

Fr. Joe's 8 day Pranayama and Meditation Program for the Covid-19 months

https://www.youtube.com/playlist?list=PLRgQZ_3cSzqufsf2iZfOkXFUIWKgg6fCe&feature=share

If you decide to take the class, please consider making a donation to KRIPA Foundation

Kripafoundation.org

My notes on the sequence are included in the pdf below. Fr. Joe's rapid delivery, accent, and use of Sanskrit may be challenging for some. There are a few phrases I did not catch and some that I'm not confident I got right. I have interpreted and translated from my understanding of the concepts in the hope of adding to your understanding

Fr. Joe Pranayama and Meditation for the Covid months

Day one

- I. Opening Chant
 - A. Aum's
 1. In yoga, the vibration of the Supreme Spirit that calms the mind and attunes us to IT.
 2. In Christianity, the Alpha and the Omega, the Amen
- II. Introduction
 - A. Fr. Joe mentions that Jesus is his supreme teacher/yogi but that everyone bows to the God of their understanding
 1. He likens the 3 nadis to his teachers
 - a. In yoga—the three nadis are the esoteric channels of psychospiritual awareness
Ida-the cool, feminine, left side
Pingala-the warm, masculine, right side
Susumna-the central direct channel of knowledge and wisdom
 - b. Fr. Joe
Ida=Mother Teresa
Pingala= BKS Iyengar
Susumna=Jesus
 - B. The Relaxation Response (RR)

1. Walter Canon described the fight or flight response in the 1920's
 2. Herbert Benson
 - Continued this train of research in India and wrote The Relaxation Response in early 70's. More of his books are mentioned with "The Breakout Principle" highlighted for its research on the nitric oxide effect.
 3. The RR is essential in order to go deeper into the Antaratma Sadhana
 - a. Yoga terminology for the inner limbs—contemplation, meditation, oneness
- C. There are several more terms mentioned quickly regarding the Antaranga (8 limbs of yoga), of which the Bahiranga are the external limbs, and as mentioned, the Antarama are the inner limbs
(There is an assumption that you all know the 8 limbs of yoga, which I am not going to go into here—easily googled, lifetime study!)
- D. The practice (Sadhana) leads us to the Antaryamin—translated as the inner controller or the omniscient
1. Meditation is essential to remove arrogance, if it is there, there is no Isvara Pranidhana (surrender of ego identity to spirit identity)
 2. He asks us to inquire of ourselves, what is the locus of control within us?

Refer to video for posture visuals and instruction

III. Reclining postures

- A. Savasana II on Bolster
1. 3 energies blend—energy of spine rises, energy of intelligence drops
Meeting both in the heart
 2. Practice of the bandhas with breath is the "how" (more instruction of bandhas to come in later sessions)
 3. Today, just REST
- B. Chair Savasana
1. The calves are the second heart. Elevating and weighting them brings about measurable hypometabolic conditioning (slowing the heartrate, breathing patterns, lowering blood pressure)
 2. Begins the process of Chitta Vritti Nirodha (yoga defined: calming the whirlpool of the mind)
- C. Practice Ujjayi Pranayama in B.
1. Inhale (Puraka)
 2. Hold in pause (Antara Kumbhaka_
 3. Exhale (Recaka)
 4. Hold out paus (Baya Kumbhaka
 5. Dove tail the breaths in continuous fashion, listen

- D. The consequence of Pranayama (limb 4) is Pratyahara (limb 5), “the disposition of dispossession”.
1. The practice of “letting go” of all but the So ham, Tatwa Asi, “I am that I AM”

E. Three components of healing: Herbert Benson

1. Restedness
2. Remembered wellness (deep down we are all right)
3. The Faith Factor (what we feel/know as “all shall be well” when in the deep state of unity brought about by the practices, especially when the nitric oxide effect takes hold)

IV. Meditation (sit or recline in chair savasana)

1. Fr. Joe’s prayer

“Heavenly Father, Divine Mother open our hearts to the silent presence of your spirit. Lead us into that mysterious silence where your love is revealed to all who call...

