

**AWAKENING  
THE  
MIND**

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**SPIRITUALITY  
OF YOGA  
JOURNAL**



# HERE'S WHAT WE'LL COVER

“YOGA TAKES YOU INTO THE PRESENT  
MOMENT, THE ONLY PLACE WHERE LIFE  
EXISTS.” - PATANJALI

## Week #2

In week two we build on our practice from week one, where we focused on stability with the Earth meditation and Ganesh focus. Now we use that stable base to awaken our bright mind, symbolised by Saraswati, which is full of creativity and compassion. With an awakened mind, we can make conscious choices about our food and lifestyle. We can also work with the ancient sacred texts and develop our intuition to plan a beautiful day.

# WEEK #2 SADHANA

## AWAKENING THE BRIGHT MIND

Please practise regularly:

ॐ Yoga - Adhikari Namaskar stage 2

ॐ Meditation - Prithvi Sadhana stage 2 with Sharada Dharanam

ॐ Scripture - Awakening your intuition

ॐ Walk mindfully in nature

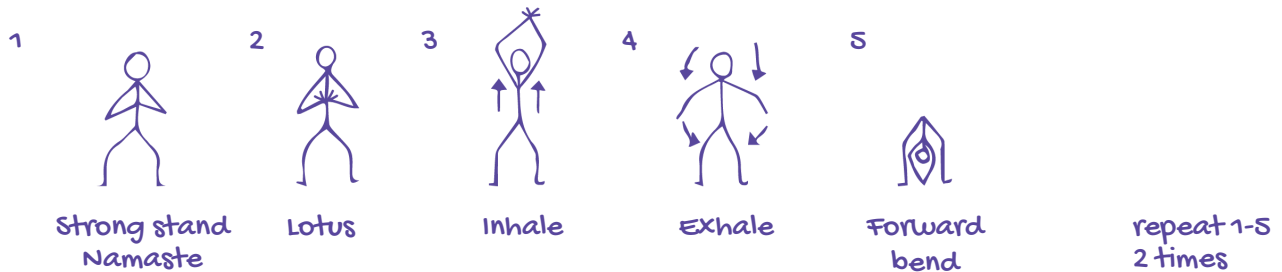
ॐ Developing a conscious connection with food

ॐ Time for fun and relaxation

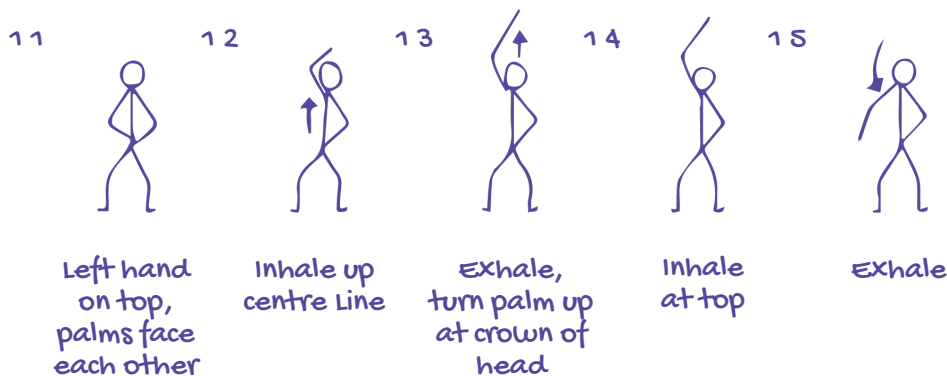
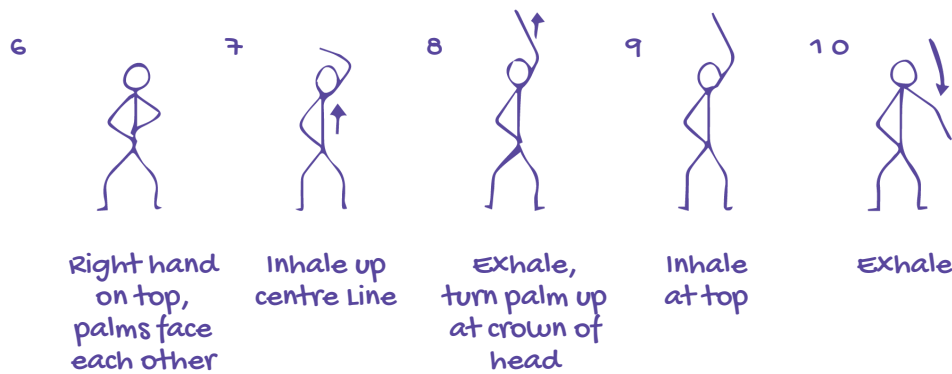
# ADHIKARI NAMASKARA SALUTATIONS TO THE INNER SEEKER

