

YOGA AND PSYCHANALYSE

Yoga is a masculine term. Psychoanalysis is a feminine term.

At the end of this reading, you may have the answer to these questions: - Are they complementary?

- Are they compatible?
- Are they contradictory?

What is YOGA?

It is one of the six philosophical systems of Indian thought dating back 2000 years. It is a discipline which uses, in a permanent connection, the body, breathing and mind through the practice of various techniques.

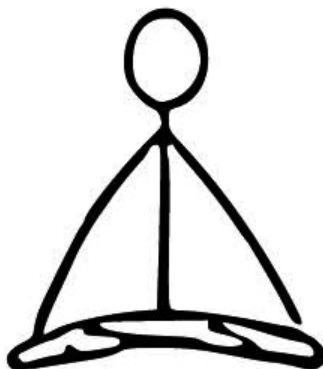
It is a means to reach a point that has not yet been reached.

We can also say that it is an exercise of the mind that uses the body and the breath. -

It is an Eastern discipline that must be adapted to our Western culture -

Example :

We don't sit like this, naturally, on the ground



What is PSYCHOANALYSIS?

It is a method of psychological investigation aimed at bringing back to awareness of what has been repressed in order to heal or acquire better being.

It is work on the UNCONSCIOUS, that which we are not aware of, which we do not remember and which generates unexplained pain, failures, repeated errors, inner conflicts.

We will try to resolve these EVILS with WORDS because Psychoanalysis is an activity of speech.

Example :

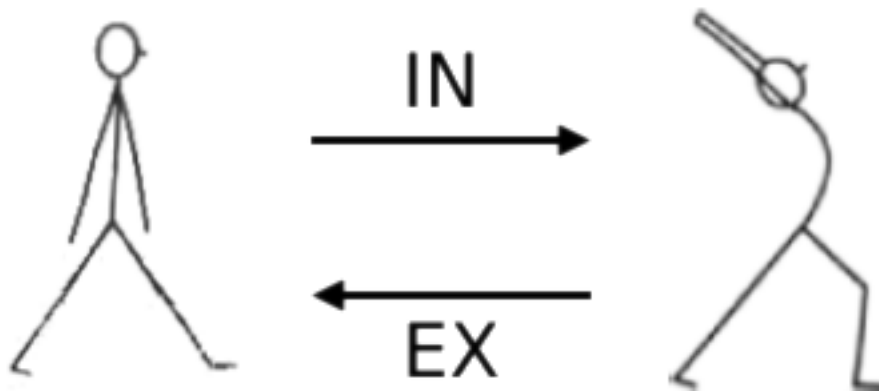
“Readers, if I ask you what is your most painful memory up to the age of fifteen?” You will answer “The day I almost drowned”. This is not it because you remember it, therefore, you are aware of it.

YOGA COMPONENT

This comparison can be explained by the yoga-sûtras of patanjali (philosophy of yoga) of Chapter II aphorism 1 according to the 3 elements of kriyâ-yoga with reference to the last 3 niyamas (attitude in relation to oneself) the 3rd, the 4th, the 5th according to chapter II aphorism 29.

The 3rd tapas = purify the body through body postures associated with breathing - isolated breathing - sounds - physical relaxation - healthy eating -

Means: doing what it takes to be in shape, it's a bit like heating the body to purify it.





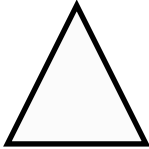
Example : for depressed, anxious people, do standing backward bends with variations of the arms because working with the arms allows you to ventilate the mind as with bhastrikâ breathing (rapid breathing with the stomach) which is identical to doing ventilate a room

The 4th svâdhyâya = self-study

Practiced through listening, understanding, observation, in particular, if the person is agitated and unable to practice. The teacher must have a mind free from his lived history.

- 1st step: we use prânâyâma (breathing) to cleanse the mind Compare the mind to a cup of coffee. If you don't clean it for drinking water, the water will taste like coffee.
- 2nd stage: like a cleaned garden which develops planted seeds, our mind will develop chosen ideas, thoughts which belong to us and will result in changes, desired events.

In an untended garden, it is the weeds and brambles that cover it, and not the beautiful flowers that are there.

| | | |
|---|---|---|
|  |  |  |
| puruṣa | prakṛti | object |
| Yourself | Mental | Abilities |
| | education teachings (with good and bad things | skills, emotional life, professional, social |



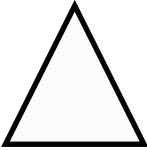
The situation is that we see our abilities, our emotional, professional, social life, through a prakṛti (mental) prism which has not been filled by ourselves but by others: parents, teachers, guardians. ...who may have made mistakes or judged us through their experiences.

This is how we can have been neglected, compared, ignored, devalued; which resonates like a permanent echo.

