

Satchitananda

To experience sat-chit-ananda is to achieve the ultimate goal of the spiritual journey; a term to describe the experience of realizing the unity and wholeness of all existence

From Swami P's Talk on 12/29/2020

Sat-chit-ananda

Truth/Existence, Consciousness and Joy/Bliss

"Don't Worry. Wonder." Even if it is difficult. We are not running toward – not running away. Bring it all to the path. Our whole day, our whole life is practice. Our work is to build a mechanism and then to dissolve it into satchitananda. To surrender it into the totality because we are part of the wholeness. We are developing "discriminating wisdom". We are creating/building a bigger vessel through which to draw in Life's energy. If a bank was giving away money, we wouldn't bring a cup would we?


We well we draw from is not judgmental. It is there as a resource. Our job (our practice) is to put the bucket into the well. A teacher shines a light on the path and the well and keeps the wheel turning.

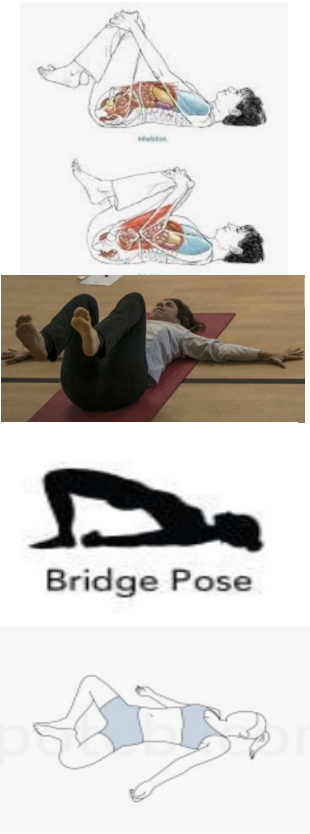

Mastery is not instantaneous and is never-ending. Perfection is not an end. It is a quality.


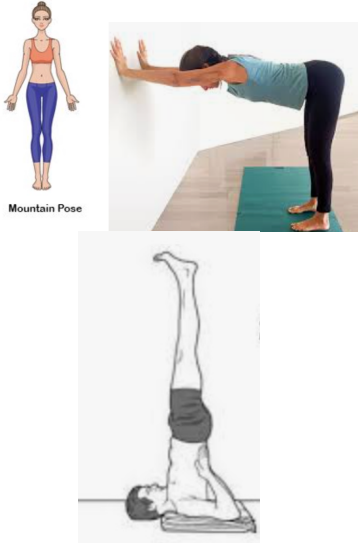
Here's our New Year's Resolution: To Grow in Whatever Circumstances We are In.


Let's practice

Focus on Upper Chest and Upper Back

Position/Orientation	Broad Purpose	More Specific Poses with Instruction	Visuals
Reclining	Checking in	<p>Take Time to Lengthen and Align on your mat</p> <p>Breathe</p> <p>Gently Focus on your breath and Release Deeply with each exhale</p> <p>Your Heart Chakra</p> <p>Represents abundance, creativity and living your highest purpose</p> <p>Your Throat Chakra</p> <p>Represents self-expression, effective communication and speaking your truth. It holds the element of sound and expresses itself as vibration from with coming from your heart, moving through your Throat and into the air and environment as your truth.</p> <p>Focus Gently on the energy center (chakra) of your Throat</p> <p>Feel it move up through your nostrils and head and down through your throat and into your chest: Relax as the breath enters and leaves: Feel into and release your jaw, teeth and lips, tongue and soft palette: Relax throw your throat and the muscles of your neck that run up to your ears and skull and down to connect into your collarbone and shoulders</p>	

