

Crystallizing the Diamond

As we journey through life, we inevitably experience duality. Everything we come into contact with has two opposite polarities. By nature, one polarity allows the other to exist, and vice-versa. Therefore, polarities will always exist at the same time – we cannot change this. But we can change the way we relate to polarities. To live successfully in an environment ruled by polarities, we must stop trying to solve or ignore them, but learn to deal with them and manage them.

The Science of Essence is the science of the Self, it is a technology that supports a comparative study of polarities based on the only art we need to learn: the art of relationship. This process requires discipline, and the outcome will be unconditional love.



The Eight Limbs of Patanjali – Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi – are the check in, the boarding pass and the final destination of mastering relationships with our own selves, with others and with the universe. Life is to love and yoga is for life. Yama and Niyama are the basic requirements in order to be able to relate from a neutral and real place, so we can build a solid foundation for prosperous, everlasting, trusting relationships. Careers, family, situations, community, money, sex, relaxation, health, space, time are all a matter of relationship: the level of harmony, conflict or stress we have towards them depends on how we relate to them.

Yama and Niyama are the check in, Asana and Pranayama are the boarding stage, Pratyahar, Dharana, Dhyana and Samadhi are the progression in flying and a at our final destination. Wherever we will land, despite any geographical, meteorological or social conditions, will be the best place we have ever been. All sources of pain come from conflict with polarities, incapacity to relate, and lack of love. Learning this process is the absolute priority in our life if we want to be Happy, Healthy and Holy.

Training in Crystallizing the Diamond

The program “Crystallizing the Diamond” sets out to refine and enhance our personal practice of the technology, so that we may implement it with greater awareness and potency.

In the training and in the daily practice there is not always enough time to acquire all the different facets of the technology with satisfactory depth and precision. Thus, we may not be in a position to make the most out of our practice.

Each module of Crystallizing the Diamond is specializing in one aspect of the technology and builds on the foundations given in the training. Each aspect will be fully presented and practiced with in-depth understanding and precision. Each module will demonstrate how the practice of the given facet of the technology is complete in itself, and when practiced correctly can facilitate a ‘state of yoga’ – merging the finite with the Infinite consciousness. Each module also places the given facet in the context of yogic technology. Thus, it experientially demonstrates how the refined practice of any given aspect substantially enhances the effects of kriya. Further self-study between appointments will help the student to perfect and consolidate their acquisition of each aspect.

By the end of this program, we will be in a position to implement contemporarily the various facets with increased awareness while practicing any yoga exercises. In this way, our personal practice

(Sadhana) will become highly effective in crystallizing the Diamond of the Self to completion (Aradhana), enabling the Light of the Soul to shine forth as a beacon for all (Prabhupati).

Yama and Niyama

Disciplines to put mind in a condition to receive the experience of yoga.

Yama and Niyama are the core of the behavioral and relational discipline through which Yoga is fulfilled by the divine human. Yama is choosing to practice moral restraint in external interactions, and Niyama is observing daily practices designed to clarify the internal relationship to the Self. Of the eight limbs, Asana, Pranayama, Pratyahar, Dhyana, Dharana and Samadhi are part of every yoga practice. Yama and Niyama are not necessarily included, as they pertain more to an individual duty. The technology within the kriyas presents a practice requiring experience of the physical body, breath, mental alignment and pranic flow.

However, all the work applied in this discipline must be equally sustained by an ethical and devotional attitude, in order to avoid the growth of the “spiritual ego” at the expense of one’s spiritual path. Without a deep understanding of Yamas and Niyamas, the process of merging the finite with the Infinite Consciousness cannot happen, and only an eccentric illusion remains.

The Yama and Niyama course provides us with tools to raise our awareness about these attitudes, so that they may be integrated in our yoga practice and in every aspect of our daily life. Yama and Niyama course is total of 50 hours of teaching.

Content of Yama:

- The roots of the yoga tree.
- What to do to avoid limiting evolution of one’s self and the others.
- Five ethical and social discipline (relating to the external world):
 - Ahimsa – non-violence
 - Satya – truth
 - Asteya – honesty
 - Brahmacharya – control of senses
 - Aparigraha – non-attachment

Content of Nyama:

- The trunk of the yoga tree.
- What to do to promote expression of the one’s self and the others.
- Five individual discipline (relating to the inner world):
 - Saucha – purity
 - Santosha – gratitude
 - Tapas – purification
 - Swadhyaya – personal practice
 - Ishwara Pranidhana – devotion

“Yamas and Niyamas prescribe a discipline to create a balance between ourselves and others. They promote a balance of individual strengths in the service of and relationship to others, and the duties of the society we are part of.”

