Cakras, Glands, Propensities & Asanas

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(revised by Dharmadeva)
Who can meditate?

The only requisite to practice meditation is to have a human body and mind.
Sleeping Divinity - Kula

- ‘Ku' means world and ‘la' means to hold.
- That which the world holds is called Kula.
- It also means unit force of the unit being.
- The lowest part of the vertebral column or spine is called Kula in Sanskrit.
Sleeping Divinity - Kundalinii

- The Sleeping Divinity in the human body lies in the lowermost portion of your backbone.
- That Sleeping Divinity is called Kundalinii.
- Kundalinii means 'in coiled form'.
- In Sanskrit, Kundalinii means "coiled", "serpentine loop", "serpentine coil".
The coiled force situated at the lowest part of the vertebral column is called Kulakundalinii.
Glandular system
The Subtle Human Body

Propensities

The Glands
- Pineal
- Pituitary
- Thyroid
- Thymus
- Pancreas
- Adrenal
- Testes / Ovaries
- Prostrate

The Cakras
- Sahasrara
- Ajina
- Vishuddha
- Anahata
- Manipura
- Svadhisthana
- Muladhara

The Mind
- Beyond the Mind
- Seat of the Mind
- Causal
- Subliminal
- Supra-mental
- Subconscious
- Conscious

Above the Mind

Seat of the Mind
- Causal

Subliminal

12

16

Beyond the Mind

Supra-mental

Subconscious

Conscious

2
1st Cakra

Propensities

Physical longings
Psychic longings
Psycho-spiritual & Spiritual longing
2nd Cakra

Propensities

Indifference
Cruelty
Lack of common sense
Over indulgence
Fear of annihilation
Lack of confidence
3rd Cakra

Propensities

- Shyness
- Sadistic tendency
- Envy
- Staticity
- Melancholia
- Irritability
- Craving
- Infatuation
- Hatred
- Fear
4th Cakra

Propensities

2
Hope
Worry
Effort
Attachment, love
Vanity
Conscience
Psychic depression
Ego
Avarice
Hypocrisy
Argumentativeness
Repentance

16

12

10

6

4
5th Cakra

Propensities

Onm
Sound of kundalinii
Theory into practice
Mundane welfare
Psychic welfare
Perform noble actions
Surrender
Repulsive expression
Sweet expression
7 musical notes:
Sa, Re, Ga, Ma, Pa, Dha, Ni
6th Cakra

Propensities

Mundane knowledge
Spiritual knowledge

2
16
12
10
6
4
7th Cakra

- Controls 1000 propensities.
- 50 propensities are associated with the cakras.
- They have various nuances of expression.
- Expressions are internal and external, so $50 \times 2 = 100$.
- And there are 10 directions, so as to give 1000 expressions.
Our Meditation Practice

- Meditation controls propensities.
- Mantra meditation is best.
- Mantra is a word or phrase which carries:
  - Rhythm;
  - Vibration;
  - Meaning.
- Mantras bring balance to the mind and the body.
Normal consciousness - Different parts of the brain emit different brain waves; dispersed psychic energy.

Concentration on the mantra - Different parts of the brain emit the same brain wave, like a laser. One single powerful rhythm, in tune with the Cosmic Rhythm.
Our Mantra

- Baba Nam Kevalam
- All is the Supreme Consciousness
- Love is all there is
Let us meditate now

- Baba Nam Kevalam
- All is Supreme Consciousness
Asanas and Meditation

- Performing asanas - after meditation is best.
- Asanas work from the physical level to the psychic.
- Meditation works from the psychic level to the spiritual.
- The combined practice produces quicker results with maximum physical, psychic and spiritual benefits.
Continually preparing the body for spiritual practices

Asanas:
- Stimulate all internal organs
- Make the body and especially the spine flexible
- All body systems are benefited: circulatory, digestive, lymphatic, respiratory, etc
Effect of Asanas

- Special effect on the endocrine glands.
- Balance the hormonal secretion from the various glands ...
- ... controlling the emotions.

Yoga Mudra
Effect of Asanas

- The mind gets free from upsetting emotional tendencies and experiences increased freedom.

Long Salutation
Lie down and relax

Finish asanas with corpse posture