



HELP

Heartfulness - Experience of Life's Potential



Dear students,

Welcome to the ONLINE HELP program. As informed to you all, we will be sharing reading materials as part of every session. The reading materials will be a short collection of notes, stories, quotes, and other inspiring material that will help all of us to deepen our understanding and experience of essential life-skills that are necessary as part of our lives. Please see the reading materials below.

Read and Enjoy, Do and Feel and Become

Yours affectionately
Program coordinators
Heartfulness Education Programs
education@heartfulness.org
<https://hfn.link/dd>



HELP SESSION 10

Heartfulness Yoga

“Perfection in Asana is achieved when the effort to perform it becomes effortless and the infinite being within is reached!”

- Sage Patanjali

Concepts

1. Meaning of Yoga
2. Meaning of Yogasanas
3. Pranamasana
4. Namaste
5. Heartfulness Chair Yogasana

Yoga

The word 'Yoga' is derived from the Sanskrit root 'Yuj'

It means 'to join', 'to unite' or to connect. ...

What is being **united or connected** in yoga?

Yoga is the union or connection of **body, mind and spirit**.

This is achieved through the process of **meditation**



Yogasanas

All of us have heard about Yogasanas.

It consists of two words **Yoga + Asana**.

The word Yoga as we learnt means union.

The word Asana means **posture**.

Sage Patanjali defines "asana" as '**Sthiram Sukham Asanam** '.

- "**to be seated in a position that is firm, but relaxed**"

Now a days yoga and yogasanas are referred to interchangeably, to mean only asanas. But we have understood that it is not so.



Pranamasana or Añjali Mudrā

In this asana or Mudra, **palms** are brought together **touching one's own heart**.

This is the **first and last pose** of Surya Namaskara.

Benefits: 1. Gives **balance** to the body.

2. Eases the **Nervous System** and

3. Develops a sense of **Relaxation & Concentration**.

Namaste/Namaskar/Namaskaramu

In **Indian culture**, it is common to **greet people** with the above words using **Anjali mudra or Pranamasana**.

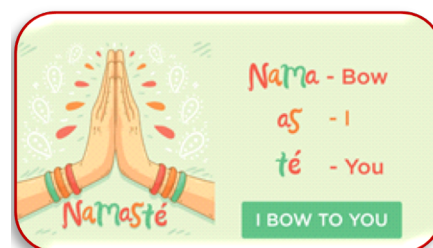
The literal translation of the word "**Namaste**"

breaks down into **3 sections**.

"Nama means to bow; "as means I"; and, "te means you"

Thus, it means **"I bow to you"**.

By greeting this way we develop **balance & concentration**.





It is simple but remember the steps involved...and the benefits.

1. Bow slightly
2. Press Hands together – acupressure points activated
3. Palms to touch
4. Fingers to point upwards
5. Thumbs to be kept close to the chest

Wonderful! This is Anjali Mudra or Pranamasana.



Heartfulness Chair Yogasanas

The heartfulness Chair Yogasanas is all about **happiness and celebration**.

Here we celebrate our practice with full of **happiness and joy**.

We do the practice **from the heart, through the heart and with the heart**.

This Heartfulness Yogasanas practice can be done **sitting on a chair**.

It **relaxes** the body immediately. **Refreshes** the mind and creates **enthusiasm** and increases **energy levels**.

Principles of Heartfulness Chair Yoga

Whenever we **inhale** during the practice we need to have a **smile on our face**.

When we **exhale** we should feel that we are **sharing the happiness with others**.

We should **not strain** ourselves during the practice because, **when we strain we cannot smile**.

These three principles make this yoga unique and special.



The Experiential Session

Now it's time for us to do the Heartfulness Chair Yogasanas.

You can just **sit on your chair**, watch the **video /demonstration** and follow the instructions.

Remember to have a **smile on your face** and be happy. <https://youtu.be/PXITPgFc7sE>

Practice Heartfulness chair yoga everyday to relax your body & refresh your mind.

Connect. Integrate. Become one.



HEARTFULNESS YOGA

10 Minutes of Energizing Chair Yoga

1. YOGIC BREATHING: *Lets start with Yogic breathing*

- Please come forward a little bit. Keep your back straight.
- Now, bring your right palm on the stomach and inhale deeply. Bulge out your stomach, expand your chest and use your clavicle and exhale through your mouth. Your stomach will go down completely.
- And from here again take deep inhale, stomach will come out, chest will expand and your clavicle will automatically go up. Exhale through the mouth again.
- Repeat the process again. Relax.

