

**COURSE SYLLABUS
YOGA THEORY AND PRACTICUM
GRADUATE**

Contact and Course Information

Professor: Dr. Andrea Mantell- Seidel

Course number: REL 5397

Credits: 3 credits

Semester: Spring 2013

Course Times: T/ TH 9:30- 10:45; Tues. 11-12:15

Office Hours: T: 11-1:00 pm ;TH 12:30-2:00 or by appointment

Offices: DM 320 C

Phone: 348-4293

Required Class Materials:

Comfortable clothes

Yoga mat (recommended) or cotton blanket

Towel, something to cover eyes for meditation

Optional: yoga blocks, yoga belts, water bottle

Journal book

Text Books

[FIU e-mail account](#)

[Email: seidela@fiu.edu](mailto:seidela@fiu.edu)

ACADEMIC MISCONDUCT

"Florida International University is a community dedicated to generating and imparting knowledge through excellent teaching and research, the rigorous and respectful exchange of ideas, and community service. All students should respect the right of others to have an equitable opportunity to learn and honestly to demonstrate the quality of their learning. Therefore, all students are expected to adhere to a standard of academic conduct, which demonstrates respect for themselves, their fellow students, and the educational mission of the University. All students are deemed by the University to understand that if they are found responsible for academic misconduct, they will be subject to the Academic Misconduct procedures and sanctions, as outlined in the Student Handbook."

COURSE DESCRIPTION

The Art of Yoga and Meditation II: Philosophy and Practicum: Through a concentrated study of yoga *asanas* (postures), meditation techniques, *pranayama* (breath control) and philosophical

and religious scriptures, students will engage in questioning, analysis, and application at a more advanced level. Studio and theory.

COURSE REQUIREMENTS AND EVALUATION:

Your final grade will be composed of your take-home exam grades, participatory in-class activities and journal, and the final research paper.

Grades are based on attendance, written assignments, class participation, mid-term exam, and the term paper.

40% -Term paper

30% -Mid-term exam

30% -Attendance and active class participation (evaluation based on attendance record, punctuality, concentration, attitude/effort, progress, in-class assignments and focus questions, journal). Students will be given weekly discussion or assignments of particular sutras to analyze, summarize and present orally for class discussion or will be asked to develop discussion questions for graduate seminar.

Grading Scale:

98-100 A+ "As" are awarded for excellent to exceptional work, free of technical and stylistic errors, showing sustained thought and engagement with the material on an appropriate but impressive academic level.

93-97 A
90-92 A-
88-89 B+
83-87 B
80-82 B- "Bs" are awarded for good to very good work, with some occasional errors, which nonetheless clearly indicates a good grasp of the material and assigned task.

78-79 C+
73-77 C
70-72 C- "Cs" are awarded for average to above average work, meeting minimal standards but marked with errors, and exposing gaps in student performance and/or fulfillment of the assignment.

68-69 D+
63-67 D
60-62 D- "Ds" are awarded for barely passing to below average work, usually riddled with errors and seriously deficient in fulfilling the assignment.

Below 60 F "Fs" are awarded for unacceptable work.

COURSE OBJECTIVES

1. To impart knowledge about the technique and practice of yoga, including instruction in breath control, meditation, and physical postures at an intermediate level
2. To develop physical competency and mental concentration at a more advanced level.
3. To gain an intellectual and theoretical understanding of the principles embodied in the Yoga Sutras, the Bhagavad-Gita, and other important texts and doctrines at an intermediate level.

LEARNING OUTCOMES/COMPETENCIES

1. Students will gain understanding of yoga philosophy and religion at a more advanced level
2. Students will gain intellectual and philosophical understanding of the theory of yoga and an understanding of the key principles embodied in the text, *Yoga Sutras of Patanjali* at a more advanced level.

3. Students will gain enhanced physical skill and conditioning including increased flexibility, strength, coordination, endurance, and breath control will be enhanced.
4. Students powers of concentration, focus, and awareness will be heightened.
5. Students will develop research skills in writing a term paper at the masters level, based on solid research and analysis.

THEORETICAL TOPICS

- The **Bhagavad-Gita**, meaning “Song of the Lord” is the sixth sacred text of the great Indian war epic, the *Mahabharata*. Composed in the form of a philosophical poem and dialogue between the warrior Arjuna and his charioteer, the god Krishna, the Bhagavad-Gita has inspired centuries of Indian philosophers and men of wisdom and deeply influenced the religious and cultural life of the Indian subcontinent.
- The **Yoga Sutras** (or thread) delineate yoga’s aim, the necessary practices, the obstacles along the path, their removal and the precise descriptions of the results that will be obtained from the practice. This is the primary text of Raja Yoga or the mental science of yoga.

LEARNING STRATEGIES

1. Verbal instruction through lectures and class discussion
2. Posture demonstrations
3. Class participation I and practice of postures, breathing, and meditation techniques
4. Reading and written assignments

BIBLIOGRAPHY/SELECTED READING ASSIGNMENTS

Students are required to read the books listed below during the course of the semester. Readings should provide source material for writing the mid-term and final term paper.

Title: *Yoga Sutras of Patanjali*

Author: Georg Feuerstein

Publisher: Inner Traditions International , Rochester, Vermont

Edition: 1989, paperback

ISBN: 978-0-89281-262-2

Bryant, Edwin F. *Yoga Sutras of Patanjali*. New York: North Point Press, 2009.

Paperback. ISBN-10: 0-86547-736-1

Title: *The Path of Yoga: An Essential Guide to Its Principles and Practices* [Paperback]

Author: Georg Feuerstein

Publisher: Shambala Publications, Boston, MA

Edition: 1996, paperback

ISBN: 1-57062-142X

(Reference Guide)

Title: *The Sivananda Companion to Yoga: A Complete Guide to the Physical Postures, Breathing Exercises, Diet, Relaxation, and Meditation Techniques of Yoga*"

Author: Sivananda Yoga Vedanta Center

Publisher: 2000: Fireside Book, New York, NY : Simon and Schuster

ISBN: 0-684-87000-2

OPTIONAL

Walsh, Roger. *Essential Spirituality*. New York: John Wiley and Sons, 1999.

COURSE REQUIREMENTS

1. EXCELLENT ATTENDANCE/PARTICIPATION

2. EXCELLENT ATTENDANCE/PARTICIPATION

Attendance and punctuality in class are required. Tardiness is disruptive and will be noted, and regular, repeated tardiness will be counted towards a grade deduction. If you know you will be absent for any reason, please inform the professor *before* the class you will miss. Strive for perfect attendance! Each unexcused absence after TWO.

□□EXTRA CREDIT is available to make up absences. It usually involves attending a special lecture or event and then writing a one-page synopsis and review. See the professor for more information and suggestions. After the first two classes, class will begin promptly. Attendance will be taken at that time, and **all who are not present will be marked absent**. Students who know in advance that they will be late or absent must discuss their tardiness or absence with Professor Seidel.

