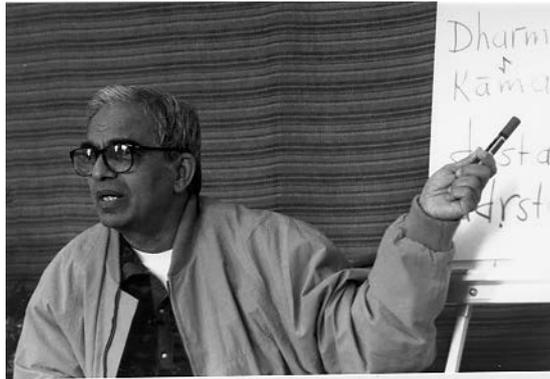


Religiousness in Yoga - Chapter by Chapter Study Guide



Chapter 12 Practice:

Choosing a Ratio and the Proper Technique for Prāṇāyāma

- Pages 163-177

1. Do we need to change the ratio? P163
 - New to maintain attention
 - To suit a particular need
 - If too easy will become mechanical
 - If too complicated resistance/conflict
 - Choice involves two things
 - What can be done re capacity
 - What should be done re direction, aim, need
2. Use of Āsana to establish capacity P163-164
 - How breath fluctuates
 - How body responds
3. Question around ratio must change P165
 - We must find out what we can/cannot do
 - Āsana can tell us how the breath behaves
4. Question around need to change ratio/breath length in Āsana P165
 - Example on finding out what we can/cannot do

5. Question around working on breath in Āsana using Prāṇāyāma techniques P165-167
 - Why not?
 - Example of fixing ratio in Āsana
 - Example of investigating ratio in Āsana
 - Example of fixing ratio in Āsana
 - Often suppose people have problems with the breath

6. Question around inhale and exhale in bending backwards P167-170
 - No definite rule as it depends on weight, stiffness, particular posture
 - That is why we should not use complicated posture to investigate
 - Establish direction of movement based on information
 - Discussion on investigating exhale using ratio, Āsana, Krama, inhale
 - Example proposal to investigate exhale

7. Question around review of first two suggestions for proposal P170-171
 - First proposal to change type of Prāṇāyāma
 - Second proposal is to change our practice
 - There are certain exceptions

8. Question around inhale shorter than exhale and chest area P171-172
 - Usually exhale longer unless other problems

9. Question around exhale and controlling the diaphragm P172
 - Example of quick inhale and long exhale
 - Example of reducing exhale to help longer inhale

10. Question around area of focus as chest or diaphragm P172-174
 - To attain a long breath training is necessary

11. Are there guidelines to establish our goals? P172-174
 - Aim to train so we can modify the breath to meet a demand
 - We must have a good posture
 - We must select a certain type of Prāṇāyāma
 - We must have a certain mental attitude
 - A special form of gazing can help attention
 - Sometimes to bring an image to the eyes
 - The effect is to rest the senses

12. Question around gazing while holding the breath P174
 - This is the first step

13. Question around how should we develop gazing P174-175
 - In the beginning gaze at the centre of movement
 - Shifting the gaze
 - Fixing the gaze
 - Gazing from one part of the breath to other parts, to all parts
 - Use of Hasta Mudrā

14. Question around use of hand positions distracting P175-176
 - Why training is step by step
 - Not mentioned for a long time
 - Moving too quickly will divide

15. Question around gazing being muscular or imaginary P176
 - There are effects from different types of gazing
 - Gazing must be done gradually

16. Question around gazing for Pratyāhāra P176
 - Some people think so
 - But we can't establish Pratyāhāra, it just happens

17. Question around gazing for Pratyāhāra P176-177
 - Candle gazing is actually a form of external gazing
 - It is not immediately associated with Prāṇāyāma
 - This practice is called **Trāṭaka**
 - In Prāṇāyāma we gaze inward rather than outward
 - Because the orientation is inward