

# Module 13 Service as a Facilitator

## Methodology:

### Service as a Facilitator – Karma Yoga

- **Journey Over the Past Few Months**

- Gained deeper knowledge of trauma-informed yoga, human anatomy, and yoga philosophy.
- Built a stronger relationship with self and new connections with like-minded individuals.
- Developed new frustrations around systemic injustice, which fueled greater passion for mindful activism.
- Experienced major personal shifts in alignment, awareness, and purpose.

- **Initial Motivation for Joining the Program**

- Desired tools for personal healing and to support the healing of others.
- Called to merge mindfulness with social justice and community care.
- Continued with the program due to the deep, meaningful nature of the content and the consistent grounding in compassion and service.

- **Evolution of Intentions and Self-Learning**

- Realized that self-healing and service to others are deeply interconnected.
- Learned the importance of boundaries, patience, and self-compassion in the healing journey.
- Discovered a strong, authentic voice rooted in resilience and empathy.
- Embraced the idea that healing is non-linear and that the facilitator's role is to hold space, not fix others.

### Seeing, Hearing, Speaking – Taking Social Justice Beyond the Mat

- **Action After Awareness**

- Passion must lead to action for meaningful change.
- Inspired by John Lewis: when injustice is witnessed, it is necessary to speak and act.

- **Areas to Address**

- Systems of oppression, patriarchal norms, racial and religious supremacy must be dismantled.
- Urgent issues include hate crimes, hunger, homelessness, domestic violence, lack of healthcare access, and mass incarceration.

- **Where to Start**

- Begin with the cause or issue that resonates most personally.
- Connect with others who share the same passions to build collective impact.

- **Balance Action with Rest**

- Activism must be paired with intentional self-care to maintain stamina.
- Prioritize rest and recovery to sustain long-term commitment to social justice work.

## Yoga Philosophy:

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### **Bhakti Yoga – Connecting with Ritual:**

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- **Bhakti Yoga**

- Traditionally rooted in devotion to God, love, and ritual practices.
- Can be explored outside formal religion for those drawn to alternative spiritual practices.

- **Alternative Connections to Spirit**

- Earth rituals, Moon circles, sound baths, and other nature-based or spiritual ceremonies offer pathways to universal connection.
- Spirituality can be personalized and does not have to follow conventional religious structures.

- **Love as a Starting Point**

- Focusing on understanding and embodying love can be powerful, especially for those with trauma-related distortions around love.
- Acknowledges that traditional family or community connections to love may have been painful for some.

- **Exploring Rituals and Traditions**

- Reflect on personal rituals and traditions that bring joy and connection.
- Consider incorporating elements like nature, theology, philosophy, literature, human history, and pagan teachings to deepen spiritual growth.

- **Guidance for Exploration**

- Honor where your heart naturally leads.
  - Stay open and curious as you navigate and define your unique spiritual path.
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### **Jnana Yoga – Continuing the Quest for Knowledge & Understanding:**

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- **Continued Learning After YTT**

- Completing yoga teacher training (YTT) is just the beginning.
- Opportunities to continue learning in yoga and beyond are limitless.

- **Foundations of Jnana Yoga**

- Jnana Yoga supports growth by addressing ignorance (a klesha) as a root of suffering.
- The path involves actively seeking knowledge to support personal and spiritual growth.

- **How to Practice Jnana Yoga**

- Reading, researching, enrolling in further training, and seeking skilled teachers.
- Growth happens through both intellectual study and personal experience.

- **Incorporating Upasana and Karma Yoga**

- Upasana Yoga: Developing physical, verbal, sensory, and mental discipline.
- Karma Yoga: Engaging in service as a path to understanding.