Students are expected to attend every class session unless very ill or family emergency. Each absence, no matter what the reason, affects the continuity of training and learning, and therefore will affect the student's grade. Students who are unable to participate physically are expected to observe class and take notes on technical corrections and observations of the class pedagogy. Three late arrivals, three early departures, and/or three observations will result in one absence. The attendance policy is outlined below:

- 1 absences: 100% no effect on grade
- 2 absences: 95%
- 3 absences: 90%
- 4 absences: 85%
- 5 absences: 80%
- 6 absences: 75%
- 7 absences: 65%
- 8 absences: 55%

- Two make-up absences possible with permission (attendance at Program for the Study of Spirituality lecture series) and extra credit (or credit for missed class) for active participation in *satsang*.

Students who register late will not be penalized during the drop-add period, however your late registration must appear on the official University role received each week by the faculty.

Special arrangements can be made with the instructor in the event of illness, injury, or life commitments. If a sustained injury or illness prevents you from participating in class, a letter from your physician must be presented in order to be excused and observe. If unable to participate in class for two weeks or more, a meeting should be arranged with the instructor. An

incomplete is only given if circumstances beyond your control prevent you from completing course requirements. An incomplete must be completed within two terms. If injured or slightly ill, students may observe a limited number of classes.

2. WRITTEN JOURNAL (optional for extra credit)

The journal provides an opportunity for cultivating self-discipline, self-reflexivity, and personal analysis of one's progress in yoga. Students are required to write in their journal a minimum of 1/2 page, 3 times per week (more is recommended). The journal should focus on the assigned topic to promote an analysis of the practice including areas of struggle, blocks that arise, and progress and breakthroughs made in both physical and mental aspects of the discipline. Please identify your entries as *Week I: Journal Entry 1, 2, and 3; Week II, Entry 1, 2, 3, etc.* The professor's intention in reading the journal is to provide guidelines and suggestions for enhancing and creating a more satisfactory practice. Journals should be typed.

4. EXAMS

The mid-term consists of a take-home essay topic based on class readings, as well as in-class instruction and any relevant independent readings. **The mid-term exam question** is outlined below so that you may focus your reading throughout the first half of term on these questions.

MID-TERM EXAM QUESTION

Discuss the yogic path to enlightenment and self-realization as related to the terms listed below through an analysis of the yoga sutras. Reference both Bryants and Feursteins' texts. You need not incorporate supplemental texts but may do so if necessary for clarification. Include in your discussion, a comprehensive definition of all the terms, with references to specific sutras as relevant. Use standard reference citations. Please highlight in *bold italics* the terms in the sections where you incorporate your definitions (**terms will be forthcoming at midterm**).

TERM PAPER (proposal and final paper):

Term Paper Proposal: Topics must be determined through consultation with Professor Seidel. A two page proposal with preliminary bibliographies is due 4-5 weeks after the beginning of the term.

Term Paper: The term paper will entail analyzing and discussing a topic based on course material. Students should use as the basis of their paper a topic or theme from the Yoga Sutras. The length of the term paper should be between 15-17 pages. It should be printed and double-spaced. Margins should be one inch all around. The style of your paper should be consistent and conform to either that of *The Chicago Manual of Style*, or MLA style (see <http://www.lib.berkeley.edu/instruct/guides/citations.html> and follow the link to the proper style). Also, please make an extra HARD COPY of every document composed and make an electronic back-up copy. Submit the hard copy only. The term paper should follow the proposal submitted earlier in the semester with revised and complete bibliographies. The term paper is due on the first day of the last week of class. The term paper constitutes 40% of the course grade. The term paper should include additional reference sources in addition to required class readings.

IMPORTANT GENERAL CLASS INFORMATION AND TIPS FOR SUCCESS

Late Work:

All late work, without prior approval by the professor, will lose 10 points for each day that it is late until the grade of 0 is reached. When the assignment is graded, the grading will start at the late grade.

Class Attire:

Comfortable workout clothes (sweat pants, warm-up pants, loose pants, etc.) Bare feet. No dangling jewelry or gum. Long hair should be tied back.

General Advice:

The most important thing to remember in this class is to stay focused and concentrated in class, be absolutely punctual and rigorous about attendance, and keep up with the assignments. If you fall behind, you will have problems catching up; however, if you budget your time you will have no problems. The second most important thing to remember is to talk to me if you are having problems. I am the one who can provide the answer to your questions. If you are having difficulties come talk to me **BEFORE** an assignment is due or if you have excessive absences. I cannot help you after you have turned in an assignment or have been chronically absent or tardy, but I can and will help you before the problems develop.

E-mail:

I check e-mail often. It is reasonable to expect a return message within 72 hours. Generally I return e-mail in a much shorter amount of time; however, sometimes life does not allow that. However, please review the syllabus often, as most of the answers can be found there.

Questions and comments should be sent to seidela@fiu.edu

COURSE OUTLINE

GRADUATE

(all assigned readings and journal assignments)

Note for Journal writing: You are required to write a minimum of 3 times per week in your journal. In most cases, exercises are specified. If unspecified, you may repeat a topic.

Important tips for Journal Exercises:

1. Watch the thought.

2. Feel the emotion.
3. Observe your reaction; don't get caught up in the reaction
4. Write down journal exercises that require repetition throughout the day on a small piece of paper that you carry in your purse or pocket throughout the day. Look at it often.
5. Write down what happened. Reflect on what happened. Write what worked, did not work and why. Journal about what can you do to facilitate more growth and change through the exercise or by changing your behavior and reactions. The goal is to create more self-awareness of your thoughts and behaviors.
6. Suggestion: if you wish to journal more than 4 times per week, select an exercise that you like and repeat it as many times as you wish.
7. If you ABSOLUTELY cannot relate to an exercise (ie. can not practice or write about it), then select the following:
Repeat any prior exercise you like or write down any worries you have. Do some yogic breathing and visualize these worries drifting away. Write down what happened, your success, failure. Reflect on how you incorporate this strategy regularly.

WEEK 1: THE NATURE AND PURPOSE OF YOGA AND INTRODUCTION TO PATANJALI'S YOGA SUTRAS

Reading:

Path of Yoga, Chapter 1 and 2
 Walsh, Chapters 1-2 (pp. 1-10)
 Bryant and Feurstein, *Yoga Sutras*, Pt. 1: 1-4; Pt. 2 Sutra 1, 2

Fill out: LIFE MASTER PLAN and BLISS LIST

Journal Exercise 1: Cultivating a Sacred Ritual

Create or engage in a sacred ritual of your own for 5-10 min. Record how this ritual makes you feel, how it invokes the sacred, minimizes the patterns of chaotic thought. *Perform this ritual every time you start to write in your journal.*

Journal Exercise 2: Yoga Class reflexivity

Journal about your first experience in the yoga practice class, sensations, response to readings, lecture.

