

The Gift of Womanhood

Inner Mastery, Outer Mystery



Guru Rattana, PhD

***The Gift of
Womanhood***
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Guru Rattana, Ph.D.



Second Edition

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Introduction

Woman's basic problems arise from not knowing her essence as a woman. Instead of being educated to be a woman, most women have learned to identify themselves as generic persons. Even worse, women have been trained to try to act like men in order to succeed in the world. And women have unconsciously accepted their status of second-class citizens. The goal of this book is to fill a gap in woman's education and experience so that every woman can gain a deeper understanding of the challenges that she must deal with on her path of womanhood and tap into her unique powers and gifts.

To that end, this book discusses what women can do for themselves (and in the process support each other) regardless of their social, economic, and political circumstances. This book is about woman's inner reality and how she can honor and nurture her essence as a woman. Our focus on self-empowerment from within in no way discounts the need for social, economic, and political change. As women discover who they really are and begin to think and act from the stance that they are the pivotal, creative foundation of change, they will automatically participate in creating structural change that honors all life.

Woman's Mystery and Mastery

Woman is a mystery by design. A special gift of womanhood is that each woman is her own unique mystery. *Woman's problems arise when she is a mystery to herself.* Woman cultivates her inner mastery by awakening to her own mystery and by enjoying herself and her life as a woman.

Inner mastery is about waking up to our essence as a woman. It is not about intellectual learning or mental or emotional control. Inner mastery is not about creating a new personality or about analyzing our past and designing our future. *Inner mastery is about self-discovery. Woman's spiritual path is about having an experience of her authentic identity as a sacred woman.*

Upgrading our awareness and becoming more conscious is the foundation for waking up to our inner woman. Waking up requires raising our vibration so that we can transcend the matrix of fear and become one with the dimension of love. In higher frequencies, our perceptual awareness expands and our feeling sensitivity becomes harmonious with our soul. We no longer vibrate with fear, and our subconscious programming no longer controls us. We vibrate with our soul, which synchronizes with the Cosmic Flow. Relaxed and in harmony with the Flowing Force, woman can experience herself as the embodiment of the Divine Feminine Mother.

Women Already Know Everything

Years ago a man active in micro-financing of women's business projects in developing countries told me, "Women already know everything. You don't have to teach women anything. They just need to be given a chance to help themselves." Every woman already knows what I share. You will recognize your unique version of these truths about your womanhood.

Because of woman's instinctual intelligence, she innately knows what is right and what is wrong, and what to do and what not to do. Although woman likes attention and support, if woman truly listens to her soul, she does not need external opinions. What woman needs is to be awakened to who she is and to learn how to use her faculties to serve herself, to be herself, to share her gifts, and to uplift and bless others and her environment.

We are being supported during these transformative times to upgrade our individual and collective expressions of womanhood and to be open and honest about these often unspoken truths about woman's innate powers, her creative capacity, and her special essence. Every woman who liberates herself to dance her own dance participates in changing the collective unconscious and the economic, political, and religious systems that condone and perpetuate structural violence against both women and men.

The Gift of Womanhood can help woman heal and liberate her psyche by showing her how to

- ♥ Uncover her basic nature and design as a woman
- ♥ Find her identity as a sacred woman
- ♥ Understand her unique powers as a woman
- ♥ Heal her archetypical mother and father wounds
- ♥ Experience wholeness and satisfaction
- ♥ Achieve individuality and express her unique gifts
- ♥ Cultivate a peaceful, secure inner reality
- ♥ Operate in a "relax and attract" mode that suits her essence
- ♥ Claim and honor her value and contribution as a woman

Personal Note

For years I prayed to do my destiny. I didn't know what my destiny was, but I sincerely hoped I had one. I know now that writing this book is a big piece of my destiny path. It is with the deepest pleasure and satisfaction that I offer this book to the women of the world. It is my heart-felt prayer that the insights and techniques can help *you* (every woman) find and complete your destiny path with deep satisfaction and self-love.

Writing this book is a product of decades of devoted practice of Kundalini Yoga and Meditation. It is through my daily practice that I was able to experience shifts in consciousness and to awaken to the information and insights in this book.

Contents and Presentation of Lessons

This manual for woman's empowerment contains a compendium of 30 lessons, which both support each other and stand alone.

Part One consists of 30 chapters, each offering an in-depth discussion of essential themes of woman's inner journey.

Part Two consists of 30 corresponding lessons containing selected Kundalini Yoga kriyas and meditations to cultivate inner experiences that form the foundation of woman's inner mastery. You will be guided with *inner awareness directives* to cultivate an awakened state of consciousness during your yoga and meditation practice.

Practicing the techniques in Part II creates profound and authentic transformation. If at any point you "think" you need more information, what you really need is an elevated experience. Experience answers (and sometimes eliminates) our questions. We claim our gifts through personal experience.

There is an intentional sequence to these lessons, each one building upon the previous one. After you have cultivated the experience "gift" prescribed in each lesson, come back to each lesson to deepen your experience. Each lesson is part of a comprehensive process that leads to an expansion of consciousness and awakening to your sacred identity as a woman.

In addition to directing woman's personal practice, this manual is designed for teachers to use to offer their own courses on woman's empowerment. I also strongly encourage women to create women's circles and to use this manual to support each other on your path of womanhood.

Inner mastery/outer mystery is a life-long engaging process.

I humbly offer you, dear sisters, *The Gift of Womanhood*.

Guru Rattana, Ph.D.

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Chapter 1

Overview of Woman's Empowerment

Politically, economically, and socially, women are controlled through fear, marginalization, and false information. When women connect with their innate power as a woman, it will no longer be possible to control them through overt or covert manipulation and insidious structural violence. This book offers women the information and the technology they need to realize and enjoy their womanhood. Our goal is to achieve the individual and collective empowerment of the women of the world.

Embracing our womanhood is a sacred journey to the heart of our soul. As we awaken to our essence and gifts as a woman, we can be happy and creative and excel in all our life endeavors. To reach this state of inner empowerment, we identify what works to liberate us from poor training that has created self-sabotaging behaviors and attitudes. We are not simply mentally categorizing and analyzing our issues. We are entering the domain of "spiritual therapy," which is about awakening our soul and connecting to our inner goddess.

An Inner and Systemic Problem

The debased status of women in the world is a systemic problem. The economic, political, and social "systems" that profit from the inhumane and cruel abuse of women are not going to change it. Exploitative structures reinforce and feed woman's fear, anger, and insecurity. Woman's fear-based inner reality and degrading economic, social, and political outer realities sustain each other. However, we are not looking to place blame. We are looking to understand the most fundamental causes of our global predicament so that we can create real, not cosmetic, solutions.

If a woman does not have her security anchored solidly within herself, she can be easily exploited, abused, and even destroyed. Disempowered woman is blinded by her fear, weakened by her insecurity, and controlled by her need for love. Woman's fear, insecurity, and low self-esteem invite abuse, attract exploitation, and allow betrayal. The current system confuses woman by promoting the belief that achieving externally oriented goals will give her satisfaction, peace, and love. But she must find these within her subtle self. When woman focuses outside herself and is pulled out of her center, she loses connection with her soul, becomes afraid, needy, and submissive, and is unable to tap into the gifts of her womanhood.

What can women do to change this situation? Fortunately, external problems can be dealt with more effectively, and even resolved, when woman addresses her internal issues and deals with her life challenges from an empowered inner consciousness. Every woman has the power within herself to change her own psyche! And she is the only one who can do it! A woman's light and radiance will always support her. A woman's space of love will never betray her.

Conceptual Framework — The Two Universal Polarities

To empower herself from within and to dance her own dance, woman must understand and

experience the energy dynamics of the two polarities of her soul. The nature and interaction of the two universal polarities serve as the conceptual framework for this work. The polarity theme is discussed in greater detail later when we investigate the various aspects of a woman's empowerment, but to summarize some of the key points to provide a basic understanding:

- ◆ Two basic universal polarities make up the substance of all physical and non-physical reality. One polarity — the Stable Force — is immovable or fixed. The other polarity — the Flowing Force — moves and changes.
- ◆ These two primal energies dance within every woman and every man. The energy that dominates differentiates men and women: Men embody more of the Stable Force. Women embody more of the Flowing Force.
- ◆ Our understanding and experience of the two polarities determines how we define the basic nature and causes of our human challenges, the solutions we propose, and their effectiveness.
- ◆ How women and men define their identity, interact, create, and attract is a function of how we relate to and express the two polarities.
- ◆ The degree of harmony with which the two polarities dance in our being is an indicator of our level of consciousness and determines our ability to experience inner peace and love.

Historical Perspective and Transformation

Oppression and Liberation of Woman's Psyche

For thousands of years, woman's psyche has been oppressed and manipulated by a hieratical, dominator system that does not value women, feelings, emotions, the physical body, physical reality, Mother Earth, and the Divine Feminine. This system is often termed the patriarchy because men have designed institutions using male values and rules to legitimize and maintain their positions of power. Political, economic, social, and religious institutions have been put in place to (1) take and maintain control of common resources, (2) direct the profit of their use to a select group, and (3) consolidate power in the hands of a few individuals. The rest of the population (both men and women) has been economically, politically, emotionally, and spiritually exploited.

The patriarchal system has systematically abused, subjugated, and devalued women and the Feminine Mother Principle. Her qualities and expressions have been (1) deemed negative, bad, or unworthy; (2) excluded from cultural goals for success and satisfaction; and (3) removed from the definition of Sacred.

When the qualities of the Divine Feminine are absent, repressed, and condemned, women experience deep existential pain. A connection with the essence energies of the Divine

Feminine is necessary for women to (1) find their identity as women, (2) heal their wounds and evolve into their full expression as women, and (3) make their social contribution to building a just, equitable, caring, and sustainable world.

It is also important to note the obvious fact: when the qualities of the Divine Feminine are eliminated from cultural values and spiritual codes, the entire society suffers. Men become unnecessarily aggressive and disconnected from the sweetness of life; economic and political goals become distorted; and everyone suffers from a pervasive undercurrent of malaise.

Collective Fear, Anger, and Sadness in a Woman's Psyche

As a consequence of being subjected for millennia to systemic negation and suppression, woman's psyche holds the accumulated fear, anger, and sadness of the collective unconscious of all women. Women are imprinted with fear, rage, and resignation simply by embodying in a woman's body. Because these negative emotions are embedded in a woman's programming, challenging life situations can activate gut reactions with an intense charge that is often way beyond what the current situation merits. It is important for woman to understand that the emotions that she feels are not hers alone, but a karmic burden that all women carry from many past lives of both personal and gender abuse to the institution of womanhood.

In addition, cultural programming has taught woman not to value herself as a woman. This self-effacing indoctrination has been accepted and integrated into woman's unconscious. The torment and confusion that women feel shows up as self-criticism, guilt, self-denial, and other expressions indicating lack of self-worth. At this pivotal time in human evolution, women are being called upon to liberate themselves from the dominator matrix. Every woman is invited to engage in a self-healing, empowerment process to (1) acknowledge her intense feelings, (2) understand their source, and (3) engage in an awakening that validates her womanhood.

Agents of Change

Every woman who develops love and respect for herself as a woman helps to change the global system at its very core.

It is important to realize that systems that benefit from women's disempowerment are not going to take steps to liberate women. Valuable changes such as equal pay should not blind us from the structural task that demands our attention. Equal pay for the same job is very important. But paying us more to work within an unsustainable system that disrespects women and exploits Mother Earth is not enough.

Personal and collective liberation require fundamental transformation from the inside out. We have embodied as women in this lifetime to heal the wounds inflicted upon our gender (and all humankind) and Mother Earth. Our assignment is to upgrade collective institutions and values so that the status of womanhood is renewed and elevated to its rightful place in our global community.

Transition from Fear and Anger to Peace and Love

Woman's fear, anger, and sadness are fed by soul memories and collective imprints of being tormented, tortured, and killed for being and expressing herself as a woman. The Inquisition, witch hunts, and attempts to destroy women have been fueled by fear of woman's power — "If you can't control her, kill her."

Women need to be reassured that in this lifetime we can change the dynamics of the oppressive matrix. It is in women's power to do so. This is possible when we empower ourselves from within as women. It is, of course, critical that women are vigilant of how they define and pursue their goals and their power because

- ♥ We cannot create a peaceful world from an inner reality dominated by fear and rage.
- ♥ It is required that we cultivate peace and love in our psyche. Without inner healing, we can make things worse; we blind ourselves from real issues and their causes; and we fail to engage in authentic transformation.
- ♥ Fundamental change is not possible if we play by the same rules as the current system and employ strategies that work for a few (men) to maintain their power.
- ♥ Women's job is not to act like, to compete with, or to replace men.
- ♥ Women's job is to use her cooperative, caring, and nurturing qualities to help create (with men who honor the same values) institutions that support the empowerment and highest creative expressions of both men and women.

It is natural that women see life situations and the patriarchal system as threatening, because it has been designed to intimidate and subjugate women. Being both subtly and forcefully integrated into the oppressive system is a source of woman's fear, anger, and sadness.

To extricate herself, woman must separate her mind and emotions from the collective unconscious so that she can perceive reality in an elevated and heart-centered way. Woman must lift herself out of the conflict and "conquer mentality" into a peaceful mindset that supports and values all life, where cooperation to achieve common goals is how human beings naturally interact.

Maintaining and Changing Structural Violence

Woman's empowerment requires that we understand the nature of structural violence, how it is maintained, and how it can be changed. Oppressive systems are maintained through structural violence, i.e., violence is built into the law, social mores, and religious codes. For example, man commits personal violence when he physically and verbally abuses his wife/partner. When the collective institutions devalue woman, support the supremacy of men, and actually condone this behavior, this structural violence in turn encourages man's continued domination over and abuse of women. Instead of discouraging this violation, structural violence makes a man feel righteous in his demeaning behavior toward women.

Woman's anger and self-hatred is partly due to our realization that we have bought into and become pawns of a system that does not respect and honor women. We know that we are partly responsible for allowing this abuse. It is easy and accurate to blame the system. But blaming what is external to ourselves is not ultimately the basis for systemic change. Our collective soul assignment as women is to participate in the transformation of consciousness that makes systemic change possible and indeed inevitable!

Reasons for Denial

It is important that women understand the reasons for their complacency and complicity in allowing structural violence and neediness and submission to male and external authorities. First, we should look at the extent to which we have lived in denial about our situation.

Denial is a powerful means to avoid facing the truth. We are in denial when we refuse to admit or see that there is a problem, despite the evidence. We ignore our intuitive and instinctual messages that tell us the truth about the abuse we are suffering. Even when woman knows the truth, she hides in a cloak of denial for many reasons:

1. We feel overwhelmed by what we have to deal with in the moment to survive.
2. We don't want to take responsibility for making changes, which also seem overwhelming and even life threatening.
3. We don't know what to do.
4. We feel alone and unsupported and believe that we will fail.
5. We don't want to let go of the advantages of our current situation.
6. We don't want to be blamed or add to our abuse.

Understanding Woman's Disempowerment

There are numerous other reasons that sustain unfavorable conditions that disempower women. The following impact women to varying degrees:

Limited Feminine Choices

The current economic system does not support women to do their own thing in their own way.

To support herself, she must often enter the man's world and do her best to act like a man to "make it." Because a woman's choices seem limited, she often chooses (or at least hopes) to be taken care of by a man. The search for a man who will provide for her often dominates her psyche. Sometimes woman is willing to give up her personal independence and freedom in trade for financial security and protection in a harsh world.

Motherhood and Nurturing Is Devalued

Many "developed" societies take woman's motherhood and nurturing contribution for granted. The system is set up to serve men who do not have mothering and home obligations. It is assumed that these services will be taken care of by women.