He gives options for using a mantra but encourages each to use a word that has meaning for them

EX: Maranatha (Christian)

Hari Om (yoga)

Nayayana (Hindu)

Allah (Islam)

Shalom (Judaism)

Or chose your own

2. Integrate the mantram with the natural Breath
3. Stay with the mantram or go into silence
4. 10-15 minutes or as your time allows

V. Closing song

Today he sang Cat Stevens “Morning Has Broken”

Father Joe 8 day Course for the Covid months

Day 2 notes

- I. Aums and Introduction
 - A. Relaxation from day one
 - B. Taking a significant shift from the preoccupied world
 1. Moving the locus of control to the inner Spirit-Antaratman

- II. The Supine or Supta Pose
 - A. Choose Supta Baddha Konasana or Supta Virasana
 1. This posture begins the process of Restedness, the first principle of healing
 2. In Psychoneuroimmunology—it build up the inner world, tricking the mind into quietness
 - B. Panchamaya Vayu—the 5 areas of breath practice
 1. Feel the impact of the breath as visualize the following
 2. Inhale feel the apana vayu (legs)
Exhale through solar plexus (Samana vayu)
 - a. If you cannot relax this, not yet surrendering control, worries
 3. More vayus to come
 - C. Reach overhead to bring more relaxation into the breath

- III. Take Savasana II on bolster, head on block with slight Jalandhara Bandha (chin down)
 - A. Just REST for 5 minutes
 - B. Ujjayii practice in 4 parts
 1. Puraka (inhale)
 2. Antara Kumbaka (inhale hold) or pause)
 3. Recaka (exhale)
 4. Baya Kumbaka (exhale hold or pause)
 - C. The Jalandhara Banda with head on block triggers the Nitric Oxide effect on the amygdala center in the brain. Opening to Anandamaya kosa (bliss measured body)

- IV. Chair Savasana (lower calves on chair/head on block)
 - A. Panca Vayu (the 5 vital winds) Ujjayi Pranayama practice
 1. Feel each body part with a corresponding breath
 2. Inhale (legs/calves)=Apana vayu
Exhale (solar plexus)=Samana Vayu
 3. Inhale (heart) Pramana Vayu
Exhale (solar plexus) Samana Vayu
 4. Inhale (simulate a smile) (Brain)=Vyana Vayu
Exhale (throat-relax jaw/thyroid) Uddana Vayu
 - a. This is Vissuhdi Cakra=communication
 - B. Practice all 5 in each breath

1 Inhale feeling apana, pramana, vyana
(legs, heart, brain)

3. Exhale feeling Samana and Uddana
(solar plexus and throat)

C. Breath work takes away mental and emotional ailments

Such as Alexithymia: a subclinical phenomenon involving a lack of emotional awareness or, more specifically, difficulty in identifying and describing feelings and in distinguishing feelings from the bodily sensations of emotional arousal (Nemiah et al., 1976).

D. Practice of Viloma II in Chair Savasana

1. Interrupted exhale

2. In one breath: Inhale partial, Exhale pause 1-4 count, Inhale partial, Exhale pause 1-4 count, slight inhale, then fully exhale and pause

3. Repeat for several breaths with normal breath between if any tension exists

E. There are two types of Savasana

4. Savasana of the Body=Simple restedness of the body letting go of all tension like a dead weight

5. Savasana of the breath= moving into the infinite reservoir of stillness, signals spiritual maturity

6. Try to capture this for even a short while=the So Ham, Tatva Asi, "I am that I AM", Be still and know that I am God

V. Meditation

A. Take a seated posture that does not induce any stress

1. Padmasana (lotus is good but difficult for most) allow for tremendous lift

2. Bandhas

a. On inhale feel Muladhara (root) chakra lift= Mula bandha

b. On exhale relax solar plexus=Uddiyana Bandha

c. Keep internal awareness of chin to heart (Jalandhara Bandha quiet the brain stem (medulla oblongata/cerebellum)

