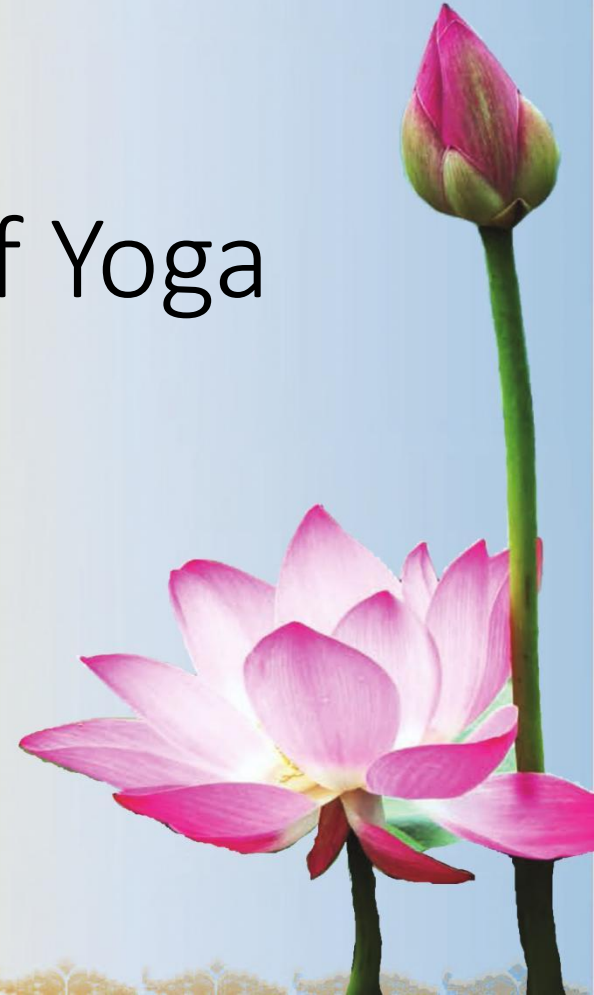


The Healing Power of Yoga and Ayurveda

With

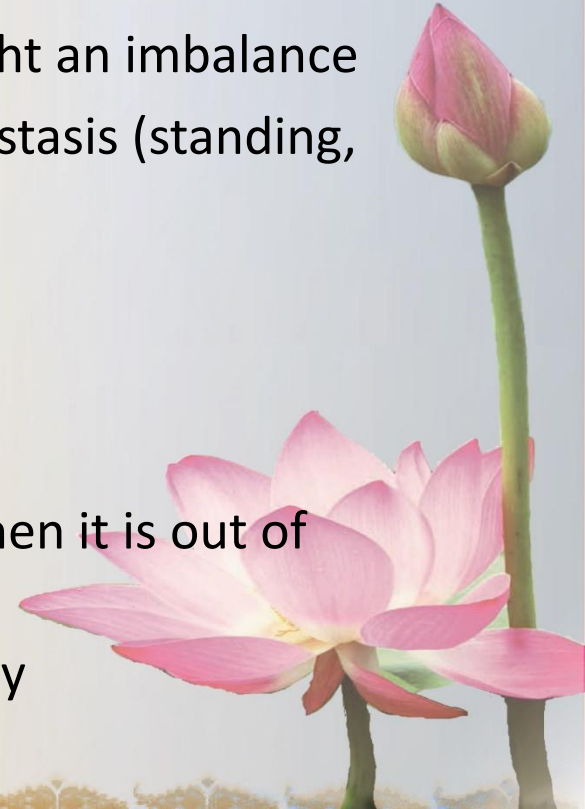
Rev. Dr. Laurel Prema Trujillo

October 15- November 5, 2025



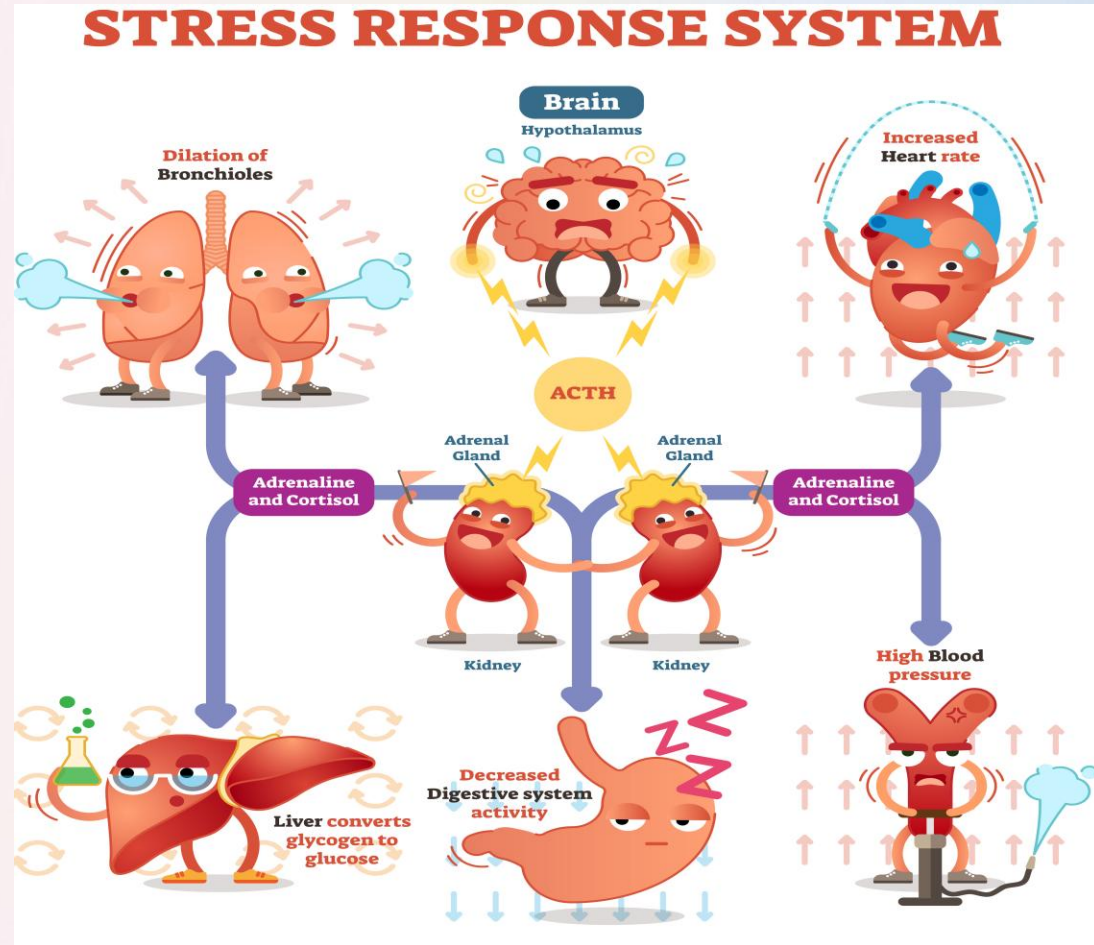
The Miracle of Homeostasis

- Homeostasis: the body's ability to heal itself, to right an imbalance
- From Greek homoio (like, similar, resembling) and stasis (standing, standing still)
- Many examples of returning to balance:
 - Temperature regulation
 - Sweating when we are hot
 - Shivering when we are cold
- Shows the intelligence of the body to recognize when it is out of balance, and automatically trigger steps to return
- Demonstrates resilience, healing power of the body