2. SPINAL STRETCH: *Lets stretch our Spine*

- Please come forward a little bit. Keep your back erect.
- From here deeply inhale through the nose and raise your arms from the side.
- Interlock fingers, palm facing upwards and stretch your arms, stretch your shoulders and stretch your back.
- And while exhaling, exhale and relax your arms from the side.
- Again inhale big, interlock fingers, palm facing the sky stretch your whole body, and exhale completely by relaxing your arms from the side.
- One more time, a big inhale with a big smile, clasp your fingers.
- Palm facing up, stretch your back, stretch your shoulders, stretch your arms , stretch completely. While exhaling relax. Relax.

3. SIDE BENDING: *Lets go for side bending*

- Again, keep your back straight. Now hold your chair from the side and inhale deeply.
- Raise your right arm up, from here exhale and bend from the side. Be there and while inhaling slowly come up and exhale.
- Same on other side, inhale and exhale. Feel the nice stretch on your side, inhale and gently come back while exhaling.
- Repeat the process, inhale deeply, now exhale completely and bend. Feel the nice stretch at the side of your body, inhale deeply and exhale slowly.
- Once again a big inhale with the big smile. Exhale, bend from the side. Inhale deep and gently come back with the exhalation.
- One more round, exhale. Inhale and exhale completely. Again, inhale deeply and exhale. Inhale and exhale gently. Now relax.

4. SPINAL TWIST: *Lets go for Spinal Twist*

- Please sit erect. Come a little forward, so your back will be straight. Keep your feet apart Now a big inhale. Hold your chair at the back and hold your chair on the side with other hand and exhale completely. Twist your back towards the right. While inhaling slowly come back.

- Now the other Side. Exhale and hold your chair at the back and hold your chair with the other hand from the side and exhale completely, twisting your back towards the left. Inhale, gently come back.
- Again, inhale deeply, exhale and twist your body towards the right, feel the nice twist at your spine, inhale slowly. Catching the chair, inhale and slowly come back.
- On the side, exhale and hold your chair at the back. Twist your spine completely towards the left, inhale and gently come back.
- Again, inhale deeply and exhale. Twist your spine, inhale slowly come back. Repeat it on the other side.
- Exhale. It will strengthen your spine, strengthen your back and while exhaling slowly come back and relax yourself.

5. KAPALABHATI: *Lets go for Kapalabhati*

- Kapalabhati is a breathing technique which will give you instant energy. It will keep you active.
- Keep your back straight. Bring your right palm on the stomach.
- Now inhale deeply. From here we have to only focus on exhalation.
- Here it is active exhalation and passive inhalation.
- So, what we do, we inhale and then exhale, exhale and exhale. We are not focusing on inhalation, it will come passively. ok.
- Exhale minimum twenty to thirty rounds and then relax yourself, and inhale and exhale normally.
- Again, inhale deeply and start the practice.
- Sit erect, inhale and start exhaling. Relax. Normal inhalation and exhalation.
- Again, a big inhalation and keep exhaling. Relax, breathe normally.

6. RELAX:

If you want to really be refreshed, then you can try Heartfulness Relaxation or Heartfulness Cleaning. It will keep you relaxed, active and aware.



Heartfulness Cleaning

Do the cleaning practice at the end of your day's work, preferably not too close to bedtime. This process will rejuvenate you and purify your system of any accumulated heaviness. There are a few steps to the cleaning process, so in the beginning it is best to practice them in the following sequence:

- Sit in a comfortable position with the intention to remove all the impressions accumulated during the day.
- Close your eyes and relax.
- Imagine all the complexities and impurities are leaving your entire system.
- Let them flow out from your back in the form of smoke, from the area between your tailbone (at the base of your spine) and the top of your head.
- Remain alert during the entire process without brooding over the thoughts and feelings that arise. Try to remain a witness to your thoughts.
- Gently accelerate this process with confidence and determination.
- If your attention drifts and other thoughts come to mind, gently bring your focus back to the cleaning.
- As the impressions are leaving from your back you will start to feel lighter.
- Continue this process for up to twenty to twenty-five minutes.
- When you feel light within, you can start the second part of the process.
- Feel a current of purity coming from the Source entering your system from the front. This current is flowing into your heart and throughout your system, saturating every particle.
- You have now returned to a more balanced state. Every particle of your body is emanating lightness, purity, and simplicity.
- Finish with the conviction that the cleaning has been completed effectively.



MEDITATION IS EFFORT-LESS FOCUS

