

**1 am Sunday, 29 January, 2012**  
**Raja Yoga with Steve Davis, RYT, LMT, NCTMB**

Raja Yoga is the Classic Yoga of Patanjali, the 8 – Limbed Royal Path of Yoga.

We will explore the mysteries of the deep night with high awareness, including the Yoga of Sound (Nada Yoga), to open into Pure Love (Prema), the Present Moment, and awareness of all the Chakras, including the Throat Chakra (Vishuddha), Heart Chakra (Anahata), the Sixth Chakra (Ajna), and the Crown Chakra (Sahasrara).

Kaivalya, (Absolute Freedom) is the highest goal of Yoga. Enlightenment, including Knowledge, Healing, and Power (Siddhi) flows from Pure Love (Prema).

I have been performing and teaching yoga for 30+ years. Explore my website at <http://www.healinglight.info>

**Class Notes!**

**Willkommen, Bienvue, Welcome!**  
**Fremde, etranger, stranger.**  
**Gluklich zu sehen, je suis enchante,**  
**Happy to see you, bleibe, reste, stay.**

**Willkommen, Bienvenue, Welcome**  
**Im Cabaret, au Cabaret, to Cabaret**

**Mahalo! Namaste!**

I am happy to be here! Yes, I was a Kit Kat dancer, singer, and actor in the stage production of Cabaret, in 2004, with Red Octopus Theatre Company, at the Performing Arts Center, Newport, Oregon. It was loads of fun, with long rehearsals for five months before we went into production to sold-out houses of around 400 for only three weeks. We were ready to go on the road! It was hard to imagine not continuing with the show!

We are not here to rehearse for another production of Cabaret, but I do want us to have fun, explore our creative, artistic side, and let loose a little without any fear of being judged!

**Healing**

Healing is all about opening up into what is there, to find our natural self, to align with the body, mind, spirit.

Power (Siddhi) flows from Pure Love (Prema). Wisdom (Jnana) is from listening to the Heart (Anahata – Wheel of the Unstruck Sound), integrating it with Ajna (Command Wheel), expressing Truth (Satya) through Vishuddha (Pure Wheel), the throat chakra.

In this way, heart and mind agree, and with this confidence the heart is opened into the present moment, and knowledge flows from the source of all, according to the Supreme Will. This leads to awareness of the crown chakra, Sahasrara, Thousand Petaled Lotus.

A great blossoming of the beautiful flower of life that is you takes place with knowledge and power of love. All seven chakras are equally important!

### **Expression of truth and balance of life**

The voice is a barometer of your state of health. The throat chakra, Vishuddha, Pure Wheel, is said to be the seat of healing.

By working on the free and unobstructed expression of your voice you will be able to help to heal your heart and mind, emotions, clear stuck energy and have more confidence. People will listen to you more readily, and your voice will become more resonant, powerful, beautiful, and musical.

### **Present Moment Course**

The Present Moment Course is something that I have been working on my entire life, but especially since January 1993, about the past 19 years.

We will touch on this great opening into the present moment tonight, in the deep night.

By being in the present, you know the truth. By observing the truth without distortion, the now is perceived, also it can be recalled accurately.

Perception is accurate. Memory is accurate. You will become more intelligent, have more energy, be able to relax at will, enjoy life!

### **Primal Sound**

**Aum** (OM) is said to be the original sound in the universe. **Ah** sound is the sound that is produced when the mouth is fully open. It is the first sound that a baby makes when entering this world.

As the mouth closes, the **Ah** sound changes into **Oh**, then **Uu**, then **Mm**. This is the primal sound **Aum**, root of all languages.

We will be singing (briefly) in Akkar tonight, which is the beginning of Aum, the most primal sound, without form. It is the pure expression of love, what is in the heart and mind, from the source. I will begin with a short performance, accompanied by the tanpura, then I would like you to follow me, and repeat what I am singing.

By this simple exercise, you will enter the present moment, and your powers of perception and memory will improve, along with healing of the body, mind, spirit integrated, One.

What we will do will be completely spontaneous, unrehearsed, from the moment.

It is always this way, different every time. Try to see how many notes (swaras) you can repeat accurately and faithfully. Do not think about it, just be in the moment. That is the secret.

### **History of the Present Moment Course**

I went to India to study North Indian Classical Music for the voice and bansuri (bamboo flute) in January 1993.