The time, effort, and nurturing required to be a mother and to create a cozy home is not given its rightful value. Women who choose to both have children and to pursue a career are expected to carry out their mothering duties, take care of the household, and to be totally available in their job. In a man's world, women don't get adequate credit, respect, or pay for their job of nurturing the family. When mothers stay at home to raise their children, their dependence upon "the bread winner" can have belittling connotations.

External Search for Identity

Women who devalue their persona as a woman search for identity value in a man with position and power. "I am the wife of..." substitutes for her personal identity.

Gender Illusions that Feed Lack of Self-Worth

Women are subjected to gender illusions, where men and male qualities are valued and women and feminine qualities are devalued. These illusions feed a woman's subconscious anger because she knows they are not true. When woman buys into these disempowering lies, she does not give herself appropriate value.

Lack of Training to Be a Woman

Woman buys into the devaluation of her gender because she doesn't recognize her power as a woman and hasn't been trained to use it effectively. Training to be an independent, self-sustaining woman, based on values and qualities that empower women, is rare. Women grow up in a culture where "success training" is dominated by male models, values, and qualities.

Male Success Codes Disempower Women

Demanding and competitive success codes that empower men can stifle, instead of support, woman's creativity. The hunter/aggressor mode that works for men clashes with a woman's psyche. When a woman can't measure up to the stressful demands, she feels bad about herself.

Exhausted and Need to Escape

Woman feels oppressed by circumstances that require her to act like a man to succeed in the world. Her nervous system is over taxed, and she suffers burnout when she continually tries to respond like a man. Woman also feels exhausted from her psyche being manipulated and her energy being used and consumed by energetic vampires. Sometimes woman enters into relationships and situations that are not in her best interest in an attempt to escape from the

demands of a man's world and to survive economically.

Lack of Female Role Models

Many cultural role models are men or women trying to act like a man. The most subversive are women portrayed in roles that devalue the institution of womanhood; for example, sex symbols who advertize the female body as an object to be exploited. The externalized sex object ideal sets an unattainable standard and encodes the frustration of "never good enough." Woman tries to measure up to the beauty queen model but never feels like she can make the grade. When even women who fall into the "classic beauty" category have low self-esteem, suffer from eating disorders, and think they are not beautiful, something is seriously wrong.

Woman's Power to Transform

Because everything and everyone is connected, we feel the pain of all women. The good news is that as we heal, we participate in creating a nurturing energy field that is available to support the healing of all women, men, and Mother Earth.

By her very nature, as the womb of creation on planet Earth, woman has the innate power to transform and birth new situations. Woman can be a powerful agent of change when she cultivates peace in her own psyche and empowers herself to do her own thing, to be her own leader, to design her own contribution, and to dance her own dance.

Two Meanings of Mastery

This book's subtitle, *Inner Mastery, Outer Mystery*, defines the path to womanhood and the essence of every woman. Woman's powers are subtle and spiritual and come from within. How she manifests, creates change, attracts prosperity and wealth, and influences her environments cannot be understood through analysis or observation. When woman's inner state is confused, chaotic, and unconscious, she creates misery for herself and others. When a woman is consciously connected to her inner woman, she can create miracles and magic. This truth will become more evident as you cultivate your own experiences with the exercises in Part Two of this book.

"Mastery" has many meanings. Below we define two basic interpretations and approaches to mastery. The control approach is the source of woman's pain and disempowerment. The oneness approach helps woman find her true identity, value, power, and beauty.

Hierarchical Control Definition

Hierarchical systems define mastery as *power over*, which means subjugation, dominance, manipulation, and control. There is a clear value judgment and division into "good and bad." The job of the "good" is to control (and exploit) the "bad." That of lesser value must be made to obey that which knows what is right.

The hierarchical male dominant approach judges our body, feelings, and emotions as bad,

unworthy, not desirable, lower than. In a dominator relationship, the stable polarity becomes dogmatic, and the flowing polarity becomes afraid and submissive.

The important point is that our efforts to get rid of or eliminate the “bad” simply suppress, bury, and alienate our hurt and fear in our subconscious. Our “bad” emotions may hide because we feel scared and threatened, but they do not go away or disappear. They just sabotage and ruin our life from within.

Oneness Definition

The elevated, conscious male polarity is not about control and being “right or good.” It is about aligning in oneness with higher laws and Universal Truth. Oneness consciousness recognizes that there are many expressions of the One, all of which are created from the same Universal Source.

The important point here is that we are not judging something as bad or trying to eliminate anything. *Our goal is to awaken, to bring into awareness, to befriend, to shine light upon, and to become one with that which is hidden, afraid, suppressed, or asleep.* Inner Mastery is about waking up to an inner reality that is rich, authentic, and real.

The goal of this book is to help woman find her inner mastery by elevating, awakening, and achieving oneness with all aspects of her womanhood. Woman’s inner mastery is about becoming one with her soul, her inner woman, her little girl, her inner teenager, and her Mother Goddess power. To do so she must become consciously at one with both polarities of her soul. She must become one with the stillness, silence, neutrality, and peace of her stable polarity and the Universal Space. She must become one with her body, her feelings, her emotions, Mother Earth, and the Infinite Flowing Force.

Woman finds all these subtle aspects of oneness inside herself, where she returns to her essence and to her grace. When woman reconnects with what appears as her mysterious self, she is no longer controlled by forces outside herself. She ceases to feel obliged to obey external authorities and is able to obey the truth of her inner woman and her soul.

To get started now on your path to inner mastery, go to **Lesson 1 of Part II, *Feel Better Fast — Move Your Energy***, and notice that you can quickly change how you feel emotionally, mentally, and physically by doing some simple yoga, breathing, and meditation exercises.

Chapter 2

Four Aspects of Woman's Empowerment

The path to woman's empowerment directs us to ask two sets of questions:

1. How are women controlled?
How are women disempowered?
How do women defeat and sabotage themselves?
2. How can women free themselves from abuse and victimization?
How can women take responsibility for their own lives?
How can women empower themselves from within?

The answers can be found by exploring the four basic aspects of a woman.

The basic problems facing women and the solutions that lead to women's empowerment relate to the four aspects of their being and their respective goals:

1. Physical — to be healthy
2. Mental — to be harmonious
3. Emotional — to be happy
4. Spiritual — to be elevated

The basic causes of woman's disempowerment are

1. Physical stress and imbalance
2. Mental conflict
3. Emotional insecurity
4. Absence of spiritual identity

The sources of woman's empowerment are

1. Physical health, aliveness, and balance
2. A meditative mind
3. Emotional security
4. Spiritual identity

We will explore each of these in depth.

1. Physical Stress and Imbalance

Woman must be able to relax into her own flow. Woman has a great reservoir of physical stamina and an almost limitless potential to make things happen. But her energy can be depleted by stressful living — adapting to rigid schedules, juggling excessive activities, and walking on the razor's edge of too many responsibilities, demands, and expectations. All of the above can disturb a woman's biorhythms. When her rhythm is disrupted and her energy is chaotic, she cannot relax.

Living in a state of continual stress and trauma does not suit a woman's constitution. Physical, mental, and emotional stress are all factors influencing menstrual problems, early and painful menopause, and breast and reproductive organ cancers. Stress also weakens a woman's nervous system, taxes her kidneys and glandular system, disturbs her hormonal balance, and compromises her intuition. When a woman lives a stressful life, she cannot relax and live in the natural flow of her being.

Exercise and Physical Health

Appropriate physical exercise is required. Woman must stimulate all parts of her body on a regular basis. If a woman's body does not get the physical exercise it needs, her emotional body will unconsciously try to give her the stimulation that her physical body craves. She will become emotional for no apparent reason. Lack of appropriate daily exercise contributes to stress, emotionality, general irritability, anger, frustration, and depression. The connection between exercise and emotions also helps explain the relationship between being overweight and an uneven temperament, unhappiness, depression, and lack of energy.

A woman's physical and emotional problems are often caused by an imbalance in her hormonal system. A daily routine of Kundalini Yoga and Meditation helps to correct these imbalances and provides the needed stimulation to her glandular, digestive, elimination, circulatory, and nervous systems.

Because women are women and *not* men, exercise regimes that suit a man's body are often not appropriate for a woman's body. It is sometimes recommended that a woman exercise until she sweats on her forehead. Daily sweating is healthy. But each woman must monitor for herself how much energy she can exert without overtaxing her system. Women with a fiery constitution in their teens, 20s, and 30s often have an abundance of physical energy and can handle more rigorous routines. Excessive physical exertion can be harmful for women with more delicate constitutions and in pre-, post-, or menopausal stages of life.

Therefore, women are advised to monitor the state of their kidneys and adrenal glands and the intensity of exercise that they are able to support, which varies from day to day and during her Moon cycle. The kidneys are like batteries — the amount of energy that they supply us is not unlimited. As a woman's estrogen level decreases at menopause, she reaches into her kidney power for energy, which can be easily depleted. If your exercise regime is too taxing, you will feel hot, burned out, and need a lot of rest to recuperate. If you experience these conditions, wisely adapt your exercise routine to create stimulation, but not exhaustion.

Happy Hips

Woman's pelvic and abdominal region is the location of her womb and the source of her power. Her hips naturally move to accommodate child birth. Compare a woman and a man walking and you will see a noticeable difference in hip movement. For physical health and emotional balance, woman's daily routine must incorporate exercises to move her hips and the energy in her belly. Such exercises are included in Part II, Lesson 2.

2. Mental Conflict and Crisis

Why is woman so adept at sabotaging herself? *Because woman's mind and emotions are interlocked and collaborate.* Their collaboration can produce success or failure. Women do not fail because of external circumstances — it is well-known that women can keep up in the most adverse situations. *Woman gets herself into trouble because she cannot stop her mind from creating problems and intrigues* — she thinks too much and emotionally overreacts.

Let's investigate the conflict/crisis scenario that gets woman into trouble and depletes her energy. Confronted by a disagreeable situation, a woman's mind creates negative thoughts, and her emotions produce negative feelings. This is normal. Our mind and emotions are wired to avert us to danger. We need this information to protect ourselves and our children. The question is how will woman deal with the situation? How will the potential conflict be resolved? There are two basic choices:

Optimal Choice

Woman can access her neutral mind and listen to the guidance of her intuition. And she can feel the uncomfortable feelings in her emotional body and stay with them as they flow through, adjust, and come back into balance. She can access her power by staying present in the moment and penetrating through to resolution. The crisis can pass by doing nothing or she can be guided to take appropriate action. Basically, woman goes inside and first finds resolution within herself.

Self-Sabotaging Choice

When a woman does not have access to her neutral meditative mind, her dualistic mind, which by its nature analyzes both positive and negative aspects of a situation, becomes conflictual. Her negative emotional programming collaborates with her dualistic mind, creating an internal mental and emotional gridlock. Without a higher perspective to calm the drama, she expands and externalizes her inner conflict to try to get relief. She involves others, engaging her friends, family, and co-workers in the conflict. She expands her conflict to include others to get confirmation that she is right and to get help to soothe her emotional discomfort. She thus provokes others for her own sake and attempts to satisfy her own neurotic need for attention, validation, approval, and support.

As a master creator, woman is very good at creating crises in her mind. When a woman ignores her intuition and instead looks outside herself for a “solution” or for justification, she magnifies the problem out of proportion. A simple irritation can become a serious crisis and even destructive. Woman can thus end up destroying her relationship, her marriage, her family, her environment, and herself.

The destructive scenario, which runs in a vicious circle, begins with her inner conflict and confusion. Inner conflict creates outer conflict, chaos, and crisis. Combined inner and outer conflict makes a woman tense, stressed, and emotionally unstable. Stress in turn makes a woman insensitive and numb. When a woman becomes numb, she loses touch with her intuitive, instinctual faculties. When a woman disconnects from her inner guidance system and feminine essence, she becomes depressed, unhappy, and self-destructive.

Resolving Inner Conflict

To resolve her outer conflict, woman must become conscious of why and how she is caught in an inner conflict. Woman cannot escape her inner crisis by hoping that someone else will extinguish her fires. She must first be aware of what she is doing and then be willing to deal with her own fires. She must take the time to soothe her emotions and to calm her mind. The good news is that woman is equipped to effectively deal with both her mind and her emotions. She can stop herself from seeding outer crisis and use her intuitive instinctual intelligence to find resolution and to create inner and outer peace.

The secret to woman’s success is to never let her inner conflict become an outer conflict. Once woman deals with her inner conflict, she can face any situation, perceive what is happening, know what to do, and have the courage to do what is needed. In her space of love, woman can elevate herself and others and bring light and peace to any crisis.

Mental Stability and Meditative Mind

When a woman can control her mind, she can tune into her instant intuitive capacity, which tells her the truth and protects her from unsafe and harmful situations. But controlling her mind does not mean trying to control the thoughts of her dualistic mind. It is her dualistic mind that indulges in intrigues, thinks too much, and invites the self-sabotaging collaboration of her wounded emotional body and subconscious programming. No amount of analysis or good intentions created in the dual mind is sufficient.

Controlling her mind is not simply a willful choice. “Controlling” her mind means that woman stabilizes her mind at higher frequencies, which makes it possible to access and operate from her neutral channel.

A woman finds her inner authority, strength, and depth in her meditative neutral mind, where she is able to (1) be aware without judgment, (2) transcend the conflict and crisis scenario that is perpetuated in her dualistic mind, and (3) release her tendency to think too much and stimulate emotional chaos with her thoughts. In her meditative mind, woman can consolidate the multiple facets of her being and orient them all toward a unified purpose. In her meditative

mind, woman is capable of strategizing, synthesizing, and resolving complex situations. When woman counts on her neutral mind to be her internal support system and guide, she is able to

- ♥ Be internally vulnerable with her tender self without being externally vulnerable
- ♥ Allow the flow of her emotions without feeling the need to escape or to control her moods
- ♥ Be open to enjoying life and to receiving its gifts

A Meditative Woman

A meditative woman does not have to figure everything out.

She intuits the best solution.

A meditative woman does not succumb to unconscious self-sabotage.

She supports herself with self-love.

A meditative woman is not caught up in dramas and traumas.

She sees the bigger picture and responds by serving the higher good.

A meditative woman is not dulled by routines and challenges.

Her radiant glow expands by holding her space of love.

A meditative woman is not worn down by doubt and self-criticism.

She is elevated by her ability to trust her soul and her divine connection.

A meditative woman does not give up.

She calls upon and surrenders to a higher power.

A meditative woman does not worry.

She prays, sits in her inner calmness, and allows her radiance to work for her.

A meditative woman prays for and creates her own happiness and success.

3. Emotional Insecurity

When woman looks to others for approval, validation, and recognition, she loses her power to create her own emotional well-being. She becomes emotionally dependent upon others, external forces, and environments that are beyond her control. When woman does not take responsibility for her own emotional state, she creates insecurity in her psyche.

Every woman must know that the basic cause of her defeat and trouble comes from feeling insecure. There is nothing blocking woman but her own insecurity. Once woman creates her own security within herself, she can feel satisfied and live without struggle. She can attract to herself what she needs and enjoy it.

Containment

When woman looks outside herself for security, love, stability, and wholeness, she scatters and loses her energy. No one and nothing outside her can give her more than temporary relief from the pain of dispersing her energy and failing to cultivate a relationship with her soul. Only when woman connects with her inner woman and experiences that she can create her own emotional contentment, can she feel secure.

