YOGIC PSYCHIC NEUROLOGY
YOGIC PSYCHIC NEUROLOGY
TRISHARIRA, P ANCHA KOSHA & NARA

When you are totally in the Left Brain there is nothing right about it, and when you are totally in the Right Brain, there is nothing left.
~Dr. John Mumford

All KOSHAS (existential layers) exist in the same place and at the same time!

AVIDYA = distorted perception of reality stems from duality (duhka) / suffering
**YOGIC PSYCHIC NEUROLOGY**

**TRIDOSHAs AND TRIGUNAs**

**1. Purusha**
- Pure Consciousness
- "That" which is Unchanging
- Shining Intelligence
- Observer
- Seer
- Self-Resplendent

**2. Prakrti**
- Causal Energy
- "That" which Changes
- Lacking Self-Consciousness
- Uncreated & Eternal
- Cause of Evolution
- The Seen

**3. Mahat**
- Cosmic Intelligence
- Buddha
- Discrimination (First Division)

**4. Ahamkara**
- Cosmic Ego
- Self-Identity Allowing

**5. Manas**
- Mind
- Thinking

**Mandalas**
- **Mahabhutas**
  - **5 Gross Elements**
    - **6. Prithvi** (Earth)
      - Solid State
    - **7. Apas** (Water)
      - Liquid State
    - **8. Tejas** (Fire)
      - Thermal State
    - **9. Vayu** (Air)
      - Gaseous State
    - **10. Akash** (Ether)
      - Ethereal State

- **Tanmatras**
  - **5 Subtle Elements**
    - **11. Gandha**
      - Smell
    - **12. Rasa**
      - Taste
    - **13. Rupa**
      - Sight
      - Perception
    - **14. Sparsha**
      - Touch
      - Feeling
    - **15. Shabda**
      - Sound

- **Jnanendriyas**
  - **5 Cognitive Senses** (Input Devices)
    - **16. Nasa**
      - Nose
    - **17. Jhiva**
      - Tongue
    - **18. Netra**
      - Eyes
    - **19. Tvak**
      - Skin
    - **20. Karna**
      - Ears

- **Karmendriya**
  - **5 Action Instruments** (Output Devices)
    - **21. Pada**
      - Legs
      - Sense of Locomotion
    - **22. Kara**
      - Hands
      - Sense of Dexterity
    - **23. Payu**
      - Anus
      - Sense of Excretion
    - **24. Upastha**
      - Genitals
      - Sense of Reproduction
    - **25. Vaak**
      - Speech
      - Sense of Communication

**Anthahkarana** (inner instruments):
- 1. Manas – the thinking part: Mind
- 2. Chitta – the storing part: Memory
- 3. Buddhi – the deciding part: Intellect
- 4. Ahamkara – the controlling part: Ego

**Triguna**
- **Guna**
  - **Gunakshobha**
    - **Evolution!**

**The Law of Conservation of Energy**
- Srishti (creation) and Laya (dissolution) are only the Vyakta (manifest) and A vyakta (unmanifest) forms of the same Prakrti.
**Nadi**
Interwoven like threads in a piece of cloth, pervading the whole body.

**Swara**
Is an Ultradian rhythm of nasal congestion and decongestion with quasi-periodicity of 60-240 min

**Potential Therapeutic Applications**
- Hypothyroidism
- Obesity
- Depression
- Narcolepsy
- Asthma (Bronchial)
- COPD
- Sinusitis
- Cold Tolerance

**Cleansing Practices**
Practices are required to keep the channels free from blockages:
- Nadi Jnana Kriya
- Nadi Shuddha
  - Nadi Shuddha & Nadi Shuddi
  - (alone or combined)

**Kosha**

**Pranamaya Kosha**

**Pingala**
Rajas
- Right of Sushumna
- Surya
- Masculine
- Yamuna River
- Shiva
- Time
- Activity
- Action
- Prana
- Sympathetic