I studied bansuri with Pandit Malhar Kulkarni, one of the finest artists on bansuri, at that time in his late 70's. He did not speak very much English. He taught Indian Classical Music the way that it has been taught by rote for hundreds of years, with very little of it written down. The student must follow the teacher, and repeat what is being played.

At first I could only repeat seven or eight notes, and this really frustrated me, as I had traveled eight thousand miles, and spent thousands of dollars to be there to learn this music from the bansuri master. After three weeks of daily lessons and practicing five to six hours per day, I was able to remember 30 to 35 notes without error.

I also had intensive voice lessons in Calcutta with different teachers, studying both North Indian Classical Music and Rabinadranath Tagore (Rabindrasangeet) songs.

The trip lasted about three months. Upon my return, my business with teaching and outfitting high climbers on radio towers and antennae for the US Government started to take off, and I started more international travel. Over the next seven years, I traveled to 18 countries around the world, and studied ten languages to help me communicate with the climbers and others in the countries I was visiting.

I discovered that I could repeat anything anyone said or did, and that I remembered it later without problems of recall.

What I determined is that the music practice had opened a door in my awareness. This door, once opened, always remains open.

Over time, my skills have steadily increased. When I went back to school to study to become a Licensed Massage Therapist, I ended up with a 4.0 GPA the last two terms. The first term was rough, as I had not been in school for 22 years. I studied advanced courses, Asian track, 801 hours, graduating from East West College of the Healing Arts in March 2006 with a 3.5 GPA.

Over the years, I have been incorporating this knowledge in my yoga classes to help others.

I think you will find that being in the present moment will bring a profound and lasting, positive change to your life.

### **My history with Yoga**

I started on the yoga path nearly 40 years ago, in the early 70's. I have had two master teachers in my life. The first one was actually a Tai Chi Master, Wen Chi Huang, in 1972-73.

The next one was Mahayogi Sri Dadaji (Amiya Roy Chowdhury), whom I knew the last 14 years of his life, from 1978 to 1992.

Both of these teachers had powers, and knowledge beyond what we hear about today. I believe that enlightenment has no rules, and yet it certainly does, as it is self-regulating. You are always here in the now, conscious, one with all. This is the Tao, Way, Truth, Kaivalya, Absolute Freedom.

My own experiences in yoga and in life help to show the path. Every moment is precious, in the now. Help everyone you meet. Love all.

### **Yoga**

Yoga is a way of life. It is high consciousness.

By becoming aware, you will learn how to live successfully, to know when there are imbalances in your body, and how to correct them, before the imbalance manifests into disease and dysfunction.

It is a natural awareness. Meditation is all the time. Dhyana is the seventh limb of Raja Yoga. Raja Yoga is also called Royal or Classic Yoga. Dhyana means to be in meditation. Dhyana = Zen = Tao, or natural way. Svabhava means natural state. The goal of yoga is to find one's natural state. This results in Kaivalya, absolute freedom. This is the highest goal of yoga.

Yoga is not a religion. It is simply tuning in to what is there, the natural flow of life itself, and honoring life.

Yoga is true medicine. Yogis and Yoginis are known for their longevity, wisdom, and powers.

**Namaste,  
Steve**

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## ♦ Raja Yoga – The 8-Limbed Royal Path

- First, what is the purpose of Yoga? What is Raja Yoga? Yoga is a Sanskrit word meaning union. Union with all. Raja Yoga is Royal Yoga, from the Yoga Sutras of Patanjali.
- Raja Yoga is the integration of Karma Yoga, Bhakti Yoga, and Jnana Yoga.
- Karma Yoga = Yoga of Action.
- Bhakti Yoga = Yoga of Love.
- Jnana Yoga = Yoga of Wisdom

**8 – Limbed Path. Astanga means 8 – Limbed. Raja Yoga is also called Astanga Yoga.**

### **1. Yamas. Restraints.**

Ahimsa – non-violence towards self or other beings.

Satya – tell the truth to oneself and to other beings.

Asteya – do not steal from oneself or from other beings.

Brahmacharya – do not lust.

Aparigraha – non-attachment.

### **2. Niyamas. Observances.**

Saucha – cleanliness.

Santosha – contentment.

Tapasya – duty.

Swadhyaya – self-study.

Ishwara Pranidhana – devotion to the Supreme, to all.

### **3. Asana. Posture.**

### **4. Pranayama. Breath.**

### **5. Pratyahara. Prepare for meditation.**

### **6. Dharana. Meditation.**

### **7. Dhyana. Full union with the object of meditation, with all.**

### **8. Samadhi. Full union with all, longer duration of time.**

♦ **Chakras**—Wheels of Pure Energy, Light, Awareness, Power, Truth.

