Intrinsic Equilibrium Review

Intrinsic Equilibrium
- Support, upward flow are ‘built into’ the system
- Obstructing forces are released through Yoga practice
- “Liberated Energy” was always there – not dormant

Tapas and Isvara Pranidhana
- Will and Surrender
- Kitten/Monkey?
- Clinging and Surrender are both acts of will

THREE-STAGE BREATH EXPLORATION
1. gross muscular suspension
2. subtle muscular suspension
3. purely mental suspension

MAHAMUDRA
Mahamudra as the bridge between asana and pranayama
- The position is a combination of flexion, extension, twist, bandhas
- All the usual shape-change is blocked
- An unusual shape-change must emerge
- Physiological limits: available energy (breath) vs. energy expenditure (posture)
SHUSHUMNA: CENTRAL CHANNEL
An anatomical theory of the central channel:

- “Core” fibers of the diaphragm are activated when other fibers are stabilized.

Review of Brahma Granthi: “The Knot of Brahma”

- Root location vs. Central location
- Instinctive (infantile) vs. Conscious (adult) responses to stress
- Good space vs. Bad space

KUNDALINI

- Compression/Decompression as the source of spiral energy
- 2 Energies? Spiritual vs. Physical Energy
- Kundalini - Energy vs. Obstacle

Creating good space in our Environments

- External living spaces
- Internal living spaces
- How to care for your chimney
- How to build your fire
- How to make your offering into the fire

“The coiled serpent sleeping at the entrance to the path of liberation (middle path or shushumna nadi) symbolizes the inertia of the mind troubled by ignorance (avidya).”

—From: “Teachings” by Claude Marechal