♥♥♥
Woman by her very nature is complete within herself. There is no greater security and satisfaction for a woman than living in the completeness of her own being.
♥♥♥

Woman can train herself to contain her energy by looking inside herself instead of to others for her satisfaction, approval, and guidance. Woman's power and happiness come from (1) understanding and enjoying the beauty of her own containment, (2) experiencing her ability to be in charge of her mental and emotional energy, and (3) realizing that *she needs nothing from anyone*.

How a Woman Wastes Energy

It is critical that woman examines *how* and *why* she diverts and wastes her energy. She does so by

- ♥ Reacting to circumstances and responding to someone else's agenda
- ♥ Focusing outside herself and losing self-awareness
- ♥ Competing with and comparing herself to others
- ♥ Being rude, yelling, and screaming
- ♥ Complaining and being negative
- ♥ Being jealous and judgmental

All these energy-consuming activities are fueled by woman's inner anger, fear, sadness, hidden agendas, and fantasies. They all waste her precious energy and must be eliminated for her to be

able to successfully contain her energy and have it available for her own creative projects and self-satisfaction.

Disempowering Games Women Play

Woman disempowers herself by playing the following games that squander her energy, demonstrate her lack of self-value and self-respect, and diminish her magnetic power of attraction. Woman can empower herself by identifying and reversing these game scenarios:

1. Insecure

Immature woman plays insecure games and acts needy to draw attention to herself.

- Woman can experience that by her nature she is not weak. She is made of undefeatable grit.

2. Not Loved

Immature woman acts like she is not loved to try to elicit the love that she thinks eludes her. When woman does not love herself, she will not feel loved, even when she is loved.

- When woman experiences that her essence is love and loves herself, she will feel loved even when she is alone.

3. Victim and Blame

Disempowered woman plays “poor me” victim to justify her predicament, to rationalize (in her mind) instead of feeling her pain (in her body), and to avoid being accountable. It is normal to get upset, but it is disempowering to expand the pain of our wake-up calls. It is easy to shift the blame to someone else because usually more than one unconscious person is involved.

- Woman empowers herself by graciously taking responsibility for what she has created and for what she must learn.

4. Nosey

Insecure woman pokes her nose into others’ stories in an attempt to not be left out, to try to be in control, and to satisfy her need to be in the center ring. Woman creates mistrust when her communication is not emotionally honest and when her neediness adds more negative energy to the situation.

- Woman must train herself to stop before she entangles her energy in others’ affairs simply because she feels needy, is bored, or desires external stimulation. Listening to her intuitive knowing, woman can distinguish between situations that are none of her business and situations that affect her well-being. When woman trusts herself and accepts *what is* without judgment, she intuitively knows what is in the best interest of all concerned and is able to discriminate when her presence can uplift and inspire positive outcomes.

5. Stupid

Disconnected woman has the bad habit of playing stupid in spite of the fact that woman intuitively knows everything. It's OK for a woman to say, "I don't know," in situations where she needs to protect herself, needs time to be with herself, and chooses to avoid getting entangled in someone else's business. But when a woman lies because (1) she is trying to manipulate the situation, (2) she wants to maintain control by withholding information, or (3) her emotionality prevents her from listening to her intuition, she annoys others and creates frustration and confusion in her environments. When a woman lies to herself because she is trying to avoid the truth, she perpetuates pain caused by illusion and denial.

- A woman who can tune into her own truth, face it without excuses, and act from her inner knowing finds peace and power within herself.

Inner Security

Woman's success is based on her inner security. She creates her own security when she looks to herself, knows and loves herself, relies upon and listens to her subtle, sensitive self, and feels complete within herself. From her own center, she expands, strengthens, and illumines her electromagnetic field. Contained and secure within herself, nothing can defeat her. When woman believes in herself, knows that she has control over her energy and can choose how to use it, she discovers herself as a woman and activates the gifts of womanhood.

Once woman is able to establish and maintain *mental stability* and *emotional security* within herself, she can cease to create problems for herself and use her creative energy to support herself and to express her gifts. This, however, does not mean that there will be no more challenges in her life. It means that she will be able to tell the difference between fabricated dramas and real-life issues and lessons to be learned. She will be able to deal with her challenges in an elevated and productive fashion.

4. Spiritual Identity

Woman is a divine spiritual being. However, woman creates problems for herself when she belittles and undersells herself. To realize her true nature, woman needs to learn to relate to (1) her vastness, not her smallness; (2) her subtlety, not her beliefs about how she should look; (3) her unique creativity, not her problems; and (3) her soul and her divinity, not her ego and her programming.

Woman's essence and strength is spiritual. Her nature is subtle, expansive, and universal. When a woman relates to her divinity, her projection creates miracles. However, when a woman relates to her problems, she creates more problems. Because woman by her nature is creative and cannot stop creating, she must become aware of how and what she creates — both negative and positive. What she manifests in her life is determined by (1) how she relates to herself, (2) how she defines herself, and (3) how she projects her thoughts, her emotions, and the totality of her subtle energetic self.

Woman is the human channel for flowing goddess energy and the human embodiment of Mother Earth and the Divine Mother. To live in peace, woman must relate to the essence of her spiritual goddess self. As a sacred woman, she finds her higher purpose and carries out her mission to embody the space of love within herself and to expand love into her environments and into the collective morphogenetic field.

Loss or Gain? Beauty and Value

As woman gets older, if she does not relate to her essence as a divine woman, subconsciously she feels like she is losing something. When woman relates only to her physical beauty, feels insecure, and has a negative attitude toward herself, her projective power is weak, limited, and shallow. A gift of womanhood is that as woman gets older, she naturally builds her auric beauty, awakens to her sensitive inner intelligence, and develops her invisible projective power of prayer.

Woman can avoid creating within herself depression, negativity, and self-loathing when she recognizes her inner beauty and strength and identifies with her goddess essence. The path of womanhood directs woman to replace the loss of youth with the deep knowing and satisfaction that inner wisdom, self-confidence, self-trust, self-love, and subtle sophistication have been gained and earned. These gifts are well deserved and can be thoroughly enjoyed.

Each chapter and lesson in this book adds another piece to the experiential process of awakening to your womanhood. See Chapter 15, *"I Am a Feeling,"* for a more detailed explanation of how to experience your feminine/flow energies.

To deepen your experience of the above discussion, go to **Lesson 2 in Part II, *Spinal Awakening and Centering***, to cultivate your spine as your center and then monitor how your life changes.

Woman is a very strange creature. It is as if God gave her everything, and she didn't accept anything—that's the controversy.

— Yogi Bhanjan



Woman's path is to activate, accept, enjoy and be grateful for all her gifts.

Chapter 3

Woman's Nature and Design

Woman's unhappiness comes from lack of understanding, acceptance, and experience of her identity as a woman. To understand herself and to learn how to live her life in an appropriate, productive, and graceful manner, woman must be aware of some fundamental facts about her nature and design.

Woman Is a Woman, Not a Person

Understanding woman's basic design is of critical importance, because in our modern world, woman has not been taught to relate to herself as a woman. A negative effect of the "women's rights" movement is that woman has been degraded to the status of a non-gendered person. When woman relates to herself as a generic person, she cannot be happy because she does not know who she is. Lack of accurate self-identity creates self-doubt, inner conflict, and lack of self-acceptance.

Woman needs to accept, love, and trust herself. To do so, she must know her true identity as a woman. When she does not know her identity as a woman, she tries to find her identity outside herself, i.e., in relationships, a profession, or a career. Unable to accept herself, she tries to gain acceptance from others. But others cannot accept her if she does not accept herself. And so a woman creates her own frustration and confusion.

Woman Is Not a Man

It is also critical that woman understands the differences between the basic nature and faculties of a man and a woman. These basic differences make competing with men and comparing herself to men a rather ridiculous preoccupation. When woman competes with men, using interactive modes and rules that suit men, she loses. Even if she "wins" a specific challenge or gains a temporary position of power, she pays with her life force.

Woman needs to focus her attention on learning how to express the highest qualities and gifts of a woman. Men need to do the same to express their manhood.

Facts about a Woman's Nature and Design

Women are designed to embody more of the flowing polarity. They tune into their truth and identity in their physical, emotional, and subtle bodies.

♥ ***Subtle and Sensitive***

Woman's basic nature is subtle and sensitive. Her beauty, communication, prosperity, happiness, excellence, and success in life are all a function of tuning into and appropriately using her subtle faculties, which are described below.

♥ ***Moving, Changing, Fluctuating and Flowing***

Woman's basic energy is always moving and changing. She is impacted by the Moon, which moves through each zodiac sign every two and a half days. Her fluctuating energy creates moods. Her flowing energy creates rhythms. Woman is never the same from one moment to the next. She can feel exalted, and then she can feel depressed. Woman can create heaven, and then she can create hell. Her presence can heal, and her negativity can destroy.

Woman experiences mental, physical, and emotional problems when her flowing energy is continually disrupted, chaotic, and is out of sync with her natural rhythms. To experience inner peace and relaxation, woman's flowing energy must be continuous, and her mind constant.

If a woman's energy fluctuates in lower consciousness, she creates stress and unhappiness.

If a woman's energy flows in higher consciousness, she creates peace and contentment.

♥ ***Circular and Complete***

Woman's energy is circular, an egg, a complete circle. Her energy moves in a spiral circle. Her circle must be contained. Woman can wrap another in her circle. She can create a circle of love or a circle of pain. Because of her circular energy, woman is complete within herself and is able to experience a deep satisfaction of wholeness.

♥ ***Vast and Embracing***

Woman's energy field is vast and naturally embraces and includes all. Her moods and her presence influence not only herself, but her environments and way beyond what she is consciously aware of.

♥ ***Woman Is Magnetic***

Woman by her nature is magnetic. Her inner reality determines whether she attracts in a positive, beneficial way, or whether she attracts problems and pain. To attract in a positive manner, she must relate to herself as a woman. When she relates to herself as a person (or a man), her magnetism is reduced, more effort is required, and success is harder to manifest. As a person, she maintains a mediocre existence and must struggle to survive.

♥ ***Double Nature — Woman and Mother***

Woman has a double nature: she is simultaneously a woman and a mother, *whether she has children or not*. Woman's maternal instinct is hardwired into her being. Woman's maternal design determines her basic nature and her contribution to the world.

♥ ***Woman's Extrasensory Capacity***

To protect her child and to facilitate her job as a mother, woman is born with an extrasensory faculty that enables her to be alert to her environments and to the world around her.

♥ ***Sacred Feminine and Divine Mother***

The archetypal energies of the Divine Mother and the Sacred Feminine are encoded in woman's psyche. By her very nature, woman attunes to nature and Mother Earth. By her very nature, woman is a goddess.

♥ ***Source of Creation***

A woman's body and energy field are the source of creation. Woman can create another human being in her womb, and she can turn her blood into milk. Her innate capacity to create extends to many other creative endeavors. In fact, woman is always creating.

♥ ***Protective and Caring***

As a mother, woman is wired to transcend her personal needs and interests in order to protect and care for her children (and her other creations) at every stage of their development. A woman's protective nature causes her to energetically reach out to help, to heal, and to take care of others and her environments.

♥ ***Nurturing and Nursing***

Woman by her nature sprouts, creates, nurtures, and nurses. To best perform these functions, her energy needs to be contained, fluid, and calm like the Mother Earth. She tunes into these qualities by connecting with the Flowing Force of Nature and Mother Earth and the Infinite Divine Mother. She can relax and do her job when she also experiences the stable presence and Grace of the Divine in and around her.

♥ ***Heart Power, Arc Line, and Prayer***

Woman's heart is empowered by a special arc line or energy field between her nipples that makes it possible to powerfully hold the space and the feeling of love. This arc of light is often broken due to emotional trauma and lack of self-love. When woman loves her goddess self, this special arc of light can be repaired and strengthened. When it is strong, woman can stay balanced, contained, in her power, and more easily hold her space of love. A strong breast arc line increases woman's power of prayer and the impact of her projection.

Facts about a Man's Nature and Design

Men are designed to embody more of the stable polarity. Men tune into their truth and identity in their neutral mind.

♥ *Seeder*

Man is a seeder. He will not stop at anything because he is wired by his nature to go out and plant his seed. But he cannot nurture it and bring it to life. He needs a woman to grow his seed into a human being. The fact that he relies on a woman to nurture his seed makes him dependent upon woman, which causes him to feel insecure. Yogi Bhanan advises women, "Don't make a man more insecure. Make him divine."

♥ *Survival*

Man by his nature is programmed to do what it takes to *survive*, and from this necessity, he will be very active and make things happen.

♥ *Zigzag, Linear Energy*

Man's energy moves in a zigzag, left to right, right to left, and forward. A man's energy must move forward, keep going, and keep up. Accordingly, man must constantly be in motion (i.e., take action) to keep his linear energy moving. (Woman's spiral energy is always in motion even when she looks still.)

♥ *Singular and One-Pointed*

Man's mental capacity is singular, one-pointed, and focused. Man by his nature concentrates on only one thing and a limited arena of life at one time. Men are not as impulsive and reactive as women, and they are slower to catch on because they do not have the extra-instinctual mechanism that was given to woman to carry out her motherhood duties.

♥ *Separation Mind and Physical and Emotional Bodies*

Men do not have the same wiring as women. Because the right and left hemispheres a man's brain do not communicate as they do for a woman, men are able to separate their mind from their physical and emotional bodies. This power of separation protects men while they are carrying out their survival duties. As a defense mechanism, men are built to block out, ignore, and shut down their emotions, and they have the capacity to be totally unaware of what is happening in the moment. Men can, therefore, easily live in their minds, not notice what is happening in their body, ignore their feelings, and be disassociated from a woman's feelings.

Man's psyche, hormones, and physical structure are totally different than a woman's. Man is not a woman. And woman is not a man. Woman needs to consider man's basic nature when she gets mad at him for not paying attention to her or doesn't compute what she computes.

Woman's Capacity and Challenges

Woman's basic design gives her the capacity to

- ♥ Live in abundance and to be prosperous
- ♥ Have good luck and to attract to herself what she needs
- ♥ Feel loved and valued
- ♥ Be self-nurtured, satisfied, and happy
- ♥ Be respected and a source of inspiration and healing

Woman's basic design also sets her up to

- ♥ Squander her gifts and her wealth
- ♥ Give away her power and underutilize her potential
- ♥ Create endless problems for herself
- ♥ Be unhappy and dissatisfied
- ♥ Be used, abused, and taken advantage of

What Is a Woman to Do?

To answer this question, it is important to first investigate how woman can use her innate faculties to her advantage. How can she avoid sabotaging herself? How can woman take advantage of her potential and not create weakness? How can woman learn to protect herself so that she is not exploited?

Because of woman's extrasensory faculty, Yogi Bajan says that woman is 16 times more sensitive, intuitive, intelligent, and strategic than man. The numbers are not important. The fact is that woman is created differently than man, and she must become aware of her complex and impactful make-up as a woman. She must also learn to use her gifts in positive instead of self-sabotaging ways.

Extrasensory Instinctual Faculty

Woman's extrasensory instinctual, or "motherhood," capacity *simultaneously engages her mind, emotional body, and her subtle bodies*. This special feature means that woman's sensory, mental, and emotional capacities are multifaceted. As a result, woman naturally thinks about and pays attention to many things at the same time. Her mind does not naturally become exclusively one-pointed and singular.

Woman is simultaneously aware of what is going on in her immediate environment and what is going on elsewhere. For example, she is aware of her child, her physical surroundings, others, and herself, all at the same time. A woman's mind and subtle bodies are constantly checking out, evaluating, adjusting, aligning, and establishing her energy in relationship to the physical and energetic requirements of her responsibilities and her environments.