Example : If you speak French, it is not because you are French, but because you have heard French spoken.



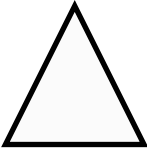
The concept is very simple to understand with material examples:

1st example

| | | |
|---|---|---|
|  |  |  |
| Captain of a ship | Rudder | Ship |

The captain gives orders to the rudder to steer the ship.
If the orders are wrong, the ship will drift or run aground.

2nd example

| | | |
|---|---|---|
|  |  |  |
| Cameraman | Movie | Images |

If the cameraman places an adventure film, the images will not be those of a cartoon -
In this respect, the concept of software is not new-

The fifth Īśvara pranidhānā

This attitude implies that we have done our best and that we leave the fruit of our actions in the hands of something higher than ourselves: a higher entity.

This is achieved through mantras, prayers, practiced with conviction, concentration and perseverance and above all an attitude of acceptance.

PSYCHOANALYSIS COMPONENT

It is the confrontation with the UNCONSCIOUS - The concept of self-study is to bring to consciousness what has been buried, repressed, or to bring it to the surface to get rid of it. We then become a spectator while we were an actor.

Example : in session, or outside in our daily life, we suddenly relive a forgotten painful memory but it can happen that we stay in this memory without getting rid of it: this is what I call "floundering in the unconscious".

Psychoanalysis can allow us to understand what happened to us through knowledge without being able to get rid of emotion

Example : I know that if I eat too many mille-feuilles, I will have excess sugar, cholesterol and weight, which will be harmful to my health, but I can't help but find pretexts for itineraries in order to go to my favorite pastry.

Other example : that of love

We can know, understand, that a companion, a romantic relationship, does not suit us, makes us unhappy, but we do not know how to detach ourselves from it, we cannot leave this companion.

In Freudian Psychoanalysis : the essential concept is TRANSFER: it is a projection of unconscious contents which consist of the staging, in this relationship established with the psychoanalyst, of elements of the past with father, guardian, person having had authority, or lover. We displace the affects experienced and felt during adolescence, childhood and even perinatal life: desires or rejections are actualized and transformed into eroticism and hatred.

This can be experienced as madness due to this imposed psychoanalytic belief. Example : upon arriving, a lady was bothered by a strong smell of heady perfume and asked the psychoanalyst to air the room; this is how he rebounds by affirming that she was jealous - FREUD says that it is a resistance to analysis -

In Lacanian Psychoanalysis : the concept is FRUSTRATION: very short session which is stopped by the therapist as soon as we touch a nerve point. He often brings us three times a week or proposes three times in the same day, to suit us, using ambiguous behavior.

In Freudian and Lacanian Psychoanalysis, we are concerned with the PERSONAL, individual UNCONSCIOUS, which concerns us alone.

In Jungian Psychoanalysis : the setting is reassuring.

Through an apparently laconic discussion, we go back to the unknown problem which allows us to quickly detect the knots.

However, dream work can reveal a failure, with regard to premonitory dreams which interfere and from which we do not have the capacity to differentiate.

JUNG innovates the COLLECTIVE UNCONSCIOUS which is made up of a form of memory accumulated, over generations, of anchored beliefs and ideologies.

It is detached from personal spheres and has a completely general character - This may resemble Psychogenealogy of which we are still heirs -

Example of the Cadets of Gascony :

In the Ancien Régime, the youngest child had no right to family inheritance. The boy was sent to the Army, the girl in Orders.

Observe close to you: the eldest, the last, sometimes have diminutives, not the youngest. He is often neglected, forgotten, we don't talk about it much, not often.

Don't we say "that's the least of my worries"!

COMPARATIVE SUMMARY

| YOGA | PSYCHOANALYSIS |
|--|--|
| ADAPTED to the practitioner | APPLY the concept of your school |
| The teacher guides from the front and observes from the left side | The analysand is still lying down and the therapist is placed behind |
| The body is in action through diversified or thematic sessions. | The body does not work and can react unexpectedly |
| Frequency chosen by the practitioner in a group or private lesson, in agreement with the teacher | Rigidity of the frequency set by the therapist and remuneration for the session when the analysand is absent |
| The pathology specified by the practitioner is not retained by the teacher | The pathology is named and brings missing symptoms |
| Self-study goes beyond the mind | The psyche alone is solicited |
| The Conscious rises towards the Unconscious | The Unconscious descends towards the Conscious |
| | The work is more detailed |
| Reference to a supreme entity | Is not addressed |
| Common points: self-study and the goal of feeling better | |

Me who was overwhelmed in this journey that is Psychoanalysis; To this day, I teach my yoga classes in PARIS, in a center next to a café called “Le Divan”
I think I'm being followed, Doctor!

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