

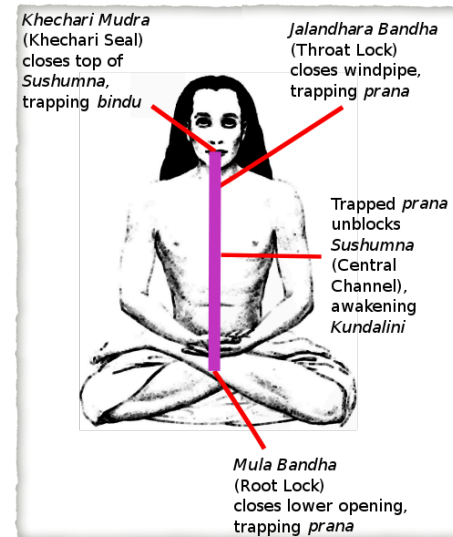
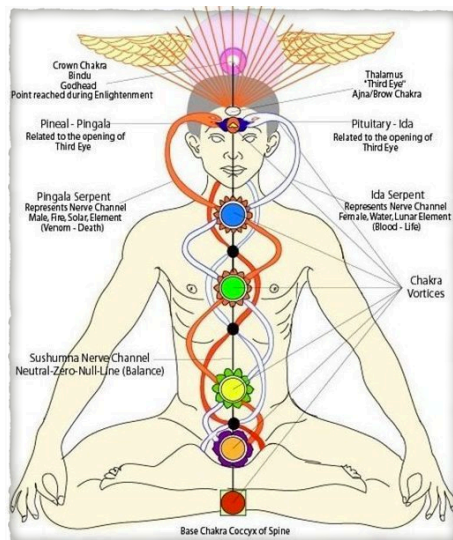
# Yogic Philosophy

## Class #10



*Yoga & Mindfulness Teacher Training*  
a 200-hour program at SCHOOLCRAFT COLLEGE

## Primary Nadis and the “Knots”



## Bandhas, Mudra and Mantra Break the Knots

## Psychic Knots

- Brahma Granthi: Is the lowest knot at muladhara.
- Vishnu Granthi: Is the second knot at anahata
- Rudra Granthi: Is located at the Ajna chakra

## Psychic Knots

- Brahma Granthi: Is the knot in the muladhara.
- Mulabandha aka root lock balances the energies of *Prana* and *Apana*. Bring these into balance helps direct your upward moving energy this is healing and rejuvenating
- Over time used correctly and with consistency *mulbandha* unties the knot of Brahma Granthi at the first chakra.
- Untying this knot brings smoothly flowing physical energy. It brings balance to the body and begins the process of detachment from achievements that occur via the outer sense.

## Psychic Knots

- Vishnu Granthi: Is the second knot at anahata chakra
- *uddiyana bandha* or the diaphragm lock, works on strengthening digestion by balancing agni and eliminating ama (toxic build up). It also literally pulls the heart up and down. This brings balance to your heart centers flow of energy.
- Conscious and continuous practice of *uddiyana bandha* overtime unties the knot of Vishnu at the heart chakra. Unlocking the Vishnu Granthi brings universal love, compassion, kindness, playfulness and a sense of being part of the cosmic plan. Opening this lock brings birds eye perspective and relaxation. One who's heart chakra is open is sensitive, compassionate, and kind. When balanced with the navel energy boundaries are also held.

## Psychic Knots

- Rudra Granthi: Is located at the Ajna chakra (third eye) and the final knot
- *jalandhara bhandha*, used correctly and consciously overtime unties the knot of Shiva (Rudra).
- It seals the powerful energy generated in the higher brain stem speeding our ability to focus and meditate. It prepares the neck for the movement of kundalini through the head and neck.
- When this knot is untied you feel that you are non duality. You associate yourself with timelessness and infinite expansion.

Using Bandhas in Asana and  
Mediation Unties the knots.  
*Bandhas Bring Musculoskeletal  
Alignment* and Balance as Well

## Introduction to Prana aka Pancha Vayu The Five Winds

Prana its not just a clothing  
line!

# Prana

- Sanskrit word for:
- Life force
- Energy
- Chi

# Prana

- Prana has five movement
- Pancha Vāyu - Five Winds
- Subdosha of Vata
- The first of the five is called prana, lowercase while all Five Winds are Prana with uppercase

## Pancha Vayu Literal Translations

- prana - “forward moving air”
- apana - “air that moves away”
- udana - “upward moving air”
- samana - “balancing air”
- vyana - “outward moving air”

## prana

- prana governs
  - Eating
  - drinking
  - Breathing
- prana location
  - Head
  - Brain and third eye
  - Provides positive energy for all other vayus (pranas)

## apana

- apana governs
  - Elimination of urine and stool
  - Expelling of semen and menstrual fluid
  - Exhalation in the breath (elimination of carbon dioxide)
- apana location
  - Lower abdomen
  - Colon

## udana

- Importance of udana
  - “Our main positive energy unfoldment in life through which we can develop our different bodies and evolve in consciousness.” Dr. David Frawley
- udana governs
  - Speech
  - Effort and enthusiasm
  - Will
  - Controls the ability to stand erect and to hold the head up
- udana location
  - Throat manifesting through speech, self expression
  - From navel to the head in the central part of the body

## samana

- samana governs
  - Digest air in lungs and food in G.I tract
  - Digest experiences in the mind
- samana location
  - Navel is its main site
  - Moves from periphery to center through churning discerning
  - Circulates through the whole body

## vyana

- vyana governs
  - Circulation on all levels
- vyana location
  - Heart and lungs and in there aspect of movement
  - Moves from center to periphery
  - Moves food water etc through out body

## Movement in Physical Body

- prana - Head to navel
- apana - Navel to pelvic floor
- samana - Energy from whole body back to navel
- vyana - Energy from navel out to the rest the body
- udana - Navel to the head
- At the navel they are gathered like a spoke like a bikes wheel. Hence the importance of navel work (abdominal exercises)

## Vayu and Pranayama

- Pranayama regulates and balances all five Vauys particularly prana vayu.
- prana vayu benefits from alternate nostril breathing and Brahmari. Balancing prana vayu helps to bring other vayus into balance.
- udana - Alternate Nostril and Ujjayi
- samana - Breath of Fire variations and Agni Sara Dhauti
- vyana - Alternate nostril breathing and exercise in general particularly circulation increasing actives and leg strengthening

## Conclusion

- Bandha, Pranayama, Mantra and Mudra bring balance to body and mind
- Prolonged practice and grace open the knots and central channel
- Use these practices to enhance the inner dimension of asana and meditation

## Philosophy 10

- Yoga and Ayurveda Chapters 9
- Use Bandhas in your meditation practice
- Read intro to Bandhas by Bihar School