



## The Fine Art of Yogic Awareness

*Linda Lang*

Thursday, February 20, 2025 – 12:00 p.m. to 1:30 p.m. ET

First, a personal *thank you* for joining me on February 13th. If you missed that presentation, there will be a brief review of concepts at the beginning of the next session.

Last week, we explored some rather abstract concepts (the infinite, the divine, the absolute), and this week we will be somewhat more concrete and direct turning to the physical body (the finite) as a gateway to an expanded sense of self.

### **Handout #2 of 2**

This is our handout for the second session, with the following line up of ideas which we will discuss and play with experientially:

Personal Growth through Yogic Awareness

The Psycho-Physiology of Daily Yogic Practices:  
Seeking Understanding, Self-control and Self-Awareness

(How “*noticing*” involves a slowing down and a softening, allowing the cultivation of objectivity and compassionate detachment, which leads to emotional self-regulation)

The Subtle Body: Nadis and Chakras

Mudra (Hands and Body): Outer expressions of inner intentions

Turiya, The Fourth State of Awareness:  
(*The little diamond in the OM symbol*)

A state of being, a “feeling state” that is quite attainable,  
accessible to all, enhancing spacious awareness, creativity,  
with a profound sense of peace and well-being, equanimity and Loving-Presence

Feel free to reach out with any questions, comments or suggestions:  
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