

Yoga Spirit Academy E-zine

Healing body, mind and spirit
with the wisdom of Yoga, meditation and Ayurveda

July / August 2020

Volume 13, Issue 4

Spiritual Practice: Creating Sacred Space By Janet W. Parachin, PhD

This is the third in a new series on Spiritual Practices. This month we look at creating sacred space in your home and in your daily routine.

As we make the commitment to cultivating spiritual awareness in our everyday life, we find that the busy-ness of life is not conducive to this process. We have work to do, homes to look after, people who expect things from us, and so many distractions on the internet and television! If we are truly committed to making this happen, then we must make the effort to create sacred space in which this awareness can arise. Let's explore two ways we can create sacred space: one is physical and the other is temporal.

Physical space should be set aside as a place for meditation, yoga, journaling, etc. In our mind we associate different places with specific actions and this helps set the stage for a successful spiritual practice. Even if we don't believe that some places are more sacred than others, we still can't deny that some places have a good energy and we are drawn to be there, such as a place in Nature or inside a church, temple or mosque. We can create that positive energy by consecrating space, returning to it often, and using it exclusively for spiritual purposes.

Create a healing space in your home

According to Vastu (the Ayurvedic science of sacred architecture), a healing space should be in the northeast corner of the house with a table or altar facing southwest, south or west, while you sit facing northeast, east or north.

Honor the five elements by having flowers (earth and fire), pour/drink water or have a water fountain (water), candle or ghee lamp or homa (fire and air), incense (air and ether), statues of deities (fire, sight),



and mala beads (air, touch). Although not traditional for Vedic culture, you could use essential oils (earth, air, ether) and decorate with feathers (air) and crystals/gemstones (earth).

The second way to create sacred space is temporal, by consecrating our time and how we use it. In Ayurveda this is done through

Dinacharya (the daily routine)

Dr. Lad says "A daily routine is absolutely necessary to bring radical change in body, mind and consciousness." The purpose of the daily routine is to bring regularity to one's constitution. In the brain the hypothalamus is the main switchboard that maintains body rhythms, and it very sensitive to circadian rhythm which is triggered by the rising and setting of the sun. The circadian rhythm is synced with the biological clock, but most of us live according to the chronological clock. (examples: staying up too late, taking in blue light after the sun sets, traveling across time zones)

Here are suggestions for dinacharya from Dr. Vasant Lad:

Wake up before the sun: The purple light of pre-dawn is sattvic, so the first rays of the sun re-set the biological clock and synchronize the body's systems.

Rinse your face and eyes, scrape your tongue, brush your teeth:

Splash cool water on the face and

eyes, blink the eyes seven times and rotate to the right and left; use a copper or stainless steel tongue scraper, use a tooth powder or non-fluoride toothpaste.

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Yoga Spirit Academy
200-hour and 300-hour yoga teacher training
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Spiritual Practice, continued

Drink a full glass of water: Drink water that has been held in a pure copper vessel for at least eight hours. Face the east. Avoid caffeine in the morning, but if you must drink it add ginger and/or cardamom to neutralize the caffeine.

Have a bowel movement: Feces that stays in the colon and rectum releases toxic gas into the bloodstream, leading to physical and emotional illness. It helps to practice deep breathing and to squat to relax the pelvic floor.

Neti pot and nasya oil cleanses the nasal passages, clears allergens, and prepares the body and mind for pranayama and meditation.

Sesame oil in the ears will reduce or prevent common conditions such as tinnitus, excess wax, poor hearing and vertigo.

Practice yoga: Sun salutations to break a sweat and postures appropriate for the season, to strengthen bones and muscles, to preserve balance, and increase flexibility of joints, nerves and blood vessels.

Apply oil to the body: Massage the skin with coconut oil in the summer or sesame oil the rest of the year.

Shower and dress in clean clothes

Pranayama (yogic breathing exercises)

Meditation, mantra and mala

Breakfast

Ready for the day!

A dinacharya exercise

Take a piece of paper and draw a line down the middle to divide it in half. On one side make a list of your current daily routine. After some reflection, create a

revised daily routine based on what you have learned. Begin to implement the new routine over the next week and see how the discipline of routine brings joy to your life.



Anatomy for Yoga

This 20-hour course is open to anyone who is interested in knowing more about the musculoskeletal aspects of the yoga postures. It also meets the required 20-hour anatomy and physiology portion of the Yoga Spirit Academy teacher training program. Everyone who attends will receive a certificate for 20 contact hours of yoga training.

We will meet July 18 and 19 and August 15 and 16 from 1:00-6:00 at Tulsa Yoga Meditation Center, 5319 S. Sheridan Rd. in The Farm Office Building.

Tuition is \$300, \$50 holds your space. Here is a link to the registration form and enrollment agreement

Space is limited this year due to social distancing. We'll be maintaining 6-foot physical distance in the studio and avoiding all hands-on assisting.

<http://yogaspirittulsa.com/Training-Workshops/Yoga-Anatomy>

Restorative Yoga Advanced Training

This course explores the theory and practice of Yoga that restores and renews body, mind and spirit. Topics include prop-supported restorative Yoga, Yin Yoga, Yoga Nidra, and lots of practice teaching. Upon completion of this course you'll be able to offer restorative experiences for private clients and groups. Everyone who completes the course will receive a certificate for 50 hours of continuing education. The cost of the course is \$750.

Classes meet from 1:00-7:00pm on September 26-27, October 24-25, November 14-15, and December 12 (make-up day). Students can miss up to two days or one weekend and make it up by attending the make-up day and completing a written assignment.

Visit our website <https://yogaspirittulsa.com/300-hour-training/>

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