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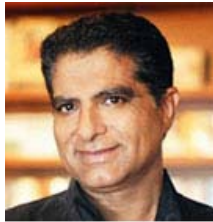


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## September 2008: Prana – The Life Force



### A LETTER FROM DEEPAK

Where there is energy, there is prana, the universal life force that exists everywhere. Any form of energy is considered prana, including heat, light, electricity, and gravity. Prana is the prime mover of all activity; it is life and consciousness. The most obvious manifestation of prana is our breath. Each day, we take more than 20,000 breaths, but how often do we notice the life force that animates our being?

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### Where's Deepak



- Sep 2 Sydney, Australia
- Sep 3 Sydney, Australia
- Sep 5 Melbourne, Australia
- Sep 8 Perth, Australia
- Sep 15-19 New York City
- Sep 19 Sacramento, CA

### Pass the Prana!

Share this issue of *Namasté* and be entered in a drawing to win a Chopra Center *Peace* shirt for yourself and a friend!



*"Are you looking for me?*

*I am in the next seat.*

*When you really look for me*

*you will find me instantly.*

*You will find me in the tiniest house of time.*

*Kabir says: Student, tell me,*

*what is God?*

*He is the breath inside the breath." ~Kabir*

In Vedantic philosophy, prana is the life-sustaining force that flows through our bodies, similar to the energy of chi or Qi expressed in various Asian schools of thought. In Sanskrit *prana* means breath. And it is our breath – each breath – that keeps us in constant dynamic exchange with the universe. This energetic life force that moves in us, out of us, within us, and through us is ever present in our extended bodies as well, swirling with the wind, exploding with the surf, swaying with the trees, and rolling through blades of grass. Prana exists in every being and every piece of this planet that has life within it.

In Ayurveda, prana expresses itself through the Vata dosha, whose primary characteristic is movement. There are five Vata subdoshas that govern the flow of prana throughout our body and mind:

1. **Prana Vata:** responsible for perception, inspiration, and thought;
2. **Udana Vata:** governs the process of speech;
3. **Samana Vata:** controls the rhythm of peristalsis;



### A WORD FROM DAVID SIMON

According to Vedic science, the intention for consciousness to become the universe is feminine, a quality of the Divine Mother. Creativity is an inherent property of Mother Nature, who loves to turn the One into the Many. The Sanskrit name given to this subtle yet most powerful impulse to manifest as form and phenomena is *Prakruti*.

[Keep Reading](#)

### Balancing Your Doshas



Boswellia, also known as Indian frankincense, is a healing Ayurvedic herb used to treat asthma, arthritis, digestive disorders, and other common conditions. [Keep Reading](#)

### How We're Stretching



Most of us spend a lot of time leaning forward at our desks, in our cars, and in front of the

When three of your friends, family members, or co-workers subscribe to *Namasté*, you will be entered in the drawing.

The contest ends Sept 20, so forward this today! The winner will be announced in the October issue of *Namasté*.

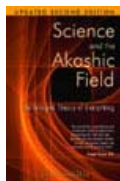
**Forward to a friend here**

**Living Perfect Health**



Lack of vital energy is a problem that usually defies conventional allopathic medicine. In most cases, if you go to a doctor complaining of nagging fatigue and a flagging enthusiasm for life, you will have a series of blood tests to rule out the diseases that sometimes cause these symptoms. The chances are high that the tests will come back normal and your physician will be unable to diagnose your problem. [Ayurveda](#) offers a natural approach to healing fatigue that goes beyond the limitations of modern medicine. [Read more](#)

**What We're Reading**



[Science and the Akashic Field: An Integral Theory of Everything](#)  
by Ervin Laszlo

4. **Apana Vata:** the subdosha responsible for menstruation, waste elimination, and sexual function;
5. **Vyana Vata:** governs the circulation of blood throughout the body.

These five pranic subdoshas keep our vitality flowing through our five senses, as well as through the ether that swirls around us.



of prana and its manifestation in the body. The great yoga masters teach that as we become more attuned to the pranic energy within, we spontaneously move from a constricted state into increasingly expansive states of awareness.

This *Namasté* is dedicated to Prana and its energetic aspects. In his letter, David Simon explains the Sanskrit origins of this timeless concept, and Deepak shares a poetic perspective on prana's eternal ebb and flow. This month's recipe, meditation Q&A, and other features offer further guidance to nurture your vital energy. We invite you to begin right now by taking a deep breath, feeling your lungs fill with air – with pure prana – and exhaling in gratitude for the primordial force that sustains you in every moment of your life.

We wish you love, health, and abundance and encourage you to send us your comments, insights, and suggestions at [feedback@chopra.com](mailto:feedback@chopra.com).

Namasté,  
The Chopra Center staff

**Meditation Q&A**

**Q:** I've become more and more interested in meditation and want to develop a regular practice. However, I've come across so many different meditation techniques that I'm confused about which one would be the best for me. Could you please advise?

**Pranayama** (pronounced PRAH-nah-YAH-mah) is a breath-control practice that helps us regulate prana and influence our mental and physical states. There are a variety of pranayama or conscious breathing techniques to relax, balance, or invigorate your body-mind, including [Nadi Shodhana](#), [Bellows Breath](#), and [Ujjayi](#). According to yogic philosophy, the breath is merely a gateway to the world

computer, which tends to constrict our breath, leaving us feeling tired and depleted. Gomukhasana or cow pose provides a powerful counteraction to this perpetual forward-slump.