**Sushumna**
Sattvas
- Center of Spine
- Agni
- Neutral
- Saraswati (lost) River
- Union of Shiva & Shakti
- Matter
- Bliss
- Wisdom
- Kundalini
- Cerebrospinal

**Ida**
Tamas
- Left of Sushumna
- Chandra
- Feminine
- Ganga "Ma" River
- Shakti
- Space
- Consciousness
- Desire
- Chita
- Parasympathetic

**Nadis**
Subtle Energy Flows

6 Shakti Nadis
1. Sushumna
2. Vajra
3. Chittrini
4. Brahma
5. Lakshmi - like myelinated nerves - quick, "jumps"
6. Saraswati - like non-myelinated nerves - slow

**Swara**
Nasal Cycles
- Right Nostril Dominance
- Activity
- Affects Left Brain
- Quantitative
- Roudra Karya (robust, dynamic activities)
- Surya swara at sunrise on days 1-3,7-9,13-15 of dark fortnight (new moon) and chandra swara on others

- Bilateral Nasal Flow
- Silent introspection and inner focus with concentration, contemplation and meditation
- Hypothalamus is the centre for sympathetic effects on nasal mucosa and nasal cycle.

- Left Nostril Dominance
- Rest
- Affects Right Brain
- Qualitative
- Soumya Karya (quieter, passive activities)
- Chandra swara at sunrise on days 1-3,7-9,13-15 of bright fortnight (full moon) and surya swara on others

- Hyperthyroidism
- Gain Weight
- Anxiety
- Stress
- Hypertension
- Insomnia
- Diabetes Mellitus
- Heat Tolerance

**NB.** The names, locations and associations of the Nadi may differ somewhat from scripture to scripture and Paramaparai to Paramaprai but the general concepts hold true.

**YOGIC PSYCHIC NEUROLOGY**

**NADI AND SWARA YOGA**
Prana is Life!

Prana is the fundamental basis of whatever is, was and will be. - Atrayu Veda

The Prana is one's greatest friend, companion and there is no greater kinsman. - Shiva Svarodaya

Prana is the fundamental basis of whatever is, was and will be. - Atrayu Veda

All that exists in all the three worlds is under the governance of Prana. - Prasnopanishad

Techniques for Arousing Vital Energies
- Mukha Bhastrika
- Sparsha Mudras & Vibhaga Pranayama
- Hatham
- Pranava Pranayama
- Pranava AUM Japa

Mandalas

Mahabhutas

- Prithvi (Earth)
- Apas (Water)
- Tejas (Fire)
- Vayu (Air)
- Akash (Ether)

Pranaadi
5 Major Flows (Life Force)

1. Prana
   - Breath
   - Thalamus
   - Hriddhi Prana

2. Apana
   - Excretion
   - Medulla Oblongata
   - Gude Apanah

3. Samana
   - Digestive
   - Solar Plexus
   - Samana nabhi Madaley

4. Udana
   - Communication
   - Medulla
   - Udana Kartha Desastho

5. Vyana
   - Circulation
   - Spinal Cord
   - Vyanap Sarra Shariragh

6. Naga
   - Burping
   - Bubbling
   - Serpent

7. Kurma
   - Blink (Eyes)
   - Convolutionary
   - Tortoise

8. Kriyaka
   - Sneezing
   - Explosive
   - Lizard

9. Devadatta
   - Yawning
   - Yearning

10. Dhananjaya
    - Fire which fattens / Last vayu to leave the body

Nagaadi
5 Minor Flows (Refective Energies)

Kosha

Annamaya
Anatomical

Parapranaya
2 Highest Flows (Thinking Energies)

- Thoughts are like paintings
- A result of chemical reactions Neuro-Mental

Pranamaya
Physiological

- Akasha
- Chitra

Manomaya
Psychological

Vijnamamaya
Intellectual

Anandamaya
Universal

Parapranaya
2 Highest Flows (Thinking Energies)