Stress Response: Fight, Flight or Freeze

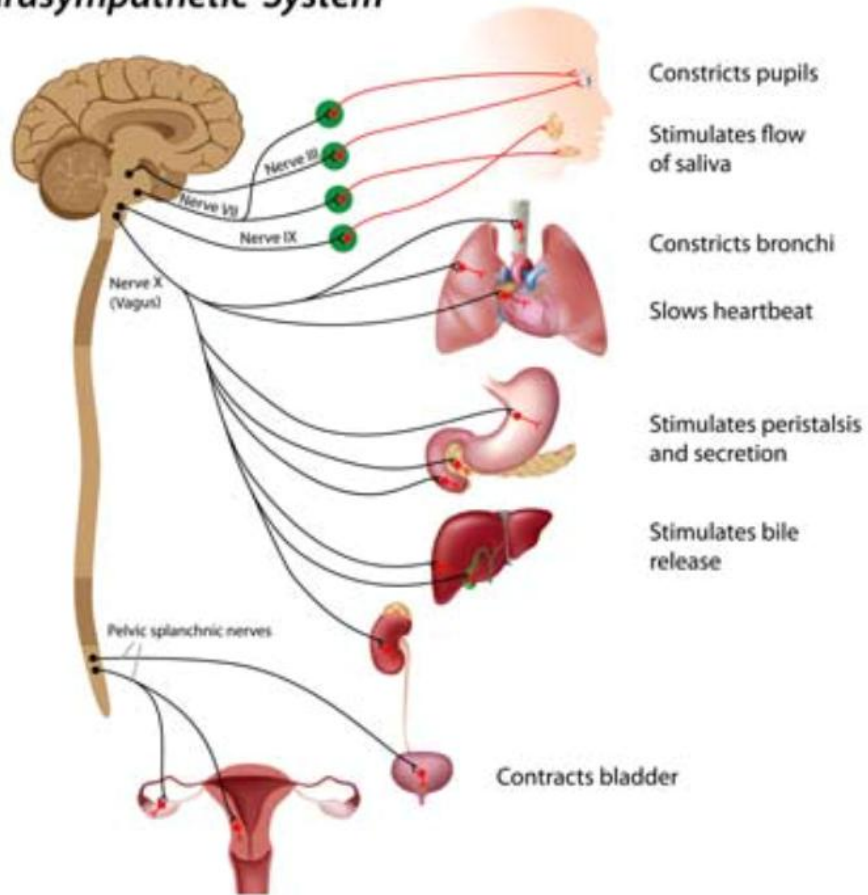
- Sympathetic Nervous System triggers Stress Response
- All actions are opposed by Relaxation Response (rest and digest response)
- Relaxation response triggered by Parasympathetic Nervous System



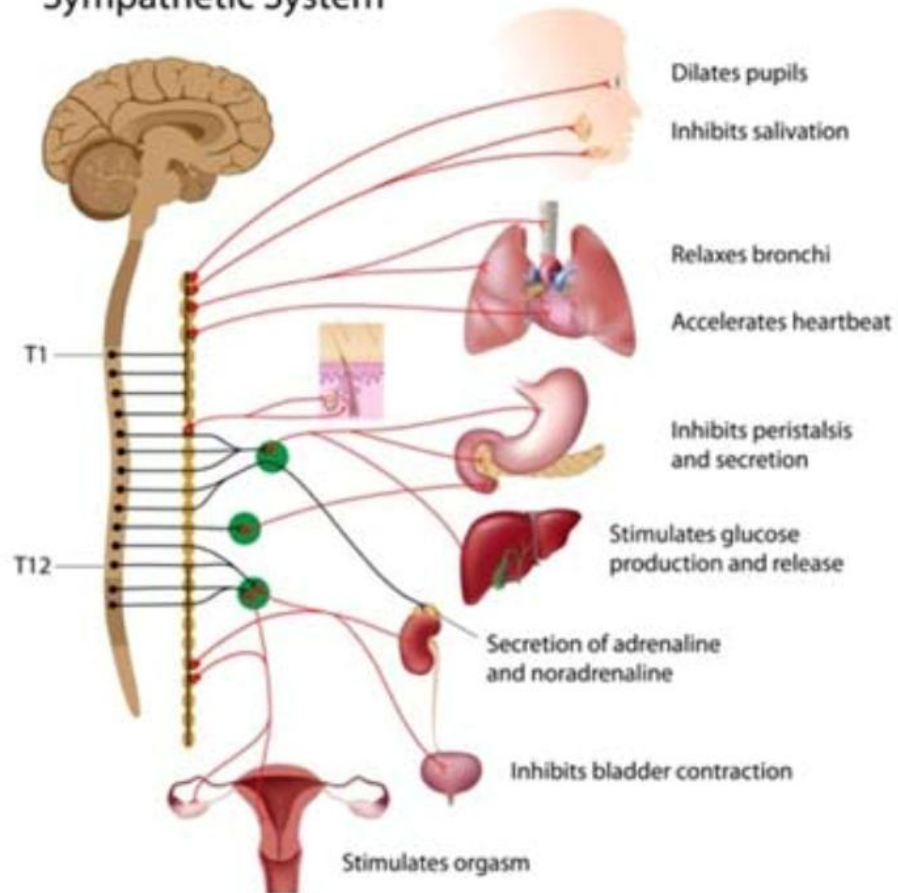
The Stress Response and the Relaxation Response are Opposites

