



A Journey through the 8 Limbs of Yoga
Guide + Spreads

Thanks for checking out Land Sky Oracle. It is based on my journey through Patanjali's 8 Limbs of Yoga. These teachings include sacred yet practical ways to incorporate ancient wisdom into our daily lives.

*For visual learners, it is difficult to let the words from books sink in. As a yoga teacher and artist, I found that I would re-read books only to discover I'd forget the Sanskrit and the lessons before I could use them. I decided to paint cards with images that were channeled through my meditation practice. **I hope this guide helps you navigate these teachings whether you are new to yoga or looking to deepen your practice.***

Light and Love,
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What is Sanskrit?

Sanskrit is a language of ancient India, the birthplace of yoga.

Why are some of the cards in Sanskrit?

Vibrations

Mantras are realized sounds of light discovered by the rishis in a state of thoughtless reality....Sanskrit sounds emanate from five distinct mouth positions that exist on your palate. These five positions correspond to different points in the brain and/or body, which exponentially magnifies their potency. To learn more go to sanskritstudies.org

Universal Language

When you understand even basic Sanskrit, it can make it possible to take a yoga class anywhere in the world. Theresa took a class in Barcelona where she didn't speak the language. They taught mostly in Sanskrit, so she understood the practice.

Land Sky Oracle Meditation

Breathe through the space of your heart center.
Inhale the material world and think the word "Land."
Exhale "Land" out through top of your head into the immaterial world.
Breathe in and bring the immaterial world from the top of your head.
Think the word "Sky" and draw it down into your heart center.
Exhale "Sky" out from your heart into the material world.
Repeat this process as you feel walls of separation disappear.

Get to know your Land Sky Oracle

Look at each card and notice the sacred geometry found on each one. Find the Patanjali's "8 Limbs of Yoga" card with words on the tree to help you organize them.



Sacred Cows: material world (Land) Limbs sacred geometry with triangles



Owls: immaterial world (Sky) Limbs sacred geometry with circles



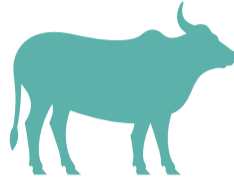
Organize the deck into 8 separate piles with the Major Card on top.

Take a moment to look at each card in the deck.



Major Cards: Sacred Geometry large and at top of card

1. Yama
 - Young Calf
2. Niyama
 - Youthful Cow
3. Asana
 - Old Bull
4. Pranayama
 - Bull with Owl (Bridge between Land + Sky)
5. Pratyahara
 - Owl with head turned
6. Dharana
 - Great Grey Owl
7. Dhyana
 - Small Sweet Owl
8. Samadhi
 - Barn Owl



Minor Cards: Sacred Geometry small and above the words

1. Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha
 - Abstract square portal design with Chakra colors
2. Saucha, Santosha, Tapas, Svadhyaya, Ishvara-pranidhana
 - Abstract diamond portal design with Chakra colors
3. Matsyasana, Bhujangasana, Ustrasana, Vrksasana, Tadasana
 - Essence of a few yoga poses
4. Dirga, Ujjayi, Kapalabhati, Bhramari, Nadi Shodhana
 - Abstract triangles pointing up and down with Chakra colors
5. Crystal, Tool, Aim, Obstacle, Deity
 - malachite white sage, Seed of Life + zigzag (Base Chakras), Hanuman
6. Crystal, Tool, Aim, Obstacle, Deity
 - amethyst, chimes, Seed of Life + zigzag (Mid Chakras), Kali
7. Crystal, Tool, Aim, Obstacle, Deity
 - howlite, mala, Seed of Life + zigzag (Upper Chakras), Ganesha
8. Crystal, Tool, Aim, Obstacle, Deity
 - clear quartz, cup of tea, Seed of Life + zigzag (Crown Chakra), Buddha

Pulling from this Deck

The Land Sky Oracle pairs well with other oracle and tarot decks. No yoga experience is necessary to use it. Every card has an affirmation at the end of each description.

Keep in mind Yoga means to “yoke” your mind, body and spirit. When you pull from this deck feel your feet connect to the earth and mindfully breathe as you begin.

Why Learn Patanjali’s 8 Limbs of Yoga?

The Yoga Sutras of Patanjali refers to Eight Limbs of Yoga each one offers guidance on how to live a meaningful and purposeful life. Learn about each one and how to incorporate them into your practice. Think of them in a more as limbs of a tree or like spokes on a wheel, rather than linear like rungs on a ladder.

Set up your Space

Place a nice piece of fabric over a small table or large book as a kind of *pooja* table

Flowers from your garden and a stick of incense will do. Sit tall and breath mindfully

Tools and Crystals

Consider adding elements of your favorite tools (like white sage) and crystals into these spread.

