



Dhyana and Inner Wisdom

Lecture

Dhyana is broader and deeper than Dharana

6. DHARANA

- Narrower focus or scope
- Focus is kept on an internal or external object
- May involve fragmented moments of concentration
- Prepares for and leads to Dhyana

7. DHYANA

- Involves full immersion
- A continuous flow of awareness
- Taps into self-awareness at the soul level
- Prepares for and leads to Samadhi (liberation)

Benefits of Dhyana

- Lower sympathetic nervous system activity
 - Increased levels of perception
 - Improved mood
 - Lower heart rate
 - Increased ability to detach consciously
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- *A selective review of dharana and dhyana in healthy participants*
(Telles, et al., 2016)

Dhyana

Practice



Dhyana Technique

1. Begin with Dharana
 1. Eliminate thoughts and feelings
 2. Add a mudra to help with focus
 - Chin Mudra, Citta Mudra, Dhyana Mudra, Dharmadhatu Mudra
 3. Keep practicing for longer periods of time

Chin Mudrā



Seal of Consciousness

Touch the tips of the index fingers and thumbs together; rest the hands palms down on the knees.

Bring awareness to your breath moving throughout your body, As you inhale, imagine a healing white light traveling up from your root to your crown. As you exhale, imagine the light bathing all the way down your body back to your root clearing and calming. Begin to cultivate a sense of surrendering the breath from the body with each breath.

- Body Systems: All systems
- Physical Benefits: Integrates body and mind, promotes spinal alignment, balances bio-rhythms
- Prana & Vayus: Lengthens exhalations, directs breath into lower lobes of lungs, removes energetic blockages
- Emotional: Promotes surrender and equanimity, eases depression
- Mental Benefits: Enhances stillness and silence, reduces tendency to daydream during meditation, grounds overactive mind, promotes clarity
- Chakras: Balances 1st-6th Chakras, stimulates kundalini
- Doshas: Balances All doshas

"I surrender to what is."

Citta Mudrā



Seal of the Witness

Bring palms together then bend index fingers so that their tips touch, keep sides of the thumbs together and pads of the other fingers together; hold this gesture pointing out from the body in front of the abdomen.

Become aware of your thoughts flowing through your mind. Can you name the types of thoughts you are having, are the memories, reactions, judgments, ego, likes, dislikes? Do you identify these myriad thoughts as "you" or can you look beneath and see that they are fleeting. Are there any spaces between your thoughts? Can you cultivate awareness of your consciousness itself?

- Body Systems: Endocrine and nervous systems
- Physical Benefits: Activates pituitary gland
- Prana & Vayus: Activates Udana vayu, directs awareness into head, neck and sense organs
- Emotional: Allows you to release limiting belief patterns, improves clarity
- Mental Benefits: Activates the witness consciousness and enhances space between thoughts
- Elements: Activates space
- Chakras: Opens Sahasrara chakra
- Practice Tips: Hold 3 times a day for 15 minutes, or as needed.

"I am not my fleeting thoughts"

Dhyana Mudrā



Seal of Concentration

Touch tips of thumbs and index fingers together. Bring right and left hands together and place right middle, ring and pinkie fingers on top of left middle, ring and pinkie fingers.

As you meditate, imagine the energy of the heart moving up and down along the length of the spine.

- Body Systems: All systems
- Physical Benefits: Stimulates spinal and heart nerves, normalizes blood circulation, eases insomnia and helpful for nightmares, may be helpful for Alzheimer's patients
- Prana & Vayus: Activates All vayus, opens breath in both nostrils, promotes Purna Svasa
- Emotional: Enhances harmony and equanimity, reduces anxiety
- Mental Benefits: Encourages meditative state
- Elements: Balances all elements
- Chakras: Balances Muladhara, Svadhisthana, Manipura, Anahata, Vishuddha, and especially Ajna chakras
- Doshas: Balances All doshas
- Practice Tips: Hold for 5-45 minutes

"My mind is calm and clear"

Dharmadhatu Mudrā



Seal of the Purified Mind

Rest your cupped right hand in your cupped left palm, touching the thumb tips together to create an oval shape; rest the hands in your lap.

Imagine that your hands create a sacred bowl filled with divine energy, Whatever you need in this moment is already held within your hands.

- Body Systems: All systems
- Physical Benefits: Integrates body, mind, and emotions
- Prana & Vayus: Activates All vayus
- Emotional: Reduces stress, enhances receptivity, eliminates negativity
- Mental Benefits: Enhances witness consciousness
- Elements: Activates all elements
- Chakras: Balances Muladhara, Svadhisthana, Manipura, Anahata, Vishuddha, and Ajna chakras
- Doshas: Balances All doshas
- Practice Tips: Hold for 5-45 minutes

"My body, mind, and emotions are integrated"