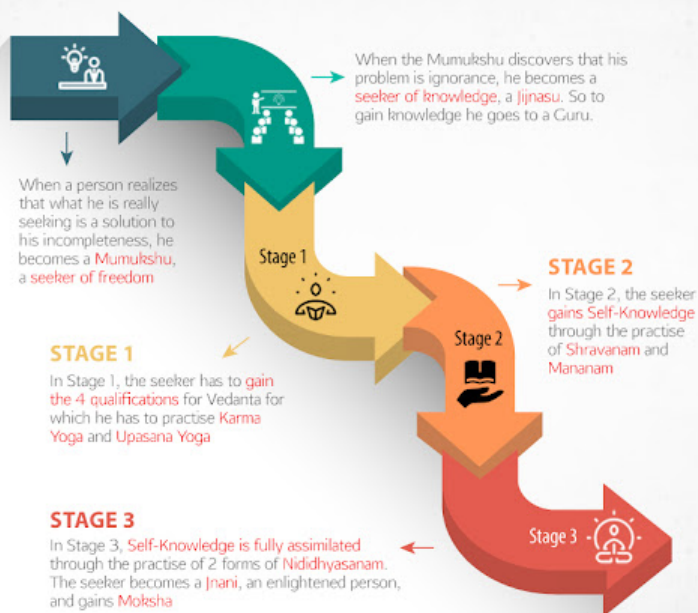
- **Four Qualifications of Vedanta (Knowledge Seekers)**

- Ability to distinguish between real and assumed.
  - Releasing attachments to “likes” and “dislikes.”
  - Disciplining the senses to recognize truth in the present.
  - Seeking freedom from dependence on ignorance.
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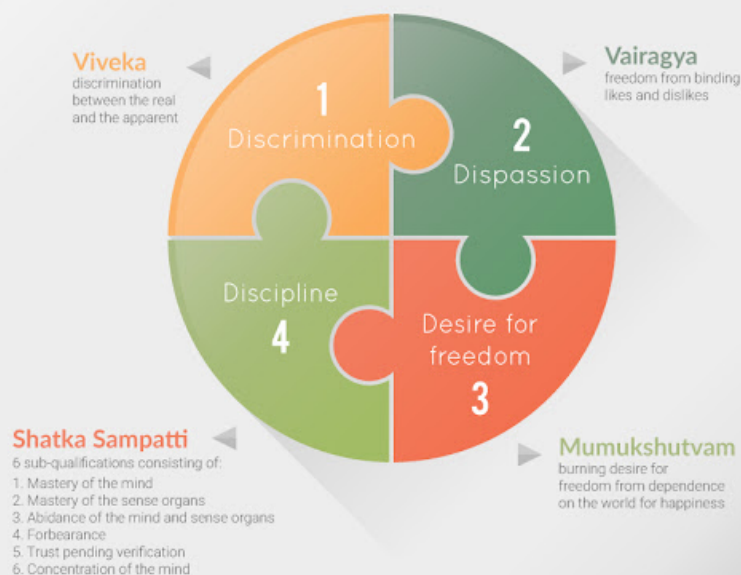
## ● Ultimate Goal of Jnana Yoga

- Strengthening self-knowledge through study and meditation.
- Moving toward enlightenment (Moksha) and liberation from Samskara.

## SPIRITUAL JOURNEY OF A SEEKER



## THE 4 QUALIFICATIONS FOR VEDANTA



## UPASANA YOGA

### PHYSICAL DISCIPLINE

Physical discipline involves a well-balanced diet, exercises including physical activities like Yoga, and adequate rest.

### VERBAL DISCIPLINE

- Speech quantity control
- Speech quality control

### SENSORY DISCIPLINE

Sensory discipline involves avoidance of unhealthy objects that can pollute our mind, and moderation of healthy objects.

### MENTAL DISCIPLINE

- Relaxation meditation
- Concentration meditation
- Expansion meditation
- Value meditation

## Comparative Discussion – Bhagavad Gita:

### ● Overview of the Bhagavad Gita

- Ancient epic poem told by Sanjaya to King Dhritarashtra.
- Centers on a dialogue between Arjuna, a young warrior, and Krishna, a god and his charioteer.
- Takes place on a battlefield where Arjuna hesitates to fight against his own family.
- **Arjuna's Dilemma**
  - ◆ Arjuna is filled with doubt and moral anguish about fighting his relatives.
  - ◆ Krishna advises him that it is his dharma (duty) to fight in alignment with moral obligations.
- **Yoga in the Gita**
  - ◆ Krishna introduces **karma yoga** (yoga of right action): perform actions without attachment to outcomes.
  - ◆ Krishna also discusses **jnana yoga** (yoga of knowledge) and **bhakti yoga** (yoga of devotion).
  - ◆ All paths ultimately connect back to right action and fulfilling one's dharma.
- **Arjuna's Transformation**
  - ◆ Through Krishna's teachings, Arjuna finds wisdom, reaffirms his love for Krishna, and decides to fulfill his duty.
- **Modern-Day Application**
  - ◆ Encourages living your own truth with dedication, even when facing opposition, rather than imitating others.
  - ◆ Relates to real-world conflicts, like disagreements with family over personal choices, careers, or beliefs.
  - ◆ The story inspires courage to follow one's authentic path even in the face of judgment or misunderstanding.

