

Hatha Yoga Pradipika: Light on Hatha Yoga (to illuminate) compiled by Swatmarama

“ The ultimate object of Hatha Yoga is to experience Yoga”

Evolving of Hatha Yoga:

500 bc: Buddha: The 4 Nobles Truths.

Patanjali, Mahavira : In this time an incredible spiritual evolution took place.

Belief: meditation is the highest path of spirituality: 2 directions:

- You have to prepare yourself for meditation.
- You can start meditation immediately.

Orthodox Buddhist systems evolved and as a counter movement more open minded Buddhist systems (Tantra) evolved, all pathways of getting to know yourself. Both movements declined after a few centuries.

Then a proper system of meditation was established: Hatha yoga.

The beginning focus is: purify the body and its elements. He eliminated the moral codes of the Yamas and the Niyamas (Buddha, Patanjali, Mahavir).

The HYP is like a medical encyclopedia, the oldest written book about Hatha Yoga, written in the Middle-ages

What is Hatha Yoga?

Hatha yoga is often in the current belief seen as the “easy” yoga. In fact it goes way deeper.

Hatha Yoga is a science of health, a method of purifying and energizing the vital and mental energies to prepare the system for spiritual awakening, Self- Realisation, Samadhi.

Before you start practicing meditation, purify the body and its elements.

Ha=prana=sun=solar energy= vital energy
Tha=mind=lunic energy: mental energy

Chapt 1: Page 13:

In Yoga we talk about the 3 main nadis: flows, energies (channels): Ida , Pingala, Sushumna:

1. Ida=negative force=consciousness=mind, mental force: right hemisphere: artistic, creative, music, language (more introverted awareness)

2. Pingala=positive force= vital energy= body, physical force: left hemisphere: logical, sequential, analytical, mathematical (more extroverted awareness)

Either the mental energy pre-dominates or the vital energy is dominant.

In Hatha Yoga we start balancing the flow of these alternating forces to:

3. Sushumna Nadi= neutral force, flow of spiritual energy

Hatha Yoga =The Union of the 3 nadis in the Ajna Chakra

3 principles:

1. Bringing health to every part of the body
2. Purifying the body of 3 types of wastes (doshas): mucus, acidity, gas
3. Bringing harmony between the vital and mental energies.
Balancing Ida and Pingala, Prana and Apana

What is the content of HYP?

Chapt 1: Asanas (specific positions which the physical body, energy centers and psychic centers) and Healthy Diet

Chapt 2: Shatkarma (the “Kriyas”)and Pranayama

Chapt 3: Mudra & Bandha

Chapt 4: Samadhi

In very former times, Hatha Yoga was only the Shatkarmas. Later it expanded in first practicing asanas and a healthy diet, then pranayamas, and shatkarmas then mudras and bandhas. Samadhi is the result of these practices.

In Hatha Yoga We have 5 bodies: First purifying the body.:

Purification of the Body: they consist of 5 layers which are all connected, they are part of one whole:

The 5 Kosha's/Sheets/Bodies: from gross to subtle

When we become more aware of the patterns and the gifts of the Koshas, we are not anymore pulled and determined by the unconscious, we bring light in the unconscious and consciousness expands

1. Anamaya kosha: the “food body”/the physical body: Purifying the body through asanas, practicing Self-discipline through asanas

2. Pranamaya kosha: The Vital body: Purifying through pranayama: allowing a more free flow of energy, releasing blockages and stagnations of energy. Feeling vibrations, pulses, seeing colours, light

3. Manomaya Kosha: Mental/Emotional Body: we spend lots of time there 😊

Purifying by meditation: witnessing and watching

4. Vijanamaya Kosha: Intellectual body/Intuitive Body: Starts flowering after the exploring and unveiling of the first 3 layers./koshas

5. Anandamaya kosha: Bliss Body: an ocean of unending bliss (Atman, pure consciousness, Higher Self): the This is the ultimate flowering after exploring and unveiling the first 4 layers: this is our intrinsic nature! Our pure essence.

From gross to subtle:

First the physical body is purified, Prana starts functioning more fully and energy blocks in the nadis are released. When we create balance in these bodies, the mental and emotional energies become more balanced.

We start mastering the mind, not the mind mastering us.

Then we come more in touch with our Inner Guide/intuition.

The central force (sushumna nadi) is awakened, which is responsible of human consciousness and our True Self gets to be revealed.

Through Yoga practice the consciousness is rising from the gross matter of mind and body to Anandamaya Kosha

Does anyone of you know how the 8 fold path of Yoga is called?

Raja Yoga, Asthanga Yoga

What is the difference between Hatha Yoga and the Raja Yoga/Buddhism/Jainism?

Hatha Yoga: No Niyamas and Yamas , the shatkarmas, asanas and pranayama requires a self control a self-discipline

Raja Yoga : starts with the Yamas and the Niyama: moral disciplines

Hatha Yoga: 33 asanas

Raja Yoga: 1 asana: stirra sukham asanam

Hatha Yoga says: control prana and the mind is controlled

Raja Yoga says: control the mind and prana is controlled

In the HYP: first purify the body (this is self-discipline and self-control)

HYP: asanas, pranayamas, bandhas, mudras and shatkarmas (Kriyas), Samadhi.

It actually used to start with the 6 shatkarmas: 6 purification techniques which purify the stomach, intestines, nervous system and other systems.

Abody produces waste: mucus, gas and acidity

The 6 Shatkarmas are:

- Neti: nose cleansing
- Dhauti: stomach cleanse: swallowing a long thin strip
- Basti: Enigma: colon cleanse from mucus and toxins through an enema, colon irrigation
- Kapalabhati: cleansing the scalp: strong breath focused on out breath
- Trataka: steady continuous gaze (concentration) to a single point. For example staring with open eyes without blinking to a flame of a candle.
- Nauli: abdomen cleanse: isolating , contracting and massaging the abdominal muscles, to release toxins

While Patanjali starts with the Yamas and the Niyamas: self control and self discipline of the **Mind**.

Hatha Yoga says first purify body and nervous system, then asanas and pranayamas.

Start with self control and discipline with the **Body**

Self control and self-discipline is practiced in the asanas and in pranayama through kumbhaka=retention of the breath.

HYP says: begin with the body, more direct.

When we start with mental disciplines we come easily in the split that that is the nature of the mind: yes-no, good-bad etc. That is how the mind is organizing the world.

One mind wants to maintain discipline, the other wants to break it, then it becomes a split.

Yamas and Niyamas is for a more disciplined mind, if you have not such a disciplined mind it creates conflict!

Hatha Yoga is bypassing the mind.

Asanas and pranayamas are disciplines.

Asanas: the body must be aligned and in a balanced position so there is no blockage of the flow of prana

Prana is like water, it has to move. Prana literally means that which always moves, if it does not, prana becomes impure, , stagnated

What is Yoga?

Nadi=flow

When this union of the 3 nadis take place in Ajna Chakra

The Kundalini energy (Shakti), symbolised as a coiled up serpent, is awakened (kundala= coil) and **starts ascending through Sushumna nadi to the Sahasrara chakra** , the crown of the head.

When the kundalini is established at the Sahasrara Chakra=

Yoga: Spiritual awakening, Self-Realisation, Samadhi

Yoga is the union of Shiva and Shakti

Shakti=kundalini energy

Shiva= supreme Consciousness seated in the Sahasrara Chakra

Union between the vital energy: prana and mental energy: mind results in higher consciousness

1. Bringing together the cool and hot current or female and male, Ida and Pingala
2. Purifying and preparing the body for higher states of consciousness