Journal Exercise 3: Contemplating the Natural World

Try to cultivate a sense of oneness with something in nature: a pond, a lake, the ocean, a flower, a sunset, and the clouds. Be sure to go to a specific site. Meditate on your environmental object for 5 minutes and try to keep your mind from wandering so that you just enjoy the "beauty of the thing" e.g. observe the patterns of the waves, the flow of the water, the ripples the water with the innocence and joy of a child in total absorption. Record your experience. Did it calm your mind so that you could rest in "calm abiding?" Did chaotic other thoughts enter?

ALSO read/review Walsh, Chapter 23, Exercise 4 p. 188-"Find Beauty in This Moment" and Chapter 25, Exercise 8 "Open to the Sacred in Nature"

WEEK 2: MANTRAS AND PURUSHA: THE DIVINE SELF AND MANTRAS

Reading:

Walsh, Chapters 3, 4, 5
 Path, Chapter 9
 Read Chapter 1, Introduction in Sivananda book
 Taimni and Feurstein, *Yoga Sutras*, Pt. 1: 27, 28, 29 (Mantra, Om, Japa)
 Complete personal goals sheet

Class exercise: outdoor meditation observing the natural world

Journal Exercise 1: Cultivating a Sacred Ritual

Perform your sacred ritual again. If the one you created didn't work, create a new one, perhaps integrating a mantra or subtle musical sounds. Engage in your sacred ritual for 5-10 min. Record how this ritual makes you feel, how it invokes the sacred, minimizes the patterns of chaotic thought. Again, perform this ritual every time you start to write in your journal.

Journal 2: Cultivating Your Internal Beauty

Focus today on all your "beautiful" internal qualities (e.g. generosity, thoughtfulness, sensitivity, honesty, etc.) Journal about this quality or qualities and try to find appreciation for this part of yourself. Do you feel that this internal quality is as valuable as the external qualities you seek? Why or why not?

Journal Exercise 3: Cultivating Love of Your Essential Nature

Devise a saying that evokes Self-love (of your essential nature) for you. Observe any negative feelings that arise to contradict this. Record how you feel at the end of the day. Record the conflicts of when you kept negating, condemning, and criticizing yourself and/or any new feelings of loving yourself more that arose that were positive. OR REPEAT ANY EXERCISE YOU WISH

WEEK 3: DIVINE SELF/PURUSHA PRAKRITI (PHENOMENOLOGICAL WORLD), EVOLUTION AND INVOLUTION,

Reading:

Sivananda, review Basic Postures (pp. 28-64)

Walsh, chap. 6, 7

Yoga Sutras (both texts) Pt. 1: 26 (Isvara); Part I: 44

Part 2: 6, 9, 21 (nature of *purusha* and *prakriti*); Pt. 2: 22 (Vedantic vs Samkhya philosophy); Pt. 2: 23 (important: evolution and purpose of union of *purusha* and *prakriti*); Pt. 2: 27 (7 stages of evolution/enlightenment)

Journal 1: Observing the Need to be Validated by the External World for External Qualities:

Try to observe and describe a situation in which you felt the need to be validated for your beauty, intelligence, skill, or other external attribute by others. Describe why you think you need this "ego validation" or external validation of your self. Journal about how you might find your intrinsic sense of worth in the world from within.

Journal Exercise 2: Cultivating the Warrior

Identify an unpleasant situation or painful circumstance as it unfolds or is present in your mind. Determine to be courageous in the face of difficulty. Try to "let go" and surrender the problem to a higher power during your special ritual supplemented with a prayer. Record what happened, your success, failure, or struggle.

Journal Exercise 3: Do Walsh exercise 9 "Recognize the Inner Light" pp. 202-203

WEEK 4: EIGHT LIMBS OF PRACTICE: ASANA, PRANAYAMA, YAMA, NIYAMA, DHARANA, DHYANA, SAMADHI, PRATYAHARA

Reading:

Walsh, chapters 8, 9

Path, Chapter 5, Chapter 7

Yoga Sutras: Part 1: 14, 16 (general introduction to Samadhi and nature and conditions of practice); Pt. 1: 21 (conditions for rate of progress) Pt. 1: 33 (introduction to *yamas* or ethical principles/correct attitudes); Pt. 1: 34 (*pranayama*);

Pt. 2: 26 (practices), Pt. 2: 28 (8 limbs and guidance and light on the path), 29 (general introduction to limbs); Pt. 2: 46-48 (*asana* or postures); Pt. 2: 49-53 (*pranayama* or breath control), Pt. 2: 25, 54, 55 (*pratyahara* or withdrawal of the senses)

Journal Exercise 1: Cultivating Love for Your Enemies

Try to see your "enemy" (or someone that you do not like or have ill feelings towards) as a radiant light-filled being; penetrate to his/her essential goodness, nature. Send him/her a prayer of love and light Record in your journal this prayer/wish for his/her happiness, well-being.

OR

Journal 2: Write down any specific worries you have. Do some yogic breathing and visualize these worries drifting away. Write down what happened, your success, failure. Reflect on how you might incorporate this strategy regularly **OR for Journal 2** substitute any exercise you like.

Journal 3: Yoga Reflexivity

Journal about your progress/lack of progress in this yoga class, sensations, response to readings, lectures, what is working for you, what is not working, etc.

WEEK 5: SAMKHYA PHILOSOPHY: KARMA, KLESAS, THE FORCES OF CORRUPTION AND SUFFERING

Reading:

Sivananda, pp. 66-74

Walsh, chapter 11, pp.76-81 (difficult emotions)

Yoga Sutras: Pt. I: 45

Part II: 3, 4, 5 (forces of corruption); 9 (*abhiniyasa*, will to live or root klesha arises as soon as consciousness comes into contact with matter and evolutionary cycle begins), 10 (how to destroy *kleshas*), 12, 13 (*kleshas* and karma), 14, 15 (note; 15 is very important—*gunas*, mind *kleshas*, evolution/involution), 17, 18 (root *klesha** *impt*, *gunas*—*sattva*, *raja*, and *tamas*—and nature of phenomenological world and purpose of devolution), 19 (*gunas* or material nature); Pt. 2: 24 (*maya* or illusion)

Select 3 out of the 4 options below:

Journal 1: Cultivating an Awareness of Irrational Fears

Try to identify a persistent fear of something that does not have basis in a present, physical reality. (i.e. does not put you in immediate danger like a snake about to bite you). Determine today to free yourself from this fearful thought by repeating throughout the day, “I am determined today that my thoughts will be free from fear” and “I can choose to change these fearful thoughts.”

Journal 2: Do Walsh, Chapter 12, Exercises 5 “Recognize the Costs of Anger”

Journal about your experience.

Journal 3: Do Walsh, Chapter 12, Exercise 6 “Communicate about Anger”

Journal about your experience.

Journal Exercise 4: Observing and Transforming Thoughts that Hurt

Observe throughout the day hurtful thoughts against yourself. When a hurtful thought arises, repeat one of the following: “I can choose to let go of this hurtful thought and be loving to myself.” or I AM determined today to let go of my hurtful thoughts, to free myself from guilt or condemnation.” “I can choose to change my thoughts that hurt.”