- Stress Response
 - Prepares us to fight, flee, or freeze
 - Breathing pattern is shallow and high in the chest
- Relaxation Response
 - Also called the rest and digest response
 - Triggered by prolonging the exhale

Parasympathetic System



Sympathetic System



Koshas (Sheaths)

Coverings of the Self

Annamaya Kosha—Physical Sheath

Prāṇamaya Kosha—Energy Sheath

Manomaya Kosha--Sense Mind Sheath

Vijñānamaya Kosha--Wisdom Mind

Ānandamaya Kosha—Bliss Sheath



Yoga's Tools for Healing Call on All Five Sheaths (Koshas)

- Physical sheath: Asana, deep relaxation meditation (affects all 5)
- Energy sheath: Pranayama, mudra, chakra meditation
- Sense Mind Sheath: Mindfulness, witness consciousness
- Wisdom Sheath: yoga philosophy, intuition, discernment
- Bliss Sheath: Experiences of superconscious meditation



Vata Dosha

- Elements: Air and Space/Ether
- Vata as governing principle:
- Governs movement in the body
 - Movement of air in and out of the lungs
 - Movement of blood throughout the body
- Vata as constitutional type:
 - Thin, long neck, large eyes
 - Fast moving, speaking, thinking but easily fatigued
 - Nervous, worry, fear
 - Creative, enthusiastic, inspiring



Pitta Dosha

- Elements: Fire and water
- Governs transformation in the body
 - Digestion in gut
 - Energy transformation in cells
 - Metabolism
- Pitta constitutional type
 - Medium frame, good musculature
 - Focused, energetic, intense
 - Anger, resentment, jealousy
 - Perceptive and dynamic