## SESSION 1

### STAGE 1 - OPENING THE LOTUS OF OUR BEING AND LIFTING IT TO THE HIGHEST

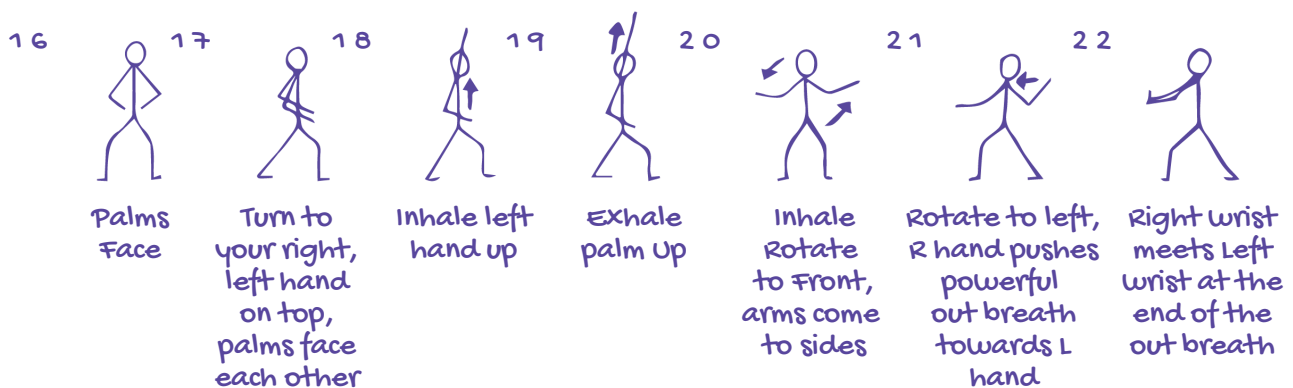


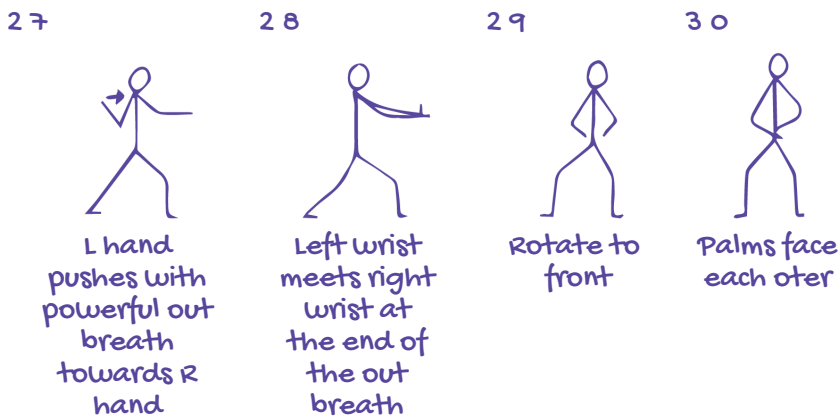
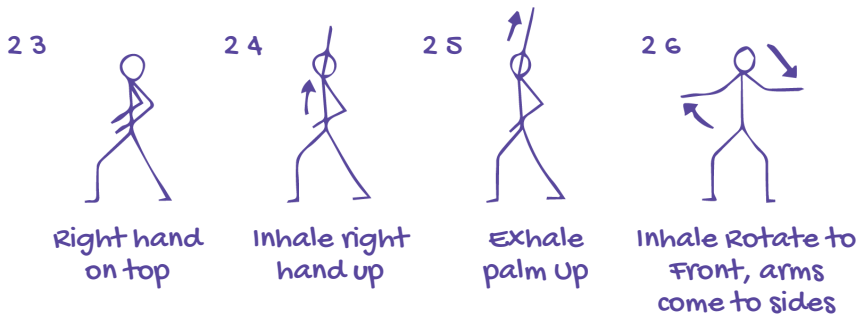
### STAGE - 2 C.N.S BREATH (CENTRAL NERVOUS SYSTEM)