## Embodied Anatomy:

### Yogic Purification and (mis)Perceptions of "Healthy":

#### ● Modern Perceptions of Health

- Society and social media bombard us with images and messages about what "healthy" should look like.
- Conflicting wellness advice ("slim down," "bulk up," "eat this," "move this way") can cause confusion and overwhelm.

#### ● Shift in Perspective Through Yoga

- Through exploring Yamas, human anatomy, and personal healing, perceptions of "health" are encouraged to evolve.
- Trauma-informed yoga centers on honoring the mind and body as they are today, not an idealized future version.

#### ● Self-Reflection and Honest Evaluation

- Evaluate: "Am I treating my body and mind in a harmful way?"
- Reflect on digestive health, sleep habits, stress levels, and physical comfort.

#### ● Connection to Present Self

- Emphasizes active involvement in today's well-being rather than focusing on a future ideal.
- Encourages noticing when self-criticism, procrastination, or unrealistic expectations interfere with current self-care.

#### ● Invitation to Healing and Change

- With honesty and compassion, explore what routines can be initiated or adjusted to support a more loving, balanced relationship with health and wellness today.

## A Look at Ayurveda:

### • What is Ayurveda?

- A traditional Indian system of medicine and a sister science to yoga.
- Focuses on holistic, preventative care including diet, herbal remedies, exercise, meditation, breathwork, and movement.

### • Individualized Approach to Health

- Ayurveda customizes wellness practices based on the unique needs of each person.
- Adjustments are made according to the natural seasons and the stages of life.

### • The Five Elements and Doshas

- Ayurveda believes earth, fire, water, air, and space combine in the body.
- These elements form a unique constitution known as the doshas: **Kapha**, **Pitta**, and **Vata**.

### • Maintaining Balance (Prakriti)

- Each person's ideal balance (Prakriti) is a combination of doshas.
- To maintain balance, individuals are advised to tailor food choices, environmental exposure, and remedies according to their dosha constitution.

### • Impact of Imbalance

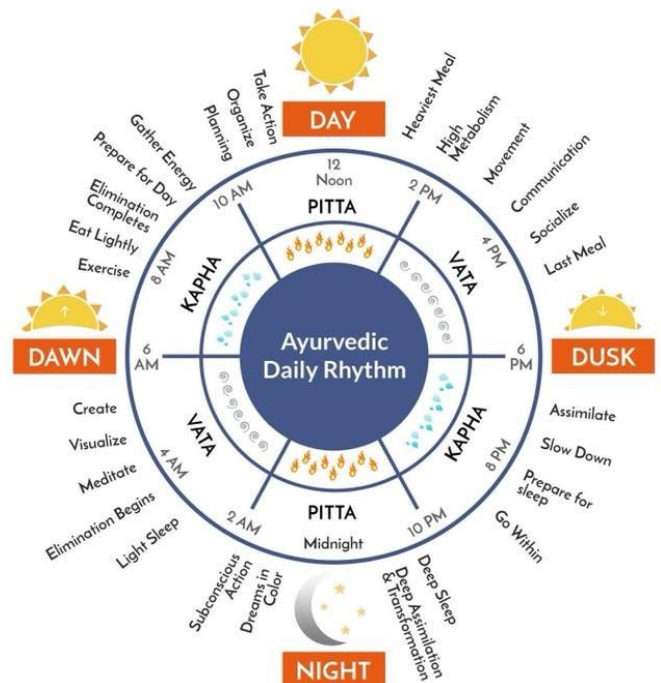
- Imbalances in the doshas can lead to issues such as digestive problems, skin conditions, and mood disturbances.

## 7 Ways Ayurveda Benefits In Your Daily Life

1. It promotes self-love
2. It promotes better health and wellbeing
3. Reduce stress and anxiety
4. Removes toxins from the body
5. Maintenance of weight
6. Improve immunity
7. Helps in attaining an overall balance



## Ayurvedic Clock



Align your daily rhythms in tune with Nature's rhythms. Support your day by the dominant energy inside and around you. Each day we cycle through the 3 doshas: Vata, Pitta, Kapha. The day is divided into six four-hour cycles. To live a life from turbulence to calm we must follow the Ayurvedic Clock.