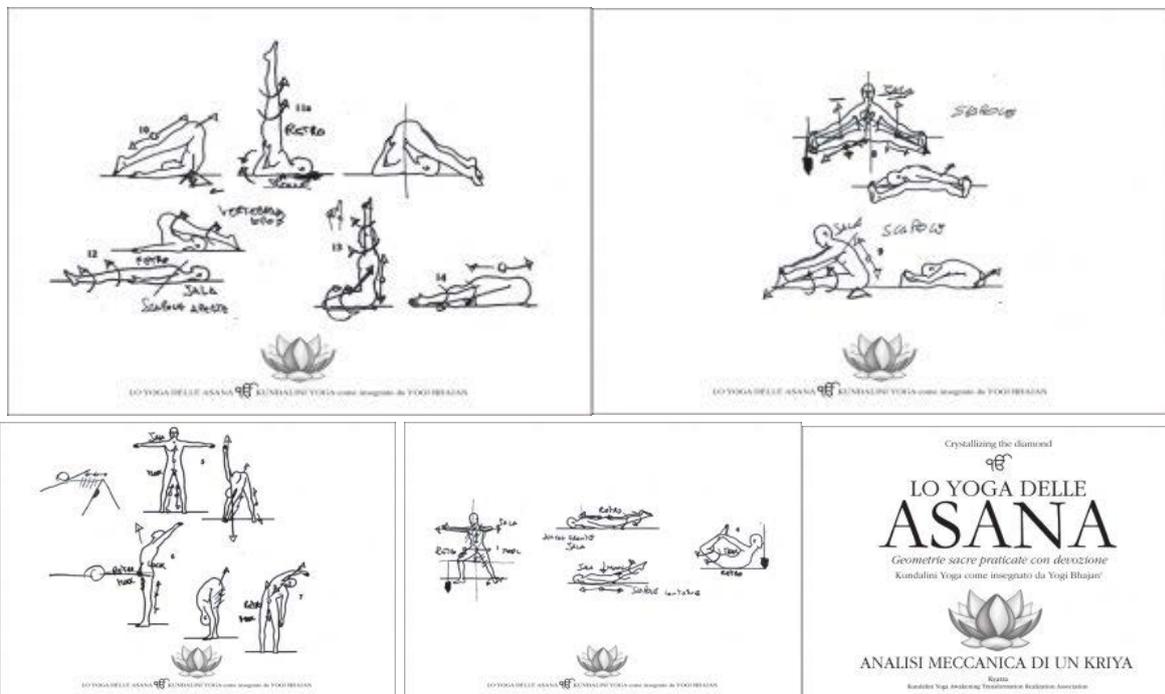
The Yoga of Asana

Sacred geometries practiced with devotion.

There is one line in Asa di Vaar and that's in the words of Nanak: *duyee kudrat saajee-ai kar aasan ditho chaa-o*. God sat in a posture to see the graceful happiness of Himself and His Creation.

Deepen your practice with The Yoga of Asana, a transformational course that nurtures our understanding of the mechanics, energy and body language contained in each asana. The Yoga of Asana breaks through the blocks that prevent us from experiencing the magic and full potential of yoga exercises.

The Yoga of Asana will provide you with the tools not only to practice asanas better, but to be fully aware of what you are doing and be capable of teaching it, to be present in the experience, meditate more effectively, and, as the Asa di Vaar says, to sit in a posture and see that “graceful happiness”.



Six modules cover aspects such as:

- In-depth study of the angles and triangles that make yoga so effective;
- Anatomy of the subtle nadis, meridians and muscles and the electromagnetic field in the context of the asana;
- Major diseases and limitations of the musculoskeletal system;
- Practising asanas with devotion and compassion;
- Communicating majesty and mastery through the posture.

“What are the things that affect our posture? Emotions, habits, learned habits, opinion of yourself, a physical trauma, diet, awareness, breath, how you breathe.

My posture is my personal compromise with everything that has happened to me in my life. To have a good posture means you don't use a lot of energy. You lose no energy, you use minimum energy to stay in one position. All the muscles cooperate, some are antagonists, others are protagonists. They need to be balanced. If one of the muscles is not functioning, the other one has to work to compensate. The position of your feet is also very important. The angle between the hips and the spine. You can learn to adjust your posture by adjusting the jaw!” — Sadhana Singh, The Yoga of Asana, Sweden. June 11th, 2011



The Yoga of Pranayama

The Art of Expanding the Primary Unit, the Life Force

To master our life and mind, we must first master our breath. Breath is the key to effective action and thought. It is the key to placing a creative seed in our heart, and having it bloom in our actions. Where there is movement there is prana. Anytime we move a thought, a feeling or our body successfully, we organize our prana to support that action. The pranic body, if aligned and charged properly, is the field of potential action that supports us and guarantees success.

The Yoga of Pranayama explores the implications and mechanisms of breathing to contact our soul and awaken our awareness. Understanding, experiencing and mastering Pranayama, will lead us to hold a practical tool for living life to our fullest potential.

“Every breath brings a chance. It brings a choice about what to say, what to do, where to go. In every breath, there's a seed for happiness”

This course covers topics such as:

- The Art of Breathing. Advanced Pranayama Kriyas;
- Yogic breath. Pranayama in specific Asanas. Nadis & Vayus,
- Anatomy & Physiology of Breath;
- Mystical aspects of Breath;
- Pranayama as a Tool for Postural Realignment and as an Antidote against Stress;
- The experience of Shunya. Deep Stillness for the Mastery of Breath and Pranayama;
- Pranayama and Different Stages of Consciousness;
- Pranayama and the Rhythm of Life.

The Yoga of Pratyahar

The cause of all causes is Infinity

The Pratyahar course offers a unique opportunity to deepen the meaning of the law of cosmic consciousness: The cause of all causes is Infinity. Pratyahar is divided into 4 modules, for a total of 50 hours of teaching. The modules cover aspects such as:

- Mastering the teachings of the 8 limbs of Yoga of Pantanjali, by discovering the key role of Pratyahar;
- Discovering the science of Pratyahar as the Science of Dedicated Devotion;
- Developing the tools to direct the mind analytically towards Infinity, such as the process to experience the state of Pratyahar;
- Synchronizing oneself to the flow of Infinity, in order to overcome the effects of polarities in life;
- Discover how to use the Shabd Guru to address the mind and let it be a source of happiness.

In Pranayama we move towards God from the outside, we expand from a point, we sense macroscopically. In Pratyahar we move towards God from the inside, we expand by means of a point, we sense microscopically.

“The science of Pratyahar is an analytical, standardized, mental state of consciousness in which you analytically understand that the very depth and source of any existence coming towards you or going away from you — the cause of all causes — is Infinity.”