Woman's extrasensory faculty to facilitate her job as a mother is always active and computing, whether she is involved in mothering duties or not. When this faculty operates unconsciously, it can create a sense of insecurity and a need to control in order to feel safe. It can also create a second subconsciously directed personality in a woman. When a woman is insecure and does not feel complete within herself, her second personality gets her into trouble.

Using Her Energy and Her Essence Wisely

Identity as a Woman

When woman behaves as a common gender or as a male, she creates duality in her mind and confusion in her projection. However, when she relates to her subtle identity as a woman and experiences her own wholeness, her projection becomes clear and her radiant presence easily attracts opportunities and creates magic and miracles.

Self-Focus

Woman's empowerment requires self-focus. Women have been programmed to believe that focusing on themselves is selfish. This programming is part of the patriarchal system designed to exploit and control women. *Self-focus has absolutely nothing to do with being selfish!* The ability to self-focus makes it possible for woman to (1) connect with her essence, (2) find inner peace and security, (3) contain her energy, (4) find satisfaction and happiness within, and (5) operate effectively in the world.

Creative Essence

As a result of her basic creative nature and design, woman must *pay attention* to what she is consciously, unconsciously, and subconsciously creating. Through self-focus, woman can learn to use her energy efficiently and productively to sustain and nurture herself and her creations.

Completion Within

Woman's problems arise from a falsely computed need to find completion and happiness outside herself. What woman longs for is an integral part of her own being. Nothing is missing in a woman. She must simply wake up to and experience her own completeness. The extent to which her external attachments can be overwhelming, her experience of self-completeness can be ultimately satisfying.

Women's Sacred Circle

Since woman's basic energy is flowing, she can disrupt, but she cannot disconnect from or ignore her emotions and feelings.

Woman's energy flows in a circle. When her circle is broken, she drains her precious energy and experiences stress and burnout. Woman breaks her circle by reaching outside of herself. She reaches outside her circle when she

- ◆ Adopts a man's chasing and hunting mode of survival
- ◆ Challenges others and circumstances (non-acceptance)

- ◆ Compares herself to others
- ◆ Competes with others
- ◆ Complains (is not satisfied with herself and what she has)

Woman must build her sacred circle. To keep her circle intact, she must reach inside herself for attention, satisfaction, security, and happiness.

Woman's Stable Center

Woman reaches outside herself (to a man) for stability when she does not consciously connect with and operate from her own stable center. To allow the free flow of her ever-changing energy, she must maintain her stable center within herself.

A woman's primary energetic tasks are (1) to establish and maintain her neutral center and (2) to contain her flowing energy inside her circle. From within, woman expands and embellishes her circle and creates a powerful presence that works for her. Her clear, authentic, contained energy serves as an attractor mechanism to magnetize to her what she needs.

Boundaries and Containment

By paying attention to the sensations in her body (inside her skin), woman can establish energetic boundaries and contain her energy. Being aware of her subtle energies inside her circle, she can prevent her energy from being indiscriminately used by others and external forces that take advantage of her nurturing nature.

Deep Inner Awareness

Woman can experience burnout when her energy is directed outside instead of inside her circle. By turning her awareness deep inside herself, woman can redirect and recuperate her energy, access her inner strength, and build her space of love.

Attraction Mode

With self-focus, containment, boundaries, and deep inner awareness, woman can build a magnetic energy field that attracts to her what she needs. When a woman can live in attraction mode, she does not have to struggle, run after, or fight for what she needs. Woman's natural mode is to relax and to enjoy being in the flow of her own natural rhythm and creativity.

For techniques to experience all of the above, see **Lesson 3 in Part II, *Happy Hips and Emotional Balance***. Pay attention to how your mood and physical well-being change when your hips are happy and your navel center is activated.

Chapter 4

Five Facets of a Woman's Identity

Reality — I Am a Woman

Woman has her own power, her own grace, and her own mode of operation. Trying to become and act like a man is based on a serious misunderstanding, lack of self-acceptance, and even self-hatred, which creates only misery for both men and women. Woman is desired because she is a woman. Woman is attractive because she embodies Shakti power and expresses the grace of Goddess. If a woman wants to be sought after, then she is well advised to amp up her Shakti power, deliver her grace, project her wholeness, enjoy the power of her self-containment, and hold her space of love. If woman doesn't deliver her womanhood, who will do it? Woman's first reality check is to identify herself as a woman!

The source of woman's power, and problems, can be identified by understanding five facets of woman's identity and learning to heal the issues associated with each aspect of her being.

Woman's Identities

Woman is simultaneously a

1. Little Girl
2. Teenager
3. Woman
4. Mother
5. Goddess

Each of woman's identities presents her with challenges that she must resolve within herself to be empowered, to feel whole, to totally love herself, to be a success in life, and to experience happiness.

1. Little Girl

Our path of womanhood begins when we are a little girl. *Our little girl simply wants to be loved and to play.* However, something happens to almost every little girl that creates the false belief that (1) something is the matter with me, and (2) I am not lovable. Our little girl feels unprotected and abandoned in some way. As a result, fear arises in her psyche, and she feels insecure about herself and unsafe in the world.

To heal the wounds of our little girl, we need to unconditionally *love her and help her feel safe and secure in the world.* When our little girl feels loved and safe, she is playful and free.

- Our little girl needs love and acceptance. We must learn to unconditionally love our sensitive and vulnerable little girl.

2. Teenager

When our little girl becomes a teenager, she starts to have dreams about her future. Her dreams are a first step in her creative process. *Woman's teenager dreams of dancing her own dance.*

However, her creative process is undermined by subconsciously driven desires (hidden agendas) to feel good about herself and to feel loved. Influenced by unresolved emotional conditioning from her early childhood, our teenager's dreams are not realistic and do not point us in the right direction. Our teenager creates fantasies to try to feel accepted and to get recognition. She then creates illusions of love that she projects onto her boyfriends and lovers.

To move into her authentic power, woman needs to understand why and how her teenager creates illusions instead of realistic dreams. To do this, we must (1) identify our fantasies and stories and understand the motivations driving both, and (2) observe how and why we look for quick "save me" fixes, fuel self-created dramas, and, in the process, create problems for ourselves, instead of methodically building a foundation for manifesting our dreams.

- Our teenager needs to be honest and to get real so that she can dance her own dance.

3. Woman

Woman wants to create and to manifest her dreams. However, as an immature woman, she too often uses her creative energy counterproductively, instead of taking constructive action to build a foundation for her life. As a woman, we are forced to deal with the consequences of our fantasies and to take responsibility for our self-created dramas.

Becoming a mature woman requires giving up trying to be saved by something other than our own efforts, including hoping to be taken care of by someone else, usually a man. We must learn to take care of our own emotional, physical, and spiritual needs. We have to quit searching outside ourselves for that which we must find within. To move into our mature womanhood, we must train ourselves to listen to and to act from our inner wisdom.

Just as the English word *woman* contains *man* and *female* contains *male*, so woman is naturally complete within herself. It is part of woman's developmental process to search for and to experience her completeness. To do so, she must activate, optimally express, and operate from the highest level of both the stable male and flowing female polarities of her soul.

It is essential that woman connects with her own truth and is honest with herself. She can then learn to fearlessly and gracefully speak, project, and act from her heart. In the process, she can train herself to stop sabotaging herself.

- *The path of womanhood enables woman to direct her creativity from a foundation of reality:* (1) the reality of her essence as a woman, (2) circumstantial reality, and (3) all

the other facts of physical, human life. Her realistic maturation process is a cornerstone of her inner empowerment.

4. Mother

Woman is by her very nature a mother. The fact that every woman embodies archetypical Mother Energy not only liberates woman, even those who do not have children, it is the truth that sets every woman free to open her heart to herself so that she can discover her fundamental essence.

The cornerstone of woman's spiritual path is to connect with Mother Energy in an impersonal way. In other words, being a mother is not just literally having children, performing motherhood duties, etc. When woman takes being a mother too literally, she feels obligated to take care of everyone but herself. When her focus is outside herself, she overextends and exhausts herself.

One of woman's biggest challenges is to learn to relate to men from the stance of a woman and not play the role of a surrogate mother to her male partner.

When woman's Mother Essence is defined in caretaker terms, it is not surprising that she becomes dissatisfied and feels overburdened by the mother aspect of her womanhood. If woman's role excludes other worldly activities and prevents her from pursuing her creative endeavors, it is understandable that she would idealize a man's world.

Another challenge stems from the fact that woman has learned to associate her Mother Feminine Essence with weakness, submissiveness, and secondary status. Indoctrinated by the patriarchy, the collective consciousness devalues, doesn't understand, and does not experience the Sacred Mother Principle. It is women's job and contribution to world peace and to the personal happiness of all women to participate in re-integrating the Divine Mother Principle into the collective consciousness.

- Woman's spiritual path is about elevating her consciousness to embody her Mother Essence, without excuses, feeling bad about herself, and thinking that who she is is of less value than a man. Woman's spiritual path is about feeling great about herself and who she is as a sacred woman.

5. Goddess

Woman's inner goddess wants to positively impact, serve, and heal others and her environments through her presence and her power of prayer. Her goddess essence is comfortable living in a flowing, magnetic, relax-and-attract mode of being.

Because woman, by her very nature, is a spiritual being, she must elevate her psyche to know and to enjoy the goddess that she embodies. Accordingly, woman needs to expand her sense of self from the personal to the regal realm of Spirit, where she connects with her nobility and grace. When a woman touches her goddess self, she can (1) feel free to be authentic, (2) be

totally honest, (3) create from her heart, and (4) offer her gifts to the world. In her subtle goddess self, woman discovers and can effectively use her power of prayer.

As a goddess, woman feels complete, totally enjoys all aspects of her being, and is free to *dance her own dance*. A woman's inner goddess reveals and supports her unique destiny path.

- Woman's contributory gift is to use her goddess nature to elevate every situation in her space of love and to bless everything and everybody with her power of prayer.

Empowerment through Self and Inner Focus

The highest expression of all woman's identities depends upon loving her little girl. Until woman makes taking care of her little girl a priority, her wounded self will continue to control her reality through (1) her emotional need for attention, validation, and love, (2) her fear of abandonment and being left out, and (3) her need for security and stability.

Misuse of Sensuality

Woman's inner healing begins when she discovers that her sensory faculties can be directed either inward or outward, and she chooses to pay attention to her inner reality and her little girl. With inner attention, woman quickly discovers that when her little girl feels insecure and needy, woman has the habit of directing her attention outside herself to try to get her need for love and attention fulfilled. To do so, she uses her instinctual sensory faculties to project her sensuality outside herself.

As explained above, woman's capacity as a mother gives her the ability to use her subtle sensory system to monitor external circumstances in order to take care of her child. But woman can misuse this faculty when she uses it to amplify and project her sensuality and sexuality with an agenda to get attention or to control others. She creates problems for herself when she engages her sensory faculties to manipulate her environments, to create a dramatic impact, and to try to attract external satisfaction to feel satisfied and complete.

When woman misuses her attractive mechanism, she diminishes her capacity for self-satisfaction and happiness. When woman is consumed by the spell of her own sensory, sexual system, she attracts misery, drama, and pain. Her outward directed flirtatious projection

- ◆ Causes her to lose her boundaries
- ◆ Throws her off balance
- ◆ Compromises her power and her dignity
- ◆ Disconnects her from her inner-sensory sensitivity, intuition, and instinctual intelligence.

When woman's little girl is healed through self-love and woman feels complete within herself, her sensual, sexual energy becomes charisma and is projected in self-supporting ways.

Men Are a Given

Woman thinks she has to attract man through her sensuality. But woman is a sensual, sexual being by her very nature. And man, by his very nature, will always be attracted to woman. He wants to feel her softness and be in her alluring presence. He needs her Shakti Mother Energy. So why waste time and energy trying to accomplish what is a given in life?

Men depend upon women to embody the primal goddess power. One reason men are angry at women is because we don't know who we are and thus do not do our job. Instead of playing and perfecting our games, we can focus on embodying our goddess essence. That will make men very happy.

Self-Attention, Beauty, and Happiness

Woman can train herself to use her special subtle faculties *to have a sensory experience of her Self — her wholeness, her completeness, her unity with the Infinite, and her goddessness*. Then she will no longer use her sensory mechanisms to manipulate her environments, to control others, or to try to get her need for satisfaction met outside herself. Woman can create self-satisfaction and personal power through self-attention and self-love.

By paying attention to the flow of her emotions, woman can

- ♥ Get in touch with what she is afraid of and angry about
- ♥ Identify and distinguish between her needs, desires, fantasies, and illusions
- ♥ Observe how she is a slave to her attachments and fantasies

By focusing on herself, woman can

- ♥ Know herself
- ♥ Elevate herself
- ♥ Love herself
- ♥ Enjoy her life

By being with her sensations inside her skin, woman can

- ♥ Experience her completeness
- ♥ Establish her boundaries
- ♥ Contain her energy
- ♥ Live in a positive magnetic mode
- ♥ Attract opportunities and good fortune

By honoring and acknowledging herself, woman can

- ♥ Love her little girl
- ♥ Know her truth and release her teenager from fantasies

- ♥ Act from her truth and completeness as a woman
- ♥ Experience her sacred goddess essence
- ♥ Connect with and flow with the Infinite Flowing Force

Work on yourself. Make yourself beautiful for yourself. Make yourself happy for yourself! Everyone will enjoy your beauty. Everyone will be uplifted in your presence.

See **Lesson 4 of Part II, Sensory Awareness of Subtle Energies**, to learn ways to awaken your inner sensory faculties, cultivate sensory awareness of your subtle energies, and monitor what they are doing.

There is one problem with you, "I am in love with so-and-so." When you say that, I hear it loud and clear and know that you are miserable. It is a sign of your misery; it is a sign of your loneliness. I don't believe woman needs to fall in love with anybody. She doesn't need to fall at all.

– Yogi Bhajan



Chapter 5

Projection — Inner Reality Creates Outer Reality

To stop engaging in self-sabotaging behaviors and to create more of what woman wants and deserves in life, she must understand the nature and impact of her projection. Becoming conscious of her projection and cultivating a projection that works for her is fundamental to woman's journey toward inner mastery and a subtle sensory affair.

The Concept of Projection

Our projection is created by what we experience within ourselves and by how we extend our inner reality outside ourselves. Our projection is our non-verbal, non-physical energetic statement to the world and the Universe.

Together, (1) our thoughts, (2) how we feel, (3) our subconscious programming, (4) the state of our consciousness, and (5) the clarity and radiance of our aura determine what we project. The messages of our projection determine how and what we attract and create.

Our Inner Reality

- 1. Defines how we perceive, interpret, and experience the world*
- 2. Determines the energy that we vibrate (project) into the world and into the universe*
- 3. Influences how people feel around us and how they relate to and interact with us.*

Examining Your Projection

Woman's path to inner mastery, includes (1) investigating the nature of her projection, (2) becoming conscious of the impact and consequences of what she is projecting, and (3) learning to live in the awareness of *the cause and effect relationship between her inner and outer realities.*

To investigate the nature of her projection and how it impacts and shapes her life, woman needs to examine (1) what her mind is paying attention to, (2) the desires of her emotions, and (3) her consciousness in relationship to her soul and the Divine. She will quickly understand how the state of her mind, emotions, and consciousness determines what she attracts and creates. Below we discuss three common ways woman creates a self-sabotaging projection and a fourth optimal way to create a powerful and positive projection.

1. Mental Conflict — Desire to Be Right and the Best

The desire to be right and to prove that we are right and that another person is wrong projects conflict. The inner conflict in our dualistic mind seeks to engage in a fight to win. The desire to be the best and better than others involves judgment and criticism, both of which are the products of a conflicted mind.

