

Course syllabus for Sunyoga

This is meant to be a guide for schools, universities and for those who want to have Sunyoga as part of their education. Sunyoga can be practiced by everyone, from a little child to an elderly person. This book has been structured in a way so it can be an aid for the students when they progress through the different levels in Sunyoga. People from any background can practice this yoga, but everyone has to go through the steps of Yama, Niyama and Asana. Then progress will follow according to one's own capacity. It depends on the sincerity and dedication of the person. Many times a child can be more successful and can progress faster than a adult in the Sadhana.



At the request of Dr. M Viswanathan, yoga centre of Annamalai University, a certain syllabus or guideline has been given as follows - starting from children of nursery school level, up to students pursuing their master's degree - to research scholars:

Nursery School Students:

For small children, the aspects of tradition, culture and basic hygiene and cleanliness should be in focus.

- 1) Primarily they should be taught to respect their parents, teachers and elders.
- 2) Garments should be clean.
- 3) Nails properly pared, hair well maintained.
- 4) They have to be instructed through playful methods.

Examples:

- The students can be shown how to sit in the Padmasana posture with the spine erect.

- Keep staring at an attractive flower or nice fruit on a table for at least 10-15 minutes.
- Their eyes may start watering; they should be instructed to ignore this.
- After 10 to 15 minutes, rub the palms of their hands together and gently touch their eyes three times.
- The teacher should encourage the children by distributing fruit to them.
- The child who has been the most successful in meditation should distribute the fruit to everyone.
- If a flower has been kept on the table then the best student should be given the flower.

In this manner the practice of meditation should be continued daily and the time span should be increased from 15 to 30 minutes by the end of the year. Their parents should tell them to continue this practice at home.

School

In primary school (**1-4th** grade), we have to focus on the conduct and “Sanskar” (self purification) of the first and second year students. When they are doing meditation, their spine should be erect (see Chapter 3.3). They can begin with eye to eye meditation (see Chapter 2, 2.1 and 2.3) and can start meditating for ten to fifteen minutes. The timing can gradually be increased up to thirty minutes when they are become older. At home they can keep a photograph of themselves to meditate upon with open eyes. This can continue for the entire year. **Fourth** grade students can start concentrating on the Iris in the meditations.

Fifth and **sixth** grade students need to practise Yama, Niyama and Asana (see Chapter 3-3.3). These meditations should be practiced all the way up to research degree. They need to learn the chapters related to Sunyoga level I.

The **seventh** grade students have to master Yama, Niyama and Asana and then start to practice Pranayama and Pratyahara (see Chapter 3.4 and 3.5). They need to meditate on Jyoti (light) and on the Sun for 30 minutes.

The **eighth** grade students will have Anahata, Vishuddhi, Manipur, Ajna and Swadhisthana chakras opened. They need to read and understand all chapters related to Sunyoga level I and II.

The **ninth** and **tenth** grade students have to master Yama, Niyama, Asana and Pranayama. They need to practice stability in meditation and need to meditate with Jyoti (light) for at least thirty minutes. They can whenever they like, concentrate on a spot in the middle of their eyebrows of their own photo. Afterward, they need to meditate with the Sun for thirty minutes. It should be done two hours after sunrise, with the stronger sun. At the end of the year, Sahasrara Chakra and Muladhara Chakra should be activated along with the

other main chakras and they need to understand all the advantage of Sunyoga and the chapters related to Sunyoga level III course.

The **eleventh** and **twelfth** grade students have to do eye to eye meditation and meditation with the Sun for at least thirty minutes after 10 a.m. They need to study the chapters related to the level IV course.

Degree Course:

Next, the students will study Sunyoga level V. Meditation with the Sun should be practised for at least thirty minutes at any time. The student should practise complete surrender and do meditation selfless, greedless, without any ego, while being very positive and courageous.

Master Degree course:

This course is synonymous with Sunyoga level VI course. The practitioner can practise with meditation any time and for as long as possible with the Sun.

Researchers:

The last course is equal to Sunyoga Level VII course. The meditation with the Sun should be practised as early as possible. The student should read and understand all the chapters. Researchers will be able to create new chapters with their own knowledge.

Teacher's role:

The teachers have to be patient, tolerant, develop the ability to forgive, be humble and not egoistic. As a teacher we have to correct the students each time they make a mistake; only correct and not abuse or hate them. We should be capable of loving the students like our own child. The teaching should be based on real life experiences and we should not give examples of an imaginary world.

Even if we are highly qualified, we should always be open to learn more. If we acquire the attitude of learning for ourselves, then we can better help the students. Teachers should impart the yearning for knowledge among students and inspire them to advance, these should be the primary tasks and focus. We should help the student to understand the importance of these lessons in their present and future life.

A true teacher is not vain and proud of his knowledge. He will not take advantage of his position and will quietly carry on his Sadhana. He will be very simple and caring without any selfish intent. It is only possible to teach if we have experienced the level of Samadhi. Then we can teach students from nursery level up to the sixth grade. For teaching seventh to tenth grade students we should have knowledge of the degree courses. To teach degree and master degree course students we need to have research level knowledge.