

# THREE SEASONS AYURVEDA

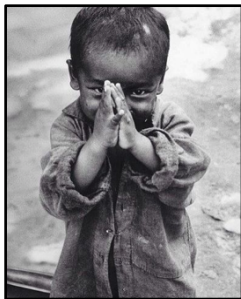


Aum (Om) is the most sacred Hindu Mantra (a *sound or word having spiritual power*). Composed of the three sounds A-U-M representing three important triads in Hinduism:

- Three worlds - earth, atmosphere, and heaven
- Three major Hindu gods - Brahma, Vishnu, and Shiva
- Three sacred Vedic scriptures - Rig, Yajur, and Sama



*“Om is the sound of the universe symbolizing absolute reality. It is heard all around us in the movement of the leaves, the waves of the ocean & the stillness of the moon. Chanting Aum connects us with the universe & through our breath, awareness, and consciousness we find divinity.” BKS Iyengar*



## **Anjali Mudra**

(ON-jol-ly MOO-drah)

Anjali = a gesture of reverence, benediction, salutation and honor.

Mudra = seal (This gesture "seals" energy in the body and "seals" your relationship with the Divine).

*“The God in me recognizes the God in you”*

Patanjali lived around 400BC and is considered the father of Yoga. He documented the Yoga Sutras (196 aphorism's "definitions") which explains the eight-limb path of yoga, Sanskrit grammar, and he contributed to Ayurveda, the Indian holistic medical system, and the sister science of yoga.

The word "Yoga" comes from the Sanskrit word "Yuj" meaning to yoke, join or unite, and implies the integration of an individual - Body, Mind, and Soul achieving a happy, balanced and useful life, and spiritually uniting the individual with the Supreme.



The basis of yoga philosophy and its methodologies come from many ancient sources, including the Vedas, Upanishads, Bhagavad Gita, Ramayana, and Mahabharata. This vast subject, in many ways, can be confusing because of the individual perspectives conveyed by each author and a lack of a clear universal overview. Luckily for us, the yoga sutras of Patanjali clearly define the yogic path.

Patanjali was a sage who lived around 400 BC and is credited with writing the yoga sutras, contributing to Sanskrit grammar and the subject of Ayurveda (Indian holistic medical system).

The yoga sutras are 196 aphorisms (threads, definitions), which define the eight-limb path of yoga, known as Ashtanga yoga. These eight steps outline and direct us on how to live a meaningful and purposeful life. They serve as a prescription for moral and ethical conduct and self-discipline while directing our attention toward one's health. They help us to acknowledge the spiritual aspects of our true natures.



## EIGHT LIMBS OF YOGA

### **I. Yamas** **Ahimsa-**

Non-Violence, no harm in words, deeds or actions

**Satya-**  
Honesty, purity and absolute truth

**Asteya –**  
Non-stealing, acceptance of what you have

**Brahmacarya-**  
Chastity & control of senses and desires

**Aparigraha-**  
Freedom from greed and a lack of jealousy

### **II. Niyamas**

**Saucha-**  
Cleanliness and purity in body mind and thought

**Santosa-**  
Contentment, excepting Karma and what we have

**Tapas-**  
Religious fever, the burning desire to achieve our goals

**Svadhyaya-**  
Self-study, finding your center, balance and spiritual selves

**Ishvara Pranidhanani-**  
Surrender to a higher power which guides of lives

**III. Asana-**  
Physical practice that tones-purifies the body and focuses the mind

**IV. Pranayama-**  
Conscious-breathing techniques connecting with prana

**V. Pratyahara-**  
Withdrawal and control of the senses bringing spiritual awareness

**VI. Dharana-**  
Concentration, focus & awareness to a center, object or mantra

**VII. Dhyana-**  
Meditation and the uninterrupted consciousness without focus

**VIII. Samadhi-**  
Absorption and emersion with universal divinity

### **Invocation to Patanjali**

yogena cittasya padena vacam  
(yo-gay-nuh chih-tah-syuh pah-day-nuh vah-chahm)

malam sarirasya ca vaidyakena  
(mah-lahm shah-ree-rah-syuh chuh vy-dyuh-kay-nuh)

yopakarottam pravaram muninam  
(yo-pah kar-oh-tahm prah-vah-rahm moo-nee-nahm)

patanjali pranjaliranato'smi  
(pah-than-jah-lim prahn-jah-leer ah-nah-to-smee)

abahu purusakaram  
(ah-bah-hoo-poo-roo-shah-kar-ahm)

sankha cakrasi dharinam  
(shahn-kah chah-krah-see dar-ee-nahm)

sahasra sirasam svetam  
(sah-hah-srah sheer-ah-sahm shvay-tahm)

pranamami patanjali  
(prah-nuh-mah-mee pah-tahn-jah-lim)

Let us bow before the noblest of sages Patanjali, who gave yoga for serenity and sanctity of mind, grammar for clarity and purity of speech and medicine for perfection of health.

Let us prostrate before Patanjali, an incarnation of Adisesa, whose upper body has a human form, whose arms hold a conch and disc, and who is crowned by a thousand headed cobra.



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