- Thoughts are like paintings
- A result of chemical reactions Neuro-Mental

Psycho-Mental
- Thoughts from "thin air"
- In tune with the akashic record

YOGIC PSYCHIC NEUROLOGY
DWADHASA PRANA VAYUS
Sapta Dhatu - 7 Structural Components

- **Rasa Dhatu**
  - Body Fluids
  - Plasma & Lymph
  - Provides nutrition for cells, tissues and organs

- **Rakta Dhatu**
  - Blood
  - Supplies O2 to all body structures
  - Responsible for strength, health & happiness

- **Mamsa Dhatu**
  - Muscles
  - Provides movement & strength to the body
  - Protects internal organs

- **Meda Dhatu**
  - Fat / Adipose
  - Provides strength, lubrication & nutrients to bones, joints, tendons and ligaments

- **Asthi Dhatu**
  - Bone & Cartilage
  - Protects delicate nervous tissue, brain, spinal cord
  - Supports bone marrow

- **Majja Dhatu**
  - Bone Marrow & Nerves
  - Nourishes Shukra Dhatu
  - Governs function of bone marrow, brain & nerves

- **Shukra Dhatu**
  - Generative
  - Ova, Semen & Stem Cells
  - Responsible for cellular regeneration and reproduction

Trayodasha Agni - 13 Metabolic Fires

- **Rasa Agni**
  - Mala: Phlegm, Tears, Saliva

- **Rakta Agni**
  - Mala: Urine, Bile

- **Mamsa Agni**
  - Ear/Nose Excretions

- **Meda Agni**
  - Sweat, Smegma

- **Asthi Agni**
  - Nails & Hair

- **Majja Agni**
  - Oily skin Secretions

- **Shukra Agni**
  - No mala

Mahabhutas

- **Prithvi (Earth)**

- **Apas (Water)**

- **Tejas (Fire)**

- **Vayu (Air)**

- **Akash (Ether)**

Bhutagni

- **Parthiva**
  - Solid

- **Apya**
  - Liquid

- **Tejas**
  - Thermal

- **Vayavya**
  - Gaseous

- **Nabhas**
  - Ethereal

Clinical States of Agni

- **Manda Agni**
  - Easy weight gain (even when not overeating);
    constipation; low energy
  - non-starchy vegetables
  - avoid fried and protein rich food

- **Tikshna Agni**
  - Diarrhea; heartburn; nausea; acid indigestion
  - eat cooling foods (fruit, leafy greens, yogurt)
  - avoid strong smelling and spicy food

- **Vishama Agni**
  - Gas; bloating; distention; constipation (as digestion slows)
  - eat a diet to pacify your Vata
  - avoid cold and raw food

YOGIC PSYCHIC NEUROLOGY

SAPTA DHATUS & TRAYODASHA AGNI
**Golden Mean**

**Stress Peace**

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### Nava Dushya - 9 Structures

<table>
<thead>
<tr>
<th>Asthi</th>
<th>Maamsa</th>
<th>Nadi</th>
<th>Rasa - Raktar</th>
<th>Indriya</th>
<th>Granthi</th>
<th>Meda</th>
<th>Majjaa</th>
<th>Soma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone Tissues</td>
<td>Muscle Tissues</td>
<td>Channels of psychic energy flow</td>
<td>Circulation &amp; Blood Components</td>
<td>Vital Organs and Sensory Apparatus</td>
<td>Endocrine Glands</td>
<td>Adipose (Fat) Tissue</td>
<td>Bone Marrow</td>
<td>Hormones &amp; Enzymes including Oja, Teja &amp; Sukra</td>
</tr>
</tbody>
</table>

