

# Inner perceptions for spiritual growth

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# Introduction

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- Working from practices with the body towards more subtle experiences
- Learn to perceive subtle changes and energy flows
- Preparing body, energy system and mind for experience of Granthi sadhana
- Using namaskaras, Ten Bu, Kala Natyam, asanas, pranayama and mantras

# Viveka in practice

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- We will practise Viveka during the whole week
- Viveka is the ability to distinguish (e.g. between the various processes in our body or between our body and our Self during relaxation)

# What is granthi sadhana?

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- Series of practices aiming to unblock the knots in our system
- These knots are obstacles for the Kundalini so it cannot rise
- They keep our awareness and thoughts on the basic level
- When we cut these knots, it will enable us to use and live our full potential
- The practices combine mantras, pranayama and periods of reflection

# Ten Bu of Michio Kushi

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- I am
- I am the One
- I am the All,
- I am heaven and earth,
- I produce yin and yang
- I combine them into one
- Thus, I create everything,
- And I destroy everything
- Then I resurrect them again
- And I destroy them again
- I am eternal
- I am universal
- Yet, I am Nothingness

# Lokas – what are they?

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- ...existential levels recognized in Indian perception of existence.
- 7 main lokas: Bhu, bhuvar, swarga, mahar, jana, tapo and satya loka (as mentioned in the full Gayatri).
  - The Vishnu purana gives also other loka levels
  - There are also lower existential levels – the 7 talas
  - Below that are the „hells“, the most comprehensive collection of which are defined by Buddhist philosophy.

# Savita namaskara - Purna Gayatri mantra

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Om bhuh. Om bhuvah. Om svah.  
Om mahah. Om janah. Om tapah.  
Om satyam.

Om tat savitur varenyam bhargo devasya dhimahi  
dhiyo yonah prachodayat.

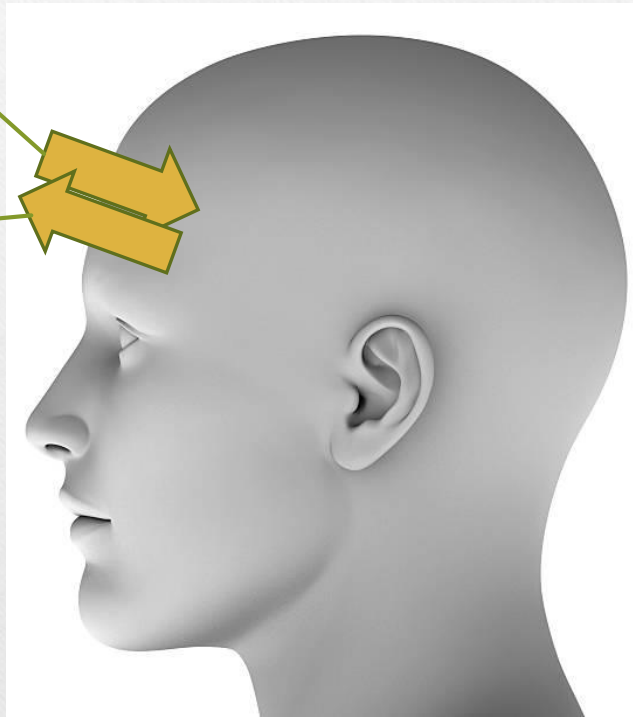
Om apo jyoti raso 'mritam Brahma bhur bhuvah  
svar Om.

# Bhrūmadhya bindu dharana of swami Gitananda

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Exhalation  
25+25 mm

Inhalation  
25+25 mm



# Granthi sadhana

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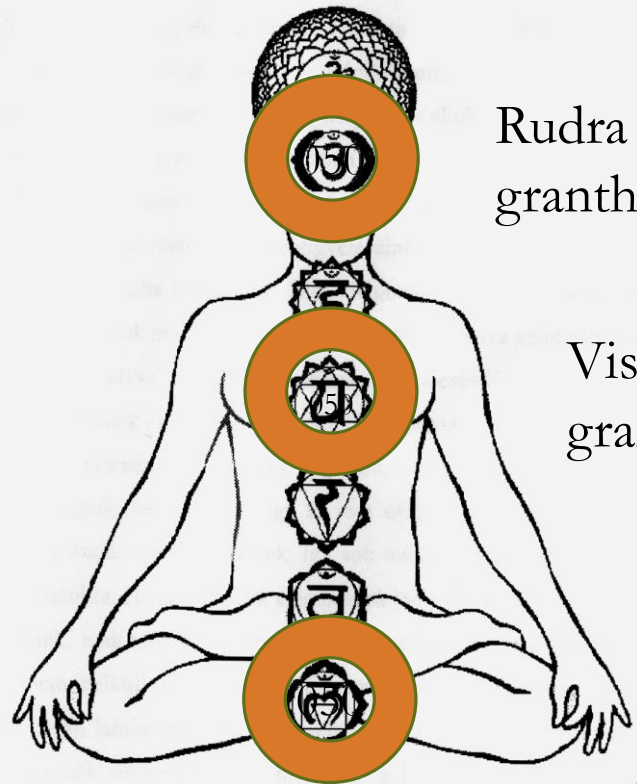
In the human system, there are 3 granthis (knots)

- Brahma granthi – located in Muladhara chakra
- Vishnu granthi – located in Anahata chakra
- Rudra granthi – located in Ajna chakra

Their task is to protect us from too strong experiences before we are prepared for them.

Once open, our Kundalini may awaken and rise

# Location of granthis



Rudra  
granthis

Vishnu  
granthis

Brahma  
granthis



Itara  
lingam



Bana  
lingam



Svayambhu  
lingam

# What is a granthi in yoga?

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- In the Advaita Vedanta philosophy, this earthly life is also a granthi
- As long as we live our ordinary life and are not able to sit down and practice pratyahara, dharana and dhyana, we are stuck on the level below the Brahma granthi, respectively
- Blocked nadis – energy cum information channels also function as granthis

# Where are we in the process?

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- As long as none of the granthis is open, during meditation attempts we usually experience a flow of thoughts related to everyday problems and processes.
- If the Brahma granthi is letting us go, we can dissociate from them.
- Our attention is lifted to the area of feelings (like/dislike; forgiveness/nonforgiveness etc.) that flow through our mind.

# Where are we in the process?

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- If the Vishnu granthi opens, then all the flow of feelings is left behind, we find ourselves at the level of Rudra granthi.
- Various spiritual experiences will become perceptible at this level, e.g. intuition. As long as our attention will be busy with these perceptions, Rudra granthi will not open.
- If we decide to relax even from this, then we head towards Sat Chit Ananda.

# Granthi sadhana



Rudrá  
granthi

9. Reflection

8. Intense breathing

7. Mantra: Om Namó Bhagavate Rudraya

Viṣṇu  
granthi

6. Reflection

5. Intense breathing

4. Mantra: Om Namó Bhagavate Vasudevaya

Brahma  
granthi

3. Reflection

2. Intense breathing

1. Mantra: Óm Namó Brahmane Namaha

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