



**FINDING MY TRUTH**

**A COURSE IN  
AWARENESS  
AND WELLNESS**

**WEEK THREE**

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# Welcome

Let's begin with going through  
all of the sheets.

How is your **gratitude journal** going?

Remember to say **thank you** for what we don't always see too!  
Such as our heart beating without us thinking about it! :)

- **Feeling sheet** ( Week 1) - lets go over.
- **Wellbeing wheel** and questions (look at Week 1)
  - Any **challenges**? Anything come up?
  - Did you find any issues with **eating**? Any **cravings**?
  - How is your **sleep/bowels/water consumption**?
  - It is roughly 30ml water per kg of weight.
  - Have you increased daily detoxing strategies?
  - Anti-inflammatory foods?
  - Your idea of who "you" are beneath facades?



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Ok, ... lets embrace two minutes of silence.  
2 minutes breathing to come into the room.

# Conflicts

*We are now going to take a peak at conflicts,  
external and internal.*

We create conflicts around work, relationships, food, booze... everything really. And where there is conflict there is unrest.

So today we are going to look at any areas we may have some conflict and see if it has anything to do with us or not. If it does then how can we better the situation, ie, look at it and make changes.

The simplest way of looking at this is any place in your life where you feel:

*Stuck?  
Challenged?  
Unable to follow your heart?*

*Note it down.  
Draw it...  
express it, however feels right for you.*

I know we looked at this in week 1 but I just want to make sure we are aware of any and if there is any to clear it and you may be aware of things that you were not before. !:)

*How does it make you feel?  
Observe these feelings and  
ask yourself what is it you need?*

Ask yourself again, are you holding onto any guilt, Shame, Resentment, Blame, around these areas? A conflict can be a block.

*What is stopping you from doing your best?  
What is stopping you from being peaceful?  
Joyful?*

These feelings eat “YOU” up, no-one else. So it is time to let go, forgive and release.

We are going to try a Mantra and Mudra, both of which will be explained later. But this practice will help us shed conflicts.

## **MANTRA - INSTRUMENT FOR THE MIND**

*We will use one of the following:*

*“I embrace letting go.”  
“I relinquish all conflict.”  
“I embrace forgiveness.”  
“I embrace Loving kindness.”*

For the Mudra, bring the index finger to the thumb for “I”, middle finger to thumb for the next word, then fourth finger to thumb, then fifth finger to thumb. Let's practise:

*Close the eyes, breathe in. Exhale fully.*

Affirmations are also useful, such as... changing “I am not in work” TO “I am in work.”

You are already there. When we are that clear ... the Universe starts providing. We must live in possibility not in conditioning of the past. As Joe Dispenza says, we are in charge of creating our future.

*How was that for you?  
Note anything down, if you want to.*

By having a **Mantra** and a **Mudra** the mind has an occupation that helps it to feel safe. Sometimes it can fight going inwards. Do not worry if thoughts come in, this is clearing.

**Meditation** is a great tool for releasing these conflict stressors or for moments when we need a reset. We will explore **Meditation** a little more in a bit.

## Next practice... getting present with a pain.

Bring the conflict into your mind.  
Breathe. Deep breath in and long breath out.

*Empty the lungs completely.*



*How and where can you feel the conflict.*

*Measure it out of ten and really feel it.*

*Now get present.*

*Body still.*

*Breath in and out.*

*30 seconds to a minute*

*Now feel the conflict again...*

*Where and what number is it?*

Keep going 2-5 minutes. It may be that it takes more than one session to bring the number down to 0-2 but keep practicing this tool and great things happen.

In the moment there will hopefully be no time for thoughts as your mind is very busy focusing on keeping the body still and the breath slow and deep.