Record your experience, success, and/or failures.

WEEK 6: DUKHA (SUFFERING) AND AVIDYA (IGNORANCE)

Reading:

Path: Chapter 3

Walsh, chapter 12

Sutras: Pt. 1: 30 (*dukha*, distractions of the mind); Pt. 1: 31 (mental pain and processes);

Pt. 2: 4,5, 6, (*avidya*=root of *maya*); 7 (*raga* or attraction); 8 (*dvesa* or repulsion; *ragas* and *dvesa* are most prominent *klesas*);

Pt. 2: 24 (*avidya* or ignorance, lack of awareness of real nature);

Pt. 2: 25 (*maya* as bondage; *avidya* or ignorance, mistaking *prakriti* for real nature)

Select 3 out of the 4 exercises below:

Journal Exercise 1: Cultivating an Awareness of Ignorance: Negative Thoughts and Emotions towards Yourself

Observe yourself during a self-destructive act (overeating, excessive drinking, negative thoughts, and self-condemnation of wrongdoing. This may in the form of injury to yourself or others through harsh words, self-destructive behavior. Record the nature of your actions. Confess to yourself. Ask for forgiveness. Give it up, release it to the Creator.

Exercise 2: Cultivating an Awareness of Ignorance: Negative Thoughts and Emotions towards Others

Observe yourself in an act of anger, jealousy, pride, resentment and record what happens. Do not self-justify your action. Simply record how you felt in your body. Try to release your anger, jealousy by surrendering it up to God (let go, let God) i.e. turn it over. Cultivate forgiveness of the other person and forgiveness of yourself. Confess to yourself. Record how you tried to cultivate forgiveness.

Exercise 3: Do Walsh, Chapter 12, Exercise 2 “Explore Fear” pp. 84-86.

Journal about your experience.

Journal 4: Freedom from Negativity in the Past

Focus on some painful or negative thoughts of the past. Repeat throughout the day, some or all of the following: “Freedom is my goal.. I choose to release myself from past pain and suffering by living only in the immediate present.” “The past is dead and over.”

WEEK 7: OBSERVANCES: DHYANA (MEDITATION), DHARANA (CONCENTRATION)

Reading:

Sivananda, Meditation pp. 86-96

Path, Chapter 8

Walsh, chapters 19, 20, 21

Sutras: Pt. 1: 37-39 (meditation/dhyana); Pt. 2: 11, 28 (guidance and light on the path)

Journal Exercise 1: Cultivating an Awareness of the Present through Observing Future Thoughts

For one day, observe and describe as many thoughts as you can that are focused on the future. What does focusing on the future make you feel? Are you worried or optimistic? Describe any repetitive, compulsive, or other specific patterns that you can identify.

Do this exercise in terms of trying to stay more focused in the present, the “now.”

Journal Exercise 2: Cultivating an Awareness of the Present through Observing Past Thoughts

For one day, observe your thoughts that are focused on the past or old memories. Describe as many of these past thoughts as you can. Why do you feel you need to focus or dwell on the past? Do this exercise in terms of trying to stay more focused in the present, the “now.”

Journal 3: Read and Do Walsh, Chapter 23, Exercise 6, pp. 190-194, “Mindfulness Meditation

Journal about your experience as per directions in other exercises.

WEEK 8: YAMAS AND NIYAMA: MORAL OBSERVANCES

Reading:

Path, Chapter 4

Walsh, chapters 15, 16, pp. 117-136

Sutras: Part 2: 30 (yamas), 31, 32 (Niyama and observances*impt), 33 (laws of character building and how to overcome negative tendencies* impt), 34 (transformation of undesirable traits) 35, 36, 37, 38 (yamas)

Class Exercise: Cultivating Compassion and Empathy

Empathy game in class: tell stories and practice empathy, compassion, no judgment in couples. Record your experience and feelings as well as the reaction of the other person after performing the exercise.

Journal Exercise 1: Cultivating Compassion and Empathy

Try in the presence of someone with whom you might have some difficulty to just empathize with them. Say, “I know how that feels; that must have hurt; I had the same feeling of hurt; repeat back what they say. Record your experience and feelings as well as the reaction of the other person. Record how you feel at the end of the day. Record the conflicts of when you kept negating, condemning, and criticizing yourself and/or any new feelings of loving yourself more that arose that were positive.

Journal Exercise 2: Cultivating Karma Yoga

Do a good deed of service or something thoughtful outside your normal activities for another person (friend, relative, and stranger). Describe your good deed. Record how you felt doing this act of service. How did the other person respond?

Journal Exercise 3: Cultivating an awareness of wrong-doing to others

Observe yourself during an act of wrongdoing. This may in the form of injury to another through harsh words, destructive behavior. Contemplate what you feel you did wrong. Confess to yourself. Ask for forgiveness. Give it up, release it to the Creator.

WEEK 9: YAMAS and SAMADHI: TRANSFORMATIONS OF THOUGHT

Reading:

Path, Chapter 12

Sutras: Pt. 2:45 (Samadhi); Pt. 3: 9, 10, 15, 16, 24, 36, 56 (transformations of thoughts)

Journal Exercise 1: Observing the Not-Self: The Mirror Experience

Observe yourself in a mirror for five minutes. Just look at yourself, do not criticize, condemn, judge, or admire your physical beauty. Do your best even though this may be very difficult. Watch yourself, keeping your mind as still as possible. Record your experience, successful or not. Describe what happened. Could you see yourself as you “really are?” Could you penetrate beyond the physical?

Journal Exercise 2: Cultivating Serenity and Peace

Practice for a day not letting anything disturbs your peace (traffic, loud noises, rude people, an exam) Your mantra for the day is “Nothing is worth disturbing my inner peace.” Observe your mind and struggle to be peaceful without condemning yourself. Record how this “shifts your reality,” fosters more calm, or if you were not successful, record how you realized the degree to which you are “not peaceful” throughout the day. Record how much of your day is spent in anxiety, frustration, anger, etc.

Journal 3: Yoga class reflections

Journal about your progress/lack of progress in this yoga class, sensations, response to readings, lectures, what is working for you, what is not working, etc.

WEEK 10: OBSERVANCES: DHARANA, DHYANA AND SAMADHI: PERFECT DISCIPLINE

Reading:

Walsh, Chapter 22, 23

Sutras: Pt. 1: 41, 42, 47, 48, 49, 50, 51 (Samadhi); Pt. 3: 1-6 ((*samyama* or perfect discipline—*dyana*, *dharana*, *samadhi*)

Journal Exercise 1: Observing the Not-Self: The Mirror Experience

Observe yourself in a mirror for five minutes again, although this may be very difficult. Just look at yourself, do not criticize, condemn, judge, or admire your physical beauty. Watch yourself, keeping your mind as still as possible. Record your experience. Could you see yourself as you “really are?” Could you penetrate beyond the physical? What happened?