Our desire to be right and the best engages our mind to focus outside ourselves. This competitive mindset is driven to achieve power over someone else whom we perceive as an enemy, threat, or challenge to our self-value. Our desire to win and to prove ourselves engages us in some kind of battle. Woman is not designed to win antagonistic wars. The sensitivity of her nervous system and emotional body are not designed to be aggressive or to handle brutality.

When a woman projects conflict, she attracts drama, insult, and abuse. Woman's basic nature is to resolve conflict, not create it. She must project peace to attract peaceful situations.

2. Emotional Neediness — Desire for Attention

Woman's desire for attention projects neediness. Inner insecurity and lack of wholeness engage her emotional body in attempts to elicit from others acknowledgement, respect, and satisfaction that she does not find within herself. Her demand for attention is counterproductive. Emotional neediness attracts disrespect and belittlement and repels those who do not choose to supply endless energy to a woman who is never satisfied.

Similar to the need to be right or the best, woman's need for attention is also dependent upon someone external to herself. Even if woman temporarily finds love, resolution, and "completion" outside herself, the nature of the relationship is codependent and thus likely to not be sustainable.

Mental and emotional agendas are fueled by unconscious and subconscious programming. Because they are dependent upon the outside to satisfy their desires, it is not possible to experience inner freedom, security, and independence. Woman's emotional neediness makes her a slave and puppet of external influences.

3. Responsibility — Desire to Help

The desire to help others is built into a woman's psyche as a mother. Problems arise, however, when she takes on inappropriate responsibility for others and imposes her ideas of what she thinks they need. Her involvement can take away their freedom of choice and their need to take responsibility for themselves. Her interference can prevent them from gaining their power through addressing their issues themselves and learning their lessons.

"Helping" others is also fueled by woman's hidden agenda to get her emotional needs met. However, these interactions create dependency, drain her energy, and create karmic entanglements that have to be worked out later.

To find appropriate ways to be of service, woman needs to move to option number four, where she is no longer driven by her emotional neediness. From her intuitive spiritual perspective, she shifts to uplifting and empowering others in ways that respect their freedom of choice and gives them the space to learn their lessons and take responsibility for their own lives. Woman can always find a supportive way to care without carrying a burden that is not her own.

4. Spiritual — Desire to be Noble and Graceful

Yogi Bhanan once explained the nature of desire as follows:

The mind is subtle, its creativity is absolute, its power is infinity... Whenever the mind is tuned into passion, and not consciousness, the net result will be desire. And there are only two desires: to get respected or to get insulted. But once you become conscious, you will have one desire only: to be noble. In this triangle, to be noble, to be insulted, and to be respected, the entire creativity circles. Once you desire to be noble, then you will not care to be respected or insulted. You will be loved; you will be free; you will be exalted; you will be beautiful; and you will have so much peace of mind that your presence shall command.

The desire to be noble is directed by consciousness and reconnects us to our spiritual identity. There are plenty of words that we can choose that express noble: graceful, elevated, soulful, divine, spiritual, etc. The critical factors are (1) we seek to elevate ourselves to express from our soul essence, (2) we give utmost value to finding peace inside ourselves, and (3) we are no longer looking outside ourselves for that which we know we must find within. *Our highest priority and conscious choice is to connect within to our spiritual essence. Our relationship is between ME and ME, personality me and soul me, and me and the Divine or Higher Power.*

Because this spiritual relationship is internal and not dependent upon anyone else, it is based on and creates inner security, freedom, and independence. Internal relationships elicit self-love and acceptance when our criterion for self-evaluation and motivation is “to be the best I can be with me.”

Our desire to be noble or exalted directs our attention to our soul and the Divine. Inner-directed, we are able to find the neutral, peaceful place in our mind and heart. Internally connected to our own flow, we can feel emotionally safe, secure, and satisfied. Connected to our soul and the Divine, we feel protected, are able to relax, trust, and surrender to a higher power. *Our soulful noble projection illumines our aura with radiant beauty and obviously creates and attracts at an optimal level.*

Other Negative Projections

Not Beautiful

Woman creates her own tragedy when she thinks she is not beautiful, not competent, and needs someone or something outside herself to validate her beauty and worth. Woman projects these messages when she believes that her make-up, her hairstyle, her clothes, and her breast implants create her beauty and serve as her attractor mechanisms. Nice clothes, false nails, and dyed hair cannot cover up inner anger, sadness, fear, and a feeling of emptiness. A woman's external appearance does not hide her tormented inner state.



Everything is perfect, as long as you don't disturb it and mess it up. By divine law, the arc line of the woman is made in such a way that if she does not project out and seek, she will be spared. The difficulty with every woman is that when she does not trust her own grace, she attracts disgrace.

– Yogi Bhanjan



Woman's external focus interferes with her ability to maintain her inner Divine Connection, without which she loses her sense of inner security, makes herself vulnerable, and forfeits her innate protective mechanism. In the process, she sacrifices her radiant auric beauty.

Woman's focus on making herself externally beautiful is generally motivated by the desire to please and attract men. It is interesting to note that what woman considers attractive may not necessarily be what men consider attractive. It is also important to recognize how our consumer culture indoctrinates woman to present herself as a sexual object for men's pleasure. When woman lets herself be controlled by lower sexual desires, she projects man's (and woman's) shadow view of woman's value and essence.

Bargaining Posturing Instead of Directness

Mentally woman creates conflict in her projection when she operates out of a reward and bargaining stance; e.g., I give you something; therefore, you owe me something. Woman is indirectly trying to get what she wants instead of being upfront and direct in asking for what she needs.

Unstated Expectations

Emotionally woman creates imbalance in her projection when she expects things without asking for what she wants — “And if you don't figure out what I want and give it to me, I will be angry at you.” And sure enough, woman is often mad at a man, and he has no understanding of why this is the case. Woman needs to understand that men are not designed with woman's extrasensory capacity and, therefore, are not equipped to easily translate subliminal messages.

Angry and Frustrated Provocations

When a woman is angry and frustrated, she can't think clearly and reacts impulsively. Her projection is seriously in the negative zone. Yelling and screaming create violence. Depression and weakness create defeat. Woman must learn not to provoke herself and not to defeat herself with her inner anger.

Self-Observation and Creating Your Projection

The path of womanhood engages woman to be her own therapist. Important elements in your self-therapy include (1) discovering the nature of your projection, (2) investigating the state of your inner reality, and (3) observing how your inner world affects your behavior and what you attract. Begin by identifying which of the following behaviors and feelings you have simply out of habit:

Self-concept and value: sex object, unworthy, unhappy, needy

Thoughts: self-criticism, self-judgment, self-loathing

Feelings and emotions: insecure, angry, frustrated, depressed

Communications: loud, demanding, controlling, yelling, screaming

Actions: try to get attention, recognized, or validated

The above are essentially learned behaviors, which have become debilitating habits. In order to identify (1) the mental conflict that leads to confrontive interactions and (2) the emotional neediness that causes you to seek attention and satisfaction outside yourself, ask yourself these questions:

1. Mental Conflict

What situations make you want to prove that you are right?

Why do you need to be right?

Who do you want to control and why?

2. Emotional Neediness

Whom are you trying to please?

Whom are you helping and why?

From whom are you trying to get attention and love?

Do you know what you are doing? Why you are doing it?

Are you an independent woman or are you a beggar?

When woman feels insecure and searches outside herself to get her needs satisfied, she projects as a beggar. Once woman recognizes what she is doing, she can train herself to experience and project the strength and beauty of her essence as a woman. When woman feels her essence as a spiritual woman, she opens the gate to opportunities and happiness.

How to Create Balance and Harmony in Your Projection

Mental training is a woman's ongoing job and self-therapy in action. Mental balance and harmony is achieved only in our neutral meditative mind. We must engage in daily meditative practices that stimulate the hypothalamus, which in turn causes the pituitary and the pineal

glands to secrete. This glandular activity awakens our frontal lobe, stabilizes our brainwaves, strengthens the arc of light around our head, and delivers us to higher states of consciousness, where we are able to experience the primal goddess power that we embody as a woman.

When a woman has access to her meditative mind, she has the foundation for building a projection of grace and nobility, which can replace a projection of needy sexuality. Don't worry — a graceful, noble projection is very sensual. *The difference is that the projection of grace also communicates strength, containment, self-love, and completeness.* There is no "use me" doormat component to grace.

Grace can be understood as consistency in consciousness. Pick any quality which directs your consciousness inward to your soul and to the Divine. Listen to your soul and it will tell you which quality activates your spiritual identity — grace, nobility, peace, love, independent, exalted, and more.

Shifting Direction from Outside to Inside

Inner mastery requires training and moment-to-moment decision-making. We constantly have to ask ourselves, "What do I want? What is most important to me?"

1. To be right and fight?
2. To get attention?
3. To be a noble, graceful, spiritual woman?

Each decision determines where we focus our attention. What we pay attention to directs our energy either outside ourselves or to our inner reality and soul. We will either waste our energy and allow it to be used by someone or something else, or it will be available for us to live our life and have our impact as a spiritual woman.

With conscious DESIRE (engaging our emotions) and conscious CHOICE (mental decision) we can shift our attention inward.

Obviously serious training is required. We have to go through the tug of war involved in shifting directions from outside to inside ourselves. Each inward decision strengthens our spiritual core and distances us from our negative programming. It gets easier and easier to walk away from conflict and to choose peace. With practice, it becomes more and more possible to awaken to our refined, subtle faculties and to find security and contentment within.

The more we consciously become masters of our inner reality, the less we are subjected to external control. When our inner spiritual core is in command, we can let go of control trips and relax. As we find our strength and satisfaction in our feminine essence and our Divine Mother connection, we awaken to the gifts of womanhood.

Inner Grace

When woman has access to her inner grace, she can break her habit of playing games to get what she wants. She no longer has to be controlled by fluctuating moods that reflect whether

she gets what she wants or protests not having her desires granted. It is part of woman's self-training to overcome her moodiness and manipulation, which is very confusing to a man and a major cause of her unstable projections and unhappiness. When woman can remain balanced in her center, man is relieved of her unconscious demands to be her stabilizing force.

We can monitor our progress in achieving balance and harmony in our projection by paying attention to the extent to which we are

- ♥ Not thrown off by events and external stimuli
- ♥ Not reactive to provocation, unpleasant situations, or others' dramas
- ♥ Not generating our own internal stories and dramas
- ♥ Able to maintain our self-focus and center in both challenging and pleasant situations

And the degree to which we

- ♥ Trust and follow our inner guidance
- ♥ Turn to our soul and our Divine Connection for strength and support

Obviously, we have to work toward this state of consciousness. But with practice, woman naturally experiences an empowering shift from external to internal focus and receives the empowering benefits of doing so.

Control, Inner Mastery, and the Power of a Woman's Presence

Two basic aspects of a woman's inner mastery relate to control, and they are (1) being controlled and (2) needing to control. What we control, we carry. What we carry drags us down. Once we realize that we cannot hold on to anything other than ourselves, we can make impressive progress. We hold on to ourselves from our stable center.

Woman cultivates inner mastery from her stable center, where she is able to disconnect from controlling influences and establish her independence. She no longer feels the need to control others or her environments. She liberates herself from within and frees herself from external attachments, demands, and manipulations.

When a woman's psyche cannot be controlled and she no longer desires to control, she is able to relax into her own flow and to align with the Universal Flow. In her stable center, and at one with the Universal Flow, she is supported by the Universe and experiences inner peace. Inner peace gives woman the power of presence. A woman expresses her power and commands respect with her presence.

Woman's Protective Shields

Woman is designed to protect herself energetically by her inner state of being, her elevated projection, and her graceful presence. Woman protects herself in ways unique to her gender. Woman does not build an arsenal of destructive weapons. Woman does not engage in physical

combat. Unstable woman engages in verbal combat, but she can't really win because she loses the protective shield of her aura and radiant body in the process. Below we discuss ways that woman creates her protective shield¹ and achieves inner mastery.

1. First Shield: Politeness

Woman is advised to never, ever let politeness go. Manners speak a million words. Politeness is possible in our neutral, non-judgmental mind. Neutrality and non-judgment neutralize conflict. Politeness does not mean we have to like what is happening or even to be kind and caring. It simply means that we are not rude or argumentative. We do not invite conflict and confrontation.

Yogi Bhanjan says that the most precious gift a woman can give a man is to tell him that nothing can shake you. And this is one of the biggest gifts woman can give herself! Unshakability is a power of the stable, neutral mind. Woman is able to be polite because in her neutral mind she doesn't react; she observes.

2. Second Shield: Gentleness

First woman must be kind and gentle with herself! This means that woman does not criticize and pressure herself. She knows and respects her identity and nature as a woman. When a woman is sensitive to and conscious of her subtle nature, she is not misguided by her sensuality, blinded by her emotional reactions, or controlled by her desires. She understands and wisely uses her sensitive, emotional, and desire energy to support and nurture herself.

Kindness activates woman's feminine power to nurture and protect. The first thing kindness does is nurture woman herself with her own emotional body. When her emotional body is engaged in the "act" of nurturing, woman feels nurtured and no longer feels needy. Self-nurturing creates a protective shield in her aura. Woman's nurturing presence also neutralizes conflict and has a calming effect on herself, others, and her environments. A smart woman knows that everyone is driven by a primal need to feel the gentle touch of love. She can take advantage of this instinctual need by consciously embodying Mother Love, which exponentially magnifies the impact of her presence, projection, and prayers.

Nurturing does not mean to take care of others at your own expense. It means to utilize your mother power to change the nature of your encounters and your environment. Women who express more of the water element (Cancer, Scorpio, Pisces) and the earth element (Taurus, Virgo, Capricorn) energy will easily relate to the emotional dynamic of nurturing. Women with more air (Gemini, Libra, Aquarius) and fire (Aries, Leo, Sagittarius) energy may more easily relate to shifting their energy from anger to radiant, light, bright, and happy. Both sets of energies engage woman's power to heal and transmute through her primal mother power.

It is easy to feel the difference between nurturing and needy and between radiant and aggressive. However you experience the substantive expansion of your energy field, it is the

¹ Yogi Bhanjan Lecture at Khalsa Woman's Training Camp, July 18, 1984.

empowered feeling that creates your protective shield.

3. Third Shield: Intelligence

Woman's intelligence comes from her ability to use both her intuition/consciousness and her instincts/sensory awareness to calculate and guide her actions. Woman must have simultaneous access to and trust both her stable and her flowing polarities. We reach this state of inner coherency and intelligence when both our instinctual senses and intuition say the same thing (see Chapter 22).

Woman creates problems for herself when she does not use her extrasensory ability to protect herself and, instead, uses her sensory calculations to relate to sensory stimulation outside herself, especially in her interactions with men. When woman uses this capacity to calibrate to another's calibration instead of to her own, she loses her capacity to live consciously and she sets herself up to be used and invites trouble. Nobody can deceive a woman when she uses her extrasensory ability, given her to protect life, to calibrate her own safety and right action.

4. Fourth Shield: Being Affirmative

Woman's negativity toward herself is her worst enemy. Negativity weakens her electromagnetic field, which serves as her protective mechanism. Woman must affirm herself to protect herself. All mantras are affirmations. Woman can maintain her protective shield by reciting mantras. Chanting mantras raises her vibration, keeps her aligned with the cosmic flow, and even covers her when she experiences negativity. Woman connects with her divine essence through the repetition of sacred affirmations.

To work on paying attention to your sexual projection, clearing subconscious programming, and projecting a soul quality, begin practicing the kriya and meditation in **Lesson 5 of Part II, *Sexual and Sensitive Projection and Clearing the Subconscious Mind***.