### Dwadasha Krama - 12 Components

<table>
<thead>
<tr>
<th>Prana</th>
<th>Mana</th>
<th>Chakra</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vayu</td>
<td>Nadi</td>
<td>Vahana</td>
</tr>
<tr>
<td>Energy currents</td>
<td>Channels of pranic flow</td>
<td>Nerve Fluids</td>
</tr>
<tr>
<td>Vahaka</td>
<td>Vahaka</td>
<td>Vana</td>
</tr>
<tr>
<td>Nerve Impulses</td>
<td>Nerve Impulses</td>
<td>Psychic Vortices of Chakra energy</td>
</tr>
<tr>
<td>Vahana</td>
<td>Vahana</td>
<td>Granthi</td>
</tr>
<tr>
<td>Nerve Fluids</td>
<td>Nerve Fluids</td>
<td>Nodes of Prana</td>
</tr>
<tr>
<td>Vahan</td>
<td>Vahan</td>
<td>Bindu</td>
</tr>
<tr>
<td>Nerve Fluids</td>
<td>Nerve Fluids</td>
<td>Foci of higher mental energy</td>
</tr>
</tbody>
</table>

### Chakra - vortices of cosmic energy along Sushumna Nadi

- Located in psychic /energy body.
- According to Gitananda teachings there are 6 lower and 6 higher Chakras making a total of 12 Chakras.
- Minor Chakras situated at vital junctures of body.
- Related to major nerve plexi and endocrine glands present in the physical body (Annamaya Kosha).
- Connected to a network of psychic channels (Nadis).

### Human body is temple of the Divine, hence we must work towards its preservation with reverence and care. ~*Trumandiram 725*

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**Stress Management Through Yoga**

- *Dr. W Selvamurthy*

_Yoga enables and empowers individuals to:*

- Modify their perceptions of the stressors.
- Optimise their responses to them, and
- Efficiently release the pent up stresses.

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**YOGIC PSYCHIC NEUROLOGY**

- NAVA DUSHYA & DWADASHA KRAMA
A Bindu is a focal point of consciousness between the manifest (Kalaa) & the unmanifest (Naada) located between Manomaya & Vijnanamaya Koshas.

Mandalas

Mahabhutas

Jnanendriya

Karmendriya

Shiva Lingam is the guide which directs us from the Linga matra (marked point) to the Ailingoni (unmarkedness).

Out of thousands of beings, one may seek me; and of the thousands who seek me, one may ultimately reach me.

~Bhagavad Gita 7:3

YOGIC PSYCHIC NEUROLOGY

SAPTA BINDUS
### Chakras

- **Chakras** are pure energy - you need to be grounded to safely handle these energies.
- **Chakras** are dynamic vortices of energy which spiral clockwise up shushumna nadi.
- The 7 chakras are dynamic vortices of energy, which spiral clockwise up the Shushumna Nadi (spinal cord).
- The 6-Anda (higher, microcosm) chakras are transformed within us along the spine in 6 Pinda (lower, microcosm) chakras.
- **Ajna Chakra** is where the spiralling energies change to a balancing energy between right and left brain.
- The Anda Chakra vibrations are 24-44x speed of light in the Anandamayi Kosh.

### YOGIC PSYCHIC NEUROLOGY

**DWADASHA CHAKRAS - PINDA CHAKRAS**

<table>
<thead>
<tr>
<th>Chakra</th>
<th>Major Energy Flows</th>
<th>Subtle Elements</th>
<th>Qualities</th>
<th>Asanas for a Healthy Spine</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ajna</strong></td>
<td>Intuition</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
- Nasion between Eyes
- Pituitary Gland
- Cavernous Plexus |
- A + ng (Aum) |
- 2 |
- **Padmina in Shirsha Asana**
- **Kapala Asana** |
| **Vishuddha** | Great Purity |
- Throat Region
- Thyroid & Para-Thyroid Glands
- Pharyngeal Plexus |
- Ha + ng |
- 16 |
- **Sanvanga Asana** |
| **Anahata** | Unstruck Sound |
- Heart Region
- Thymus
- Cardiac Plexus |
- Ya + ng |
- 12 |
- **Vrksa Asana** |
| **Manipura** | Gem City |
- Navel Region
- Pancreas (Endocrine) & Liver
- Solar Plexus |
- Ra + ng |
- 10 |
- **Dharmika Asana** |
| **Swadhisthana** | Ones Own Abode |
- Pelvic Region
- Adrenal Glands
- Hypogastric Plexus |
- Va + ng |
- 6 |
- **Supta Vajra Asana**
- **Maya Asana** |
| **Muladhara** | Root Support |
- Base of Spine (Coocya)
- Gonads (Testes & Ovaries)
- Sacral Plexus |
- La + ng |
- 4 |
- **Vajra Asana**
- **Sukha Asana**
- **Siddha Asana**
- **Padma Asana** |