Journal Exercise 2: Cultivating Serenity and Peace

Practice for a day not letting anything disturb your peace (traffic, loud noises, rude people, an exam) Your saying for the day is “Nothing is worth disturbing my inner peace.” Observe your mind and struggle to be peaceful without

condemning yourself. Record how this “shifts your reality,” fosters more calm, or if you were not successful, record how you realized the degree to which you are “not peaceful” throughout the day. Record how much of your day is spent in anxiety, frustration, anger, etc.

Journal 3: Do Walsh exercises 1 and 2, Chapter 23, pp. 184-187 *Eat Mindfully, Joy of Food and Mindful Music*

Journal about your experiences after doing the exercises.

WEEK 11 DHARMA: THE PATH OF RIGHT ACTION/CHARACTER (YAMAS)

Lecture: Path to enlightenment

Reading:

Walsh, chapters 17, 18, pp. 137-144

Sutras: Pt. 2: 2:1, 32 (*niyama* or self study) Pt. 2: 40 (observances, purity);41 (mental purity), 42 (*sukha*), 43 (purification of sense organs; *prana*), 45 (self-surrender)

Journal Exercise 1: Do Walsh Chapter 17 exercise 4, 5, or 6, pp. 140-141 for a day. Journal about your experience.

Journal Exercise #2: Cultivating Tolerance/No judgment

Practice and observe yourself practicing tolerance and patience with someone who usually annoys or irritates you. Try not to react either outwardly or inwardly or observe yourself “reacting silently, inwardly. Totally accept the other person without judgment. Did this shift your relationship with the person? Record how this helped you cultivate patience, tolerance.

Journal Exercise 3: Cultivating Lack of Pride

Practice not being right or defensive for a day or during a specific incident. Do not defend your position. Record what happened.

OR

Journal Exercise 3: Do Walsh, Chapter 17, Exercise 1, 2, or 3 for a day.

Journal about your experience.

WEEK 12: OBSERVANCES: THE PATH TO FREEDOM: BHAKTI: THE PATH OF LOVE AND DEVOTION

Reading:

Sivananda, review Asanas and variations pp. 98 122

Walsh, chapters 10, 13, 14

Sutras: Pt. 1: 23, 26 (Self-surrender, bhakti, Isvara)

Journal Exercise 1: Repeat any exercise you like.

Journal Exercise 2: Cultivating Love for Your Enemies

Try to see your “enemy” (or someone that you do not like or have ill feelings towards) as a radiant light-filled being; penetrate to his/her essential goodness, nature. Send him/her a prayer of love and light Record in your journal this prayer/wish for his/her happiness, well-being.

Journal 3: Communicating with Love

Observe your communication with others throughout the day. Resolve to have as loving and giving communications as possible (trying to *give* more than you *get*). Ask yourself the following questions about every communication: “ Is this communication loving to the other person and to myself? Do I want to experience peace or do I want to experience conflict? Record your success and/or failures in performing this exercise.

WEEK 13: WISDOM AND FORGIVENESS

Reading:

Path: Chapter 6
Sivananda, Yoga and Health, pp. 176-192 and Diet, pp. 76-84
Walsh, Chaps. 27, 28, 29, 30

Journal 1: Do Walsh, Chapter 12, Exercise 11, pp. 92-98, “ A Forgiveness Meditation”

Journal about your experience.

Journal 2: Do Walsh, Chapter 12, Exercise 9, “Think of Loving People”

OR

Journal 2: Do Walsh, Chapter 29, Exercise 4 and 5, p. 237.

Journal about your experiences.

Journal 3: Cultivating forgiveness from others

Spend ½ hr. contemplating a person or group, past or present whom you desire to forgive you. List these persons or groups and recite a prayer that asks these persons or groups to forgive YOU. Did this shift your relationship with the person? If you were successful, record how this helped you cultivate patience, tolerance. Record how the experience of forgiving and letting go of the past may free you of the painful burdens you have carried into the present.

OR

Journal 3: Cultivating forgiveness for others that have hurt you

Spend ½ hr. mentally forgiving a selected person, group, or organization, past or present that you are out of harmony with, angry with or are concerned about. “Give up” and release your negative emotions. List the persons which you forgive and recite a prayer of forgiveness to them with thanks to God that you are released of all sense of unforgiveness. Record your experience.

WEEK 14: SIDDHIS (OR EXTRAORDINARY POWERS)

Reading:

Path: Chapter 10

Walsh, chapter 24, 25, 26, pp. 195-205 “Seeing the Sacred in All Things, “Exercises in Sacred Seeing,” and “Higher Reaches of Vision”

Sutras: Pt. 1: 20 (true yogi vs false yogi); Pt I: 40 (siddhis) Pt. 3: 35, 36, 37 (knowledge of spirit); Pt. 3: 50-55 (limitations of powers)

Journal Exercise 1: Observing your talents OR Imagining wealth

Choose one of the following:

Write down any special talents, interests or hobbies you have. Journal about how this special gift of yours might help your family, community or world. If you cant identify a talent, then journal about an interest you might want to develop in future.

OR

If money was no concern and you had all the time and money in the world, what would you do? Think LARGER than your own needs. Reflect on this in terms of how you can help create a better world.

Journal 2: Yoga Self-Reflexivity

Journal about your progress or lack of progress in yoga (your blocks, insights, experiences, successes related to any aspect...philosophy, asanas, breathing, meditation)

Journal 3: Do Walsh, Chapter 25, Exercises 10 or 11, “Surrounded by Saints or “See Teachers Everywhere

WEEK 15 : ABSOLUTE FREEDOM

Reading:

Review Sivananda book, postures

Path: Chapter 13

Sutras: Pt. 4: 1, 2, 3 ((transformations of rebirth and relationship between spirit and matter; karma); Pt. 3: 9 (Samkyha philosophy; material nature is energy in potential form

Journal Exercise 1: Cultivating Serenity and Peace

Practice for a day not letting anything disturb your peace (traffic, loud noises, rude people, an exam) Your mantra for the day is “Nothing is worth disturbing my inner peace.” Observe your mind and struggle to be peaceful without condemning yourself. Record how this “shifts your reality,” fosters more calm, or if you were not successful, record how you realized the degree to which you are “not peaceful” throughout the day. Record how much of your day is spent in anxiety, frustration, anger, etc.

Journal 2: Cultivating Joy

Identify several actions that bring you joy. Dedicate one day in the week to being joyful by engaging in your most joyful activities (cooking or having a great meal; swimming or surfing in the ocean, etc.) Repeat to yourself throughout the day: “ I came from joy; I move towards joy; I desire joy.”

Record the activities you participated in and how these and the above mantra affected your psyche and your day. How successful or unsuccessful were you in ‘creating a joyful day?’

Journal Exercise 3: Cultivating Peace Instead of Fear

Repeat to yourself throughout the day whenever you feel your “peace” is threatened by something or someone, one or all of the following: “ I choose to see the unity of peace instead of fear.” “I welcome a new peaceful perception of myself and the world. “There is nothing to fear.”