This Guide includes the following Practices:

Spread #1 - Card a Week

Spread #2 - Land Sky Spread

Spread #3 - Around the World

Spread #4 - 8 Limbs and Beyond

Spread #5 - Chakra Energy Spread

Spread #6 - Above/Below Spread



Spread #1

Card-a-Week



Shuffle the entire deck

- Place your card on your alter for the week
- Repeat the Affirmation during your yoga/meditation practice
 - Consider spending a few minutes reflecting in a journal
 - Theme of the Week
 - Write about a personal story connected to this card

Breathwork

Dirga Pranayama "3 part breathing"

- Details listed in booklet under Pranayama



Spread #2

Land Sky Spread



Shuffle the entire deck

Pull 3 cards

- 1st card think about your Material "Land" world
- 2nd card think about your Immaterial World "Sky"
- 3rd card think about the Spirit or *shakti* that connects the two

Breathwork

Ujjayi Pranayama "victorious breath"

- Details listed in booklet under Pranayama



Spread #3 Around the World

Set up

Separate the deck into 8 piles with the Majors on top

- See list above

Shuffle each pile and take 5 deep slow breaths while considering your question

Place the Yama Limb at the top of the circle and go around the circle

Shuffle the rest of the cards together for the center (over arching card).



Breathwork

Kapalabhati "skull brightening" or "breath of fire"

- Details listed in booklet under Pranayama



Spread #4 8 Limbs + Beyond

Set up

Place all of the Major cards in a circle around your alter.

Flip over one card a day for 8 days.

If possible leave them all out as a reminder to bring the 8 Limbs into your day.



Breathwork

Kapalabhati "skull brightening" or "breath of fire"

- Details listed in booklet under Pranayama

Use caution with this breathwork if you have high blood pressure or are pregnant.



Spread #5

Chakra Energy Spread

Wheels of Light - Chakra Meditation*

Feel your body lying here and notice your thoughts as they come and go.

Bring your awareness to your breath.

Allow it to be smooth and easy.

Bring your focus to the base of your spine.

Imagine red light in this space.

- You have the right to be here and take up space.

Bring your focus to your pelvis. Imagine orange light in this space.

- You have the right to your emotions.

Bring your focus to your solar plexus. Imagine yellow light in this space.

- You have the right to act from your truth.

Bring your focus to your heart center. Imagine green light in this space.

- You have the right to love and be loved.

Bring your focus to your throat. Imagine blue light in this space.

- You have the right to speak your truth.

Bring your focus to your third eye center. Imagine purple light in this space.

- You have the right to access your intuition.

Bring your focus to the crown of your head. Imagine white light flowing out the top of your head.

- You have the right to know your true Self.

*Inspired by information presented in *Eastern Body, Western Mind* by Anodea Judith

What are Chakras?

"You are about to go on a journey through the many dimensions of your own Self... The colors of a rainbow represent an alternative to our binary black and white consciousness... Its seven colors represent seven vibratory modalities of human existence, related to the seven chakras of Indian yogic tradition — energy centers that exist within each of us." Eastern Body, Western Mind, Judith

Week 1, Root Chakra

- Discuss the Aims and Obstacles in the Minor cards (one color per day) that include the color **red**.
- Find the base of your spine.

Weeks 2 - 8

- Repeat the concept from Week 1 while making your way up the rainbow, one color per week
- Refer to the inside page of the booklet as well as Suggested Reading**

Breathwork

Nadi Shodhana "Channel Purification"

- Details listed in booklet under Pranayama



Spread #6

Above/Below

Remove all of the Asana cards from the deck.
Asana is a steady and comfortable yoga posture.
Consider the vibration of the Sanskrit names of each one.

- Ask yourself
“Why do we come into Ustrasana, camel pose?”
“What is the essence of a tree?”

Understanding some Sanskrit will help you connect with vibrations and will make it possible to take a yoga class anywhere in the world!

Dig Deep

Shuffle the short stack of Asana cards pull 2 cards.
So above as below spread. Consider how the essence of these cards reflect your inner (bottom card) and outer (top card) world.

Breathwork

Bhramari Pranayama “Bee Breath”

- Details listed in booklet under Pranayama



Suggested Reading**

Books on Yoga

Inside the Yoga Sutras, Reverend Jaganath Carrera

Meditations from the Mat, Rolf Gates

Living Your Yoga, Judith Lasator

Be Here Now, Ram Dass

The Bhagavad Gita, Jack Hawley

Ramayana, William Buck

Books on Chakras

Wheels of Light, Rosalyn Bruyere

Eastern Body Western Mind, Anodea Judith