[Keep reading . . .](#)

**Ayurvedic Massage: Techniques for Home**



Detoxify at Home with Ayurvedic Skin Brushing [Garshan](#) [Keep reading . . .](#)

**Words of Wisdom**

*"Wisdom tells me I am nothing. Love tells me I am everything. Between the two my life flows."*  
~Nisargadatta Maharaj

*"Emotions consist of energy plus a story. If we let go of the story, only the energy is left."*  
~Trumpa Rimpoche

*"The depth of your breath is an extension of the expansiveness of your soul.  
With each inhale you open your heart; with each exhale you stretch your being.  
Breathing in . . . breathing out.  
Always reaching beyond your heart, your body, your very essence . . . beyond that which existed only moments before."  
~davidji*

**Teacher Feature**



This month's Teacher Feature is Micaela Gahr, a certified [Primordial Sound Meditation instructor](#) who has introduced



**Led By Faith: Rising from the Ashes of the Rwandan Genocide**  
by Immaculée Ilibagiza



**The Real Me: Awakening Your True Self, Positive Affirmations for Empowering Your Life**  
by Sandra Chimenti

### What We're Eating



**Fresh Pesto and Almonds**  
Our recipe can be found [here](#)

### Words of Wisdom

*"Prayer is nothing but inhaling and exhaling the One Breath or Spirit of the universe."*  
~Hildegarde Von Bingen

*"Love is anterior to life, posterior to death, initial of creation, and the exponent of breath."*  
~Emily Dickinson

### Chopra Center Spotlight



This month our Chopra Center Staff Spotlight features **Cindy Salmon**.  
[Read about Cindy here](#)



**A:** There are different types of meditation to accomplish different aims, so the best meditation for you will be the one that fits your goals. Almost every meditation practice will bring you greater peace and relaxation, so if that is your primary aim, then a simple breath awareness meditation is fine.

If you want a meditation practice that will allow you to experience your core Self – the timeless, formless field of all possibilities – then you need a practice that can take you beyond the mind and into the space of pure awareness. For that, traditionally what is needed is a silent mantra meditation, such as [Primordial Sound Meditation](#).

The word *mantra* comes from the Sanskrit *mantrayate*, meaning "that which takes away the mind." As you silently repeat a mantra, you dive below the roiling surface of the mind, which is always preoccupied with thoughts, memories, and desires, into a place of pure consciousness. This is your true Self. While mantras are certainly not the only way to go beyond the mind, they are invaluable gifts the ancient sages have handed down to us to make access to the Self easy.

If you have questions about meditation, please email us at [meditation@chopra.com](mailto:meditation@chopra.com) or [click here to send your message](#).

### Featured Workshop

#### SynchroDestiny Portland, Oregon, Sept 24–28

Most high achievers know how to set their mind to a task, work hard, and get results – but often their success comes at the expense of their health, relationships, spiritual life, and even happiness. Some end up burning out, living with intense stress and losing touch with what they really wanted in the first place.

At the [SynchroDestiny](#) workshop, you will learn a better way to fulfill your deepest dreams and desires.

For more than a decade, Deepak and David have led this powerful four-day seminar, teaching thousands of participants how to harness the power of coincidence and manifest their deepest desires.

this timeless healing practice with hundreds of students throughout Oregon.

[Read about Micaela here](#)

I want to find out more about the Teacher's Path ▶

[Find a teacher in your hometown](#)

### Congratulations to Our New Teachers!

Our New Yoga Teachers



Our New Primordial Sound Meditation Teachers



### What's in Store



As special gift to our *Namasté* subscribers, The Chopra Center is offering a 20% discount on all online products. Simply enter the coupon code **NAMASTE** at checkout. Offer expires 9/12/2008. [Shop here](#)

### Green Corner





**Seduction of Spirit**  
 Oct 27-Nov 1, Carlsbad, CA  
 30-day special ends Sept 27

**Soul of Healing**  
 Nov 3-7, Carlsbad, CA  
 30-day special ends Oct 3

**Journey into Healing**  
 Nov 13-16, Westminster, CO  
 60-day special ends Sept 13

**Emotional Freedom**  
 Dec 1-5, Carlsbad, CA  
 60-day special ends Oct 1

**The Signature Chopra Center Wellness Program**  
[Perfect Health](#)  
**Oct 6-15 (Special 10 day Perfect Health)**  
 30-day price ends Sept 6

**Oct 27-Nov 1**  
 30-day price ends Sept 27

**Sign up early for significant savings!**



If you are ready to tap into your own infinite potential, join us in the beautiful Cascade Mountains for this life-transforming experience. There are only a few spaces left in the final [SynchroDestiny](#) workshop for 2008, so please call us today to reserve your spot. 888.736.6895

**Just Announced! 2009 Dates & Locations**

[SynchroDestiny](#): January 7-11, Carlsbad, CA  
[Journey into Healing](#): Feb 3-7, Palm Harbor, FL

[Healing the Heart](#): Feb 20-22, Carlsbad, CA  
[Seduction of Spirit](#): March 8-14, New Orleans, LA

We hope you can join us and make 2009 the most transformational year of your life. More information to follow!

**Words of Wisdom**

*“Take the emptiness you hold in your arms and scatter it into the open space we breathe. Maybe the birds will feel how the air is thinner and fly with more affection.”*  
 –Rainer Maria Rilke

*“When you inhale, you are taking the strength from God. When you exhale, it represents the service you are giving to the world.”*  
 –B.K.S. Iyengar

If we want to experience vibrant health and energy, it is essential that we nourish ourselves with healing foods and substances, including not only the water we drink but also the water we absorb through our skin every day. [Keep reading. . .](#)

**Dream On**



Deepak Chopra and David Simon are coming to New York City with the [Soul of Healing workshop!](#) Join us this Sept 15-19 at [The Chopra Center & Spa@Dream](#). Connect with Deepak and David at a soul level as you learn the practical tools of mind-body healing and spiritual awakening. Call us at 888.736.6895 for more information.

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