B. Mantras

1. Examples:

One—non-religious

Maranatha-Christian

Hari OM—Yoga

Allah—Islam

Shalom—Judaism

2. Synchronize with the breath

a. Harmonizes Sympathetic and parasympathetic NS and HRV (heart rate variability)

b. Equation is one repetition on inhale, two on exhale

(Lynne note: I use Hari Om on inhale, and Shanti, Shanti on exhale)

C. Fr. Joe' Prayer (see day one)

D. 15 minute practice mantra to silence—Closing chant: Amazing Grace

Fr. Joe Father Joe 8 day Course for the Covid months

Day 3 notes: Theme Pratyahara, the 5th limb of yoga

The action or practice elements will be in bold from now to make it easier to begin to see the practice sequence as a deepening inward flow

I AUMS, Chant, and Introduction

- A. One day Sat-Chit-Ananda
 - Meaning: Truth (Existence)-Knowledge (Wisdom)-Bliss
- B. Covid has put many into shell shock
 - 1. cannot deal with the left brain
 - 2. must go to Purusa (Spirit/intuition)
- C. Meditation is key
 - 1. stop reacting and start responding
 - 2. Pratyahara
 - a. disposition of dispossession, letting go
 - b. Isvara Pranhidhana—turning ego over to Spirit
 - c. forgiveness is essential component

II. Supine Pose

- A. **Supta Virasana** over bolster
 - 1. May also do supta baddha konasana or simple savasana II
- B. 4 stages of the Supine practice
 - 1. Aranga—take the pose and settle in
 - 2. (another term I don't know)—to shape the pose, refine it, like a potter with clay
 - 3. Varchiamasta (?)—**take arms overhead** moving into breath deepening and refinement
 - a. Pay attention to all of the bodily systems: immune, endocrine, respiratory, circulatory
 - b. They are come into harmony, communicate with each other
 - 4. He mentions the sutra: “Heyam Dukkam Anagatum”—that suffering which is yet to come, should be avoided
- C. **Savasana II**
 - 1. The head at Ajna Cakra (third eye) looks into heart (anahata cakra)
 - 2. Practice of coming into the here and now, letting go (of future and past)
 - a. Many ailments are due to not letting go
 - 3. Have effortless attention on the breath
 - a. Listen to the breath, if needed use the mantra: Now I am breathing in, Now I am breathing out
 - b. Practice basic Ujjayi—dove tail one breath into the next**
 - i. From restedness comes remembered wellness
 - ii. We are loved, we are beautiful
- D. **Chair Savasana**
 - 1. Brings the body/mind into the hypometabolic state
 - 2. Achieve Chitta Vritti Nirodha

3. Practice **Panca Vayu Pranayama** (see day 2)
 - a. Remember that the emphasis is pratyahara

III. Seated Pranayama

- A. Sit in chair with arms on the back or on a bolster
- B. **Viloma II—interrupted exhalation**
(Fr. Joe gives a good explanation)
- C. **Digital Pranayama**
 1. **Ujjayi**
 - a. practice of even breathing through both narrowed nostrils
 - b. lift the heart and use Jalandhara Bandha
 2. **Anuloma—alternate nostril exhalation**
 - a. Inhale through both nostrils, exhale alternately, starting with dominant side
 - b. Effects the brain waves
 - c. ‘smile’ in the throat and forehead
 - d. Mula banda and Uddiyana banda lift energy toward the heart, Jalandhara banda orients the brain toward the heart
 3. **Pratiloma—alternate nostril inhalation**
 - a. Ujjayi inhale, then exhale through both
 - b. Close left and inhale right
 - c. Close right and inhale left

IV. Meditation

- A. Return to **Chair Savasana**
- B. Remember Pratyahara
 1. Disposition of dispossession
 2. Isvara Pranhidana is maintained throughout Dharana (meditation, 7th limb of yoga)
- C. **Mentally repeat mantra**
 1. Once on inhale, twice on exhale effects the heart rate variability
- D. Fr. Joe’s Prayer

V. Closing song: Prayer of St. Francis

Fr. Joe Father Joe 8 day Course for the Covid months

Day 4 notes: Theme: Dharana,(concentration) the 6th limb of Yoga

I. **AUMs** and Introduction

A. He mentioned a term “Nischkama” and what sounded to me like maya.

1. And said that in the Bhagavad Gita this term means ‘having all, possessing nothing

2. (me) Nisch=not, Kama=desire, this term is also often used to refer to working without ego desire, but for the service.

