

Tibetan Heart Yoga, Series 2, Mahamudra, The Great Seal.

Asana Summary Sheet prepared by Karl Straub

Based on the presentation by Geshe Michael Roach and Christie McNally

Recite last verse of Diamond Cutter Sutra, then *snap*. - Meditate on your feelings, how they change, how identities of self and others change moment by moment, continue throughout the practice.

1. CIRCLE OF LAMPS: look up, exhale rotate head around toward the left (counter clockwise) slowly in synch with breath, exhale is finished when looking down, inhale continue sweeping the head, upward and right now, to complete the circle, finish inhale at top, then reverse direction, clockwise with eyes to the outer edges corresponding to your movements. Repeat several times.

2. MANDALA OF WAR: fists at shoulders, elbows make large circles around, inhale up, exhale down several times, reverse direction.

3. CROW'S FLIGHT: fists at shoulders, raise elbows up, bring elbows down swiftly to ribs three times with strong exhales.

4. LOVER'S GAZE: stretch your arms, hug yourself, rotate from side to side 5 breaths. Repeat w other arm on top.

5. HEART STRIKE: hands clasped, thrust out 6 times with exhales. hands clasped, strike the heart 6 times on exhales.

6. SKULL'S LIGHT: This is same as Kapalabhati, also known as "Shining Skull Breath." "Kapala" means skull and "Bhati" means to make shiny or to clean. Consists of rapid succession of sharp expulsions of the breath.

7. FIRE AT THE CORE: exhale all the way, hollow out the belly, pulling it up toward the heart (uddiyana) retain exhale, move stomach forward and back at least five times in quick sweeping/fluttering motion.

8. 3 SMALL DROPS: sit cross-legged (lotus if comfortable) lift up on hands, drop 3 times to mat with sharp exhales.

9. INTENSE STEPS: go back to downdog hold 3 breaths, move both feet forward 12" and hold for one breath cycle, repeat 4-5 times ending in fwd bend Utanasana. 2x half way up - spine long - and down again.

10. BOWING TO THE SUN, A:

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2 sets (left, right)

Inhale: up **to sky Diamond** 3 Breath,

Inhale: look forward, left foot back,

Inhale: **Plank Posture,**

hands

Inhale: **Cobra,**

Inhale: left Foot forward,

Ausatmen: down to **Utanasana.**

Ausatmen: right foot back - **Downdog**

Ausatmen: knees down, chest to floor between

Ausatmen: **Downdog**

Ausatmen: **Utanasana**

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2 sets (left, right)

Inhale: **Sky Diamond** (on 1st 3 breath)

Inhale: look forward, left foot back,

Inhale: **Plank Posture,**

Inhale: **upward Dog**

Inhale: left Foot forward,

Ausatmen: down to **Utanasana.**

Ausatmen: right foot back - **Downdog**

Ausatmen: **Chataranga**

Ausatmen: **Downdog** Hold for 3 breath

Ausatmen: **Utanasana**

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11. BOWING TO THE SUN, B: like in series one by adding warrior one and going into chaturanga w/ jump backs.

Bis hier, dann:

Inhale: **Sky Diamond**

Inhale: look forward

Inhale: **upward Dog**

Ausatmen: down to **Utanasana**.

Ausatmen: jump to **Chaturanga**

Ausatmen: **Downdog**



2 sets (left, right)

Inhale: left Foot forward,

Inhale:

Inhale: **Warrior I**

Ausatmen: **Warrior I**

Ausatmen: **Warrior II** (hold for 3 breath)

Ausatmen: **Downdog** (2nd hold for 3 breath)



Dann: Inhale: look forward
Inhale: jump to **Utanasana**
Inhale: **Sky Diamond**
Inhale: prepare
Inhale: **upward Dog**

Ausatmen:

Ausatmen:

Ausatmen: **Utanasana**

Ausatmen: jump to **Chaturanga**

Ausatmen: **Downdog**

Dann

Inhale: left foot forward,

Inhale:

Ausatmen: **Warrior I Crescent Pose** (5 breath)

Ausatmen: **Downdog** (3 breath)

Inhale: **Plank Posture**

Inhale: **Updog**

Ausatmen: **Chaturanga**

Ausatmen: **Downdog**

Inhale: right foot forward,

Inhale:

Ausatmen: **Warrior I Crescent Pose** (5 breath)

Ausatmen: **Downdog** (3 breath)

Inhale: look forward

Inhale: half way up

Inhale: **Sky Diamond**

Inhale:

Ausatmen: jump to **Utanasana**

Ausatmen: **Utanasana**

Ausatmen: Hands to your heart

Ausatmen: Hands down

12. LOCK OF NAGARJUNA: stand up, clasp hands behind back in this lock. (Hips forward, Fingers to Floor, look up, rest head back. 5 breath)

13. RAG DOLL PULL: standing backbend with Nagarjuna lock. You may drop your head back if comfortable.

MOUNTAIN POSE: Inside of feet touch, kneecaps up, stretch fingers to ground, feel connection with earth and every living being.

