

Reg. č. projektu:  CZ.02.2.69/0.0/0.0/16\_015/0002362



**Five Wisdom Energy Postures**

**Entering Questionnaire**

Autor: kolektiv autorů pod vedením prof. MUDr. Petra Zacha, CSc. z Ústavu Anatomie 3. LF UK

We would like some background information about you to ascertain if you are a good candidate for our project. We appreciate your taking time to complete this questionnaire. It will be kept confidential.

Name

Email address

Age

1. Do you currently have any health concerns?

2. Do you have experience, past or present, with psychotherapy? If so, with whom and for how long?

3. Do you have a history of trauma in your family of origin?

4. Do you have a spiritual practice? If so, for how long? Please name the practices you do.

5. Are you in a primary relationship? If so, for how long?

6. What is most challenging in your life during this time?

7. Can you make a commitment to this project of 3 hours per week for 5 weeks?

**Psychological and Life Experience Questionnaire**

This questionnaire is for assessing the psychological impact and changes in life experience.

1. Are you more self-aware?

2. Do you have more sense of when you are confused/neurotic and when you have more sense of your sanity/intelligence?

3. Which postures created a state of mind and body that felt familiar and which ones seemed foreign?

4. Have you experienced changes in how you think? In which postures did you notice that most?

5. Have you experienced changes in how you speak and express yourself? In which postures did you notice that most?

6. Briefly describe what emotions you felt in each posture.

7. What insights about yourself did you have?

8. Did the practice change your relationships with others? How?

9. Describe any significant changes you experienced in your life.

10. Do you have an experiential sense of the interconnectedness of everyone and everything?

**Five Wisdoms Posture Practice**

Doing the postures as a home practice is a powerful way to experience your world through a different lens each week. Daily practice is an opportunity to deepen your experience of the energies and how they effect everything you think, feel, say, and do.

**Posture practice instructions** Arrange a place in your home designated for your practice. It should be uncluttered, with plenty of space around you, and have plenty of light. The postures are done with open eyes. Always look at a light source, like a window, or a white wall for the colored glasses you will be using to have the most effect. You should lie on something like a pad that has some comfort but is not too cozy. This is a formless meditation. There is not a technique as there is in sitting meditation. The primary instruction is to be aware of your body in the posture and in the room. Hold the posture firmly but without tension so that energy can flow freely through your body. Be attentive to the specific details of each posture, which you might have to remind yourself of repeatedly. As thoughts arise, take note of their content and texture but then return to the posture and the space around you.

**Breaks and over intensification** If you feel fatigue, you may close your eyes to take a break and then open them again. The postures are not meant to be torturous but can be uncomfortable as they are unfamiliar. Taking a brief break from the posture is fine but then return to the posture as soon as you can. If you become overly intensified, get out of the posture and do sitting meditation or go for a walk paying attention to your sense perceptions. If this does not alleviate your state of being, please contact me.

**Aimless wandering** Aimless wandering is a way of taking what you have experienced in the posture into your world. The idea is to literally be aimless with absolutely no agenda. Just walk, or sometimes sit, in silence. You can pay attention to the sense perception for each energy.

**Format** Buddha is the foundation energy so do it at least two times a week, for a shorter time, as you do a rotation through the other four postures. Do the postures in this order: vajra, ratna, padma, karma. Do each posture for two weeks, no less than 3-4 times in the week. Use this format for 40 to 60 minutes: 15-20 minutes sitting meditation 15-20 minutes posture 5-10 minutes sitting meditation 5-10 minutes of aimless wandering Follow up with aimless wandering, jotting down a few notes, creative expression, or the activities at the end of each chapter on the energy in *The Five Wisdom Energies*. Have a colorful day!

**Time to practice!** Put on the colored glasses and take the posture. Use the instructions below and the photos to guide you.

**Buddha, White** There are no glasses for this posture. Put a white piece of paper or cloth on the floor where you will be looking. Position yourself so that you are one foot from a wall in front of you, preferably a white wall. Crouch on your elbows and knees, holding your chin in your hands, making the shape of a table. Make sure you have some padding under your elbows. Your back should be straight and your upper arms and legs should be perpendicular to the floor. A break position is to move back onto your legs, folding them beneath you. This posture is particularly challenging, so don’t do it if you are straining too much. Doing it even 10 minutes is fine. If you cannot do this posture at all, take a sitting position, lean slightly forward onto a firm pillow. Then cup your chin in your hands. Make sure your back is straight. Sense perception: none.

**Vajra, Blue** Use both blue glasses, putting one on top of the other to get a more saturated color. Position yourself so that your left side is facing a white wall or window. Lie on your front with a flat pillow under your chest and a rolled up towel under your fore head. This will allow the glasses to fit in the open space. Have your legs stretched out below you and your arms straight out from your shoulders. Your head is to the left. Your hands are facedown with the fingers together. There is a slight pressure of the hands into the floor. For some people this is a strain on the neck so briefly take a break by turning your head to the other side. Sense perception: sight.

**Ratna, Yellow** Use the yellow glasses. Position yourself so that you get as much light as possible. Lie on your back with your arms fully stretched out to the side from your shoulders and your legs spread as open as is comfortable. The particular detail to pay attention to in this posture is that the fingers are spread wide open with the palms facing up. Sense perceptions: smelling, tasting, and sensual touch.

**Padma, Red** Use the red glasses. Position yourself so that you are facing a white wall or window. Lie on your right side with your right arm stretched out above your head. Put a small pillow between your arm and head. Your left arm in on your left side. The right hand could be facing up or down and you could also bend your arm. Some people like to use a small pillow under their head. The legs are slightly bent with the top leg slightly behind the bottom one. Sense perception: hearing.

**Karma, Green** Use both green glasses, putting one on top of the other to get a more saturated color. Position yourself to lie on your back with your legs parallel below you. Your feet are flexed. Your arms are at a 45° angle at your sides with the little finger side of your hands are on the floor. You are in the shape of an arrow and your hands are like a blade. In this posture, it is particularly important to hold it firmly but without tension. Sense perception: functional touch.