



Yoga for Couples

Finding Delight...A Willing Lover's Guide



**PART ONE:
SERVING THE SELF**

The first vow you want to make to yourself and your relationship is to remember the soul of you. Only when you are connected to your own soul will you be able to see the soul of the other, and then the soul of the relationship. We tend to hate the word duty, but the truth is if you accept this as a joyous duty you will succeed. This book is about ways to help you remember.

Before you can enter into a successful relationship with a partner, it is important to have prepared yourself for the changes that such a commitment will bring. In the first part of this book, you will examine steps to preparing yourself for a relationship. You will learn how to rid yourself of emotional baggage and heal old wounds, make sure your emotional foundations are solid, and minimize the distractions and disturbances that everyday life brings.

CHAPTER 1: REALIGNING THE SELF

Building a Solid Spiritual Foundation and Learning to Commit.

"Calm yourself, claim yourself." YB



Coping with the tremendous demands of day-to-day living requires a solid foundation. No one would ever consider building a house on quicksand or at the edge of a crumbling cliff (unless, of course, they lived in Malibu), but every day we allow our bodies and minds to rest on unstable foundations.

Realigning the Self is about making sure that we have given ourselves the most solid spiritual foundation that we can. It is about forward movement, reclaiming lost time, and creating the time to get reacquainted with you.

It would be paradise to have endless hours to spend as we please. However, living in the fast-paced modern world gives us plenty of reasons never to find a single moment to ourselves. Yet it is vitally important to commit some time to ourselves; it is we, and we alone, who are responsible for our own clocks and our own time.

In this chapter, we will examine how to use the time we have set aside for ourselves to solidify our foundations. When we open our eyes, and really grasp the necessity of recommitting to self, it becomes clear that this amazing, creative and sacred commitment makes all other commitments possible.

1. ACTIVITIES

The first step towards realigning the self is to introduce daily spiritual practices into your life. In Yogic terminology this is referred to as Sadhana. It is good practice to start each day committing some time to your essence, to your own soul. Be as creative or as simple as you'd like — there's no right or wrong approach.

It is useful to build an altar, or construct a sacred space to perform your daily meditations and spiritual practices. You can read my advice on building altars later in this chapter.

*"Sadhana is what your mental stamina requires.
Love is what your spiritual stamina requires." YB*

SADHANA

Most people start their days unconsciously, going for what will jump-start their daily routines the most quickly; this usually involves coffee. I would like to share a different concept: Sadhana, the practice of gathering all your parts around your essence. Sadhana means a daily spiritual practice, a self-discipline that allows one to experience the infinite in oneself. It is recommended that the Amrit Vayla (or ambrosial hours) of 3-5 am are the best times to do this practice. Nothing else calls you at that time, and with fewer distractions, it is easier to connect. Work towards that time, and don't let it be an excuse for doing nothing. Commit to at least half an hour before anyone else is up.



AN INTRODUCTION TO BREATHING EXERCISES

Over the course of this book you will be introduced to a selection of breathing exercises that will help you in a variety of ways. Breathing exercises are incredibly important. You may have noticed that when you work on something you just don't like, you hold your breath.

I'll tell you a little story about this very thing. I'm not great at remembering my dreams. I either rarely dream or don't often remember them, but one night I had a dream that was crystal clear. My teacher, Yogi Bhanan, had released his body on October 6, 2004 and this was sometime in the first few months after that. I awoke having seen him standing at the end of my bed holding a beautiful symbol carved in crystal. He kept repeating: 'this is your new signature. Your old one, you do too fast, and you don't breathe while you are signing your name.' So I now have a new signature, and I breathe while I sign it in flowing delight. Many people have remarked on how beautiful it is and only you know the story behind it.

So, breathing is a great place to start when making a change in your life, and these breathing exercises should help you on your path to releasing the self.





2.FOUR PART BREATH

Whether you are making your morning tea, folding clothes, or heading out on your daily commute, this exercise will help you begin to create the capacity for desiring connection. It is very easy and immediately effective. If you're feeling dry, empty, humorless, uncreative, stuck, or overwhelmed, this is the breathing exercise for you.

While making an "O" shape with your lips, inhale in four quick, equal parts. Without stopping, exhale in four equal parts. Continue this breath pattern for 1-3 minutes. This conscious breathing rapidly oxygenates your blood, making you feel jump-started and alive, clearing old thoughts and emotions so that you can deal with the situation at hand. The "O" shape activates the heart meridian (a line of energy from the heart, which passes through the center of the lips). This breath can also be done through the nose on both the inhale and exhale.



AN INTRODUCTION TO MEDITATION

As this book progresses, I will introduce you to a variety of meditations and chants that will help you in many ways. One thing that all these meditations have in common is that they can be deeply affected by timing. I want to take this chance to explain how meditating for different amounts of time can help you in different ways.