repeat 6-15  
2 times

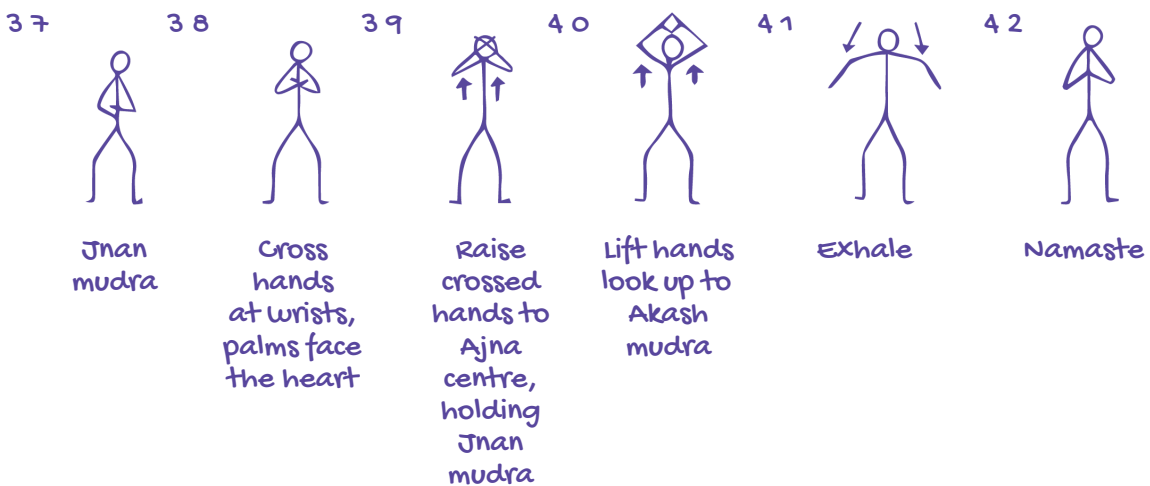
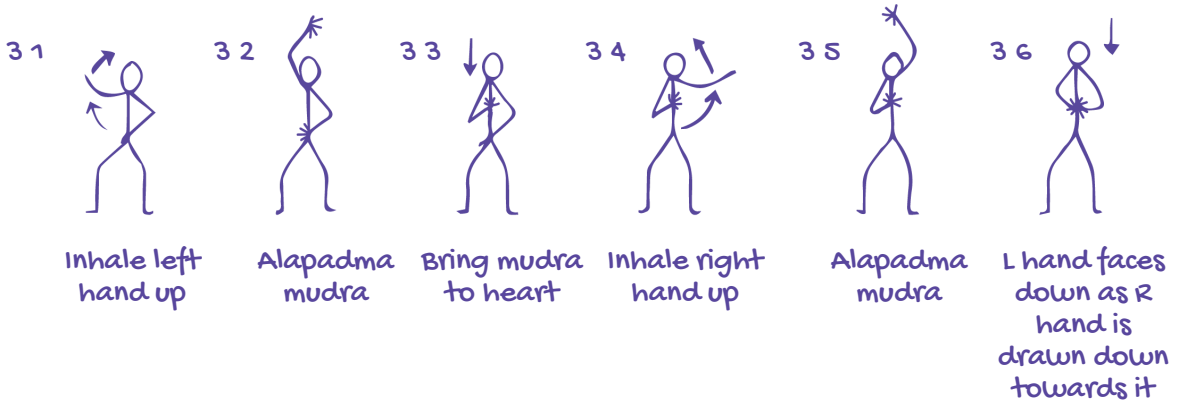
### STAGE 3 - CLEARING THE REST OF THE BODY





