

Art of Living Course Notes (September 2009)

I FINALLY did the AOL Course...What follows are my notes!

Main Take Aways

1. Opposites are complementary
2. Accept people and circumstances as they are. Act don't react.
3. Whatever you do give your 100%.
4. Don't get caught up in the opinions of others.
5. Don't see the intentions of others.
6. The present moment is inevitable.

Short Sudarshan Kriya (Proper Vision by Purifying Action) Practice

As you expand inhale, contract exhale

3 Stage Pranayama, Sit in Vajrasana

1st – Thumbs on Hip Bones

Ujay breath 8 rounds with a count of 4 in, 4 hold, 6 out, 2 hold

5 Normal breaths in between, rest hands palms facing upwards on thighs

2nd – Thumbs under armpits

Ujay breath 8 rounds with a count of 4 in, 4 hold, 6 out, 2 hold

5 Normal breaths in between, rest hands palms facing upwards on thighs

3rd – Elbows up, hands on back

Ujay breath 8 rounds with a count of 4 in, 4 hold, 6 out, 2 hold

5 Normal breaths in between, rest hands palms facing upwards on thighs

Bastrika Pranayama (hands in loose fists reach up to the sky)

3 rounds of 20 with 10 normal breaths in between, rest hands palms facing upwards on thighs

3 Om's

Sit in Sukhasana if you want...

Sohum Breathing 3 Rounds

20 Long

40 Medium

40 Short

After this you can sit in savasana or practice sitting meditation!

7 Levels of Existence

1. Body
2. Breath
3. Mind
4. Intellect
5. Memory
6. Ego
7. Atman

Each layer is more subtle

Sources of Energy

1. Sun
2. Knowledge
3. Sleep
4. Breath

*Responsibility is power

* You must practice sadhana along with (spiritual practice) seva (service). They go together and your ego will increase if you do one without the other. Through sadhana love and joy blossoms inside you and service is an expression of that love and joy within in.

*The entire universe is a play of the same energy.

*The whole universe is an extension of me. (SOHUM)

*Love is your very existence, you cannot find it outside of yourself. You love someone because they are beautiful, intelligent, educated etc.—this is conditional love. When you love someone as they are, that is divine love. Nature loves you, your pets love you. The

more you feel gratitude the more love blossoms in you. If you are thankful grace flows more and more. Meditation is feeling the love with in.

*Desires are an endless cycle of suffering.

*Being in love with yourself then you are in love with everyone.

*Work is worship. Stop seeking joy in action and joy becomes action—this is karma yoga.

*It is your responsibility to cultivate your growth.

*The difference between a problem and an adventure is your attitude and your outlook.

*Try to eat sattvic food!

*You can only give what you have. If you have love and happiness then you can give it and these are within.

*Accept everyone but you remain centered and then only you act.

*You can't change others, you can only change yourself.

Eye Gazing Exercise: Looking deep into the eyes of another... "If God came to you as this person would you accept them?" Upanayan

Mindful Eating exercise with the grape (Eat every bite as if it is your last)

TV Exercise: Being in the present moment, being natural, not showing off, having fun but also an exercising in seeing how we please others when they push certain buttons.

Two types of tears: salty and sweet

*Your guru takes you from the known to the unknown.

*When you commit 100% to a process only then will results come.

Yoga Sequence (All Movements Should Be Coordinated With Your Breath)

Warm Up – Loosen Up (jogging in place, jumping etc.)

Stand Still, Normal Breathing

Neck Bending (Side to Side, Front to Back) 5 Rounds

Shoulder Breathing, 4 Rounds

Chest Expansion (Hands Back, Bending Forward)

Stress Buster (5 Times Right and Left)

Half Moon (4 Rounds, Right and Left)

Breath of Joy (Hugging Yourself) 4 Rounds

Cat Stretch

Child's Pose

Butterfly

Butterfly (Nose towards Toes)

Cradle (Right, Left)

Ardha Pawanmuktasana (5 Right, 5 Left)

Poorna Pawanmuktasana (5 Right, 5 Left)

Naukasana (Boat Pose)

Half Locust, Ardha Shalabasana (Right, Left)

Poorna Shalabasana

Bhujangasana (Cobra Pose)

Superman, Vipreet Shalabasana

Padmasana/Parvatasana

Shavasana/Yoga Nidra