GIFTS OF TIMING

Three minutes – *this affects the circulation, magnetic fields and the stability of the blood.* **Eleven minutes** – *this changes the nerves and the glandular system.*

Twenty-two minutes - *this balances the negative, positive and neutral minds so they work effectively together.* **Thirty-one minutes** - *this allows the glands, breath and concentration to affect*

and balance all the cells and rhythms of the body. **Sixty-two minutes** - *this changes*

the gray matter of the brain.

The subconscious and the outer projection become integrated.

Two and a-half hours - this allows the universe to firmly hold the subconscious mind in this new pattern.



SUPPORTIVE SOUNDS

Simple sounds called Beeja, or seed sounds, can be an easy way to enter the realm of meditation. Naad (sound current) is one effective way to feed the soul bond. Here are some sounds for you to try out as you meditate.

HUM: EXPANDING THE HEART CONNECTION. With lips together, let the sound **HUM** vibrate as you open your lips slowly. This clears your head and heart. Try it for 1-3 minutes.

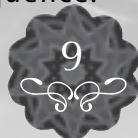
MA: THE UNIVERSAL REBIRTH SOUND. MA gives you the grace to go beyond, to forgive and forget past hurts, and have a new chance at deep connection. This is not about your mother, it is about the mother capacity to grant chants after rebirth. Hold the lips together as long as possible while the sound emerges, then part them to allow it into the world. This can also be done in quick staccato, to clear the past.

SAAAAAAAAAAAAAAT NUM: Means TRUTH IS YOUR IDENTITY. Take this sound and let it resonate through you. It is a great stress remover. Allow the saaaaaaaaa to be long and drawn out, coming from the base of your spine up through the crown of your head. Do it, watch it, and feel it. Become present with this and allow it to clear your energy centers like an ocean wave. This is a wave of sound called a sound current. It can clear and balance you. You will feel connected and centered.

REPROGRAM THE BRAIN AND BREAK OLD HABITS

Try chanting SA TA NA MA /SAT NAM, which means 'YOU ARE THE TRUTH'. Sit in a relaxed position and turn your palms upwards. Press your thumb (which represents the ego) into each finger, utilizing the ego to serve the higher consciousness. Press the thumbs into the index finger (**chant SA**), then the middle finger (**chant TA**), then the ring finger (**chant NA**), then the pinky finger (**chant MA**). Visualize the sounds coming in through the top of your head and exiting between your two eyes at the third eye.

Do this loudly for two minutes to notify the entire universe of your identity, for two minutes in a whisper (the language of lovers), and for three minutes silently. Then reverse this sequence.



*Dear God
by
Roy Shabla*

Dear God

*let the lid
on the jar of my life
be loosened, be removed.*

*let the stale air
of my closed soul
be refreshed, renewed.*

*fill the hollow of my heart
with the nectar of truth*

*that I may be
like a pot of honey
in the pantry of your heart*

*and sweeten your porridge
on a bitter morning.*

AN INTRODUCTION TO THE IMMUNE SYSTEM

Our bodies have three lines of defense:

The magnetic field is the energetic field surrounding our physical body, which simultaneously sends energy into us and draws energy away from us.

The endocrine system is a combination of glands and organs that secrete powerful chemical transmitters called hormones and help to maintain our healthy state of being.

The digestive system breaks down and processes all our food.

Keeping these three lines of defense in a fully functional state is important in retaining good physical and spiritual health. Exercises in this section mainly work with your magnetic field, teaching you how to keep this field healthy and powerful.

CLAW DANCE

You can clear the magnetic field around you whenever something difficult has happened, you need energy in a hurry, or you want greater awareness. While making tight claws out of the hands, inhale through the mouth with the lips puckered saying "Who" and come up on your toes, swinging the hands up over your head in a big arc.

As you say "La," squat down, allowing the arms to swing downward in a big arc. Continue this motion for 1-3 minutes.



HAND DUSTING

Quickly and powerfully move the hands, in front of your heart center, as if dusting them off. This will help bring calm and quiet. It is also great way to release a distressing thought or experience.

"You've got to groove on yourself to learn to be self-contained" YB

STANDING BRAIN EXERCISE: TO REVITALIZE YOUR BRAIN

In technical terms, this exercise washes out your brain. It moves the cerebral spinal fluid up and down the spine and through the brain. It also allows your legs and spine to stretch. Only you will know when the fluid has reached your brain, but three minutes is usually a good start.

Stand with your legs open wide. Bend over and place your fingertips on the floor, shoulder width apart. The stiffer you feel, the wider you should spread your legs. Bend your knees if necessary. As you inhale, lift the trunk of the body and head parallel to the floor. Exhale in three parts, and lower your head and trunk towards the floor in three equal parts.



COMMITMENTS

What Have You Done for Yourself? List which of these practices you are committing to trying.

How often will you commit? Once a day? Twice a week? Every day for forty days?
