

Measurements in Yin & figure 8



BRAINWAVE—The 8 represents the infinite pulsation of the universe, of which we are all part of. 8 hertz, very interestingly, is the frequency that the earth vibrates. humans cannot survive without it. Life depends on that frequency, otherwise we would not buzz. its a common alpha frequency in meditation frequency expanded consciousness.

Gamma - 27Hz to 40Hz— Elite athletes, top-notch musicians and high achievers in all fields produce far more gamma waves than average.

Beta - 12Hz to 27Hz —The highest level is beta, and in this state the brain is active and very awake. This state is usually associated with intellectual thought and verbal expression. When you are talking up a storm, your brain is vibrating between 13 and 30 cps.

Alpha - 8Hz to 12Hz —The alpha level is the next state down, and it is associated with a much more relaxed, calm, and creative waking state. A nice alpha level can be achieved with a simple meditation of slowing your breathing.

Theta - 4Hz to 8Hz —Somewhere in this range lies what is called the hypnagogic state. That twilight-zone of consciousness on the border between being awake and being asleep.

Delta - 0Hz to 4Hz —This is associated with the deepest levels of relaxation and restorative, healing sleep.

Eight Principles of TCM (Meridian Theory)

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| 1. Hot | 3. Wet | 5. Excess | 7. Yin |
| 2. Cold | 4. Dry | 6. Deficient | 8. Yang |

The a human being is a microcosm. Within a human being are contained the same elements as the world: wood, fire, earth, metal and water. If these elements are working in harmony then the body is balanced repeling disease. If there is lack of harmony, dis-ease and illness is the result. This is the first law of TCM known as The Law of the Five Elements.

THE EIGHT LIMBS OF YOGA.- Ashtanga (ashta = eight, anga = limb). Practice of these eight elements is the practice of yoga.

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| 1. Yama Restraints | 5. Pratyahara Withdraw sense |
| 2. Niyama Observances | 6. Dharana Concentration |
| 3. Asana Postures | 7. Dhyana Meditation |
| 4. Pranayama Breath | 8. Samadhi Superconsciousness |

In our 200 hour studies we learned of Patanjali's Yoga Sutras, which are 8 steps leading to liberation. Each is part of a holistic focus which eventually brings completeness to the individual as they find their connectivity to the to our higher power.

EIGHTFOLD PATH IN BUDDHISM- The Taoist Practice of yoga acknowledges the Eightfold Path of Buddha escaping the cycle of rebirth and suffering requires a higher and more ethical code of behavior than most individuals practice today. This path includes constant introspection and a "correct" or "true" way of living. Following this path leads an individual to freedom because these principles are also inherent Universal Laws. They are expressed as:

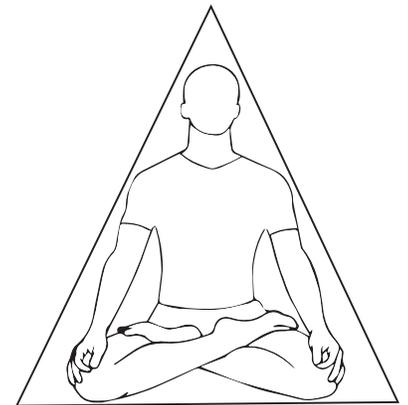
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| 1. Right Seeing | 5. Right Living |
| 2. Right Thought | 6. Right Endeavor |
| 3. Right Speech | 7. Right Mindedness |
| 4. Right Action | 8. Right Concentration |

THE BODY MOVES IN A FIGURE 8- The deepest currents of energy movement in the body lie in the skeletal system and the interconnective tissues known as the anatomy train of fascia, ligament and tendon. When we walk, an infinite number of figure-8 patterns are created balancing our bodies repetitively from right to left and back again. This balancing motion organizes into a series of figure-8 energy patterns “the anatomy train of the body” creating a deep flow of internal energy where the meridians reside. It is precisely these infinite multi-layered figure-8 spiral patterns that keep energy moving freely, and keep our muscles, joints and nervous system vitally strong.

using the figure 8 in yin-The figure eight is important in your teaching of Yin. This involves a concentrative meditation with your students Yin practice by bringing their awareness and thought to an infinite loop. Think of this infinite loop, a figure 8 as a dashboard which measures 3 different variables. At the top of this loop we are monitoring the fluctuations of the mind, at the center of this eight is our fluidity of breath is managed and the bottom we are using the 70% rule to navigate the waters of ease and or dis-ease of the body.

Fluctuations of the mind -Yoga Sutras 1.2 - 1.3: “Yogas Chitta Vrtti Nirodah. Tada drastuhu svarupe avastanam. Translation - Complete mastery over the modifications of the mind is called yoga. Then the seer becomes established in its true nature.” (Translation of Yoga Sutras of Patanjali.

Fluidity of the Breathe-Why Fluidity? Fluidity suggests ease and softens the edges of your movement. It is kinder to your joints and increases body awareness. A rhythmic practice will calm your mind and transform your practice into a moving meditation. Though the end goal of yoga is not a physical pose, our asana practice serves as a vehicle for us to explore deep within ourselves



Ease and or disease of the Body-The term Dis-ease simply means lack of ease or harmony within the body. It occurs when for any reason the Innate Intelligence of the body is not able to carry out its functions to its optimal capacity. There are several causes of Dis-ease in the human body. The most obvious would of course be a Subluxation interfering with the transmission of mental impulses or commands by way of the Nervous System.

With the figure 8 as measurement tool in Yin Yoga we keep students from over-stretch in in a comfort zone and avoid injury. The goal in any Asana is not to work hard or force a posture to get a big somatic release. The intention is simply to connect to your breath your body and your spine and witness whatever may arise no agenda simply presence. In this allowing you create a forum within

yourself for tremendous healing.

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