Record how this mantra made you feel or shifted your perception. Record your success or failure.

WEEK 16: EXAM WEEK

Journal Exercise 1: Cultivating Karma Yoga

Do a good deed of service or something thoughtful outside your normal activities for another person (friend, relative, and stranger). Describe your good deed. Record how you felt doing this act of service. How did the other person respond?

Journal Exercise 2: Cultivating Self-love

Devise a mantra/saying that evokes Self-love (of your essential nature) for you. Observe any negative feelings that arise to contradict this. Record how you feel at the end of the day. Record the conflicts of when you kept negating, condemning, and criticizing yourself and/or any new feelings of loving yourself more that arose that were positive. OR REPEAT ANY EXERCISE YOU WISH

Journal 3: Yoga Self-Reflexivity

Journal about your progress or lack of progress in yoga (your blocks, insights, experiences, successes related to any aspect...philosophy, asanas, breathing, meditation)

COURSE OUTLINE UNDERGRADUATE

Note for Journal writing: You are required to write a minimum of 3 times per week in your journal. In most cases, exercises are specified. If unspecified, you may repeat a topic.

Important tips for Journal Exercises:

1. Watch the thought.
2. Feel the emotion.
3. Observe your reaction; don't get caught up in the reaction
4. Write down journal exercises that require repetition throughout the day on a small piece of paper that you carry in your purse or pocket throughout the day. Look at it often.
5. Write down what happened. Reflect on what happened. Write what worked, did not work and why. Journal about what can you do to facilitate more growth and change through the exercise or by changing your behavior and reactions. The goal is to create more self-awareness of your thoughts and behaviors.
6. If you ABSOLUTELY cannot relate to an exercise (ie. can not practice or write about it), then select the following:

Repeat any prior exercise you like or write down any worries you have. Do some yogic breathing and visualize these

worries drifting away. Write down what happened, your success, failure. Reflect on how you incorporate this strategy regularly.

WEEK 1: THE NATURE AND PURPOSE OF YOGA AND INTRODUCTION TO PATANJALI'S YOGA SUTRAS

Reading:

Path of Yoga, Chapter 1 and 2
Walsh, Chapters 1-2 (pp. 1-10)
Fill out: LIFE MASTER PLAN and BLISS LIST

Journal Exercise 1: Cultivating a Sacred Ritual

Create or engage in a sacred ritual of your own for 5-10 min. Record how this ritual makes you feel, how it invokes the sacred, minimizes the patterns of chaotic thought. *Perform this ritual every time you start to write in your journal.*

Journal Exercise 2: Yoga Class reflexivity

Journal about your first experience in the yoga practice class, sensations, response to readings, lecture.

Journal Exercise 3: Contemplating the Natural World

Try to cultivate a sense of oneness with something in nature: a pond, a lake, the ocean, a flower, a sunset, and the clouds. Be sure to go to a specific site. Meditate on your environmental object for 5 minutes and try to keep your mind from wandering so that you just enjoy the “beauty of the thing” e.g. observe the patterns of the waves, the flow of the water, the ripples the water with the innocence and joy of a child in total absorption. Record your experience. Did it calm your mind so that you could rest in “calm abiding?” Did chaotic other thoughts enter?

ALSO read/review Walsh, Chapter 23, Exercise 4 p. 188-“Find Beauty in This Moment” and Chapter 25, Exercise 8 “Open to the Sacred in Nature”

WEEK 2: MANTRAS AND PURUSHA: THE DIVINE SELF AND MANTRAS

Reading:

Walsh, Chapters 3, 4, 5
Path of Yoga: Chapter 9
Read Chapter 1, Introduction in Sivananda book
Complete personal goals sheet

Class exercise: outdoor meditation observing the natural world

Journal Exercise 1: Cultivating a Sacred Ritual

Perform your sacred ritual again. If the one you created didn't work, create a new one, perhaps integrating a mantra or subtle musical sounds. Engage in your sacred ritual for 5-10 min. Record how this ritual makes you feel, how it invokes the sacred, minimizes the patterns of chaotic thought. Again, perform this ritual every time you start to write in your journal.

Journal 2: Cultivating Your Internal Beauty

Focus today on all your “beautiful” internal qualities (e.g. generosity, thoughtfulness, sensitivity, honesty, etc.) Journal about this quality or qualities and try to find appreciation for this part of yourself. Do you feel that this internal quality is as valuable as the external qualities you seek? Why or why not?

Journal Exercise 3: Cultivating Love of Your Divine Nature

Devise a mantra/saying that evokes Self-love (of your essential nature) for you. Observe any negative feelings that arise to contradict this. Record how you feel at the end of the day. Record the conflicts of when you kept negating, condemning, and criticizing yourself and/or any new feelings of loving yourself more that arose that were positive.

WEEK 3: DIVINE SELF/PURUSHA PRAKRITI (PHENOMENOLOGICAL WORLD), EVOLUTION AND INVOLUTION,

Reading:

Sivananda, review Basic Postures (pp. 28-64)
Walsh, chap. 6, 7

Journal 1: Observing the Need to be Validated by the External World for External Qualities:

Try to observe and describe a situation in which you felt the need to be validated for your beauty, intelligence, skill, or other external attribute by others. Describe why you think you need this “ego validation” or external validation of your self. Journal about how you might find your intrinsic sense of worth in the world from within.

Journal Exercise 2: Cultivating the Warrior

Identify an unpleasant situation or painful circumstance as it unfolds or is present in your mind. Determine to be courageous in the face of difficulty. Try to “let go” and surrender the problem to a higher power during your special ritual. Record what happened, your success, failure, or struggle.

Journal Exercise 3: Do Walsh exercise 9 “Recognize the Inner Light” pp. 202-203

WEEK 4: EIGHT LIMBS OF PRACTICE: ASANA, PRANAYAMA, YAMA, NIYAMA, DHARANA, DHYANA, SAMADHI, PRATYAHARA

Reading:

Walsh, chapters 8, 9
Path, Chapter 5 and 7

Journal Exercise 1: Cultivating Love for Your Enemies

Try to see your “enemy” (or someone that you do not like or have ill feelings towards) as a radiant light-filled being; penetrate to his/her essential goodness, nature. Send him/her a prayer of love and light. Record in your journal this prayer/wish for his/her happiness, well-being.

OR

Journal 2: Write down any specific worries you have. Do some yogic breathing and visualize these worries drifting away. Write down what happened, your success, failure. Reflect on how you might incorporate this strategy regularly **OR for Journal 2** substitute any exercise you like.

Journal 3: Yoga Reflexivity

Journal about your progress/lack of progress in this yoga class, sensations, response to readings, lectures, what is working for you, what is not working, etc.