1. **Muladhara** – Receptive - Root Wheel – Earth. Red
2. **Swadhistana** – Sex, Creation – Wheel of One’s Own Abode, Sweetness, Seat of Life – Water. Orange.
3. **Manipura** – Belly - Wheel of the Jeweled City -Will Power - Fire. Yellow.
4. **Anahata** – Heart - Wheel of the Unstruck Sound – Pure Love – Air. Green.
5. **Vishuddha** – Throat - Pure Wheel – Pure Expression of Love – Ether. Turquoise.
6. **Ajna** – Third Eye – Command Wheel – Fine Ether. Magenta.
7. **Sahasrara** – Creative – Crown - Thousand Petaled Lotus - Connect with All. White.

### **Bandhas**

Mula (Root Chakra, Muladhara) Bandha

Uddiyana (Upward Flying Lock, 2<sup>nd</sup>, 3<sup>rd</sup> Chakras) Bandha

Jalandhara (Net-Bearers, Vishuddha Chakra) Bandha.

Ujjayi Pranayama. (Victorious stretching of the breath)

**Mind in Ajna** (third eye, sixth chakra). Sink roots into Earth and Heaven. Feel the ascending wind, Prana, and the descending wind, Apana. All ONE. Yin/Yang balance, pure light, love, truth.

### **Jnana (Wisdom) Mudra.**

Tip of Thumb to tip of forefinger, forming a circle. Rest palms upward, facing Anahata Chakra (Heart Chakra). Or, extend the remaining fingers and straighten arms into Earth to increase the flow of Prana/Apana Vayu (wind). This is life energy, pure wisdom, enlightenment. Yin/Yang balance.

### **Other Hand Mudras (Seal, Focus).**

#### **Apan (Purification, Elimination, Breathing) Mudra**

Tip of Thumb to 2<sup>nd</sup>, 3<sup>rd</sup> fingertips. Apana Vayu, descending wind.

### **Pran (Vital Energy, Vision) Mudra**

Tip of Thumb to 3<sup>rd</sup>, 4<sup>th</sup> fingertips. Prana Vayu, ascending wind. Raises vital energy, Kundalini, benefits eyes.

### **Hridaya (Heart Chakra) Mudra**

Tip of 1<sup>st</sup> finger to base of Thumb. Tip of Thumb to 2<sup>nd</sup>, 3<sup>rd</sup> fingertips. Extend 4<sup>th</sup> finger. Benefits the Heart, and the Heart Chakra.

### **Anjali (Love) Mudra.**

Open the hands in front of you, palms up, with the fingers spread evenly. Press the 4<sup>th</sup> finger against the 4<sup>th</sup> finger of the other hand, bending the finger towards you. Touch the tip of the 3<sup>rd</sup> finger against the tip of the other 3<sup>rd</sup> finger. Extend the 4<sup>th</sup> fingers upward. Rotate the hands together, and fan the fingers upward into an opening Lotus Flower. Place the hands at Anahata Chakra, to radiate and receive Pure Love.

### **As above, so below Mudra**

Right hand is pointing up, with palm facing forward, all fingers and thumb straight, in blessing and full communion with Heaven. Left hand is pointing down, all fingers and thumb straight, in blessing, with full communion with Earth. Reverse hands to see polarity difference. When seated, have left hand (downward) bent over left knee. When standing, arm is straight down.

### **Bhairav Mudra**

Right hand over left hand, both with palms facing up. Means fierce or terrifying attitude. Brings energy flow to Pingala (Solar) astral channel (right).

### **Bhairavi Mudra**

Left hand over right hand, both with palms facing up. Female version of Bhairav Mudra. Brings energy flow to Ida (Lunar) astral channel (left).

### **Dhyana (Meditation) Mudra**

Hands have all fingers resting vertically, touching in center. Tips of Thumbs touch in front.

### **Pranayama**

#### **Ujjayi Pranayama** (victorious stretching of the breath)

This is important to do throughout the yoga session, and anytime. Narrow the glottis by controlling the pharyngeal muscles, to restrict the flow of prana (air) in and out.

There are four phases of breathing in this pranayama, which is through the nose only on both the inhale and exhale. Inhale, pause, exhale, pause. Relax and extend the breath. It will create heat in the body, increase power, awareness, focus. Work on breathing silently. Sri Tirumalai Krishnamacharya said this is the most important pranayama.