B. 3 components to prepare for Dharana

1. Relaxation: we use asana to take us there

(I think he went on to other topics without distinctly saying what the other 2 were?)

II. Supine Poses

A. **Supta BK or Supta Vir**

1. this practice determines the quality of Dharana/Dhyana

a. Iyengar (Guruji) says it takes us from the sympathetic NS to the Central NS

b. Let the Spirit lead, not the ego

2. Stretch hands over head—feel enhanced breath

a. relax in manipura cakra (solar plexus) to release ego

B. **Savasana II**

1. First just RELAX—body like a dead weight

2. **Ujjayi practice** – dovetail one breath into the next, short holds (kumbakas)

C. **Chair Savasana**

1. 2nd heart in the calves

2. slows the breath, heart and brain waves

3. the hypometabolic condition makes meditation yogic

4. **Practice Panca Vayu Pranayama** as in previous days

a. **then add Inhale with three center awareness—legs, heart, brain**

b. **exhale with two center awareness—throat, solar plexus**

c. the Visuddhi (throat) cast out fear, the Manipura (solar plexus) brings in faith (surrenders ego will)

5. Forgiveness must be part of letting go (Pratyahara)

III. Digital Pranayama in seated posture

A. Ujjayi—even breathing through both narrowed nostril

B. Anuloma—alternate nostril exhalation (see day 3)

C. Pratiloma—alternate nostril inhalation (see day 3)

D. Nadi Sodhana—alternate nostril breathing

1. Inhale through both nostrils

2. Close L and exhale R
3. Inhale R and exhale L
4. Inhale L exhale R; completes one cycle
5. normal inhale between and/or repeat 3 and 4 continuously

IV. Meditation

A. Take Chair Savasana

1. We have done all components for Chitta Vritti Nirodha from Svayu Vritti Nirodha (quieting the cells of the body) to calming the brain waves to achieve the Nitric Oxide effect

a. Nitric oxide is produced by nearly every type of cell in the human body and one of the most important molecules for blood vessel health. It's a vasodilator, meaning it relaxes the inner muscles of your blood vessels, causing the vessels to widen. In this way, nitric oxide increases blood flow and lowers **blood pressure**.

2. Yoga Sadhana (path of yoga) is coming home to the holy of holies within us

a. with let the Antaryamin (inner controller/omniscient one) or in Christianity, the indwelling spirit) take over

B. Fr. Joe's Prayer (or your own prayer/affirmation)

C. Mentally repeat the mantra

1. Dharana (concentration is centering prayer)

D. Silence

VI. Closing Chant or song

Fr. Joe Father Joe 8 day Course for the Covid months

Day 5 notes: Theme: Dhyana,(contemplation) the 7th limb of Yoga

I.AUMs, Invocation to Patanjali and Introduction

A. Review of the Science of Relaxation

1. Walter Canon: Harvard researcher coined flight or flight
2. Herbert Benson: his books have evolved our understanding of this science
 - a. The Relaxation Response elucidates external, physical relaxation (Bhairanga limbs of yoga) which elicits endorphins and relaxation response
 - b. Beyond RR takes us to the Antaranga limbs, induces the faith factor, slowing of breath and brain waves
 - c. Maximum Mind/Timeless Healing
 - d. The Breakout Principle: takes us to the joy of living, loving and serving. Introduces the NO effect

B. Studies by 2 Swedish Scientists regarding the NO Effect and one New Zealander. Links below from my research

<https://www.buteykobreathing.nz/blog/potential-immune-protective-effects-nitric-oxide-and-humming-->

<https://smhs.gwu.edu/news/nitric-oxide-may-slow-progression-covid-19>

SEE III.B BELOW FOR PRACTICE

II. Supine poses

A. **Supta Baddha Konasana or Supta Virasana**

1. Bhairanga two components: Alignment (Sthirum) and balance (Sukham)
 - a. rest and take time to “form the pot”
 - b. **take arms overhead** and feel the breath, stretch the inner body, relax solar plexus