repeat 17-28 2 times

STAGE 4 - ANCHORING KNOWLEDGE AND ANCIENT WISDOM INTO THE SEEKER



# PRITHVI SADHANA WITH SHARADA DHARANAM

## SESSION 2



How do I relate to my inner wisdom, symbolised by Saraswati?



What helps me trust my inner wisdom and intuition?



Activities which help develop my wisdom and creativity are:

# ANNA SADHANA

## SESSION 3

- ॐ Explore the benefits of plant based foods to help both you and the planet
- ॐ Eat fresh, healthy food, which is local, organic and full of vitality
- ॐ Light a flame and affirm ' I create this food with love" before you start cooking
- ॐ Take a moment before you eat your food and offer your gratitude to the earth for her abundance
- ॐ Eat your food with awareness and appreciation

**Dear Father and Divine Mother**

**Giver of Life**

**The food that lies before us**

**We humbly offer unto You**

**We pray that in love, faith and truth,**

**We may use these simple foods**

**to better serve**

**You and all humankind**

# YOGA FOR THE HIGHER MIND

## SESSION 4

*e.g. I love doing the Warrior posture because it helps me be confident*

I love doing ...

because it helps me be ...

I love doing ...

because it helps me be ...

I love doing ...

because it helps me be ...

*e.g. I can use the Fearless Flight sequence to transform anxiety into courage*

I can use ...

to transform ...

into ...

I can use ...

to transform ...

into ...

I can use ...

to transform ...

into ...

*Qualities of the Higher Mind*

Grounded  
Clear  
Purposeful  
Confident  
Creative  
Empowered  
Connected  
Loved  
Stable  
Light  
Free  
Strong  
Enthusiastic  
Supported  
Compassionate  
Ready for action  
Courageous  
Accepted  
Calm  
Ecstatic  
Graceful  
Optimistic  
Intuitive  
Joyful  
Quiet  
Sunny  
Vibrant  
Restored  
Adaptable  
Harmonious



Think of a goal that's important to you  
(eg: I'm going to teach yoga classes!)

Each evening:

- ॐ Take a moment to attune to your Authentic Self / Higher Mind
- ॐ Ask it to help you choose one step towards your goal that you can implement tomorrow.
- ॐ Visualise yourself taking that step. 'Pre-live it' going amazingly well.

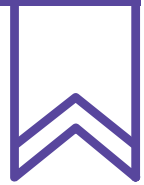
During the day:

- ॐ Practice acting from your Authentic Self / Higher Mind
- ॐ The opportunity to take your step will come... do it!
- ॐ Visualise yourself taking that step. 'Pre-live it' going amazingly well.

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## Nadis

Subtle energy channels within the body



## Tejas

Ayurvedic term for inner radiance

## Khechari mudra

Touching the tip of the tongue to the roof of the mouth

## Sama Vritti

Equal ratio breathing (4:4:4:4)

## Prithvi Dharanam

Earth breathing technique

## Ganapati

The archetype of stillness, stability and peace that rests in the base chakra

## Saraswati

Embodiment of wisdom, representing our awakened mind and intellect

## Koshas

The five layers of awareness: physical, subtle energy, emotional mind, discriminating mind, connected mind

## Chakras

Literally means 'wheel', aspects of awareness within our psyche