14. DANCING WARRIOR & 15. BOWING TO THE SUN, C: variation of SUN B as follows: Here the sequence once you get to warrior 1 is to open to warrior 2, front arm goes back & lean back for dancing warrior, come up and into side angle, back to dancing warrior, back to warrior 2, back to warrior one. Repeat through the sequence on other side.

Inhale: **Sky Diamond**

Inhale: prepare

Inhale: **upward Dog**

Ausatmen: **Utanasana**

Ausatmen: jump to **Chaturanga**

Ausatmen: **Downdog**



2 sets (left, right)

Inhale: left Foot forward,

Inhale: **Warrior II**

Inhale: **Danc. War.** (front arm up)

Inhale: back up and backwards

Inhale: **Warrior I**

Ausatmen: **Warrior I**

Ausatmen: (hold for 2 breath)

Ausatmen: front arm down

Ausatmen: back to **warrior II**

Ausatmen: **Downdog** (3 breath am Ende)





16. SNARE OF HUUNGKARA: start like you are doing a sun salutation, but when you reach warrior 2 do the SNARE: from warrior 2 turn your head to look back over your straight leg, pivot on heel turning the foot of that straight leg to point away from you, heel down, toes point up and away, take slayer mudra in both hands, drop the arm nearest your bent leg, raise the other arm, gaze up along your raised arm, hold for 3 breaths.

Inhale: look forward
 Inhale: Sky Diamond
 Inhale: look forward
 Inhale: **upward Dog**

Ausatmen: jump to **Utanasana**
 Ausatmen: **Utanasana**
 Ausatmen: jump back **Chaturanga**
 Ausatmen: **Downdog**

Inhale: left Foot forward,
 Inhale: **Warrior II**
 Front arm down past knee, back arm up, look past fingertips, toes up, knee down (5 breath)

Ausatmen: **Warrior I**
 Ausatmen: **Snare of Hunkara**, look back, slayer Mudra,

17. TRICONASANA: with slayer mudra cross your wrists overhead, straighten legs, and then take triangle pose. (5 breath)



Inhale: come up.

Inhale: look forward
Inhale: left leg up, head down (3 breath)

Ausatmen: **Downdog** (3 breath)
 Ausatmen: jump to **Utanasana**

18. STANDING SPLIT: take standing split, and then spiral the upper leg down into...

19. KING OF THE FISHES- seated spinal twist with heel at perineum.

20. FOLDING COWFACE: lean forward, put your hands on the ground, line up your knees (helps to touch both knees to the floor) for cowface. inhale diamond fists, rotate fists, exhale thrust fists forward. Hollow the belly (uddiyana), press fists into lower belly -- press in and up. Fold forward over legs.



-----**Repeat Snare of Huungkara to this point on the other side.**

21. HEADSTAND. After headstand then go into child's pose with hands by feet.

22. BELLY DIAMOND: open up your knees as far as they can go; lie on the ground with your hips over your heels.

23. BELLY BOAT: lie on your belly, stretch legs and arms long and raise them up.
 2 x 3 breath

24. COBRA: hips remain on mat, press pubic bone down, engage legs, keep heels together, elbows stay close to ribs, pull forward stretch spine out long away from hips, then arch upward and back with shoulders, head is last to go back, careful: don't crunch lower back.

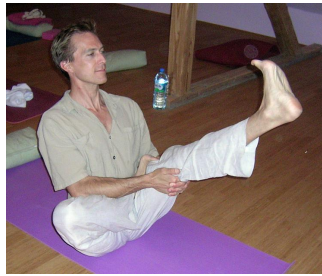
25. ELEPHANT STRETCH: cat and cow stretch in synch with slow breaths, exhale curve spine up toward sky tailbone tucks under, chin to chest, then on inhale reverse the curve slowly tilting tailbone up, spine curving down belly toward mat, head looking up. Repeat several times. Slow deep breaths.