B. **Savasana II**

1. If done superficially still OK, releases endorphins etc but to go to next level of Antaranga, must let go, practice pratyahara
2. Psalmist: “Help me to understand the shortness of my life that I may gain wisdom of the heart.”
3. Fr. Joe’s quote for addicts who must learn to relax at the cellular level (Svayu Vritti Nirodha) and “love the body back into life”
4. **Pracitce Ujjayi Pranayama for 3 minutes**
5. To get out of Rajasic mode we must slow the brain waves:

(my addition below)

- **Delta waves** (. 5 to 3 Hz) ... reservoir of deep stillness
- **Theta waves** (3 to 8 Hz) **Theta brainwaves** occur most often in sleep but are also dominant in deep meditation. ...
- **Alpha waves** (8 to 12 Hz) **Alpha brainwaves** are dominant during quietly flowing thoughts, and in some meditative states. ...
- **Beta waves** (12 to 38 Hz) .waking activity

C.Chair Savasana

a.practice **Panca Vayu Pranayama**

III. Pranayama

A. Anuloma, Pratiloma, Nadi Sodhana with Bandas

1. **Mula Banda (inhale) brings energy up and gives self control**
When energy goes down one becomes enraptured with self gratification
2. **Uddiyana banda (exhale) also lifts energy toward heart**
3. **Jalandhar abanda takes rajasic intellect down to heart**

B.Brahmari—the Bee or humming breath

1. **without sanmuki mudra**
2. **with sanmuki mudra**
3. said to remove depression, melancholy
4. opens us to the Ananda Maya Kosa—the bliss measured body
5. Some scientists now boldly claim that, “Our brains are wired to God”

IV. Meditation—seated or chair savasana

A.Fr. Joe’s prayer

B. Mantra practice

C. Silence

V.Closing chant or song

Fr. Joe Father Joe 8 day Course for the Covid months

Day 6 notes: Theme: Dharana, Dhyana, Samadhi, the 6-8 limbs of Yoga

Much of what was said today was review so I did not add a lot to the sequence notes

I. AUMs and Opening Chant

II. Supta Poses

A. Supta Baddha Konasana or Supta Virasana

B. Savasana II

1. Heart Condition protocol:

- a. Fr. Joe inserted a protocol for people with heart conditions, particularly congestive heart problems with support on two blocks to do prior to Savasana II in this sequence
- b.. This is a very specific placement of blocks to emphasize the atriums and then the ventricles of the heart. I would recommend working with a teacher trained in this if you need this protocol.

2. Practice Ujjayi Pranayama

C. Chair Savasana

1. Isvara Pranidhana comes with slowing of the brain waves
2. depends on the 3 components of healing: restedness, remembered wellness and the faith factor
3. uninterrupted Ujjayi is essential for Dharana, Dhyana, Samadhi

III. Seated Pranayama

A. Anuloma, Pratiloma, Nadi Sodhana

1. Nadi Sodhana is surest way to Chitta Vritti Nirodha
2. Cures emotional disturbance, alexethenia, neuroses

B. Brahmari breath with and/or without sanmuki mudra

IV. Meditation: seated or in chair savasana

A. Opening prayer

B. Mantra

C. silence: ENJOY!

V. Closing chant or song

Fr. Joe Father Joe 8 day Course for the Covid months

Day 7 notes: Theme: Protocol to improve immunity

I.AUMs, Opening Chant: The Serenity Prayer

A. The Immune Power personality is determined by what you THINK you CAN control and what you think you cannot

1. Deep down many people are agnostics, not realizing the SELF
2. They think they are only the ego.

B. Ego oscillates between distress and calm, Self does not waver

1. Healing cannot occur when in fight or flight phase (lack of saliva, increase of stress hormones, inflammation)

II. Supine poses

A.Supta Baddha Konasana or Supta Virasana

1. Yoga works with all 5 Kosas, and every system has a “mind”
2. They communicate with each other and try to find homeostasis
3. We acknowledge and allow the wisdom within to come forward, unblock, in these postures