Chapter 6

Woman's Hidden Agendas and Her Stable Male Polarity

Understanding Woman's Hidden Agendas

An important aspect of woman's inner empowerment is to understand what she must do to

- ♥ Love her little girl
- ♥ Set her teenager free to dance her own dance
- ♥ Empower her woman to realistically manifest and to create her dreams
- ♥ Relax, serve, and enjoy life from her magnetic goddess attraction mode

The problem is not that woman is not intelligent. Woman is very intelligent. The problem is that woman can be unaware of the nature of her developmental process as a woman. Under the spell of fantasies, she is often unable and unwilling to face the underlying truth about her path of womanhood. We thus need to examine how woman can be caught in her own hidden agendas and how she can set herself free.

Hidden Agendas of Our Little Girl

Woman's basic problems and unhappiness arise from the wounded programming (not feeling loved) and the hidden agendas (fantasies to get love) in her subconscious that compel her to do inappropriate things to try to get her need for love fulfilled.

Woman's hidden agendas began when she did not feel loved or safe as a little girl. These agendas will continue to control her emotions, influence her actions, and determine what she creates until she gets her unfulfilled needs met. A woman's self-sabotaging stories are her worst enemy and the cause of her sadness, her dissatisfaction, and even her self-destruction.

Driven by her hidden agendas, woman creates illusions, fantasy relationships, and an imaginary life. She is unable to relate to what is real in herself, in others, and in life situations. *She relates to and creates from what she wishes was real.* However, her imaginary life can never deliver her to a state of contentment and can never support her in manifesting her dreams. Obsessed by her hidden agendas, she cannot find peace, she cannot experience satisfaction, and she cannot receive love. Woman remains needy and unfulfilled. Her inner void grows, sabotages her relationships and her worldly success, and prevents her from enjoying herself and her life.



A hidden agenda is a self-sabotaging program in our psyche that we must heal to find inner peace, wholeness, and happiness.



What Happened?

What happened is that woman's need for attention, love, and recognition by her father was not met. Her little girl computed that her father did not come through for her, was not there for her when she needed him, and did not hold her when she craved security. Thus, for whatever reason, her little girl had the experience that her father was absent, did not love her, and abandoned her.

For many little girls, this experience was real — her father was actually physically and/or emotionally unavailable for her. But what is interesting is that many little girls compute “not there for me” even when their father was physically present and did his best to be loving and emotionally available. It takes only one experience at a young age to imprint an abandonment program in the impressionable psyche of our little girl.

When a man has his own basic security and stability intact, as a father, he can offer his daughter an experience of security. However, feeling loved by our father can also create problems. Woman can become dependent upon an external male presence and search for “security blanket” father substitutes in her male partners.

Whether woman's little girl is imprinted with a sense of security or insecurity, to move into mature womanhood, woman must be able to create security in her own psyche. Otherwise, she is always searching for security outside herself — in a man, in a job, or with another woman. Her hidden agenda is to marry her fantasy partner to establish and guarantee security in her life.

Identifying Woman's Hidden Agendas

Woman's hidden agendas and the fantasies she creates in an attempt to satisfy her need for love, security, and attention manifest in many ways. For example, a woman can set herself up to fail or to be in very difficult situations in order to test if a man will come through for her or not, i.e., rescue her and prove his love. Will he measure up? Will he give me what I want? Can he deliver the security that my father didn't (or did) give me? The subconscious games we play with our lovers, boyfriends, partners, and husbands are the source of endless dramas and pain.

When woman is driven by her hidden agenda to try to get from a man what he cannot deliver (what she must find within herself), she magnifies her misery. Her frustrated, angry inner little girl wants to get back at, punish, or even destroy her father or the current man in her life who surrogates for her father. Woman thus creates unnecessary stress for herself, for her partners, and in all her other relationships. Her subconscious needs are like a venom that continues to poison her blood. Woman wastes her time, her energy, and her life pursuing her imaginary quest for security and love.

Woman's little girl is crying for help. *Help starts by identifying the imprint of abandonment and recognizing the hidden agenda to test her father in whatever form he appears, i.e., as men in her life.*

Fantasies and Reality

Woman's comfort zone is fantasy. Woman avoids the truth because confronted with reality she is pulled out of her comfort zone.² Men live closer to reality because they know they must do what it takes to survive. Men don't necessarily live in the truth, but they think they do. *Women sell themselves to men in an attempt to attain security from reality, from the truth, from the lessons of physical reality, and from growing up to be a mature woman.*

Under the spell of her hidden agendas, woman commits to her fantasies and to her neuroses. In that state, she is unable to truly commit to another person or to her own soul. Consequently, she searches for a man to fulfill her insatiable needs rather than looking for a man to unconditionally love, to honor for being a man, or to elevate in her space of love.

Driven by her need for security and love, woman is thus unable to be real and authentic. She is unable to relax and to enjoy her life as it unfolds. Her attention is not on learning, growing, and maturing into womanhood and her goddess self. Instead, she is driven by her desire to be saved from her pain and to be rescued from reality and from herself. She wants to turn over responsibility for her life to someone else. She wants someone else to make her happy. In so many ways, woman gives away her power and sells herself for nothing.

Man Feels Powerless

Of course a man is going to feel powerless to do the impossible job that woman demands of him. Of course he is going to feel bad that he cannot measure up to woman's fantasies. Of course he does not know why he is being punished. Man has no idea of the extent of a woman's insanity or the tenacity and vividness of her fantasies. But man is aware that somehow he cannot do the job expected of him, and this makes him feel uncomfortable and inadequate. When he has had enough, he will run for his life. Because of his need for a woman's Shakti power, he will usually run to another woman.

Outer Search

Driven by her hidden agenda to find love, security, satisfaction, and attention — whatever it is that she thinks she wants and needs from someone else — woman searches outside herself for that which she must find inside.

Woman searches for love, but if she does not love herself, no one else can satisfy her need for love. If she is not content with herself, no one else will find contentment in her presence. Her neediness feels like agitation, pulling, and demanding to others. If she wants to attract a satisfying and peaceful relationship, she must experience peace within.

² Yogi Bhanjan, *I Am a Woman*, 120.

Woman's Archetypical Wound

Women's issues manifest in many ways. Women are very creative! They devise many scenarios and many variations on a theme. At the core of many of woman's dramas is her relationship with her father, which shows up in her relationships with men.

We are not looking to right a wrong or to settle a personal vendetta with our father. *We are dealing with an archetypical wound suffered in some form for eons by all women.* Dealing with it is part of woman's empowerment process.

The most basic issue is that woman has externalized her need for stable/male energy. But it is not a man (or another woman) who must come through. It is her own inner male that must be activated and made available to love her little girl, to give her a sense of inner security, and to support her in life.

Although her interactions (fantasies) with men occupy much of her attention, *ultimately woman's issue is about her inner relationship with the male polarity of her soul and establishing a conscious connection with the stable universal polarity of God/Spirit.*

In sum, *the archetypical problem concerns woman's relationship with her own male polarity. The archetypical solution is to access and develop a relationship with the male polarity of her soul!* Then woman can heal her wounds and find satisfaction, completion, and stability within herself. This problem can be resolved. The solution is not complicated. Dedicated work and training are necessary, and ultimately also very satisfying and empowering.

Woman's Stable Polarity

Finding Her Stable Polarity

Woman's need and search for completeness, which requires discovering and developing a relationship with her male polarity, is an encoded drive in her developmental process. When she is unaware of the true nature of her task, she tries to find her completion by linking up with a man. Woman also tries other misdirected strategies: she attempts to (1) act like a man, (2) be equal to a man, and (3) be better than a man. But all strategies that divert her from her own inner growth as a woman/goddess are futile.

When woman finds the stable polarity of her soul within her own psyche, everything can change. Her hidden agenda loses its grip. She finds within herself what she has searched for outside in another person. Her reality can become real. Her teenager can become realistic. Her woman can grow up. Her goddess self and destiny path can replace her imaginary self and her imaginary world.

When woman connects with her soul and goddess self, her wounded little girl is no longer in charge, and her life is transformed. Liberated from her fantasy mentality, the deception that

poisoned her dreams, her activities, her projections, and her relationships disappears. As a result

- ♥ Honesty replaces illusion.
- ♥ Destiny replaces karma.
- ♥ Freedom replaces struggle.
- ♥ Joy replaces angst.

Ultimately, woman experiences that her father is not her human daddy, her lover, or her husband. Her Father is God/Spirit that she finds only inside herself. Her savior is not an idealized, perfect man (saint) who will put up with her neuroses, cater to her emotional whims, and play out her fantasies. Woman is her own savior. No one can save her but herself. And every woman is equipped to do a very good job!

Many Faces of Eve and Inner Stability

Every woman can relate to the importance of finding and strengthening her stable male polarity, without which she experiences constant turmoil. A woman's constant search for security outside herself (her male polarity) creates situations where her mood and whole psyche (flowing polarity) becomes dependent upon whether she has what she wants and thinks she needs.

The "many faces of Eve" are determined by whether woman is in the state of

1. Wanting something
2. Feeling the need for something
3. Having what she wants and needs
4. Having to deal with what she has
5. Having to deal with what she doesn't want and trying to get rid of it

This fluctuation in her flowing polarity happens because her basic inner security (stable polarity) is missing. She does not have a conscious connection with her male polarity, which gives her the faculties of acceptance, observation, and detachment.

When woman does not have a solid anchor inside herself, she is unable to relax into her own flow. Her emotional state is erratic and easily disturbed. When a woman is unable to find and maintain her inner stability, her flowing energy is expressed as moods that fluctuate abnormally, as she alternates between extremes in fruitless attempts to find her stable center. As a consequence, her actions and decision-making are emotional and temperamental.

Woman's Stable/Male Polarity and Inner Security

Again, *woman can only find her security within herself*, and the only way for a woman to feel secure is to experience security in her inner reality. When a woman can go inside herself and find her place of peace, she can feel secure. Otherwise, she will look for security outside herself

and will never find it. She will make herself miserable for nothing, create endless problems in her relationships, confuse and annoy men, and waste her life force and her precious life.

A woman's male polarity gives her an experience of security, stability, peace, trust, faith, and love. To summarize:

- ◆ The qualities of commitment, authenticity, and honesty are not available in the world of illusions and hidden agendas. Without her stable/male polarity consciously available in her mind, woman will by her very nature create fantasies.
- ◆ When woman's neutral polarity is constant and available, she can access her truth and Universal Truth, and become real.
- ◆ Consciously connected to her stable polarity and her experience of inner security, woman is able to commit to her own well-being and take appropriate action to support and nurture herself. Through conscious commitment (also a faculty of her stable polarity), she makes progress and is satisfied with and loves herself.

The Mind Is the Instrument of the Stable/Male Polarity

Since the mind is the instrument of the stable/male polarity, woman can use her mind to tune into, acquire, and express the highest expressions of the male polarity. Woman thus needs to train her mind to

- ◆ Tune into the neutral channel so that she is no longer trapped in the duality-rational mind channel
- ◆ Shift her focus from external to eternal — from distractions to the Divine
- ◆ Be mindful of and contemplate the qualities of the male polarity: peace, stillness, neutral, detached, stable, silent, imperturbable, oneness
- ◆ Experience the power of unquestioned support and strength of these qualities
- ◆ Hold the stable, unwavering space in her awareness
- ◆ Stay centered, aware, vigilant, and present
- ◆ Allow herself to be nurtured by the accepting, loving, non-judgmental energy/presence of Spirit
- ◆ Listen to the wisdom and guidance of her soul and the Universal Mind and “hear the Word” — the sound of the Infinite

The Highest Use of the Mind

When we tune into our neutral channel and establish it as our base of operation, we can use our neutral mind

- ◆ To be our inner sanctuary, a sacred inner space where we can go to relax, let go, and trust
- ◆ As an access route for Divine Connection and tuning into Divine Will
- ◆ As a mechanism for focus, direction, attention, intention, awareness, and consciousness

- ◆ To meditate on and thus integrate the qualities of the Divine into our being so that we can deal with life from the highest consciousness and perspective possible
- ◆ To tune into the Light, a way to enlightenment, and path to the heart
- ◆ To transmute and integrate lower expressions of energies
- ◆ To establish a sense of our soul identity — our I AM presence — and enjoy the purity and peace of our soul
- ◆ To listen to our intuition and inner authority
- ◆ As a channel of connection to the knowledge and wisdom of the Universal Mind
- ◆ To feel loved, supported, and nurtured by Spirit
- ◆ To be aware of the power and pleasure of the *now* — to be present to what is and what is possible
- ◆ To live in trust (not fear), let to, relax, and surrender to Divine Will

All of the above becomes possible as woman is able to stabilize and recalibrate her mind at higher frequencies, which requires practicing the meditations in Part II of this book.

In **Lesson 6 in Part II, *Woman's Stable Polarity — Finding Her Secure, Neutral Space***, you learn how to awaken your neutral mind and to cultivate an awareness and experience of the stable male polarity of your soul, which is the inner foundation for future lessons and your empowerment as a spiritual woman.



Woman is created to cultivate inner balance and to find happiness inside herself.



Chapter 7

Our Inner Male Rescues Our Inner Female

Healing Father Wounds of Abandonment and Separation

To review, our path of womanhood takes us on a journey to

- ◆ Transcend our illusions and fantasies
- ◆ Connect with our truth
- ◆ Get real
- ◆ Support and love ourselves

To do so, we must

- ◆ Awaken our neutral mind
- ◆ Connect with the stable/male polarity of our soul
- ◆ Learn how to hold the *neutral space of love*

This chapter describes the process of establishing a relationship between our inner male and inner female so that we can give ourselves what we try to find outside ourselves. This is the only way to overcome the issues of neediness, incompleteness, and codependence, and to experience satisfaction and wholeness.

More specifically, we discuss how to deal with subjective reality — our inner world of emotions, feelings, relationships, and our ever-changing flowing feminine energy. We will discuss and experience six ways that our male polarity/neutral mind can serve, “rescue,” and empower our female polarity and liberate our emotional body.

The exercises found in the corresponding lessons in Part II help us experience the amazing results of non-judgment and acceptance of the feminine and how our inner alchemy opens our heart. In the process of connecting with the Stable Universal Force, we heal our archetypical male/father wounds of abandonment and separation from the Divine.

What the Subjective World Includes

We are programmed by our scientific/intellectual/rational/male/mind-dominated culture (the *do mode*) to believe that if we try hard enough and think long enough, we can find a rational solution to all our problems. But life teaches us that almost every aspect of our life defies clear-cut rational solutions. This is because the objective world (what we can see and measure) is only a very small part of an infinitely vaster reality.

Subjective, invisible reality includes

- ◆ That which is unpredictable, un-measurable, indeterminable, and uncontrollable
- ◆ Everything that changes, moves, and evolves; in other words — *life!*
- ◆ Relationships
- ◆ Our feelings and emotions
- ◆ Our inner reality, the subconscious, and the unconscious
- ◆ The Feminine, the Goddess, the Divine Mother

Subjective reality — our emotions, human life, and our relationships — are always changing and in motion. Life teaches us that it is risky, dangerous, and, in fact, impossible to ignore, deny, and control all these aspects of subjective reality. The methodology that we put forth here is relevant to all areas of subjective reality, including woman's favorite topic — relationships.

How to Deal with Our Emotions

Connecting with our neutral mind is fairly simple and straightforward. Of course, we have to continue cultivating and deepening our experience of our stable/male polarity. Dealing with the feminine polarity of our soul and our emotions, however, is much more challenging. Fortunately, our neutral mind plays an important role in helping us embrace our emotions and healing our emotional wounds. A critical component of woman's empowerment is to learn how to use our male/mind polarity to accept and liberate our female/emotional polarity.

