

A person is shown in a yoga pose, sitting in a lotus position on a beach. Their hands are raised above their head, with the fingers pointing towards each other, forming a diamond shape. The person is silhouetted against a bright, hazy sunset sky. The sun is low on the horizon, creating a strong glow and reflecting on the wet sand. The overall atmosphere is peaceful and serene.

DHYANA

The 7th Limb of Yoga
Philosophy Workshop with Nina

DHYANA – The final step toward MEDITATION



- Dhyana is the 7th limb of yoga, building upon asana (physical posture), pranayama (breath control), pratyahara (control of the senses, moving the focus to the inside), and dharana (concentration). The word *dhyana* comes from the Sanskrit word *dhyai*, which means "to think of."
- Rolf Sovik, author of *Moving Inward: The Journey to Meditation*, says that we can think of *dhyana* as "meditation proper," and that our experience of *dhyana* is made possible by a sustained practice of *dharana*. If we were to think of *dharana*—our commitment to focus the mind on one breath, mantra, or sensation—as taking notice of every drop of water as it drips from a faucet, then *dhyana* is a stream of water droplets, flowing without pause. In other words, once we train the mind to return its focus to the present moment over and over again, eventually there is no pause between these moments and we experience pure, present awareness, or meditation.

Dharana & Dhyana

A person is shown in a meditative pose (Padmasana) on a beach at sunset. The person's hands are raised in a prayer position (Anjali Mudra) above their head. The background features a calm sea and a bright, hazy sky, with the person's reflection visible in the water.

- The state of dharana eventually leads us to Dhyana, fully merging with what we're focusing on our concentration.
- Therefore, to fully reach the state of Dhyana, we have to master Dharana, our meditation (japa mala, mantra etc.) before we can experience the bliss of Dhyana.

A person is shown in a meditative pose, sitting cross-legged on a beach at sunset. Their hands are raised in a prayer position (Anjali Mudra) above their head. The background features a calm sea and a bright, hazy sky with the sun low on the horizon, creating a soft, golden glow. The person's silhouette is reflected in the shallow water on the sand.

How to cultivate Dhyana?

Live in alignment with your core values

- Listen to your gut
- Are you following your path?

Allow your body to be at ease

- On the mat, refine postures, pay attention to the quality of your breath

Focus your mind

- If you know that you easily get distracted, try a mantra or japa mala meditation first.