### Notes

- **Padma (Lotus)** represents a still snapshot of chakra without movement.
- **Metaphor of lotus** manifestation out of Mud (Tamas), through Water (Rajas), opening to Sun (Sattvas).
- The visible dala (petals) represent the flows of energy of the Chakra.
### Chakras and Their Corresponding Qualities

<table>
<thead>
<tr>
<th>Chakra</th>
<th>Qualities</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Muktana</strong></td>
<td>Freedom's Breath • Universal Liberty • Subarachnoid Cavity (space between brain &amp; skull)</td>
</tr>
<tr>
<td><strong>Swamihana</strong></td>
<td>Self Possessed • Mind master • Optic Thalamus (physically &amp; spiritually)</td>
</tr>
<tr>
<td><strong>Trikuti</strong></td>
<td>Three Pains Space Centre • Porcelain of Majendri (fluid) • Sympathetic Nervous System</td>
</tr>
<tr>
<td><strong>Brahma's Abode</strong></td>
<td>Creativity • Cerebrum &amp; Corpus Collusum • Right side of head • Afferent Nerves</td>
</tr>
<tr>
<td><strong>Vishnu's Abode</strong></td>
<td>Balance • Cerebellum • Left side of head • Efferent Nervous</td>
</tr>
<tr>
<td><strong>Shiva's Abode</strong></td>
<td>1000s Abode • 1000s Petal Lotus • Bregma • Pineaal Gland • Medulla</td>
</tr>
</tbody>
</table>

### Mandala Dharnia

<table>
<thead>
<tr>
<th>Chakra</th>
<th>Transformations of Universal Energy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aja</strong></td>
<td>Paramshiva • Shakti • Hamsa Gayatri • Hamsa So Ham Mantra</td>
</tr>
<tr>
<td><strong>Vishuda</strong></td>
<td>Sadashiva • Shakti • Shiva Gayatri</td>
</tr>
<tr>
<td><strong>Anahata</strong></td>
<td>Ishwara • Kalika • Rudra Gayatri</td>
</tr>
<tr>
<td><strong>Manjusha</strong></td>
<td>Rudra or Vishnu (S. India) • Lakini • Vidhnu Gayatri</td>
</tr>
<tr>
<td><strong>Swadhisthana</strong></td>
<td>Vinsnu or Brahma (S. India) • Lakin • Brahma Gayatri</td>
</tr>
<tr>
<td><strong>Muladhara</strong></td>
<td>Brahma or Ganesha (S. India) • Dakini • Ganesha Gayatri</td>
</tr>
<tr>
<td><strong>Apa</strong></td>
<td>Matsya Gayatri or Nippana</td>
</tr>
</tbody>
</table>

### Need to work on lower to affect the higher Chakras: Somatopsychic Effects

- **Aja (Ajna):** 20x - Hold
- **Vishuda:** 16
- **Anahata:** 12
- **Manjusha:** 10
- **Swadhisthana:** 6
- **Muladhara:** 4

### YOGIC PSYCHIC NEUROLOGY

**DWADASHA CHAKRA - ANDA CHAKRAS**

- 1000s Petal Lotus
- 7th Chakra (all 6 Anda Chakras as 1)
- Union of Shiva & Shakti
- Shukshma Gayatri
- Om Nama Shivaya