This approach runs counter to the goals of the upper-chakra-only paradigm that tries to ignore and debase the feminine through denial of, or finding an escape route from feeling, our emotions. We have to feel our emotions in our body to become real and whole. Feeling, embodying, and embracing our deep emotions as the feminine polarity of our soul is an essential part of achieving wholeness and experiencing love.

In order to face and deal with our deep emotions and wounded programming, *we have to feel safe enough to consciously experience our feelings in our body.* For this we need to use the higher functions of our mind — our neutral mind and the stable/male polarity of our soul. The tale of our journey is illustrated in many myths.

Heroic Male/Mind Frees Our Inner Feminine

Mythical stories set out guidelines for our inner empowerment, which are relevant for both men and women. In these stories, the hero's first task is to cultivate the quality of courage to conquer one's mind and to overcome mental weaknesses. Once the hero has acquired mental strength — objectivity, stability, steadfastness, and elevated consciousness — he is able to tap his inner feminine resources and to save the damsel.

Myths Interpreted

The myths of the hero's journey set out the steps to our inner awakening. First, we must awaken our neutral mind where we acquire the qualities of the male polarity of our soul — the

consciousness of objective, non-judgmental, unconditional love. Armed with this inner strength, we are able to awaken our inner feminine (our sleeping beauty) and to reclaim our feelings and our emotional body. *Our male polarity gives us the tools to empower — through neutral, unconditional acceptance, and love — the feeling polarity of our soul.*

For example, in *The Odyssey*, Odysseus had to be freed from the web of the unconscious so that he would not be endlessly lost in the illusions of the spinning Calypso (the manipulative emotions). He had to first establish mental awareness and stability to find his way home to his wife, i.e., his inner feminine. It took him a long time (12 years!).

The message of these myths is that our feminine/feelings/emotions can be redeemed only by our strong, courageous, and heroic inner male. Translating the symbology, we must first connect with the neutral/objective/observer channel in our mind to have the fortitude, illuminating perspective, stable connection with the Divine, and experience of higher Love. Then we can embrace our unconscious, subjective, feminine reality, and witness and free ourselves from its illusions, fantasies, and hidden agendas.

There are six basic ways that our male polarity/neutral mind can “rescue,” serve, empower, and love our female polarity/feelings.

The Role of Our Stable/Male Polarity

1. Stable Anchor

In order to relax, our ever-changing emotional body needs to have a relationship with something that is stable. Our emotions need to connect with an anchor. The neutral channel of our mind is our stable anchor.

Without a conscious connection to our imperturbable neutral mind

- ◆ Our emotions search for stability and connection outside ourselves.
- ◆ We try to control our environments and others to achieve predictability.
- ◆ In relationships, we become dependent, intertwined, and attached.
- ◆ We are unable to be objective, as we constantly indulge our fantasies and illusions.
- ◆ Our neediness and emotional fluctuations cause us pain that we can't understand rationally and don't know how to deal with.

2. Safety and Non-Judgment

In order to feel safe, our emotions need to feel accepted. Emotions do not like to be judged and will shut down and react negatively to criticism. Only the elevated neutral mind is a trustworthy partner for our sensitive emotions.

Our neutral mind holds the non-judgmental space that makes us feel safe enough to experience our feelings and to open our hearts.

3. The Light to Face Our Darkness

Our neutral mind furnishes the light to face our darkness. In our neutral mind we find the bright, clear light of the intelligence of our soul that illumines the way for our journey into and out of the unconscious.

- ◆ The light of our mind can illumine the dark underworld where our shadows hang out.
- ◆ The pure brightness makes us less afraid to see and love our darkness.

4. Objectivity of the Observer

The cool detachment of our neutral mind and the penetrating objectivity of our observer give us the ability to transcend sentiment, illusions, and fantasies, while we use our mental clarity to view each situation and ascertain an objective viewpoint.

Clear reason can only emerge when we can disentangle ourselves from the conflictual stories of our subconscious programming and the confusion of our emotional reactions and attachments. The intelligence and reason of the higher mind/observer help us understand that darkness and light are two complementary aspects of the whole — dark and light are universal polarities.

5. Finding Solutions in Neutral — Transcending Duality

Our instinctual responses arise out of our unconsciousness. If we are trapped in an unconscious emotional state, our dual mind links up with our subconscious and generates conflictual thoughts. In neutral consciousness, we are able to find more effective and elevated solutions to our problems and more appropriate responses to our life situations.

When the dual mind can rely on the neutral mind for clarity and peace, the sabotaging feedback loop between the dual mind and the subconscious is circumvented. This means that the dual mind is much less likely to be controlled by our subconscious emotional programming. And when it is, we are aware of what is happening.

When our dual mind has access to our neutral channel, it can use it as a partner to find guidance, perspective, and inspiration. The neutral channel is alert, aware, and connected to our soul and to the Universal Mind, where answers, information, the truth, and guidance we can trust are always available.

In our neutral mind, we transcend the conflict of the dualistic mind, which then has a chance to become “rational.” Also in our neutral mind, we access our intuition, which communicates our inner truth. Solutions and appropriate responses are made known through our intuition. Our job is to pay attention, to listen, and to wait!

6. Transformative Power of Light and Love

It is not just our detached perspective that is important. We must be able to transmute chaotic emotional energies into their flowing, rhythmic frequencies. To do so, we do *not* avoid, deny, judge, condemn, or try to change pain or darkness. We simply acknowledge it, allow it, and love it with our Light. We don't beat ourselves up, shame, blame, or fight with ourselves. We unconditionally accept ourselves and how we feel as we face our life challenges.

The transformative strategy of our neutral mind to deal with our emotions is to access, amplify, and pay attention to the Light and to stop focusing on the pain. Contrary to what psychotherapy would have us believe, we don't have to go through the painful process of analyzing and reliving every detail of our past. In fact, this attention magnifies our pain.

But that's not to say our goal is to hide our darkness with our Light. In other words, our goal is not for the male to conquer, subdue, or change the female. Our goal is to discover the power, beauty, aliveness, and creativity hidden in our darkness. Discovery happens through acceptance and unconditional love. With authentic acceptance, our neutral mind can produce the transformative Light that embraces our darkness and, in the process, creates an inner alchemy of love.

The peace and love method confirms that Love and Light heal. As Libra John Lennon said, "All we need is love."

Amazing Results of Non-Judgment and Acceptance of the Feminine

It is amazing how our psyche changes, our relationships shift, and our life lines up when we hold stability and neutrality in our mind and embrace our emotions with this attitude of unquestioned acceptance and love.

When our inner male pays attention, allows, and accepts our inner female, our emotional energy becomes *rhythmic and flowing*.

Allowing is loving! Our physical and emotional bodies can relax, trust, and surrender. Our inner feminine does not have to become rigid and stressed out to try to create the stability that can only come from our connection with the Infinite.

When we can hold a strong stable polarity in our mind,

- ◆ We can contain our energy and establish appropriate boundaries.
- ◆ We do not look outside ourselves for completion because we now feel whole.
- ◆ We do not feel needy — we feel satisfied, self-sufficient, contained, and content.
- ◆ We no longer set ourselves up to be a victim.
- ◆ We feel safe, supported, and nurtured.
- ◆ We become more magnetic — we attract what serves us and brings us peace.
- ◆ We unleash the flow of the Sacred Feminine within ourselves.

Results of Inner Alchemy — Completeness and Self-Love

As we experience self-sufficiency, completeness, and containment, our neediness and tendencies toward codependency disappear. As we nurture ourselves, we no longer need, search out, or attract others to try to get nurturing from outside ourselves. Men and women no longer threaten each other energetically. We are not pulling on each other to fill our void or correct our imbalance. We can use our energy for ourselves to manifest, to attract, and to feel good.

Self-love is how we protect ourselves and create our energetic boundaries. From this place of self-containment and completeness, our heart opens to ourselves and to each other! *Our archetypal male/father wound is healed. We are able to love and be loved.* We wrap ourselves in our own embrace and experience the Stable Universal Force as our Father.

Note: Prepare to Live and to Die

We each enter this human life as a separate entity. And we each leave alone. In regards to what we do in between, Yogi Bhanjan told us that we are here to prepare to die, and in the process we learn how to live. It is a lifelong task to figure out how to leave this planet in a state of consciousness where we experience Divine Love and feel complete and fulfilled. Developing a relationship with the stable polarity of our soul is a critical component of both finding peace and happiness while on Earth, and for our “exit strategy.”

To develop and use your stable male polarity to heal your father, abandonment, and separation wounds, practice the yoga exercises in **Lesson 7 of Part II, *Healing Abandonment and Separation Issues***.

Chapter 8

Polarity Balance and Love/Hate Relationships

The universal interplay of flow/change and fixed/stable exists in a dynamic peace. The universal polarities need each other, support each other, and are by their very nature interdependent. In the non-physical world, all is well. The natural alchemy and cosmic dance takes place in perfect harmony.

In the physical world, the dance between the polarities is seriously out of balance, and at the root of our deepest human wounds and dysfunctions. This imbalance is caused by (1) the perceived split and conflict between the masculine/stable and feminine/flowing forces, (2) the idealization of the male polarity, (3) the devaluation of the female polarity, and, as a consequence, (4) the degeneration and suboptimal expression of both polarities.

The consequences of the negative polarization of the two basic energies have had devastating effects on both sexes, our relationships, and the collective consciousness. Healing our wounds and upgrading our experience of these primal forces in the psyche of both men and women are required for satisfying relationships and for both inner and outer peace.

Men, Women, and the Polarities

It is the special combination of universal energies within men and women that makes the sexes unique and whole. Although man's psyche is designed to embody more of the fixed/stable polarity, and woman's psyche is designed to embody more of the flowing/changing polarity, the amount of stable and flowing energies vary in both men and women, depending upon their energetic blueprint, which we can ascertain from our birth charts.

Fire and air zodiac signs (*Air*: Gemini, Libra, Aquarius; *Fire*: Aries, Leo, Sagittarius) are male. Earth and water signs (*Earth*: Taurus, Virgo, Capricorn; *Water*: Cancer, Scorpio, Pisces) are female. Role reversals play out when the opposite polarities are dominant in men and women. Men with a lot of water and earth energies may take on more of the nurturing roles and may be more emotional. Women with more fire and air energies may take on more of the authority roles and may be more detached.

Codependency and Wholeness

Despite the many combinations and variations on the themes, there are basic energetic and design differences in the genders. As a result of our different make-ups, there is a magnetic attraction between men and women that brings us together to synergize, co-create, and enjoy our different qualities and energies.

For example, it is natural that women are attracted to men to feel the stable polarity and to enjoy a sense of security in a man's presence. Likewise, it is natural that men are attracted to women to experience the flowing polarity and to enjoy feeling nurtured in a woman's presence. (Same-sex relationships interact with the subtle elemental make-up of each individual.)

However, codependent relationship issues arise when men and women attach themselves to the opposite sex (or the same sex) in order to try to balance or integrate the two polarities when they are not doing this for themselves. This is often done unconsciously and is culturally programmed into our psyche.

By developing an inner relationship with the higher expressions of both polarities, men and women can avoid the dysfunctions and pain created by this type of "half, now I am whole" bonding. We are each responsible for creating our personal inner alchemy. In a state of inner completeness, we can deal in a more mature manner with all phases of relationship:

- ◆ We attract more functional relationships because we do not need something from someone else. And we don't repel others because we do not project neediness.
- ◆ We can interact, create, and deepen relationships from a more independent stance and build less conflictual and more fulfilling alliances.
- ◆ We are also in a position to take better care of ourselves in the "acute break up" phase, or loss of relationships, and in life in general.

Sources of Love/Hate

Our natural interdependence, without the consciousness and maturity to relate to and express the stable and flowing energies in elevated ways, can be a source of the love/hate relationship between men and women. Interdependent can devolve into dysfunctional and painful forms of codependency. (Please note that the same dynamics operate in same-sex partnerships.)

- ◆ **Disempower** — When men and women try to get their emotional needs taken care of and their fantasies fulfilled by their partner, they relate in ways that disempower each other. When this is the case, we feel confined, used, and suppressed, and "hate" our partner for interfering with our individualization process and for depriving us of our freedom. (Optimally we interact to support each other to become empowered, creative, and liberated men and women.)
- ◆ **Burden** — Both sexes can feel a heavy burden when their partner lacks wholeness. Woman can experience deep frustration and even rage when her partner uses her to avoid feeling his own emotions (and she lets him). Likewise, man can be overwhelmed by woman's moods when she lacks the stable centering mechanism in her own psyche, which gives her the ability to flow her feelings instead of reacting.
- ◆ **Misunderstanding** — Women and men find it difficult to understand each other when they don't have their own experience of both polarities of their soul. Men don't understand why women are the way they are. And women want men to be more like themselves. (Woman must know that when she demands something of a man that he

does not understand and cannot give, she is the one that initiates the conflict.)

The solution is for both men and women to empower both polarities within themselves, so that men can be complete men, and women can be complete women. When we no longer operate from neediness and evolve into wholeness, we become less judgmental and more compassionate toward ourselves and each other. Instead of trying to change each other, we can seek to know each other. We can let go of our fantasies and expectations of the perfect partner, i.e., one who has no issues and ignores our own. We can respect and appreciate each other's special qualities and essence and enjoy what we create together. As the Universe is always demonstrating, there is a magnificent synergy when the polarities are aligned.

Healing Archetypical Wounds and Identity

Most (perhaps all) men and women enter relationships with hidden agendas to try to heal their mother and father wounds through their partner. However, it is only through our personal experience of the two aspects of the Divine that we are able to connect with the opposite (or same) sex without expectations or fantasies that the other person can fill the impossible god or goddess role for us.

It is our personal responsibility to establish our own conscious connection with both the Stable Force and the Flowing Force. When we can become one with and trust both aspects of a higher power, we release our partner from the burden and impossible task of being responsible for our healing, security, and nurturing. We liberate each other from Mother and Father surrogate roles.

Woman

When woman experiences the Flow of the Divine Mother, (1) she can heal her mother issues, (2) she is able to receive the nurturing that she desires, and (3) she awakens to her true sacred identity.

Woman heals her abandonment and father issues by developing the male polarity of her soul and connecting to the Divine Father Force. In oneness with the universal qualities of stability, neutrality, and permanence, woman establishes the spiritual connection she needs to achieve independence and to become an individualized woman.

Man

Man heals his father issues and elevates his consciousness when he awakens and acts from his neutral mind. By becoming one with the stable, non-judgmental qualities of the universal male polarity, (1) man finds his true identity as a man, (2) connects with the Universal Mind, and (3) establishes an inner foundation to act from the Truth.

Man heals his archetypical mother wounds by connecting with the Universal Mother. By feeling the Divine Flowing Force in his body and awakening the feeling polarity of his soul, man can experience within himself emotional nurturing. He thus frees himself of his dependency upon women to get his emotional needs met, and he no longer uses women to try to return to the womb and breast of his mother.

Love, Hate, Conflict, and the Polarities

We experience *Love* when we live in peace and harmony within ourselves. *Hate* is frustrated love. We experience hate when we do not live in harmony within ourselves. Discord and conflict result and become accepted as “normal.”

Our inner conflict is between fear and anger. *Fear is the submissive form of the flowing feminine. Anger is the aggressive form of the active masculine.* Fight (anger) and flight (fear) are natural human responses. But these responses are designed to be protective mechanisms that help us survive in situations that threaten our security, safety, and survival. They are not meant to be habitual reflexes that dictate our normal interactions and responses. And they are not intended to be the forces that dominate our personal relationships and collective consciousness.