## Ayurvedic Exploration– Doshas:

### • Doshas and Health

- In Ayurveda, doshas (Pitta, Vata, Kapha) influence physical, mental, and emotional well-being.
- Each person's **Prakriti** (true nature) is their unique blend of the three doshas.

### • Pitta Dosha (Fire + Water)

- Traits: Competitive, ambitious, goal-oriented, sometimes aggressive.
- Energy of transformation and digestion both physical and mental).

### • Kapha Dosha (Earth + Water)

- Traits: Grounded, nurturing, supportive, deliberate, slow-moving.

- Energy of stability, endurance, and emotional calm.

### • Vata Dosha (Air + Space)

- Traits: Creative, imaginative, easily distracted, quick thinkers.
- Energy of movement, communication, and adaptability.

VATA	KAPHA	PITTA
LATE FALL/EARLY WINTER COLD, DRY, LIGHT, SWIFT, MOBILE, IRREGULAR, ROUGH	LATE WINTER/EARLY SPRING COOL, WET, OILY, HEAVY, DENSE, STATIC, STABLE	SUMMER HOT, OILY, LIGHT, LIQUID, MOBILE, SHARP, SOFT, SMOOTH
<ul style="list-style-type: none"> <li>□ Thin, light and wiry frame, long and tapered fingers and toes, small dark eyes, smaller mouths and thin lips.</li> <li>□ Dryness of skin, hair, lips and joints. Irregularity in bones, teeth, hair, spine ect (scoliosis).</li> <li>□ Extreme sensitivity to cold, wind, and dry weather.</li> <li>□ Cold extremities, such as hands, feet, and nose.</li> <li>□ Erratic appetites and irregular digestion.</li> <li>□ May suffer from arthritis, fibromyalgia, anxiety, migraines</li> <li>□ Irregular menstrual cycles with premenstrual physical and emotional symptoms.</li> <li>□ Light, restless sleep.</li> <li>□ Very active mind. Creative, artistic with imaginative ideas. Ideas change often. Open and tolerant of others. Energetic but sporadic.</li> </ul>	<ul style="list-style-type: none"> <li>□ Stocky build, large and strong frame, tendency to gain weight easily, and well-developed chest. Large and attractive blue or light brown eyes, thick eyelashes, round faces with full lips.</li> <li>□ Soft, thick, oily hair that is wavy and plentiful.</li> <li>□ Intolerant of cold, damp environments.</li> <li>□ Cool extremities that may be clammy (cool sweaty palms/feet).</li> <li>□ Steady appetite with slow but regular bowel movements and minimal urination.</li> <li>□ Tendency towards colds, congestion, allergies, water retention, and sluggish digestive systems.</li> <li>□ Regular menstrual cycles with little premenstrual symptoms</li> <li>□ Heavy sleepers with tendency to over sleep</li> <li>□ Easy going, fun loving, patient, slower moving, endurance, grounded deposition, resistance towards change</li> </ul>	<ul style="list-style-type: none"> <li>□ Medium-sized build, moderate muscle tone, ruddy coloring, medium sized eyes that are light in color.</li> <li>□ Skin is fair, warm, reddish, soft, and moist. Many freckles and moles, with a tendency towards rashes or acne. Soft, thin, light-colored or reddish hair, tendency to grey or bald early.</li> <li>□ Burn easily in sun. Sensitive to heat and humidity.</li> <li>□ Extremities are warm with good circulation.</li> <li>□ Robust, healthy appetites. Become irritable if they skip a meal.</li> <li>□ Prone to inflammation of muscles and tissues, especially in the shoulders and middle back where they accumulate stress. Indigestion, heartburn.</li> <li>□ Regular menstrual cycles with heavy bleeding and PMS.</li> <li>□ Light but moderately good sleep. Often overheat during sleep with tendency to burn candle at both ends.</li> <li>□ Intelligent, powerful, clear, focused mind. Aggressive, quick temper, competitive, workaholic, overly ambitious, great conversationalists.</li> </ul>

## Ayurveda Doshas



Vata

(Air + Ether)



Pitta

(Water + Fire)



Kapha

(Water + Earth)