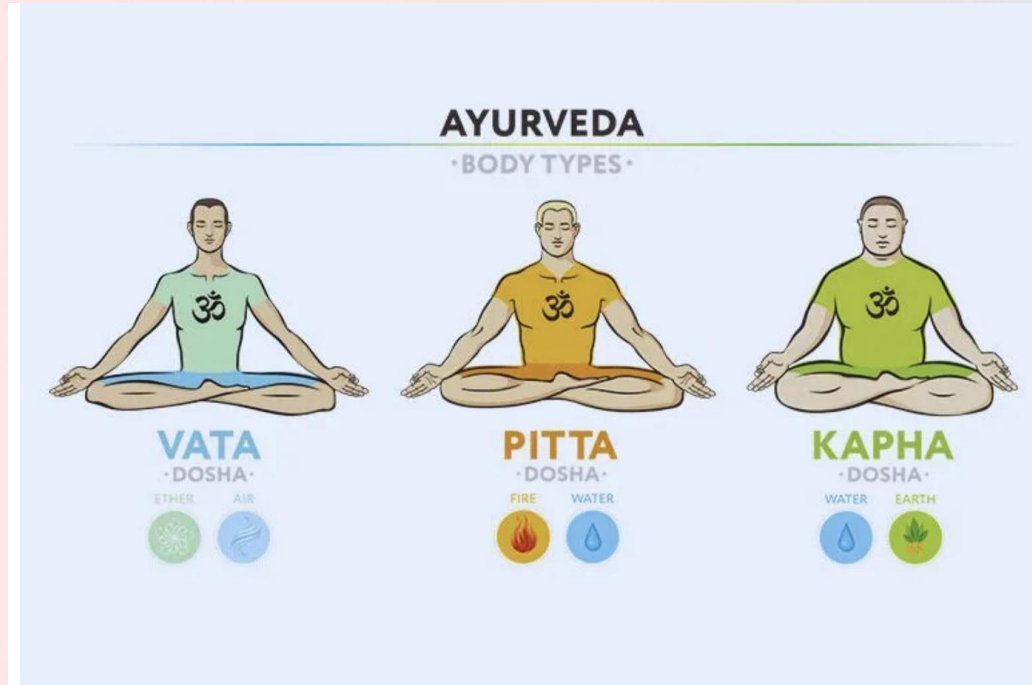


Kapha Dosha

- Elements: Water and earth
- Governs cohesion, stability in the body
 - Holds things together
 - Bones and muscles
- Kapha constitutional type:
 - Stocky, can become overweight
 - Consistent, dedicated, slower speaking and moving
 - Lethargy, depression, over-attachment
 - Unconditional love, nurturing, devotion



Vata Pitta Kapha Constitutional Types



Daily cycle

- Microcosm is part of the macrocosm
- Things that affect our outside world also affect us
- Vata times, air and space predominate:
 - 2-6 AM and 2-6 PM
- Pitta times, fire predominates:
 - 10 AM-2 PM and 10 PM to 2 AM
- Kapha times, earth and water predominate:
 - 6 AM-10 AM and 6 PM-10 PM



Wholeness: We are part of the world, and the world affects us

- Elements affect us through their biologic effects
 - Vata: governs movement; from ether and air
 - Pitta: governs transformation; from fire and water
 - Kapha: governs stability; from water and earth
- Three doshas are associated with seasons
 - We are healthiest when our constitution is in balance
 - Seasonal changes affect everyone, regardless of dosha
 - To stay in balance we need to change our behaviors with the seasons

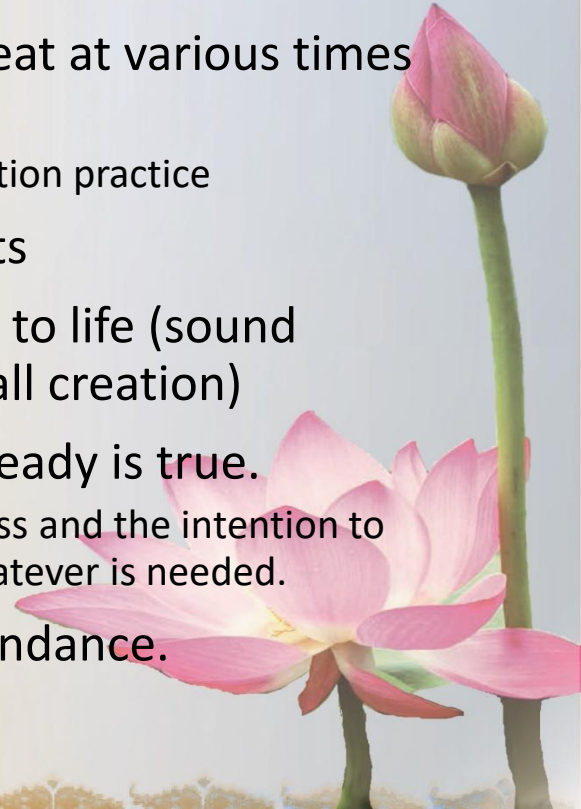


Seasonal Dosha Cycle

- Spring: Kapha time: warming, moist, growing
- Summer: Pitta: heat, humidity
- Fall: Heat early (Pitta), then moving to cold, drier weather: Vata
- Winter: Vata, colder and drier