B.Take arms overhead

1. When the ego has no effect, it dovetails with God’s grace=Ananda Maya Kosa

C.Savasana II

1. check alignment: Bend knees, Sacrum slides down, extend legs; press deltoids down, extend neck and brain oriented toward heart

2. Enjoy and come fully into the present

- a. On Inhale, Feel that you are being blessed: “You are precious to me”
- b. on exhale: gratitude, thank you

3.practice Ujjayi

- a. feeling protected and loved leads to the faith factor
- b. All shall be well, All manner of things shall be well (Julian of Norwich)

(FR. Joe reviews the cardiac bricks for those with heart conditions, otherwise go to D.)

D.Chair Savasana

!. Improves ejection fraction of heart

(Ejection fraction (EF) is a measurement, expressed as a percentage, of how much blood the left ventricle pumps out with each contraction. An **ejection fraction** of 60 percent means that 60 percent of the total amount of blood in the left ventricle is pushed out with each heartbeat. Normal is between 50-70%)

III. Seated Pranayama

A. Viloma II (interrupted exhalation)

1. Helps to establish a hypometabolic state.
2. Establishes Chitta Vritti Nirodha
3. Do not do Viloma I (interrupted inhalation) for meditation preparation as it may elevate BP, hypertension

Take Savasana II for 2 minutes if breath has become unmanageable

B. Digital Pranayama/ using Bandhas

1. Anuloma
2. Pratiloma
3. Nadi Sodhana

C. Brahmari

1. increases NO 19 fold in the paranasal sinuses
2. **without sanmuki mudra—2 minutes**
3. **with sanmuki mudra—3 minutes**
 - a. There should be NO EFFORT, maintain relaxation
 - b. feel the thyroids as you breath out.

IV. Meditation in Chair Saasana or seated

- A. Fr. Joe's prayer
- B. Mantra into silence

V. Closing Chant: One day Sat-Chit-Ananda

Day 8 notes: Theme Celebrate the Practice!

I.AUMs, Opening Chant and Introduction

A. Consciousness is a local

1. We effect all that we love, including Mother Earth
2. As we know our Self, we know God: I AM, So Ham, Tatva Asi

B.Acknowledge the Yamas and Niyamas in your practice (the first two limbs of yoga)

II. Supine postures

A.**Supta BK or Supta Virasana for 3 minutes** NIYAMAS: Saucha, santosa, tapas, svadyaya, Isvara Pranidhana

1. This is the first ritual to awaken body wisdom and deflate the ego
2. Niyamas: Saucha (purity), Santosa (contentment) Tapas (discipline)
3. **Start with arms at sides and REST**
4. **Take arms overhead**
 - a. there is a term I'm not familiar with, Varichayamasta (?) that he equates with Svadyaya,(self-study) to get to know.
 - b.disconnect from worries and preoccupations
 - c. listening to the breath leads to Isvara Pranidhana (surrender of ego to Spirit)

B.**Savasana II with Ujjayi 3-5 minutes**

1. **Adjustments of body: sacrum release, deltoids down, brain down begins NO effect on amygdala**
2. Breathe automatically relaxes
3. Move from a reactive to a responsive state of here and now.

4.He asks us to sit for 3 minutes for a Viloma II practice, I do this in Savasana II.

C.**Chair Savasana**

1. Body like dead weight, hypometabolic state
2. brings inner stability and stillness to cells
3. Pratyahara, withdrawal of outer to inner
4. Remembered wellness: we are alright deep down
5. Faith factor: Love casts out all fear

III. **Seated Pranayama**

A.**Digital**

1. **Ujjayi through both controlled nostrils**
2. **Anuloma**

3. Pratiloma

4. Nadi Sodhana

Take Ajna cakra to Anahata Cakra, not into thinking brain

B.Brahmari

1. no sanmuki mudra, hum only

2. with sanmuki mudra

IV. Meditation (in chair savasana or seated)

A.Fr. Joe's prayer

B. Mantra

C. Silence

We are thirsting for love, Celebrate!

V.Closing song or chant