#### Balance Imbalance

**Energetic**  
**Enthusiastic**  
**Bubbly**  
**Friendly**

**Nervous**  
**Anxious**  
**Forgetful**  
**Restless**

#### What to do in case of Imbalance:

Listen & be near to water  
Drink hot Lemonwater in the morning  
Be Grounded (Go Get Ayurvedic Massage)  
Cuddle More with your loved ones  
Nap  
Get Yourself some more Routine  
Practice your Pranayama More

#### Balance Imbalance

**Funny**  
**Cooperative**  
**Confident**  
**Decisive**

**Critical**  
**Angry**  
**Dictator Like**  
**Workaholic**

#### What to do in case of Imbalance:

Allowing Free Time Everyday  
Do not Skip Meals  
Spend More Time in Nature  
Favor Cooler colors in clothes  
Laugh  
Just Let Go, Just Surrender  
Do More Challenging Sports

#### Balance Imbalance

**Generous**  
**Kind**  
**Strategic**  
**Patient**

**Stubborn**  
**Melancholic**  
**Grudge Holding**  
**Feels Stuck**

#### What to do in case of Imbalance:

Get a Regular Routine  
Seek Stimulation  
Clear your Space  
Favor warm & bright colors in clothes  
Work Out  
Eat a lot of veggies in a peaceful zone  
Stay warm & dry

## Ayurvedic Psychology

### Element

### Role

### Guna

### Vital Essence

### Balanced Agni

### Imbalanced Agni

### Temperament

### Positive Emotions

### Negative Emotions Personality

## PITTA



### Fire

(fiery; aggressive, critical, contentious, destructive)

Governs reason, intelligence, illuminating capacity.

### Sattva

(being, harmony)

### Tejas

(courage, intellect, drive, radiance)

Patience, composure, boldness

Impatient, passivity, overly critical

Motivated, strong-willed

### Courage

### Anger

Being competitive, they love to win. Intelligent, perceptive and discriminating. See things in a systematic way with a sharp mind. May be opinionated, judgmental or self-righteous. Prone to anger - their main reaction to new or unexpected events, and tend to be aggressive or domineering. Strong willed and can be impulsive or self-willed. Make good leaders but can be

## VATA



### Wind

(find it difficult to settle down or be at ease)

Governs the basic sensitivity and mobility of the mental field.

### Rajas

(activity, seeking)

### Prana

(helps emotional harmony, balance, creativity)

Clarity, logic, consistency, bravery

Indecisive, anxiety, confusion

Nervous, changeable

### Adaptability

### Fear

Quick and agile mind. Changing interests and inclinations. Talkative, informed, and intellectual. Can understand many different points of view. Can be superficial in their ideas and talk on aimlessly. Mind easily wavers. Lack determination, consistency and self-confidence. Often have negative self-image. Get spaced out and may be absent-minded.

## KAPHA



### Water

(Amorphous like water, sometimes stimulated into changing self)

Governs feeling, emotion, and the capacity of the mind to hold on to form.

### Tamas

(darkness, ignorance)

### Ojas

(provides peace, calm & contentment)

Joy, stability, balance, affection, interest

Depression, desire, withdrawal

Content, conservative

### Love

### Attachment

Emotional, have much love, devotion and loyalty. Like to belong. They have much desire, attachment and may be possessive or greedy. Slow to learn but retain what they learn. Not creative or inventive. Often traditional / conventional. Good followers - prefer team work. Content and accepting. Stable but sometimes stagnate. Don't like to change and find change



Revisiting Balance – Gunas:

• The Three Gunas (Energies of Action)

- **Sattva**: Stillness, clarity, balance, and forward movement.
- **Rajas**: Activity, change, hyperactivity, and busyness (“hamster wheel” energy).
- **Tamas**: Stagnation, inertia, rest; can manifest as depression or disconnection.




• Balance and Imbalance

- Sattva is the desired dominant energy for growth and healing.
- Rajas and Tamas are *necessary* for releasing energy and resting — but imbalance (too much of either) leads to suffering.
- Rajas often shows up as anxiety; Tamas often shows up as depression.

• Key Insight

- Moving between Rajas and Tamas without returning to Sattva prevents healthy momentum and self-regulation.

