

Taraka Yoga of Satguru Sivaya Subramuniyaswami

00:10:00	00:06:00	00:16:00	Ruby Red	Virasana Rt Left foot back Siddhasana
<p>Ruby red symbolizes Ojas, which means juiciness, referring to vigorous health, strength and resilience. Based at the Muladhara chakra, a 4-petaled lotus or energy vortex at the base of the spine, visualize yourself filled with Ojas, with vibrant health, strong, mentally and emotionally grounded, having personal relationships by the five Yamas: truthfulness, non-harming, non-greediness, non-stealing, and respect.</p>				
00:16:00	00:04:00	00:20:00	Marigold Or	Janu shirshasana Rt Left Paschimottanasana
<p>Marigold Orange is the traditional color of seva or selfless service - service offered for the benefit of others. Based at Swadhisthana chakra, a 6 petaled lotus located near the spinal nerve plexus near the reproductive organs, strengthens the personality factors of the five Niyamas: Purity of Being, Contentment, Enthusiasm, Self-Inquiry and Surrender to a Higher Power.</p>				
00:20:00	00:04:00	00:24:00	Sunshine Yel	Bhujangasana Dhanurasana Shalabhasana
<p>Sunshine Yellow is the color of Tejas, the quality of brilliant mental clarity. Its abode is Manipura chakras, a 10 petaled lotus near the solar plexus. Concentration at this point brings forth the devoted ability to persevere in the practice of the yoga, especially asanas.</p>				
00:24:00	00:04:00	00:28:00	Jade Green	Ustrasana Virasana Setubandha sarvangasana
<p>Jade green is the color of perfect health and balance in mind, emotions and body. Its abode is Anahata chakra, a 12 petaled lotus located near the heart. Accomplishment at this level brings steadiness in the practice of pranayama, extension of the breath.</p>				
00:28:00	00:04:00	00:32:00	Royal Blue	Sarvangasana Halasana Matsyasana
<p>Royal blue is the color of Divine speech, so that our words become clear, true and wise. Its abode is Visshudda chakra, a 16 petaled lotus at the throat near the vocal chords. Accomplishment at this level bestows the ability to withdraw our senses from external distractions, pratyahara.</p>				
00:32:00	00:04:00	00:36:00	Purple	Ardha Matsyendr Rt Left Baddha Konasana
<p>Purple is the color of Dharma, or righteous action. Its abode is Ajna chakra, a two-petaled lotus like the wings of a bird at the eyebrow center. Accomplishments at this level enable us to concentrate our mental faculties, dharana.</p>				
00:36:00	00:04:00	00:40:00	Lavender	Shirshasana Balasana Vajrasana
<p>Lavender is the color of the Soma chakra, a six petaled lotus above the eyebrow center. The essence of this Chakra is Soma, a beautiful nectar the color of moonlight which removes our fear and brings great peace of mind, dhyana.</p>				
00:40:00	00:04:00	00:44:00	White	Ard Padm Paschimot Lt Rt Padmasana
<p>White is the color of the Sahasrara chakra, the thousand-petaled lotus at the crown of the head. Accomplishment at this level brings liberation, samadhi.</p>				
00:44:00	00:15:00	00:59:00	<p>We will now be meditating for 15 minutes. If your eyes are open let the eyes fall to a point called dvadashanta, 12 fingers below the nose ... and if the eyes are closed allow them to gaze into that inner space called cidakasha. We will be meditating until we hear the sound of chimes.</p>	

Taraka (Inner Color) Yoga for Meditation, Modified Oct 2, 2005, Fest of Light, 1/29/2011

This is a series of 24 postures which are designed to prepare the body for meditation. Don't worry if you cannot perform the postures perfectly or if some are difficult. Do the best you can, progressing in the postures at your own pace.

Whatever thoughts you have about work, family, friends, or concerns or challenges for you, mentally place them in your shoes on the shoes rack. When you, leave you can pick them up again or just leave them behind. It's up to you. Worrying about a problems has never solved it. However, if you can release mental, emotional and physical tensions, that always works to make you more alive, aware and serene.

As you practice these postures, remain aware of your breath. Remember to use your breath to release unnecessary physical, emotional or mental tension. You can breathe normally or use Ujjayi breath, the breath that makes a sound. Whatever works best for you. Allowing the breath to flow freely directs the flow of prana the inner life force. As we practice the postures, we harness this energy of to calm and relax mind and body in preparation for meditation. This is one of the meanings of the word, yoga - to harness or yoke.

This series of postures is like a dance. One flows into the next. This deliberate flow is the key to serenity. As you perform the postures, see if you can sense the nervous system reaching a crescendo of energy as you sustain the pose. Each set of asanas will include a color visualization. You can mentally fill your body with that color or imagine yourself suspended in a space filled with that color, or imagine an object of that color.