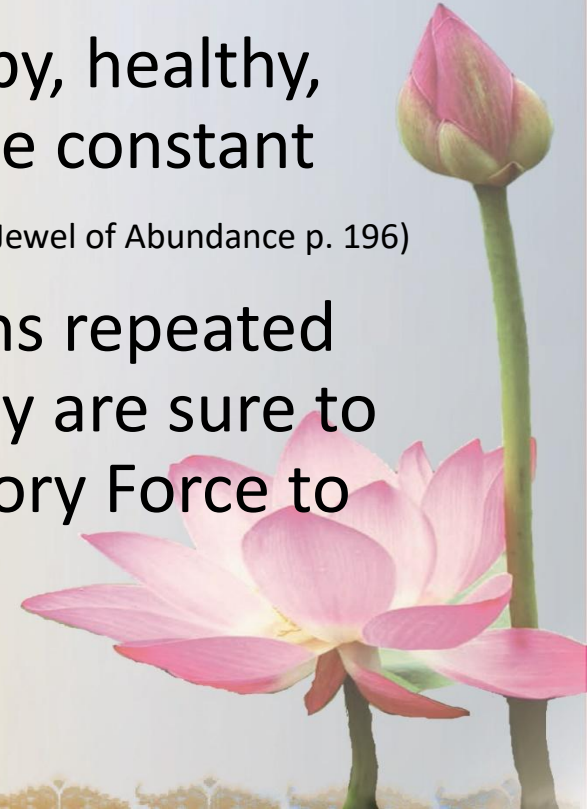
Creating and Using Affirmations

- Affirmations are positive statements that we can repeat at various times during the day
 - Good times: upon awakening; going to sleep; at end of meditation practice
- The process of manifestation begins with our thoughts
- When we vocalize affirmations we are bringing them to life (sound vibrations are all related to OM, which accompanies all creation)
- It's important to state the affirmation as though it already is true.
 - Affirmations are positive thinking along with spiritual awareness and the intention to draw upon the soul's innate power to create or bring forth whatever is needed.
- Affirmation shifts our consciousness from lack to abundance.



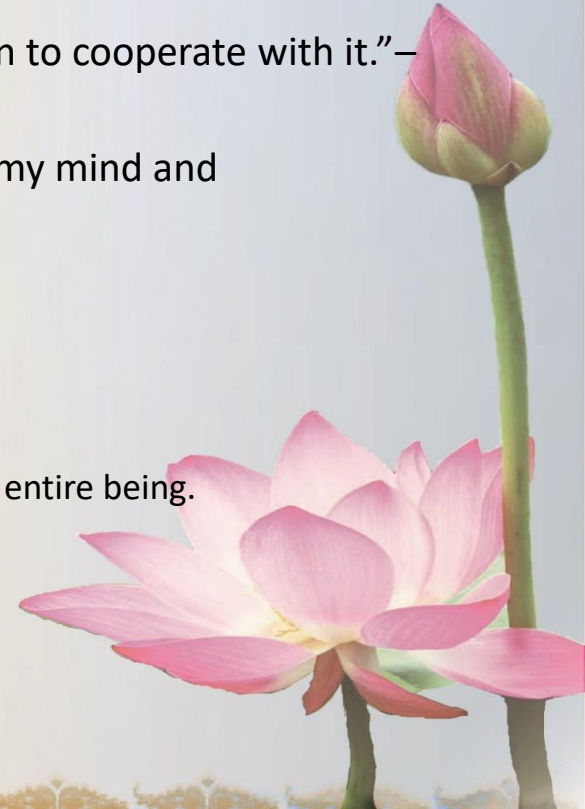
Yogacharya O'Brian's First Affirmation

- “I am now in my right place. I am happy, healthy, and prosperous in all ways. I live in the constant awareness of the presence of Spirit.” (Jewel of Abundance p. 196)
- Paramahansa Yogananda: “Affirmations repeated understandingly, feelingly, and willingly are sure to move the Omnipresent Cosmic Vibratory Force to render aid in your difficulty.”



Examples of Affirmations

- “An enlivening power is nurturing the Universe and we (I) can learn to cooperate with it.”— Roy Davis
- “The radiant purity of my essence of being continuously illumines my mind and consciousness.”— Roy Davis
- Affirmations about health:
 - My body is strong and healthy. I have lots of energy.
 - I am whole and complete.
 - All of my body systems are working in harmony.
 - My exhaling breath allows me to to release stress and tension from my entire being.
 - My illumined mind sees unlimited possibilities in all situations.
- Affirmations about new habits:
 - On awakening: I am awake and ready!
 - For relationships: I take the time and make the effort to listen and understand.



What affirmation will help you now?

- Given the changes you want to make in your daily routine, or an area of focus you'd like to explore more:
- What affirmation will be helpful in bringing these changes to your life?
 - Affirmations that begin with "I am..." declare eternal existence and Divine potential
- Write down at least one affirmation.
- Is it written in a positive voice, as though it is already true?