### COMPARISON OF THE 3 GUNAS

TAMAS	SATTVA	RAJAS
		
Tamas is a dull mind	Sattva is a calm mind	Rajas is an extroverted mind
Hides Awareness	Reveals Awareness	Hides Awareness
A Tamasic mind is dull, sluggish, lazy and prone to depression	Mind is present, wise, happy and free of desire	Anger, anxiety, frustration, aggression, boredom are common
Fear interprets experience	Truth interprets experience	Desire interprets experience
Upside of Tamas is that it allows one to rest	Allows proper discrimination	Rajas is a great motivator to accomplish things in the world
Hinders Self Inquiry	Facilitates Self Inquiry	Hinders Self Inquiry

Cultivate a Balanced Mind

Everything we put into our body has an effect on our mind. These lifestyle choices will either support a clear mind and memory or not.

sattva	rajas	tamas
A Sattvic diet promotes love, awareness, joy and intelligence	A Rajasic diet has a stimulating effect on the mind and body.	A Tamasic diet has a dulling effect on the mind.
<b>It includes:</b> Fresh fruit and vegetables, sprouts	<b>It includes:</b> Coffee, tea, Carbonated beverages	<b>It includes:</b> Mushrooms, garlic, onion, beans, hard aged cheese
Whole grains and nuts	Frozen, canned, sour, salty foods	Red meat or canned fish
Milk and ghee	Pungent vegetables like garlic, onion, hot peppers, nightshades	Refined sugar
Plant based oils	Dark lentils	Tamasic foods are chemically-treated, microwaves, stale, old meat and fish.
Lentils and beans	Chocolate	To reduce Tamas avoid tamasic foods, over-sleeping, over-eating, inactivity, fearful situations
Sweeteners like raw honey, dates, figs	To reduce Rajas, avoid rajasic foods, over-exercising, over-work, loud music, excessive thinking, and over-stimulation	
Spices: cardamom, coriander, cumin, fennel, turmeric, fresh ginger		
Herbs: Ashwagandha, Bacon, Gotu Kola, Jatamansi, Shankhapushpi, Tulsi		

more @ mother of health

<i>Raja</i>	<i>Sattva</i>	<i>Tamas</i>
Activity	Truth / Goodness	Inertia
Passion / desire	Light / illumination	Darkness
Energy	Spiritual Essence	Mass / matter / heaviness
Expansion	Upward flow	Downward flow
Movement	Intelligence / Consciousness	Sloth / dullness
Binds by passion born of craving and attachment.	Binds by means of attachment to knowledge and joy.	Binds by means of ignorance and obstruction.
Is the ruling trait when greed, excessive projects, cravings and restlessness arise.	Is the ruling trait when the light of knowledge shines forth.	Is the ruling trait when darkness, dullness, stagnation, indolence, confusion, torpor, and inertia appear.

Posture & Sequencing:

Taking Next Steps:

- **Reflection and Personal Growth**
  - Deepen your connection to your practice through self-study (Svadhyaya) and discipline (Tapas).
  - Continue self-care and personal healing as a foundation for future service.
- **Exploration and Specialization**
  - Identify aspects of yoga that resonated most during training for deeper study or personal integration.
- **Path to Service**
  - Consider bringing trauma-informed yoga into your community.
  - Options include joining organizations like Prison Yoga Project, starting programs in facilities, or supporting individuals with your unique facilitation style.
- **Empowerment**
  - You now have the tools, knowledge, and resources to move forward confidently and authentically.

Final Practice Sequences:

- **Final Sequence Preparation**
  - Reflect on how trauma-informed principles shape your sequence: safety, empowerment, adaptability.
  - Use invitational language and prioritize personal agency for participants.
  - Structure the sequence to be flexible and responsive to participant needs.
- **Guiding Principles**
  - Prioritize **safety and accessibility**: create an inclusive and supportive space.
  - Foster **empowerment and agency**: encourage exploration, personal edges, and self-compassion.
  - Embrace **adaptability and connection**: adjust your sequence based on real-time participant feedback and energy.
- **Integration and Readiness**
  - Demonstrate your understanding and application of trauma-informed yoga practices.
  - Approach your sequence with care, intention, and the guidance of the Yamas and Niyamas.
- **Moving Forward**
  - Recognize that the journey of being a trauma-informed facilitator is ongoing.
  - Continue nurturing your personal resilience and growth alongside your facilitation skills.
  - Carry safety, empowerment, and connection as your compass into all future service and practice.