<p>On your back</p>	<p>Warming up</p>	<p>Apanasana Alternating with leg lifts Easy Twists Dynamically side to side and then staying and releasing Noticing the neck and shoulders as you twist and stay Leg Lifts and Hip Opening & Closing with the Breath Optional to use a strap to hold and support the legs Bridge Dynamically at first lifting and lowering spine as you inhale and exhale; Then hold - Arms stay by your side, palms turned down Move dynamically and then stay, feeling the opening on the back of the cervical spine as the chin moves towards the chest on the inhale Bridge Supported Slip a block under your pelvis and rest back into the block, breathing into your upper back and chest Reclining Bound Angle or variation e.g. Happy Baby With fingers laced at back base skull, and knees bent gently lift and lower head and then sweep head from side to side With hands laced behind bent knees Rock along the length of your spine</p>	 <p>The images show anatomical diagrams of Apanasana and a person performing it, a silhouette of Bridge Pose, and a person performing Bridge Pose with a block under the pelvis.</p>
<p>Kneeling on Hands and Knees And onto your Belly</p>	<p>Warming up and Waking up</p>	<p>Table Pose Chakravakasana Cat-Cow with focus on throat, cervical vertebra Cobra and Locust on Belly Various alternatives including swimming cobra Cobra and Locust from Hands and Knees Raising and lowering alternating arms and opposite leg Hold Child's Pose To rest</p>	 <p>The images show a person performing Cat-Cow, a person in Child's Pose, a person in Baby Cobra, and a person in Locust Pose with anatomical diagrams and labels.</p>

<p>Transition to Standing and/or Sitting in a Chair</p>	<p>Head and Neck, shoulders and upper back</p>	<p>Downward Dog (DD) Adho Mukha Svanasana Optional - with blocks and blanket under heels</p> <p>Uttanasana/Forward Bend Walk hands and feet together and release in the FB Round up to standing</p> <p>Tadasana/Mountain Pose</p> <p>Various Neck/Throat Releases Chin to chest and inhaling tracing chin out and up to alternating shoulder ; Shoulder Rolls; Neck releases; Facial muscle stretches and exhaling the tongue out with sound; Raise arms on inhale and then drop them on exhale with sound; free from other movements</p>	 <p>The image block contains several illustrations and photographs. At the top left is an illustration of Downward Dog (Adho Mukha Svanasana) with the label 'Downward Dog' below it. To its right is an illustration of Forward Fold (Uttanasana) with the label 'Forward Fold' below it. Below these are three photographs: a woman in Mountain Pose (Tadasana) with the label 'Mountain Pose' below it, a woman in a chair performing a neck release, and a woman in a seated position performing a neck release.</p>
<p>Wall Work</p>	<p>continuing</p>	<p>Fish Pose Variation Standing facing out from the wall with feet a few inches away from the wall, arms by your side, palms forward. Press hands lightly back against the wall, chest lifted</p> <p>Downward Dog (DD) At the wall</p> <p>Plow or Shoulder stand Options, using the wall or not Lengthening the upper back and throat/back of neck; lifting upward throughout</p>	 <p>The image block contains three illustrations and photographs. On the left is an illustration of Mountain Pose (Tadasana) with the label 'Mountain Pose' below it. To its right is a photograph of a person in Fish Pose Variation (Matsya Bhadrasana) with their back to a wall. Below these is a photograph of a person in Plow or Shoulder stand (Halasana) with their back to a wall.</p>

<p>Floor</p>	<p>Hips and Pelvic Release Heart and Throat Release Preparation for Resting Absorption of efforts and deepening release</p>	<p>Dandasana Stick Pose using hands/arms for support; grounding; heart lifted</p> <p>Seated Wide-Legged Forward Bend Hip and pelvic release; breathing and feeling for space</p> <p>Janushirasana First orienting out of the straightened leg; Then turning the chest forward gently and turning the head/chin toward the floor and releasing the open side of the neck/throat and shoulder. NOTE: Modify the photo to the right of the side stretch by turn gaze to the floor and taking the upper arm down and around to place hand on low back palm turn up</p> <p>Seated Twist One knee bent and other leg outstretched; twisting first with gaze to back in the direction of the twist and then turning head/gaze away from the twist</p> <p>Fish/Supported Reclining Bound Angle Pose Using a padded block under lower ribs or reclining alone a bolster; arms palms up out to the side; hips on the floor and lower back supported by the prop; heart and throat opening</p> <p>Savasana/Sivasana Corpse Pose Resting with any props to aide in your comfort</p> <p>Sukhasana Simple seated pose with props for comfort and posture; Breathing, Intention and Sensation integrated</p>	
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