

Obstacles

Sutra I.30

The obstacles to practice are:

1. vyaadhi illness
2. styaana dullness
3. sa.nshaya doubt
4. pramaada neglect
5. aalasya laziness
6. avirati sensual cravings
7. bhraa.ntidarshana distorted sense of reality
8. alabhabhumikatva lack of understanding of the purpose of practice
9. anavasthitatva backsliding

How & Why to Overcome Obstacles

Sutra II.33 wrongness obstacle contrary promote

Sutra II.34 wrongness harm and so on direct caused permitted greed anger delusion/infatuation caused mild moderate intense bad space ignorance endless fruit thus contrary promote

Mahabhutas

Mahabhutas -the elements of earth, water, fire, air and ether

From sanyama on the mahabhutas, mastery. Sutra 3.44

Different areas of the nose correspond to different mahabhutas. LoP at 157, citing Siva Svarodaya. Having the “breath flow in the central part of both the nostrils - the ether element” creates “clarity in the brain and stability in the mind.” LoP at 158

Prana-Vayus

5 types of prana-vayus - vital energy. LoP at 12-13

- Apana
 - “moves in the lower abdomen and controls the elimination of urine, semen, and feces”
 - “activated by the outward breath”
- Samana
 - “stokes the gastric fires, aiding digestion and maintaining the harmonious functioning of the abdominal organs.”
 - “Integrates the whole of the human gross body.”
 - Sutra 3.40 “responsible for nutrition and metabolism
- Prana
 - “moves in the thoracic region and controls breathing.”
 - “Activated by the inward breath.”
- Udana
 - “working through the throat (the pharynx and the larynx) controls the vocal chords and the intake of air and food”
 - “raises the energy from the lower spine to the brain”
 - Sutra 3.39 “responsible for quick expulsion of unwanted stuff from the body”
- Vyana
 - “pervades the entire body, distributing the energy derived from food and breath through the arteries, veins, and nerves
 - “essential for the function of prana and apana as it is the medium for transferring energy from one to the other”

Bhramari

Breath of the Big Black Bumblebee

LoP pages 152-153

Effects

Induces sleep and good for insomnia.

Clears the throat.

Brings clarity to the voice.

Trains the pharynx and larynx.

Technique

- First, do svasana for 5+ minutes.
- Wrap the head.
- Recline in a supported svasana.
- Start with a normal exhale.
- Take an ujjayi inhale.
- Exhale with a humming sound.
- Do not hold the breath at any part.
- Repeat as many cycles as comfortable.
- Finish with an inhale.
- Do svasana for 5+ minutes.

Bhramari with Sanmukhi Mudra

- First, do svasana for 5+ minutes.
- Recline in a supported svasana.
- Place the thumbs in the ears.
- Rest the tips of the index and middle fingers gently on the eyelids.
- Place the tips of the ring fingers at the indents of the nose.
- Place the tips of the pinkie fingers just above the upper lip.
- Start with a normal exhale.
- Take an ujjayi inhale.
- “Press the nostrils with the ring fingertips to narrow the nasal passages for slow, steady, rhythmic and subtle breathing.” LoP at 153
- Exhale with a humming sound while gently drawing the skin on the nose towards the eyes.
- Inhale while gently drawing the skin on the nose towards the lips.
- Do not hold the breath at any part.
- Repeat as many cycles as comfortable.
- Finish with an inhale.
- Do svasana for 5+ minutes.

Notes from Intermediate Course at 109

- Humming sound can be loud, soft, or mild.
- Loud sound brings the mind to a state of attentiveness when the brain is disturbed.
- Soft sound make the mind quiet.
- Mild sound “makes the mind to reach the inner deep cave to be in contact with the soul. This makes the peripheral nervous system quiet and cools the brain as well as the skin.”