



12

YOGA PRACTICES FOR EGO MANAGEMENT-II

In previous lesson we have learnt some Vyayamasanas, Breathing practices and Yogasanas to control the feeling of Ego. Its human nature that we all have Ego and we get angry over small, simple and silly matters which not only harm the self physically and emotionally but also pollute the whole atmosphere and affect our relationship. In this lesson we will study some basic Kriyas and Pranayama to control ego.



OBJECTIVES

After studying this lesson, you will be able to:

- explain some selected Kriyas and
- demonstrate Pranayama.

12.1 KRIYAS

Kriya in Sanskrit means "completed action." It is also cleansing technique. There are six Kriyas which helps to cleanse various



internal organs. Here in this lesson we will learn about Kapalabhati, which is used for cleansing frontal lobe.

In Sanskrit, Kapala means 'skull' and bhati means 'shine'. So, it helps to improve the functions of the organs located in the skull.

1. KAPALABHATI (LEFT NOSTRIL)

Sthiti: Dandasana

- Sit in any meditative posture.
- Keep your spine and neck erect perfectly vertical to the ground.
- Close the eyes and collapse the shoulders.
- Relax the whole body completely.

Practice :

- Adopt Nasika mudra close the right nostril with the ring finger
- Practice rapid breathing with active and forceful exhalation and passive inhalation.
- During each exhalation, blast out the air by vigorous flapping movements of the abdomen in quick succession.
- Inhale passively by relaxing the abdominal muscles at the end of each exhalation.
- Repeat the exhalation as quickly as possible at the rate of 60 strokes per minute.



- At the end of one minute, stop the practice.
- Now observe an automatic suspension of breath.
- In fact, there will be no urge for breathing for a few seconds.
- Simultaneously the mind may experience a deep state of silence. Enjoy this state of deep rest and freshness.



Notes

12.3 SOURCE OF EGO AND GREED

Pranayama popularly known as yogic breathing, consists of the breathing techniques which are related to the control of breath or respiratory process.

It helps to increase your concentration and attention, creates awareness, brings relaxation, reduces stress and increases lung capacity.

1. SITKARI PRANAYAMA

Sthiti: Dandasana

Come into any meditative posture.

Practice :

- Place the palms resting on the thighs.
- Fold the tip of the tongue inwards horizontally. The folded tongue slightly comes out between the two rows of teeth and provides a narrow opening on both sides.



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Notes

- Slowly suck the air in through the two sides of the tongue. Feel the cool stream of air diffusing throughout the mouth and throat into the lungs.
- Exhale slowly through both nostrils. Feel the warmth of the exhaled air.
- This completes one round of Sitkari.
- Repeat nine rounds

2. SADANTA PRANAYAMA

Sthiti: Dandasana

Come into any meditative posture.

Practice :

- Bring the teeth together.
- Inhale through the clevises of the teeth.
- Exhale through the nose.
- Repeat nine times.



3. NÄDISUDDHI PRANAYAMA

Sthiti: Dandasana

Come into any meditative posture.

Practice :

- Adopt Nasika Mudra.



Notes



- Close the right nostril with the thumb.
- Exhale through the left nostril.
- Inhale through the left nostril, close the left nostril and exhale through the right nostril. Inhale through the right nostril.
- Repeat 9 times.

4. NAMASKARA WITH A KARA (9TIMES)

- Stand in Tadasana,





- Now slowly start raising your both hands horizontally, then touch the palms upwards and continue the practice until both the hands comes to the contact of each other or in Namaskara Mudra, then slowly by chanting the A Kara bring both hands in front of your chest and from chest slowly uphold the hands and bring them near to the thigh region.
- This complete the one round.
- Continue this practice for 9 rounds and then relax in SithilaTadasana.

Note :

From the starting of this practice till the end of practice you should not suppose to open your eyes.

5. NAMASKARA WITH U KARA (9TIMES)

- Stand in Tadasana





- Now slowly start raising your both hands horizontally, then touch the palms up wards and continue the practice until both the hands comes to the contact of each other or in Namaskara Mudra, then slowly by chanting the U Kara bring both hands in front of your chest and from chest slowly uphold the hands and bring them near to the thigh region.
- This complete the one round. Continue this practice for 9 rounds and then relax in SithilaTadasana.

Note :

From the starting of this practice till the end of practice you should not suppose to open your eyes.

6. NAMASKARA WITH M & OM KARA (9 TIMES)

- Stand in Tadasana,
- Now slowly start raising your both hands horizontally, then touch the palms upwards and continue the practice until both





the hands comes to the contact of each other or in Namaskara Mudra, then slowly by chanting the M Kara bring both hands in front of your chest and from chest slowly uphold the hands and bring them near to the thigh region.

- This complete the one round. Continue this practice for 9 rounds and then relax in SithilaTadasana.

Note :

From the starting of this practice till the end of practice you should not supposed to open your eyes.

Namaskar with OM kara (9 times)

- Stand in Tadasana,
- Now slowly start raising your both hands horizontally, then touch the palms upwards and continue the practice until both the hands comes to the contact of each other or in Namaskara Mudra, then slowly by chanting the OM Kara bring both hands in front of your chest and from chest slowly uphold the hands and bring them near to the thigh region.
- This complete the one round. Continue this practice for 9 rounds and then relax in SithilaTadasana.

Note :

From the starting of this practice till the end of practice you are not supposed to open your eyes.

What is Ego? Ego is constriction. Ego is focusing of mind. When the mind focuses, you have the Ego. What is Greed? Greed is the uncontrolled speed of the desire. As you go deeper and deeper into meditation, the mind goes into silence. Search the source from where the thoughts are coming. The Anandamayakosa. The infinite bliss, power and knowledge. The deep silence. There is an expansion taking place shattering the constricted focusing of Ego, arrogance and unnecessary showing off.



Notes



INTEXT QUESTIONS 12.1

1. What is Kriyas?
2. What is Pranayama?
3. What is 'Kapalbhati'?



WHAT HAVE YOU LEARNT

- In this lesson we have learnt some of the Yogic practices which which helps in helps to clear the mind and detach from the ego helps to focus on our learning process, which include:
- Kriyas: Kapalabhati (Left nostril)
- Pranayama: Sitkari, Sadanta, NādiSuddhi, Namaskara with A Kara, Namaskara with U Kara, Namaskara with M &OM Kara.
- We also learn about source of ego and greed.



Notes



TERMINAL QUESTIONS

1. What is Pranayama? How it is beneficial for us?
2. What are the sources of Ego?
3. Name any 4 types of Pranayamas.



ANSWERS TO INTEXT QUESTIONS

12.1

1. Kriya in Sanskrit means "completed action."
2. Pranayama popularly known as yogic breathing, consists of the breathing techniques which are related to the control of breath or respiratory process.
3. In Sanskrit, Kapala means 'skull' and bhati means 'shine'. So, it helps to improve the functions of the organs located in the skull.