### Additional Notes

- 1000s Petal Lotus: Bija Sound is Varna Mala (20x 50 Dala Bija = 1000)
- Sitting in the middle where the Aum is facing N or E
- The Dala Bijas for Sahasrara work on Anda Chakras and circulate around the physical body emulating the shape of the Muktana Chakra
- Energies created within us = Human Cyclotron
Triguna
Three Basic Qualities: Sattva | Rajas | Tamas

Tridosha
Three Humors: Vata (Prana (Respiration)) | Kapha (Dhananjaya (Fire that fattens)) | Pitta (Naga (Burping)) | V+K (Psycho-mental transformation) | Krikara (Sneezing)) | Samana (Digestion) | Udana (Communication)

Trivasna
Psychological Background: Loka Vasana (Vanity of One's Status in Life) | Deha Vasana (Vanity of One's Body) | Jnana Vasana (Vanity of One's Knowledge)

Prana Vayus
Prana (Respiration) | Apana (Excretion) | Vyana (Circulation) | Samana (Digestion) | Udana (Communication) | Naga (Burping) | Kurma (Blinking) | Krikara (Sneezing) | Devadatta (Yawning) | Dhananajaya (Fire that fattens)

Abhyasa
Personal Discipline: Yatna (effort) | Deerga Kala (long time) | Satkara (with reverence towards supreme-\'sat\' – reality) | Nairantarya (uninterrupted) | Dridhabhumih (Firm foundation, Determined) | Stillness of Vrittis (mental fluctuations) | Concentration | Vairagya (Dispassionate, Non-attachment)

Jiva Karma
Lifestyle: Daily routines to maintain healthy lifestyle: Yamas (moral restraints) | Niyamas (ethical observances) | Dinacharya (day routine) | Raatricharya (night routine) | Ritucharya (seasonal routine)

Chetna
Quality of Thoughts: Positive | Idealistic | Outgoing | Self-centered | Disturbed

Vacha
Quality of Speech & Expression: Clarity | Consistency | Coherence | Refined | Emphasis (guttural, nasal, throat, heart etc)

Ahara
Diet & Food Habits (body & mind): Guna | Mitahara | Frequency | Quantity | Regularity | Specific to disease condition | Ahara for Panchakoshas

Viparita Buddhi
Destructive Habits: Actions that are not harmonious to oneself / one's society | Addictions | Harmful acts that negatively affect the individual, family and society

Jiva Vritti
Body rhythms – Bio rhythms | Circadian rhythms | Periodicity of Nasal Cycle | Periodicity and Rate of Heart | BP | Respiratory Rate | Deep/ Shallow Breathing | Sectional or Complete Breathing | Menstrual Cycle | Bowels | Bladder

Sankalpa
Ideals of the Individual: Vows | Inclination to heal & live healthy | Icha-kriya-jnana shakti coordination

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Health and happiness are your birthright. Do not forsake your golden culture for the plastic playthings of the modern world. Learn and live Yoga for then you will know true health and happiness!

- Swamiji Gitananda GirI

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**YOGIC PSYCHIC NEUROLOGY**
**BIJAS & YOGIC DIAGNOSTICS**

**Gitananda YOGA™**
SCRIBED WITH LOVING DEDICATION TO MY GURU, TEACHER AND GITANANDA YOGIC FAMILY!

All errors & omissions are that of the humble scribe and should any corrections be required please advise and I would be happy to make the required amendments. It is through the encouragement of my teacher and inspiration of my yogic family these notes have come into existence. With great trepidation I put forth my awkward attempt at capturing the infinite ocean of knowledge shared by Yogacharya Dr. Ananda Balayogi Bhavanani in my child like teacup.

It is only by the grace of the guru these teachings come to us to guide us on our path of involution AUM. Namaste!

GITANANDA YOGA | 2020