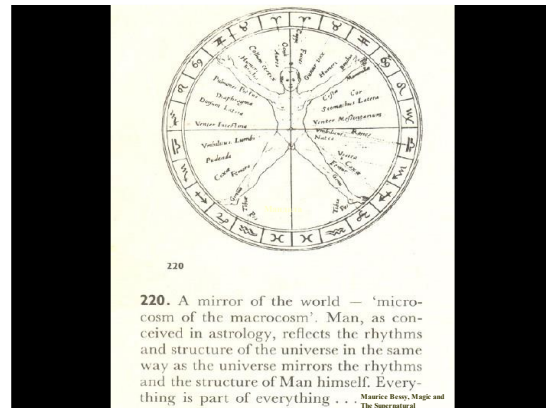
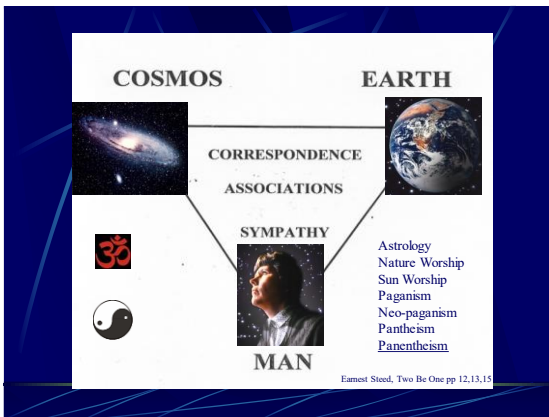


AYURVEDA – THE WISDOM OF THE EAST

1. I Kings 4:29-34 Solomon’s wisdom greater than wisdom of East or Egypt
Is. 2: 6 Jacob (Israel) --- filled with Eastern ways
2. Ayurveda---Ancient healing tradition of India; Derived from Vedas sacred texts of India
“Yoga is a sister to Ayurveda”
3. Ayurveda = eternal life; body-mind-spirit Cosmic life force= consciousness/intelligence
4. Ayurveda’s sole purpose is to promote flow of **cosmic life force** through man
5. Religions of the East’s world view: a) origins—dualistic cosmic life force became one b) Pursuit of life—to bring dualism to oneness within man c) Goal—escape reincarnation, eternity in nirvana
6. Astrology connection: man is a microcosm of the universe/macrocosm



7. **Subtle energy frequencies/vibrations:**
 level 1—speed of light; all creation came from this level
 level 2---faster than light and creates two subtle bodies Etheric and Astral
 level 3---faster than level 2 creates to more bodies Causal and Mental
 level 4-6 each faster than previous and at this level supposedly influences the mind
 level 7 godhood and immortality
8. Disease = imbalance of cosmic life force: Rx for disease is to rebalance life force
9. Methods of balancing: a) meditation b) yoga, yoga exercise c) diet d) herbs e) minerals f) massage with essential oils g) aromatherapy h) chakra cleansing
10. Essentials of meditation: a) muscle relaxation b) Rhythmic breathing c) mantra d) asanas/posture
11. Styles of Eastern meditation: a) transcendental (Hindu) b) mindfulness (Buddha) c) Movement type (yoga exercise, tai chi, martial arts) d) Relaxation Response e) visualization and imagery f) prayer—certain styles: (lectio divine, breath, labyrinth walks)
12. Christian Meditation on: a) God’s law b) God’s character c) God’s Word d) God’s grace e) God’s work’s etc. f) obedience is the response

13. Hindu cosmic force distribution: a) breath through nose b) ida and pingala hypothetical channels from nasopharynx to pelvis c) chakras # 7 d) aura exterior (wedding Garment)
14. **Divine Self**-- enhanced by: a) meditation—yoga b) visualization c) chakra cleansing
15. Yoga asanas (postures) lead to “enlightment” escape from reincarnation on to godhood
16. Yoga exercises: promote flow of cosmic force through the body & raises **KUNDALINI**
17. Kundalini - Serpent Power said to be innately latent within pelvis and is a creative force
18. Goal of meditation and yoga: **“The means by which the human soul may be completely united with the supreme spirit pervading the universe and thus attain liberation.”**
(escape reincarnation) Yoga Journal, May 1993 p. 9
19. Yoga asanas (postures are named after Hindu Gods:
“The poses that they so diligently practice in their stretching are named after Hindu Gods, and what one is actually doing, is calling on them. **In that worshipful pose, they are bowing and for all intents and purposes worshipping that god.** Our God says: ‘You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God.’” (emphasis added) <http://www.letusreason.org/NAM1.htm> p.9
20. **Pantheism**: everything is God because all are made of cosmic force which is God
Panentheism: God is a living being and left a **spark of divinity** in all His creation
21. Marma points: location on body, 107 of them, which when massaged will move cosmic force and essential oils are used in the massage because they are supposed to contain **concentrated cosmic force.**
22. Herbs are supposed to function as bridges between internal and external cosmic forces. They have replaced mercury in Ayurveda healing practices.
23. Aromatherapy- supposed to contain **concentrated cosmic force** and is delivered via vapor
24. **Pancharkama**: this is a word referring to the practice of “cleansing the chakras.” A practice done routinely by introducing some chemical stimulus to nasal passages, stomach, intestines, to supposedly cause expelling of toxins.
25. Urine therapy; Urine used in many ways as a super cleanser. One practice is to drink morning urine.

Peril of the theory of man’s inherent power :

If Satan can so befog and deceive the human mind as to lead mortals to think that there is an inherent power in themselves to accomplish great and good works, they cease to rely upon God to do for them that which they think there is power in themselves to do.

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Website www.healthandspirituality.info URL below is for written article of above subject

<https://healthandspirituality.info/meditation-yoga-exercises/meditation-ayurveda/>