



Coalesce Podcast

Episode 38 — Held Together by Love and Divine Presence

Note, terms, scripture, practice



[Acts 10:34-35](#)

[Psalm 48](#)

Raimundo Panikkar (1918-2010)

The Silence of God

Christophany

A Dwelling Place for Wisdom

The Experience of God

Yoga - from the Sanskrit for *the yoke which unites the seeker with the Sought*

- *Bhakti yoga*—the way of feeling, love, and the heart
- *Jnana yoga*—the way of knowledge, understanding, and wisdom, or head-based enlightenment
- *Karma yoga*—the way of action, engagement, and work, which can be done in either a knowledge way or a service/heart way
- *Raja yoga*—this roughly corresponds to experimentation or trial and error with mind and body through practices and empirical honesty about the inner life and the world

Hinduism teaches there are four major stages of life:

- 1) the student
- 2) the householder
- 3) the forest dweller (the “retiree” from business as usual), and
- 4) the wise or fully enlightened person

Practice: Pranayama

Raja yoga, one of Hinduism's four paths to enlightenment, follows eight sequential steps, including *pranayama* (controlled breathing). Ginny Wholley, Mindfulness and Yoga Teacher, offers this description of *pranayama*.

Prana is life's force or energy. *Pranayama* is willful changing of one's energy, often through the breath, using variations of inhalation, exhalation, and sometimes holding the breath. From God's breath we were created, and from breath, life continues.

Prana as breath is inhaled into the body, carrying with it the essence of the life. Within our being it is transformed, as well as transforming. Exhaled, it carries our essence, our unique energetic print; it is all one breath.

You're invited to follow Ginny's simple steps for the *pranayama* practice *Ujjayi*, ocean-sounding breath:

This breath is slow, deep, and deliberate. Focusing on the sound is an effective technique to quiet the mind. It is very helpful in reducing mind chatter and preparing for meditation or relaxation.

Sit comfortably with your feet flat on the ground and your hands relaxed on your thighs.

Close your eyes or lower your gaze.

Through your nose, slowly breathe in and out while partially restricting your throat.

It may help to imagine your throat as the size of a straw. This breath creates an audible sound, at least to you.

An alternative image is to exhale out of your mouth as if you are fogging a mirror, making a long "haa" sound. After trying it this way, close your mouth and repeat the exhalation through the nose.

Put it together slowly, drawing the breath in and out of the nose.

Imagine you are on the shore. The water draws back into the ocean on the inhalation and rolls onto the shore as you exhale. Use your breath and limitless imagination to hear the ocean sound.