WEEK 5: SAMKHYA PHILOSOPHY: KARMA, KLESAS, THE FORCES OF CORRUPTION AND SUFFERING

Reading:

Sivananda, pp. 66-74
Walsh, chapter 11, pp.76-81 (difficult emotions)

Select 3 out of the 4 options below:

Journal 1: Cultivating an Awareness of Irrational Fears

Try to identify a persistent fear of something that does not have basis in a present, physical reality. (i.e. does not put you in immediate danger like a snake about to bite you). Determine today to free yourself from this fearful thought by repeating throughout the day, “I am determined today that my thoughts will be free from fear” and “I can choose to change these fearful thoughts.”

Journal 2: Do Walsh, Chapter 12, Exercises 5 “Recognize the Costs of Anger”

Journal about your experience.

Journal 3: Do Walsh, Chapter 12, Exercise 6 “Communicate about Anger”

Journal about your experience.

Journal Exercise 4: Observing and Transforming Thoughts that Hurt

Observe throughout the day hurtful thoughts against yourself. When a hurtful thought arises, repeat one of the following: “I can choose to let go of this hurtful thought and be loving to myself.” or I AM determined today to let go of my hurtful thoughts, to free myself from guilt or condemnation.” “I can choose to change my thoughts that hurt.”

Record your experience, success, and/or failures.

WEEK 6: DUKHA (SUFFERING) AND AVIDYA (IGNORANCE)

Reading:

Path: Chapter 3

Walsh, chapter 12

Select 3 out of the 4 exercises below:

Journal Exercise 1: Cultivating an Awareness of Ignorance: Negative Thoughts and Emotions towards Yourself

Observe yourself during a self-destructive act (overeating, excessive drinking, negative thoughts, and self-condemnation of wrongdoing. This may in the form of injury to yourself or others through harsh words, self-destructive behavior. Record the nature of your actions. Confess to yourself. Ask for forgiveness. Give it up, release it to the Creator.

Exercise 2: Cultivating an Awareness of Ignorance: Negative Thoughts and Emotions towards Others

Observe yourself in an act of anger, jealousy, pride, resentment and record what happens. Do not self-justify your action. Simply record how you felt in your body. Try to release your anger, jealousy by surrendering it up to God (let go, let God) i.e. turn it over. Cultivate forgiveness of the other person and forgiveness of yourself. Confess to yourself. Record how you tried to cultivate forgiveness.

Exercise 3: Do Walsh, Chapter 12, Exercise 2 “Explore Fear” pp. 84-86.

Journal about your experience.

Journal 4: Freedom from Negativity in the Past

Focus on some painful or negative thoughts of the past. Repeat throughout the day, some or all of the following: “Freedom is my goal.. I choose to release myself from past pain and suffering by living only in the immediate present.” “The past is dead and over.”

WEEK 7: OBSERVANCES: DHYANA (MEDITATION), DHARANA (CONCENTRATION)

Reading:

Sivananda, Meditation pp. 86-96

Path, Chapter 8

Walsh, chapters 19, 20, 21

Sutras: Pt. 1: 37-39 (meditation/dhyana); Pt. 2: 11, 28 (guidance and light on the path)

Journal Exercise 1: Cultivating an Awareness of the Present through Observing Future Thoughts

For one day, observe and describe as many thoughts as you can that are focused on the future. What does focusing on the future make you feel? Are you worried or optimistic? Describe any repetitive, compulsive, or other specific patterns that you can identify.

Do this exercise in terms of trying to stay more focused in the present, the “now.”

Journal Exercise 2: Cultivating an Awareness of the Present through Observing

Past Thoughts

For one day, observe your thoughts that are focused on the past or old memories. Describe as many of these past thoughts as you can. Why do you feel you need to focus or dwell on the past? Do this exercise in terms of trying to stay more focused in the present, the “now.”

Journal 3: Read and Do Walsh, Chapter 23, Exercise 6, pp. 190-194, “Mindfulness Meditation

Journal about your experience as per directions in other exercises.

WEEK 8: YAMAS AND NIYAMA: MORAL OBSERVANCES

Reading:

Path, Chapter 4

Walsh, chapters 15, 16, pp. 117-136

Class Exercise: Cultivating Compassion and Empathy

Empathy game in class: tell stories and practice empathy, compassion, no judgment in couples. Record your experience and feelings as well as the reaction of the other person after performing the exercise.

Journal Exercise 1: Cultivating Compassion and Empathy

Try in the presence of someone with whom you might have some difficulty to just empathize with them. Say, “I know how that feels; that must have hurt; I had the same feeling of hurt; repeat back what they say. Record your experience and feelings as well as the reaction of the other person. Record how you feel at the end of the day. Record the conflicts of when you kept negating, condemning, and criticizing yourself and/or any new feelings of loving yourself more that arose that were positive.

Journal Exercise 2: Cultivating Karma Yoga

Do a good deed of service or something thoughtful outside your normal activities for another person (friend, relative, and stranger). Describe your good deed. Record how you felt doing this act of service. How did the other person respond?

Journal Exercise 3: Cultivating an awareness of wrong-doing to others

Observe yourself during an act of wrongdoing. This may in the form of injury to another through harsh words, destructive behavior. Contemplate what you feel you did wrong. Confess to yourself. Ask for forgiveness. Give it up, release it to the Creator.

WEEK 9: YAMAS and SAMADHI: TRANSFORMATIONS OF THOUGHT

Reading:

Path, Chapter 12

Review Sivananda postures

Journal Exercise 1: Observing the Not-Self: The Mirror Experience

Observe yourself in a mirror for five minutes. Just look at yourself, do not criticize, condemn, judge, or admire your physical beauty. Do your best even though this may be very difficult. Watch yourself, keeping your mind as still as possible. Record your experience, successful or not. Describe what happened. Could you see yourself as you “really are?” Could you penetrate beyond the physical?

Journal Exercise 2: Cultivating Serenity and Peace

Practice for a day not letting anything disturbs your peace (traffic, loud noises, rude people, an exam) Your mantra for the day is “Nothing is worth disturbing my inner peace.” Observe your mind and struggle to be peaceful without condemning yourself. Record how this “shifts your reality,” fosters more calm, or if you were not successful, record how you realized the degree to which you are “not peaceful” throughout the day. Record how much of your day is spent in anxiety, frustration, anger, etc.

Journal 3: Yoga class reflections

Journal about your progress/lack of progress in this yoga class, sensations, response to readings, lectures, what is working for you, what is not working, etc.

WEEK 10: OBSERVANCES: DHARANA, DHYANA AND SAMADHI: PERFECT DISCIPLINE

Reading:

Walsh, Chapter 22, 23

Journal Exercise 1: Observing the Not-Self: The Mirror Experience

Observe yourself in a mirror for five minutes again, although this may be very difficult. Just look at yourself, do not criticize, condemn, judge, or admire your physical beauty. Watch yourself, keeping your mind as still as possible. Record your experience. Could you see yourself as you “really are?” Could you penetrate beyond the physical? What happened?