## Understanding stress

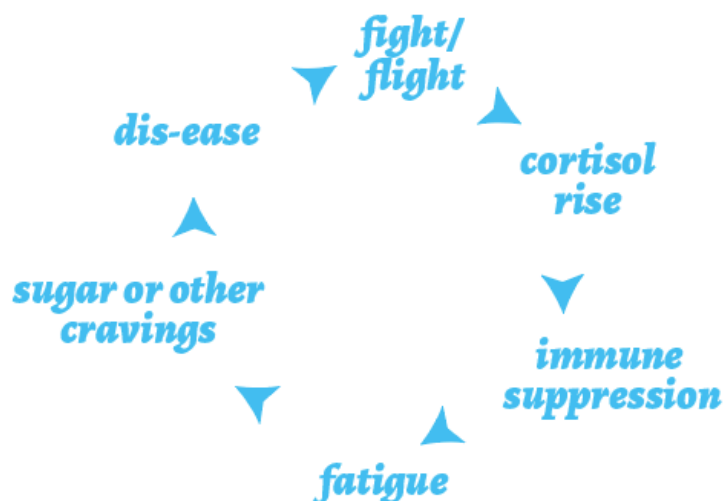
Naturally our bodies react to stress. If we are faced with a real threat, our reptilian brain, which controls our autonomic functions, regulates our blood pressure and heart rate in a stressful situation, sending the heart rate up and our pupils dilate. Our body is doing everything in its power to protect us.

Our issue these days is that we are hammered by 'stress' every moment of every day, **UNLESS** we bring in a Spiritual practice ( by this I mean a practice that is a discipline of self love and self care and a moment of being and embracing the silence and wisdom within) .

When we succeed in doing this, we can be our best self throughout the day, achieving great things, **WITHOUT** burning out.

When we are in constant stress our body, as mentioned just now, goes into **fight or flight**, our **cortisol** levels rise and this then **suppresses** our immune system, leading to inflammatory responses to occur which then leads to fatigue, agitation, anxiety and irritation. We crave **sugars**, or other substances in hope to get a fix and THEN we get DIS-EASE in the body. Some of which sits, brewing silently until BANG out it comes.

The body never lies to us... we simply have to listen to it. And we are always running so fast to the next thing, that very, very often we do not make the time to listen or we simply do not hear.



# Things to start embracing on a daily basis

*Good sleep*  
*Good wholesome foods*  
*Release toxins*  
*Laugh*  
*Love*

## *Exercise:*

Be **kind** to your body here.

If you start doing long runs make sure you are feeding the body what it needs to sustain health such as more water, more protein, more glucose.

*Epsom baths.*  
*Massage*  
*Yoga and Breathing*  
*Tai Chi, Qi Gong*  
*Meditation*  
*Music*  
*Dance*  
*Movement*

## *Present moment Awareness:*

the more present we are the less chance **Stress** has of survival.

*How can you bring many of the above in?*

*Discuss.*





# Fasting

*This week we are going to introduce two nights of fasting for 12-18 hours.*

I would like you to do your best not to eat **wholegrains** or any high GI foods on these days.

*Aim to eat your supper around 7/8 pm and you will have your next meal at 7/8 am or Midday.*

If you find you are reaching for processed or sugars... eat the whole grains. Make it as possible as possible.

Eat **whole foods**, fresh and wholesome. **NO processed foods, dairy or gluten** on these days. **No Sugars.**

Increase your greens on these days. And keep this increase going daily.

Eat greens with every meal. (See **Benefits of greens, Week One, p24**)

When we fast like this we create **Autophagy**. It allows the body to clean up the mess. Please see sheet for more information. (See page.22 of the **Extra sheets**)\*

*Does this sound overwhelming or achievable?  
Make a note of the best days to follow this.*

\* There is a lot of information on fasting. I have adopted a simple approach from Whittell and A. Villoldo.



## Meditation and Mindfulness

Sometimes we can get confused by these two. I like to refer to **Mindfulness** as **Awareness**, something we are hopefully increasing on a daily basis now.

*Meditation is about connecting to our inner being,  
our inner truth, to Consciousness/Source/God/  
Universal energy/Universal Love.*

*When we pray, we talk to our Source. When we Meditate we listen.*

It allows us to let go of all the stress the body has held onto and it allows you to reconnect to the joy, love and happiness that is our birthright.

When we are 'aware' we are living in 'this' moment, always aware of what "IS" not lost in what "IFS." We are fully conscious of our breath, of our 5 senses, of the life around us. We hear everything.

