



## What to know about the S.A.N.Y.A.M.A Technique

This technique is used to cultivate the ability to access our inner knowing and begin to get the clear distinction between our knowing and our conditioned thinking. SANYAMA is originally a word from the Sanskrit language that was used to describe a technique of dropping a desire or question into Awareness and getting a response.

SANYAMA is used as an acronym that describes the process – Silent Awareness Notices Your Answers Manifesting Automatically.

This technique develops the ability to clearly distinguish between your thinking and your knowing. As you get good at it, you begin to have clearer and clearer perception of your knowing. One outgrowth of this is that you begin to trust and act on your intuition more and more.

The SANYAMA practice starts with taking your consciousness into Awareness. You then allow your awareness to quietly have a thought and then surrender that thought into Awareness. When done properly, this can bring insights and clarity. It is, after all, your own awareness. It is where your knowing comes from. Even not getting any response is an answer. It means that it's not time to know yet. It means that your cosmic email inbox is empty. Practicing SANYAMA is essentially like learning how to check the inbox of your emails from the universe.

One of the definitions of Awareness in the ancient Vedic texts is that it is consciousness that only knows truth. This is the level of life from which we know things. It is where our knowing comes from.

When you surrender a thought into Awareness when practicing SANYAMA, you will typically experience some kind of response. The response may be an insight, a confirmation of something you already know, an idea, or more clarity about something. Whenever you are unsure about the response, then it may be that there is too much internal emotional or mental static or noise inside of you. Or, it may be that it just isn't time to know yet. The nature of the universe is to be very efficient. It doesn't bother sending you an email until it is appropriate for you to know something.

When you have a thought at the level of SANYAMA, it activates the laws of nature—the full power of the infinite potential that is latent in Awareness. Practicing SANYAMA is a powerful way to bring yourself into alignment with these laws of nature. In SANYAMA, one does not command the laws of nature, but learns how to become one with them.



S.A.N.Y.A.M.A.  
(Silent Awareness Notices Your Answers Manifesting Automatically)  
How to do it

Use the SANYAMA technique when you want to connect with your inner knowing.

SANYAMA starts with the Gap technique.

Close your eyes, simply notice your thoughts.

Look off to the side of the thoughts and notice the background of silence in which the thoughts are occurring.

Once you have a clear experience of the silent background, think of your question and then relax back into the quietness.

Typically you will get some kind of 'knowing' or even a clear thought or idea coming to you that you had never considered before.

On one hand you might discover that there is nothing at all to do, on the other hand you might receive guidance about taking specific actions to bring about a particular outcome.

Whatever you get is what's there to get, even if it's nothing. This is like getting the awareness that there is no information on this subject at the time. Perhaps it's time to employ the other techniques like WAIT

The idea is that when you drop an intention or question into Awareness it activates the laws of nature, the full power of the infinite potential that is latent in Awareness.

