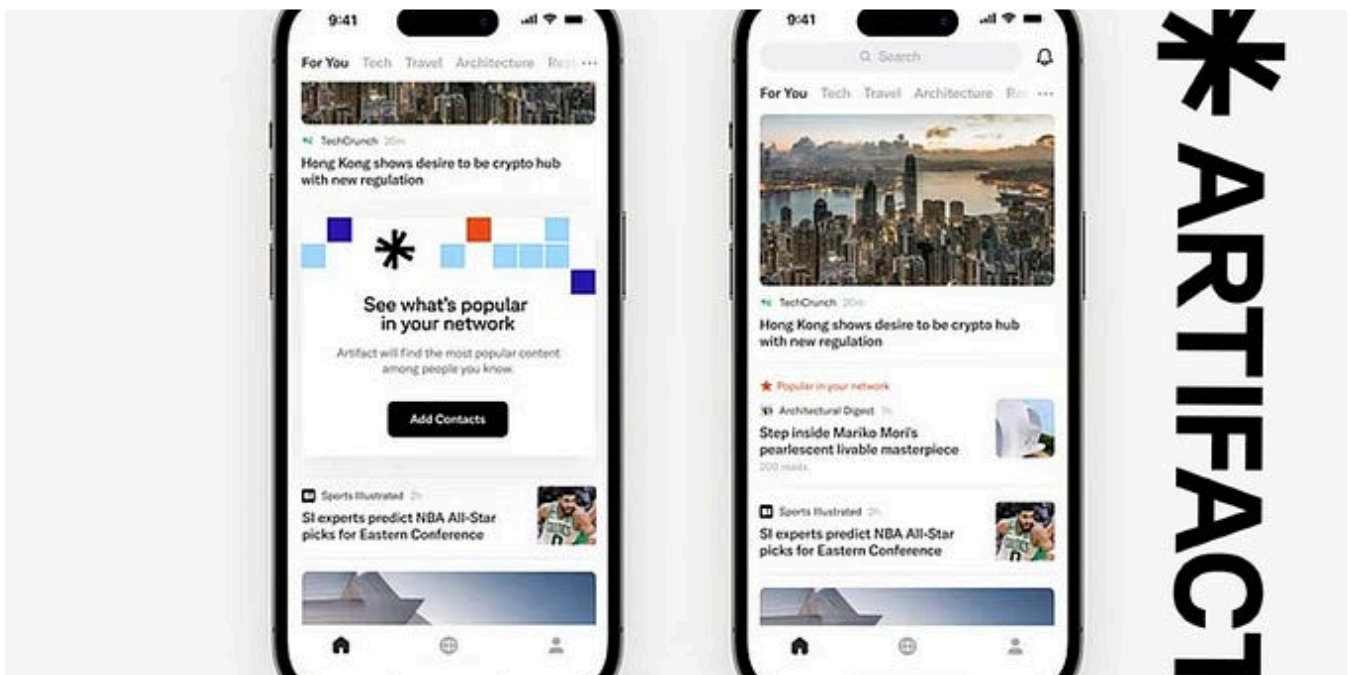
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