**"MEDITATE AND BE MINDFUL  
AND ALL ELSE WILL FOLLOW."**

Buddha

There are many ways to Meditate and if Meditation is new to you it is about exploring a way that resonates with you. Most importantly it is about creating the time to do it. We ALL have the excuse... 'I don't have time.' I have been that exact person. But honestly we do. It just means we have to sacrifice something. In my case it was an addiction to my morning coffee first thing. For many years... it has been my treat, my time for just me, first thing in the morning. But hey, now I meditate and still have my coffee. So lucky me!



I now meditate twice a day. Is it timing. Maybe. But again. I found I was just making excuse after excuse when my husband was trying to encourage me. We can all find 20 minutes if we really want to. It just takes some planning. Anyway... point is, there is NO rush and 1 minute a day is better than no minutes. So let's continue exploring the joy of Meditation and a few ways to practice. Take a read through and see which one sticks out for you.

1. We have a small candle in front of us. We start to gaze into the light and focus on the breath. Really feeling the breath as it moves up and down, opening and expanding the lungs and relaxing the torso as we breathe. Our awareness is here now, watching the candle and following the breath. Thoughts come and go.. this is the body clearing stress. Keep the gaze on the candle and reconnect to the breath...
2. Breathing Meditation - Breathe in and count 1 to 10. Breathe out and count 1-10. Adjust the numbers if you need. Slow, deep breaths.
3. Mantras - I breathe in Peace. I breathe out Peace
4. One word meditation. Peace. Keep repeating the word. Or Love. Or Forgive. Find a word with positive connotations.
5. Inhale say in your mind, SO. Exhale, say in your mind HUM. So hum means I am that.
6. Standing Meditation. Happiness.
7. OM SHANTI- Breathe in OM, Exhale SHANTI - peace to all.
8. Visualisation - imagine a bright, white light surrounding you. A glowing white light or golden light. Imagine yourself cocooned in this light, which radiates from you and lights up yourself and the world. It connects you to the billions of stars in the vast skies and feel this light expanding through you and around you, bringing a feeling of peace and happiness and health back into your being. This is our birthright after all

Please add this to your daily routine. Just start with what you can commit too. 1-2 minutes a day is perfect and take a minute to come out and back into your day to day.

*Maybe twice a day?  
Why? Because...*

Meditation helps us find peace in our world. It helps us to rekindle the joy and the laughter. It helps us build boundaries with kindness. It helps restore love to ourselves and to others. It helps us to focus the mind and to create with confidence and clarity. It helps us be more forgiving. It increases our concentration. It rejuvenates the body, brings freedom from anxiety, fear, guilt and anger. Why, oh why are we not taught it at school! :)

Meditation has a profound effect on our mind, body and soul. It helps reduce stress, inflammation, disease and any imbalance.

*The brainwaves change positively  
from the moment you start.*

*Imagine what a difference we could make  
if we embraced mass meditation  
for peace in the world.*

It allows us, like awareness, **to let go of the melodrama**, the excess detail...if we join in to the drama, we add to it. If we step away from it we lessen its energy, allowing more peace to come through.

We are enlightened beings we have just forgotten because we have allowed suppressants and stress to take over our lives. Both cover up our perfections, our joy and our health.

*If we are not leading with our hearts, our stress levels will go up.*

When we practice both living with awareness and meditation we step out of the **Sympathetic nervous system** (SNS) and into the Parasympathetic nervous system (PNS).

If we stick in the SNS we block the fluidity of life and create addictions, digestive issues, cancers, strokes, infections, disease, and day to day discomfort.

In the PNS we allow the body to do the healing it needs to do.

*Release. Rest. Restore, Rejuvenate and Recover.*

I found this quote somewhere but fail to remember where, so thank you to whoever said it!

*“as your experience of meditation grows,  
rays of truth flow through you like radio waves  
passing through the walls of a building.”*

Let us embrace a moments meditation...starting with what you chose above and then we will go into movement. Cat/cow, eyes closed, sat nam. And Warrior/ Happiness.