Journal Exercise 2: Cultivating Serenity and Peace

Practice for a day not letting anything disturb your peace (traffic, loud noises, rude people, an exam) Your mantra for the day is “Nothing is worth disturbing my inner peace.” Observe your mind and struggle to be peaceful without condemning yourself. Record how this “shifts your reality,” fosters more calm, or if you were not successful, record how you realized the degree to which you are “not peaceful” throughout the day. Record how much of your day is spent in anxiety, frustration, anger, etc.

Journal 3: Do Walsh exercises 1 and 2, Chapter 23, pp. 184-187 *Eat Mindfully, Joy of Food and Mindful Music*

Journal about your experiences after doing the exercises.

WEEK 11 DHARMA: THE PATH OF RIGHT ACTION/CHARACTER (YAMAS)

Lecture: Path to enlightenment

Reading:

Walsh, chapters 17, 18, pp. 137-144

Journal Exercise 1: Do Walsh Chapter 17 exercise 4, 5, or 6, pp. 140-141 for a day. Journal about your experience.

Journal Exercise #2: Cultivating Tolerance/No judgment

Practice and observe yourself practicing tolerance and patience with someone who usually annoys or irritates you. Try not to react either outwardly or inwardly or observe yourself “reacting silently, inwardly. Totally accept the other person without judgment. Did this shift your relationship with the person? Record how this helped you cultivate patience, tolerance.

Journal Exercise 3: Cultivating Lack of Pride

Practice not being right or defensive for a day or during a specific incident. Do not defend your position. Record what happened.

OR

Journal Exercise 3: Do Walsh, Chapter 17, Exercise 1, 2, or 3 for a day.

Journal about your experience.

WEEK 12: OBSERVANCES: THE PATH TO FREEDOM: BHAKTI: THE PATH OF LOVE AND DEVOTION

Reading:

Sivananda, review Asanas and variations pp. 98 122

Walsh, chapters 10, 13, 14

Journal Exercise 1: Repeat any exercise you like.

Journal Exercise 2: Cultivating Love for Your Enemies

Try to see your “enemy” (or someone that you do not like or have ill feelings towards) as a radiant light-filled being; penetrate to his/her essential goodness, nature. Send him/her wishes of love and light Record in your journal this prayer/wish for his/her happiness, well-being.

Journal 3: Communicating with Love

Observe your communication with others throughout the day. Resolve to have as loving and giving communications as possible (trying to *give* more than you *get*). Ask yourself the following questions about every communication: “ Is this communication loving to the other person and to myself? Do I want to experience peace or do I want to experience conflict? Record your success and/or failures in performing this exercise.

WEEK 13: WISDOM AND FORGIVENESS

Reading:

Path: Chapter 6

Sivananda, Yoga and Health, pp. 176-192 and Diet, pp. 76-84

Walsh, Chaps. 27, 28, 29, 30

Journal 1: Do Walsh, Chapter 12, Exercise 11, pp. 92-98, “ A Forgiveness Meditation”

Journal about your experience.

Journal 2: Do Walsh, Chapter 12, Exercise 9, “Think of Loving People”

OR

Journal 2: Do Walsh, Chapter 29, Exercise 4 and 5, p. 237.

Journal about your experiences.

Journal 3: Cultivating forgiveness from others

Spend ½ hr. contemplating a person or group, past or present whom you desire to forgive you. List these persons or groups and recite a prayer that asks these persons or groups to forgive YOU. Did this shift your relationship with the person? If you were successful, record how this helped you cultivate patience, tolerance. Record how the experience of forgiving and letting go of the past may free you of the painful burdens you have carried into the present.

OR

Journal 3: Cultivating forgiveness for others that have hurt you

Spend ½ hr. mentally forgiving a selected person, group, or organization, past or present that you are out of harmony with, angry with or are concerned about. “Give up” and release your negative emotions. List the persons which you forgive and recite a saying that releases you of all sense of unforgiveness. Record your experience.

WEEK 14: SIDDHIS (OR EXTRAORDINARY POWERS)

Reading:

Path: Chapter 10

Walsh, chapter 24, 25, 26, pp. 195-205 “Seeing the Sacred in All Things, “Exercises in Sacred Seeing,” and “Higher Reaches of Vision”

Journal Exercise 1: Observing your talents OR Imagining wealth

Choose one of the following:

Write down any special talents, interests or hobbies you have. Journal about how this special gift of yours might help your family, community or world. If you cant identify a talent, then journal about an interest you might want to develop in future.

OR

If money was no concern and you had all the time and money in the world, what would you do? Think LARGER than your own needs. Reflect on this in terms of how you can help create a better world.

Journal 2: Yoga Self-Reflexivity

Journal about your progress or lack of progress in yoga (your blocks, insights, experiences, successes related to any aspect...philosophy, asanas, breathing, meditation)

Journal 3: Do Walsh, Chapter 25, Exercises 10 or 11, “Surrounded by Saints or “See Teachers Everywhere

WEEK 15 : ABSOLUTE FREEDOM

Reading:

Review Sivananda book, postures

Path: Chapter 13

Journal Exercise 1: Cultivating Serenity and Peace

Practice for a day not letting anything disturbs your peace (traffic, loud noises, rude people, an exam) Your mantra for the day is “Nothing is worth disturbing my inner peace.” Observe your mind and struggle to be peaceful without condemning yourself. Record how this “shifts your reality,” fosters more calm, or if you were not successful, record how you realized the degree to which you are “not peaceful” throughout the day. Record how much of your day is spent in anxiety, frustration, anger, etc.

Journal 2: Cultivating Joy

Identify several actions that bring you joy. Dedicate one day in the week to being joyful by engaging in your most joyful activities (cooking or having a great meal; swimming or surfing in the ocean, etc.) Repeat to yourself throughout the day: “ I came from joy; I move towards joy; I desire joy.”

Record the activities you participated in and how these and the above mantra affected your psyche and your day. How successful or unsuccessful were you in ‘creating a joyful day?’

Journal Exercise 3: Cultivating Peace Instead of Fear

Repeat to yourself throughout the day whenever you feel your “peace” is threatened by something or someone, one or all of the following: “ I choose to see the unity of peace instead of fear.” “I welcome a new peaceful perception of myself and the world. “There is nothing to fear.”

Record how this mantra made you feel or shifted your perception. Record your success or failure.

WEEK 16: EXAM WEEK

Journal Exercise 1: Cultivating Karma Yoga

Do a good deed of service or something thoughtful outside your normal activities for another person (friend, relative, and stranger). Describe your good deed. Record how you felt doing this act of service. How did the other person respond?

Journal Exercise 2: Cultivating Self-love

Devise a saying that evokes Self-love (of your essential nature) for you. Observe any negative feelings that arise to contradict this. Record how you feel at the end of the day. Record the conflicts of when you kept negating, condemning, and criticizing yourself and/or any new feelings of loving yourself more that arose that were positive.
OR REPEAT ANY EXERCISE YOU WISH

Journal 3: Yoga Self-Reflexivity

Journal about your progress or lack of progress in yoga (your blocks, insights, experiences, successes related to any aspect...philosophy, asanas, breathing, meditation)