26. JALANDHARA'S ASANA: lie down on back, bend one knee, hands over knee, lift shoulders up bring nose to knee, hold 3 breaths, repeat on other side.

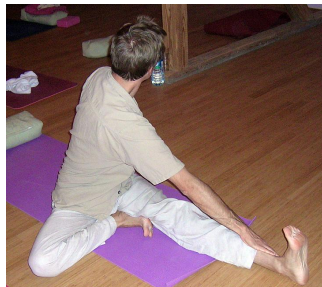
27. WESTERN STRETCH (Ashimo Asana): from downdog, jump through to sit. fold over legs. Halfway up, put thumb at hip crease and fold down. Pull belly up.



28. DOOR TO THE CENTER: from sitting with both legs straight, inhale bring your right heel up into the lower-left abdomen, exhale bend left knee and clasp opposite elbows beneath knee and rise up to balance, inhale feel the balance, exhale extend the left leg straight, hold for 3 breaths, keep balance. exhale bend knee and come down, straighten left leg.



29. HEAD-TO-KNEE TWIST: left foot forward, right foot outside of groin, legs at 90 degree angle, back straight, grab left foot with right hand, foot points straight up, left hand on floor outside left knee, press down into left hand and twist to left. Push shoulders up, open chest.



30. HEAD-TO-KNEE FOLD: face your extended leg and fold fwd. Legs are strong. Look forward fold deeper.

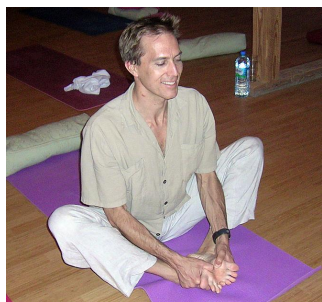
31. CROSS BAR: take your left shoulder to the inside of your left knee, your right hand over head, grabbing onto the left foot and twist your chest up to the ceiling, endeavor to rest the back of head on the knee, rotating chest upward to face skyward.



32. BOUND TRIANGLE (BADDHA KONASANA) I: Hip Opener for 10 deep breath, (Men sit on cushion), Sit, legs half long, soles of feet together, straight Spine, tuck chin down toward chest and curve spine bringing crown to floor inside diamond., open knees to side, top of head down inside heels, 10 deep breath, on Exhale go deeper



33. BOUND TRAIANGLE (BADDHA KONASANA II): 10 deep breath , slide heels close, short diamond shape, spine long, open soles of feet up like a book, push legs strongly, open knees backwards. Lift belly up and fold forward, chin in front of toes.



↑ -----REPEAT 28 - 33 ON THE OTHER SIDE

34. THE GREAT SEAL: Mahamudrasana

prepare with 3 SMALL DROPS, then left leg straight, bend right knee, right heel pressing perineum. Exhale take lock of Nagarjuna over head elbows bent hands resting on crown of head, center body completely, with hands still in Lock of Nagarjuna inhale raise arms straight up overhead, gently hollow belly. Exhale bend fwd to reach toes with ring fingers. Inhale arch back, shoulders back, gaze forward and upward without crunching neck, engage muladhara bandha, uddiyana bandha, exhale slowly (over 10 beats), chin to chest, engage Jalandhara bandha [pause a comfortable time] , "focus on diamond light at ajna chakra (brow/3rd eye)", inhale quietly slowly (10 beats), "let that diamond light lead you to understand emptiness", exhale...continue long slow smooth breaths through the nose, keeping bandhas in effect, "focus on your meditation object, impermanence of thoughts, of what you're feeling [here insert your Mahamudra meditation]"... inhale chin up
-----repeat Mahamudrasana sequence on other side start again with the 3 SMALL DROPS...
"focus on how karmic seeds are ripening to form this experience now. Both your feeling and the subject of your feeling..."

35. BOUND LOTUS: get into lotus and reach arms behind, grabbing onto your big toes. jalandhara bandha, retain breath

36. FISH Matsyasana: lying back, bound if you can.



37. BOUND ALL THE BODY: shoulder stand in lotus if possible.

38. CHILD IN THE WOMB: like plow but you are still in lotus, wrap your arms around your legs.

39. FIRE BOAT: navasana plus breath of fire

40. EVEREST TWIST: put left foot on right thigh twist legs to the right, turn head opposite way. SAVASANA.

41. GIVING AWAY THE KARMA.