## **Awareness or Mindfulness...**

**Awareness** or **Mindfulness** is very similar to **Meditation**. But it is our day to day state. Being in the 'zone'.

When we are here, right now, we are in the zone. And in the zone equals success. The more you practice it, the easier it will become. You will not even have to 'access' that space, it will just be completely natural.

It starts by being aware of our thoughts, of our words, of our presence. When we are present we will master things. When we are lost in our heads we will make mistakes.

*It helps us to live from our hearts, not our heads.*

It helps us respond from a loving place not react from a head or learned space.



## How can we practice Awareness or being Present?

As we saw during Week 1, we can practice awareness in our day to day activities, such as when you are brushing your teeth, brush them with 'full' awareness. Notice when you drift off.

*Notice when you are 'thinking.'*

Or if you are making a cup of tea. Be aware of putting the kettle on. The teabag in the mug etc etc... How aware can you be?

As you type... feel the keyboard beneath your fingers, be aware of the noise as you type. When you are on the phone, **LISTEN** to who you are speaking to. Really listen. If we don't listen we miss so much.

*“As you see, you are practicing mindfulness during formal meditation, and a formal meditation practice supports and enriches your ability to be mindful in your everyday life. When practicing focusing on one thing at a time during seated meditation, it allows you to bring more focus, presence, mindfulness into every other part of your life.”*

Chopra Centre

*Where in your life do you think you can bring  
this practice of awareness in even more?*

Make a **note** in your journal and then set an intention to practice in the coming weeks. Before we move on, we will sit with the practice of getting present – stillness of the body and following the breath. 2-5 minutes.



# Vision Board

This week we are going to engage with a **Vision board**.

*Vision boards are all about **Attention** to our intentions.*

*We can create the reality we want.  
Our thoughts manifest into our reality.  
So we want to focus on the good ones! :)*

Here I would like you to write, draw, paint your dreams.  
Where you want to be in 1 week, 1 month, 3 months, 6 months, 1 year, 2 years in your work, your home, your family, your eating habits, your discipline, your exercise etc...

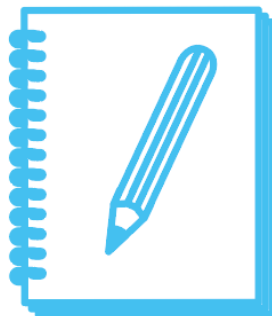
*Keep adding to it!*

*How do your dreams affect you?  
Affect your family and friends?  
Affect the world?*

Make sure your dreams benefit both you and the world.

*How can you increase attention to your dreams,  
giving them more energy and bringing them closer to your reality?*

*What changes might you have to make to get there?*



*However exciting or daunting note it all down.*

Once we start seeing all the feelings around dreams and hopes we can encourage them forward by letting go of any negative feelings and focusing on the positive.

*What Character traits do you want people to see about you?*

*What have you always wanted to do but never had the courage to do?*

*What do you wish you had more time for in your life?*

*What does your life look like if money and resources were not an issue.*

*Dream BIG!*

**Other things to consider on the board:**

*Spiritual practice*

*Health*

*Exercise*

*Travel*

*Family*

*Friends*

*Career*

*Social*

*Personal Growth*

*Eating habits*





## The Eight *Limbs* of Yoga

It might be that you continue to explore **Yoga** or you may not but it is key that you move. Movement is key to our health as it allows the energy to flow and the cells to communicate. And also to move slowly at times. Gentle stretches allow us to really feel the body. When we run or walk fast we are on our 'mission' but when we move slowly we can go deeper and we can release further.

So, here I would like to introduce the 8 limbs of Yoga just so that you have a foundation for your practice if you should choose.

Patanjali wrote the 8 limbs in his 'Yoga Sutras.' They are the steps to consciousness, Enlightenment. I like them because in simple terms they remind us how to live in order to access a peaceful life. It is this simplicity I hope to share.

### FIRST LIMB – YAMA THE RULES OF SOCIAL BEHAVIOUR

This limb is about how we live and interact socially. Are we integral when we interact with people or do we put on a 'face' that we think we 'should.'

*Do we do things socially because we feel we 'should'  
or because we feel it will benefit ourselves and others?*

*Are we able to share our heart?*

*Or do we suppress our truth with 'people pleasing'?*

There is no judgement just an encouragement to be aware and to start listening to your heart again. Do we like who we are socially? Would we make any changes? To be calmer? To be more confident? To be more engaging? When do we find it hard? When do we find it easy? How can we support ourselves, so that it is fun and easy?!



## SECOND LIMB – NIYAMA HOW DO YOU LIVE ALONE?

Niyama is about how you live alone. It encourages the following

- To live a healthy and balanced life.
- To choose experiences that will nourish you
- To live in the present moment and experience contentment.
- To eat healthy foods
- Get to bed early
- Exercise
- Show discipline
- Be self aware

This is all about bringing all the above into your day to day at home and out and about. It is about bringing both Limb 1 and 2 together. Being the same 'being' when we are alone and when we are out socially.

## THIRD LIMB – ASANAS THE SEAT, THE POSTURES.

The **Asanas**, the postures are about reminding us about the mind/body connection and to deepen that relationship through the beauty of breath. We deepen and lengthen our breath to bring awareness to our bodies and to quieten the mind. Not to stop the thoughts but to move away from thinking. The Asanas allow us to go deeper into our bodies through stretch and breath and increase our flexibility so that we can face challenges or changes on and off the mat with calmness and open mindedness.



## FOURTH LIMB OF YOGA – PRANAYAMA BREATHING TECHNIQUES.

**Pranayama techniques** allow us to stimulate mind and body and to cleanse both of toxins. They encourage a quiet mind and they help us increase **Prana**, life force, into the whole of our body. The more the Prana flows the more energised, balanced and vibrant we feel.

Irregular breathing creates anxiety, foggy brain, ill health. So this limb is key to our being. We will be looking at more breathing techniques in week 5 but for now, let's connect to the breath just for 1 minute.

Use the **Breath of Fire** to stimulate the the body, mind and cleanse and detoxify on a cellular level. [Note: see **Breath of Fire** sheet, Extra Sheets, p.5.]

## FIFTH LIMB OF YOGA – PRATYAHARA WITHDRAWING FROM THE NOISE OF THE WORLD.

This limb is all about going inward and hearing that inner voice, that inner wisdom, that connection to Source.

It is about letting go of the noise, the chaos, the drama and really listening to the simplicity and beauty of this voice. We create the world around us. What we see is our projection of the world and each of us 'sees' it differently. The more aware we become the more we realise what benefits us and what does not .

We step away from all that hinders and drains us and move towards all that lights us up, into a world of peace, kindness and calm. Make a little note here of all the things you want to focus on that light you up and all the things you would like to see less of in your day to day.



## SIXTH LIMB OF YOGA – DHARANA MASTERY OF ATTENTION AND INTENTION.

Thoughts and dreams are all energy. The more attention we give our thoughts and dreams, the more energy they have and the closer to reality they become. In time they are your reality

So, as mentioned earlier, it is really important to give our attention to our dreams and to be fully aware of our thoughts. Do we want to focus on the thoughts that make us anxious and rattled or do we want to focus on the thoughts that fill us with joy and inspire our creativity? It is our choice what reality we create. Of course it does not all happen over night! And sometimes it does not happen as we think it might happen. That is the Universe helping us out!

*“By learning to value your attention as a precious commodity,  
you will be able to create well being and success in your life.”*

*Chopra*

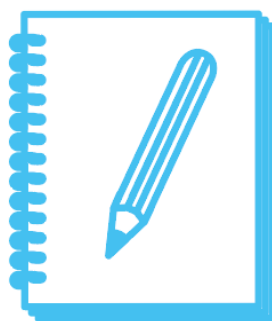
Just take a moment to write down everything that is important to you. Maybe refer to your vision board or add this to your vision board. Make a conscious effort to keep your awareness on these dreams. Be aware of when the fears and doubts come up... How can we help clear these? Re train the mind!

Be aware of any pointers, people, incidents, happenings, that come into your life pointing you in the direction so that you can make your dreams your reality

*We are the masters of our destiny.*

*Namaste*

X



## SEVENTH LIMB OF YOGA – DHYANA

*“You are in the world, but not of this world.”*

Deepak Chopra

Here we practice the acceptance of change. We struggle with the concept of change and often fear making change. The ‘what if’ scenarios become loud in our mind and give every excuse not to make change, when in our hearts we know that change is precisely what will make life more joyful, more accepting, more giving and loving. The more present we are in life, the easier we will find change to be. We will recognise that everything is always changing and no matter how hard we try to control things and to make things stay as they are or as we think we wish them too, we cannot stop things from moving, evolving and ultimately changing. The more we try to control, the more fear we have of change, of movement.

When we start to let go of control, we release fears, we release the need for things to be a certain way and start to embrace change and respond to it with positivity, empowering us and making us feel fulfilled.

When you struggle with the concept of change, take a moment to reconnect with the fact that we are ALL energy, compressed into a physical body. This energy is always moving and wanting to move. We want to encourage this movement so we can feel well. Remember when energy does not flow we stagnate! Practice the concept of facing it, feeling it and letting it go.



## EIGHTH LIMB OF YOGA - SAMADHI COMPLETE AWARENESS

*This is when we are at peace with ourselves and everything that is.*

We have let go of all hurt and all pain and we are truly connected to our hearts. We are able to recognise when we are leaning towards fear and replace it with love. We recognise that we are connected to everything and that we are a light connected to Universal consciousness. We are a Spiritual being having a human experience not the other way around. We recognise that we are here to learn how to be our best selves.

*Does this feel a long way from here?*

*Or does it resonate?*

*No right or wrong... just observe*



## *Mudras - Dancing hands*

**Mudras** are very meditative and can be very useful when we start exploring meditation. The nerves in the fingers connect to many energy channels in the body and by bringing the sense of touch between the fingers and the hands we bring a sense of calm and balance to our nervous system and our whole being.

There are a number of different mudras to explore and the great thing about them is that you can do them anywhere and any time!

See if you can explore one or two over the coming weeks and in a moment we will choose one and just sit with it for 2 minutes.

We can also use them when we need help in redirecting the brain...

*I relinquish all control.  
I embrace loving kindness.  
I forgive myself completely.  
I relinquish all anger... etc.*



---

*Practice one that resonates now...  
2 minutes.*

### *Gyan Mudra*

Tip of thumb touches tip of index finger.  
Stimulates knowledge and ability.  
It expands our fields of possibilities.



Releases us from limitations.  
It empowers our nervous system and  
stimulates the pituitary gland.  
Thumb represents our ego self and  
the index finger represents Jupiter.

### *Active Gyan Mudra*

The first joint of the index finger  
is placed under first joint of thumb.  
Imparting active knowledge.





### *Shuni Mudra*

Tip of middle finger touches tip of thumb  
Saturn Imparts patience, wisdom, purity.



Helps us to relieve congestions and  
detoxify through elimination.

### *Surya/Ravi Mudra*

Tip of ring finger  
Uranus/Sun  
Energy, health and intuition.



It has a positive effect on our body, the bones,  
muscles, tendons and inner organs.

### *Budhi Mudra*

Tip of little finger meets thumb

Mercury

Clear and Intuitive thinking



Aids clear communication.  
It also helps with water retention.

### *Venus Lock*

Hand tucked and interlaced

Right index finger on top (for men)

Left index finger on top (for women)



Encourages glandular balance and  
it aids focus and concentration.

### *Jupiter Mudra*

Fingers interlaced  
2 index fingers pointing together  
This is great for expansion and  
focuses the energies to break barriers.



### *Prayer Mudra*

Namaste  
This neutralises Yin and Yang energy it brings  
the masculine and feminine into balance.  
It helps us to give as well as receive.  
It is very grounding.  
Brings both hemispheres of the brain into a neutral space.  
Often we do these without even thinking!



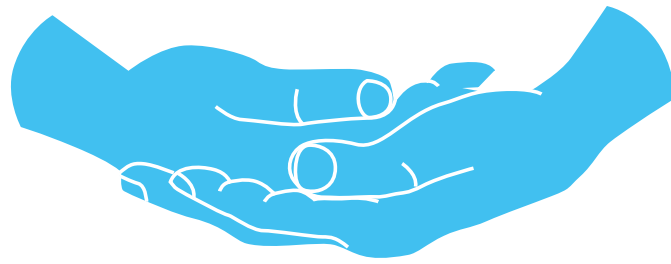
## *Budha Mudra*

Right hand on left (masculine)

Left hand on right (feminine)

The palms are facing upwards

The thumbs touching.



## Mantras

We use **Mantras** to help take ourselves into a quiet place. To help us to reduce the noise of the outside world and to venture inwards.

I bring this up now as the following is a **Mantra** and **Mudra** practice. You can try this too.

### SATANAMA

This is taken from Kundalini Yoga, in which many mantras and mudras are used alongside powerful breathing techniques. It is a Kirtan Kriya - this simply translates as a song, to do.

*Sat Nam means 'my truth.' 'Truth is my identity.'*

Practicing it regularly is having very positive results in many fields of ill health, especially, mental health, addictions, Alzheimers... it increases cognitive function.

It is said that the combination of the hand movement and the mantra, give off vibrations that are said to stimulate 84 acupuncture points in the mouth. This Mantra alerts the body to change. It promotes whole brain communication and it stimulates the meridians for optimal flow and balance.

Our bodies contain so many memories on a subconscious and cellular level. Sometimes behaviours now are actually rooted in incidents or experiences of past long ago and this practice we are about to enjoy helps to break the patterns of old scars/impressions/ memories.

We want to move with life and life is always changing. We are balls of energy in a physical body and so we must allow the energy to flow.

When we are non responsive to change we have created an armour around us to protect ourselves. But we need to let go of the armour and to allow our energy to flow.. when we do this we are no longer frightened of change.

Here we are letting go of past, of pains and of stories that no longer serve us. We supply the body with new, vibrant energy. Using the fingers helps us create this flow.

Any restrictions get broken with repetition.

## How do we practice it?

Using **Gyan Mudra** (thumb and index finger) we say **SA**

Using **Shuni Mudra** (middle finger and thumb) we say **TA**

Using **Surya Mudra** (fourth finger and thumb) we say **NA**

Using **Budhi Mudra** (little finger and thumb) we say **MA**

## An understanding of the sounds

**SA is birth.** It is the beginning.

**TA is life,** existence and creativity which manifests from Infinity.

**NA is death,** change and transformation of consciousness.

**Ma is rebirth, regeneration, resurrection,**  
which allows us to experience the joy of the Infinite.

The traditional way to embrace this Mantra is as follows but quite often I practice it in silence and I find it incredibly beneficial. I believe that we have to make these things work for us. If they help, then embrace them! It is ok to make adjustments. Doing them is better than not.

## Practice:

We can practice this **Mantra/Mudra** or you can choose a **Mudra** from above that resonates with you today and just sit and breathe.

Sitting quietly take a few breathes. Inhale through the nose and out through the nose. Settle yourself into your body. Relax your shoulders, your jaw and follow the breath. Let it flow. We will practice for 2 - 5 minutes.

Normally we practice it for 2, 6 or 11 or 31 minutes

*The original way for SATANAMA Kriya is as follows:*

**6 minutes**

*1 minute out loud  
1 minute whisper  
2 minutes silently  
1 minute whisper  
1 minute out loud*

**11 minutes**

*2 minutes out loud  
2 minutes whisper  
3 minutes silently  
2 minutes whisper  
2 minutes out loud.*

We have covered a lot here. Over the coming week, with any changes we have made to foods/ disciplines/ fasting... try and bring in the meditation practice. Play around with the different methods so you find something that resonates with you.

*Give yourself the time.  
Namaste x*

*Yoga Practice  
pick one of the Mudras above for final meditation.*

*Meditation 2 mins*