When the stable polarity is controlling and the flowing polarity is submission, their interaction is disharmonious and conflict prevails. Our outer wars are a projection of our inner wars. Inner war is a product of the wounded expressions of the polarities, which have become debilitating habits, accepted as the normal human condition, and adopted as modes of operation and means of survival. The problem is that we can no longer survive in this degenerated out-of-balance state.

At some point (and now is a very good time!), we realize that we have created enough pain for ourselves, and we become motivated to try another way. The other way is to strive for inner balance and harmony — to engage in learning how to create peace and love within ourselves. The peace and love path requires us to take responsibility for our own spiritual transformation.

Inseparable, Separate, and Equal Polarities

To create a state of inner peace and love, it is important to understand that when one polarity dominates, both suffer — both become dysfunctional and destructive. Neither is able to operate at its optimal level, to adequately do its job, or to fully realize its essence. Both, in their own way, feel suppressed, inadequate, and frustrated. This is true in the inner reality of both men and women, in our relationships, and in our collective systems.

It is also critical to understand that just because the abusive expression of the male polarity has dominated in the past, it does not mean that all male expressions are abusive, or that the feminine or women must now take over. In their natural, elevated state, polarities support each other. They do not demean, fight with, and kill each other.

To build a peaceful inner state and outer world, we have to give up all forms of dominance and control. We have to focus our efforts on creating inner and outer worlds that create and sustain peace. As the yin/yang symbol ☯ communicates, the simultaneous realization of separate, integrated, and oneness makes it possible to attain a state of natural harmony.

The Cultural Context Impacts Our Psyche

Collective Fear and Conflict

To understand the structural source of our inner conflict and the miscommunication between the sexes that results in love/hate relationships, we can examine the internal and cultural context that impacts the psyche of both men and women. Disharmony reigns in both internal and external (one polarity) dominator systems.

Internally, when our mind dominates, ignores, and tries to control our body and emotions, our sensitivity and feelings are suppressed and we experience physical stress and illness. Domination does not work internally or in relationships (partner and collective) because it is an illusion that there are two sides, two totally separate identities, and two different sets of mutually exclusive and competitive interests.

In the outer world, polarity imbalance, conflict, and abuse are built into exploitative political, economic, social, and religious systems that feed off of fear, guilt, and shame. The dominators by their nature (special status) deem it their right to exploit and their duty to control the subjugated (“inferior”) class of citizens. The dominated feel like powerless victims and resign themselves to underdog status, which becomes a chronic source of anger that gets repressed and is taken out on other “inferior” victims (both men and women).

Those in power are able to take advantage of unconscious men and women, whose mental and emotional conflict helps sustain systemic abuse and exploitation. Because mass consciousness is hooked into the fear-based controlling mechanisms, we unwittingly allow ourselves to be controlled through our personal fear, guilt, and self-blame.

Although we are not personally responsible for this global oppression, we are responsible for healing our inner wars and, thereby, making our contribution to creating a more just and egalitarian system.

The Inner Love Option

When our consciousness is wired in our dualistic mind, we think conflict is normal because it is all we know. But conflict doesn't have to be “normal.” There is another way of being and interacting, which works better and IT/Love feels better.

Achieving heart-centered consciousness requires rewiring our inner reality, making it possible to let go of conflict-based programming and behaviors. The love option is about building the internal mechanisms that expand our consciousness so that we can (1) perceive the universal reality of Love, (2) build a foundation of peace and love within ourselves, and (3) operate from our hearts.

Peace Within and Without

Our neutral peace channel is the lifeline that liberates us from inner conflict. Both men and women find peace and freedom as they awaken and train themselves to operate from their

peace channel in their mind and heart. *When we recognize that peace lives within ourselves and in every human being, we can build systems that promote and sustain peace.*

As we do our inner work, let go of our victim patterns and conflictual mental habits, and find peace and love within, we help create the collective consciousness that makes inner and outer peace and love possible. Our inner job is to love ourselves, to forgive ourselves, and to empower ourselves as women and men of love and peace.

Individual empowerment is the foundation for a peaceful world. Everyone is invited to participate, and everyone's contribution is valuable. Balanced, whole, and happy women and men make it possible to create a sharing, cooperative society, where we work together to attain our common goals.

To experience firsthand the peaceful benefits of staying present to your feelings and in your neutral space in relationships, practice the exercises in **Lesson 8 in Part II, *Staying Present to Yourself in Relationships — Polarity Balance***. You will get better and better as you continue to work with all the lessons in this book.



Your greatest weakness is you think that men are like you. That is your failure. Men are not like you. They can never be. And you can never make a man be like you. The best thing is not to try it. — Yogi Bhajan



Chapter 9

Passive/Receptive Skills for Inner Mastery

Woman's inner mastery and outer mystery relates to the fact that *woman's energy is always doing something*. Woman may look like she isn't doing anything, when in fact she is making things happen through her energy, intention, holding the space of love, trusting, waiting, and nurturing her environments by her presence.

Woman needs to understand that by her very nature she is always creating. She should give herself credit for creating in her own way and quit thinking she needs to act like a man. Woman's way is to (1) think less and get out of the way more, (2) align and elevate her energy so that she can take advantage of her magnetic power of attraction, and (3) let the Infinite Organizing Power work for her. In short, woman needs to acknowledge and use her passive skills, which are the foundation for other lessons covered in other chapters.

Passive and Active Skills

Our culture offers us mental, action-oriented skills: to make decisions, to take action, to be in charge, and to control. We are not trained to hone the passive/receptive skills that are equally important and complements to the active skills. In fact, the passive/receptive life skills are woman's ace cards. They include (1) acceptance of the way things are, (2) letting go of control, (3) patience, (4) trusting a higher power, (5) surrendering to a higher power, *and* (6) the ability to patiently wait!

Woman does not learn subtle passive skills from school and seminars. She trains herself to relax, to be still, to let her energy flow, and thus to make herself receptive to magnetically attract to her solutions, answers, and what she needs.

The passive skills are especially relevant when we are confronted with change and new situations, when we do not yet know what to do. We must be able to wait for the answer, guidance, and opportune moments to take action. During these times, we need to remain sensitive and alert and patiently allow the process of change to unfold. But we are not just waiting on the Universal Organizing Power to work things out; our "waiting time" usually corresponds to the time we need to do our inner work so we are ready and available for something new.

Illusion and the Passive Principle

Passive does not mean "do nothing." We are not giving ourselves permission to indulge in fantasies, to justify excuses to not engage in life, to live in denial, to avoid taking responsibility, to space out, or to avoid being present to what is happening and what we must deal with.

Passive skills require awareness and consciousness. We stay alert and receptive to experience life as it happens to us, *not* as we try to make it happen or want it to be. We pay attention to what is happening so we can respond effectively.

The passive/receptive principle recognizes the power and pervasiveness of the Infinite Force and offers us ways to align with IT so that we can take advantage of its gifts and support. To do so we must continually train ourselves to

- ◆ Let go of control
- ◆ Surrender to the Unknown
- ◆ Trust the mysterious force that is all-powerful, pervasive, and very generous!

Siddhartha – “I can wait.”

In the story *Siddhartha* by Hermann Hess, the ascetic monk and yogi Siddhartha meets his soon-to-be lover. She tells the sparsely clad young man that to be her student of love, “You must do what you have learned to do in exchange for money, clothes, and shoes.” Then she asks him, “What do you know how to do?”

Siddhartha responds, “I can think. I can fast. And I can wait.”

Waiting is an invaluable passive receptive skill that is required for inner mastery. Is waiting a tool in your skill set? You must be able to *patiently* wait to let go of control, to trust the Unknown, and to surrender to the Infinite. Woman’s receptive nature is empowered by patience. When woman can patiently wait, she can magnetize solutions and receive gifts.

Inner Stability

Our male/mind dominant culture has trained us to look for and prepare for permanence, security, and stability. But in physical reality, we live in the midst of impermanence, instability, and unpredictability. The current times demand that we be able to deal with rapid change and unexpected circumstances. Passive/receptive skills help us deal with unexpected situations, destabilizing forces, and transformative demands.

However, the human psyche also needs the experience of stability. But we can’t find stability outside ourselves. As already discussed, finding our stability inside is an essential component of woman’s inner mastery. When we have a foundation of inner stability in our neutral mind, it is possible to let go of our attachment to the way we want things to be and to stop trying to control what is beyond our grasp.

Misunderstanding and Control

The passive/receptive skills are essential tools to deal with life. However, these tools are often misunderstood and devalued in our society because of their inherent feminine nature and because the limited human ego and the scientific method cannot see, measure, or rationally understand how they work.

We cannot predict or control Spirit, but we can align and become one with Light, Love, and the Truth. Passive skills help us create the synergy that makes us more available to cooperate with the creative forces of the Universe and to be co-creators of our own destiny.

We Are Not in Charge of the Unknown

The evolutionary learning process of our soul is not initiated by our human intelligence. We were each born with a unique soul blueprint and lessons to learn. Our soul path lines up with universal energies to confront us with circumstances that force us to learn our designated lessons. What may seem like random occurrences are designed to (1) break up our routines, (2) challenge our habits, (3) and upset our view of reality and ourselves so that we can grow.

It is part of our self-empowerment process that we face situations that make us realize how our beliefs and attitudes limit our understanding and hide the truth. We are presented with situations that require us to expand our mind and heart beyond our current boundaries.

Woman must learn passive skills in order to let go of her preconceived ideas, release her attachment to the way she thinks things should be, and humbly admit “I am not in charge of the vast Unknown, and my limited ego is not in charge of my soul.”

This humility opens her up to her co-creative powers. Of course, we are always participating. Our spiritual path is about upgrading our participation.

Stress — How Can We Handle Life?

We can never be completely prepared for what happens in life. We will forever be in wonder, amazed, and even shocked as our boundaries, situations, and beliefs are dissolved by an inexplicable power that shifts realities without warning or explanation. There is no way to (1) figure out, (2) control, (3) manipulate, or (4) hold on to the Forces that are obviously impacting us and are way beyond our ability to rationally understand.

Woman by her very nature is creative and receptive. It is in the arena of change, transformation, and creation that woman feels comfortable. Much of woman’s stress is a result of feeling obliged to operate in the male hunter mode. But woman’s mode and happiness is founded on befriending the Unknown, honing her passive faculties, and enjoying her receptive nature. When woman gives herself permission to adopt her own mode and operate from her own way of “doing,”

- ◆ She can release a lot of stress and accomplish a lot.
- ◆ She can gracefully handle what is being delivered to her and give up attempts to try to hide and escape into denial and victimhood.
- ◆ She can give up futile attempts to get what she wants, i.e., whining, complaining, silently attacking, and verbal abuse.
- ◆ Her fears and sense of powerlessness dissolve.
- ◆ She can accept challenges and transform them into gifts and opportunities.

The Basics of Trust and Surrender

There are three ways we can build our inner foundation to be able to trust and surrender:

1. We can look at life through a window of love instead of the prism of fear.

We can rekindle the love that has been extinguished through fear and hidden under lies, dogma, and misunderstanding. Our heart always knows the truth and looks through the window of love.

2. We can adopt beliefs that support and not limit us.

Woman can cleanse her mind and her emotional body of fear-based concepts and beliefs, misperceptions, misunderstandings, blame, shame, and shadows that create and sustain pain, conflict, and duality. (See Lessons 5 and 8 in Part II for meditations that will help you with this.)

3. We can identify where fantasies have replaced reality and cultivate deeper inner experiences of our soul and the Infinite.

Our job is to find inside ourselves what is true, what can never be taken away, what really matters, and what is eternal. This we do by accessing our neutral mind and by paying attention.

As you practice, remember that it is in your neutral channel that you cultivate an experience of the Infinite within. We establish our Divine Connection by paying attention. As we thus escape from our dualistic mind, we are no longer victims of our limiting beliefs, wishful thinking, and guilt/shame/blame stories. In our neutral mind, the wall between ourselves and Spirit comes tumbling down.

It is woman's destiny to move from fear to love by strengthening and trusting her inner connection with the Divine. Every lesson helps us to connect with and empower our inner reality. When you get to Chapter 28 on *Surrender* you will realize how much progress you have made.

In the meantime, begin developing your passive and receptive skills by practicing being conscious, allowing, accepting, and letting go of control. The exercises in **Lesson 9 of Part II, *Consciousness and Letting Go of Control***, will help you with this.

Chapter 10

Redefining Sacred

The collective disempowerment of women is rooted in belief systems that negate, judge as secondary, or try to suppress feminine power. These belief systems and how they are being transformed is explained in the five points below.

1. The Universal Dynamics of Polarities

The Universe operates through the dynamic of polarities, which obviously exist in pairs. By their very nature polarities express what we call opposites. However, polarities are actually complements — they work together, and they are inseparable. Where we find one, we find the other.

In the Universe, polarities are not a problem. Their interactive dynamic is the way things work. The fixed polarity creates the universal fabric and holds everything together, while the force of change continually creates expansion and evolution.

The fixed polarity sets the rules of operation or natural, universal laws that govern all reality. This includes the law of cause and effect (karma). The moving polarity is the evolutionary force of constant expansion and change (that causes effects and creates karma). The fixed polarity is the Stage upon which the moving polarity dances.

2. Separate and Sacred

Many spiritual, religious, and philosophical belief systems consider physical reality (matter) and non-physical reality (Spirit) as separate and in conflict. In the dense frequency of physical reality, we have lost our personal experiential connection with Spirit. Spirit appears to us as a separate reality because we are lost in our rational minds, disconnected from our body and emotions, and do not have the subtle sensitivity and consciousness that make it possible to experience the reality of unmanifested Spirit. Instead of perceiving physical reality as simply a denser form of existence, and in fact a manifestation of Spirit, it has been categorized as not only different, but also of less value and not sacred.

3. Redefining Sacred

When human belief systems separated Earth/matter from God/Spirit, they defined Spirit according to *only* the fixed polarity. The evolutionary polarity got denigrated and excluded from the divine equation. As a result, the Earth, physical reality, and the Mother were no longer included in the definition of Sacred. Father (the male) or fixed (the rules) became exclusively associated with the Divine. Not only were the Mother, physical reality, and the evolutionary flowing force deleted from the divine equation, they were defined negatively as “maya” — illusions that distract and corrupt the humans, causing them to be controlled by the shameful desires of lust, anger, greed, pride, and attachment. In other words, the physical manifestations of the evolutionary force were categorically accused of being the evil cause of all human

problems.

4. Resolution in Sacred

The reality is that together Father/fixed and Mother/evolutionary are the underpinning dynamics of both physical and non-physical worlds, which are different manifestations of one inclusive reality. The resolution of the matter/Spirit schism is possible only when we actually perceive everything as sacred — when we experience everything as part of the Divine Plan and Divine Play.

Our inner and outer conflict can end only when (1) we embrace the evolutionary flow of creation without resistance and exclusion, and (2) live by natural and universal laws. *This existential shift is the foundation for the empowerment of women and the liberation of both men and women from an inherently conflictual and destructive worldview.*

5. Resolution in Our Body with Mother Earth

We witness the stable aspect of the Divine in our neutral mind, where we experience the fixed qualities of stability, silence, and peace. But an authentic experience of “the Father” or fixed archetype is not enough. *The apparent separation of universal polarities can be resolved only when we experience the Divine as including the flowing, comforting presence of the Mother.*

In order to end the existential conflict in both men and women, we must expand our experience of reality so that we are able to (1) give value to Mother Earth, our human experience, and physical life, (2) experience the archetype of the Mother as Sacred, (3) feel the divine flow in our body, and (4) honor our body as a sacred vessel.

When the flowing aliveness aspect of the Divine enters our consciousness through our emotional and physical bodies (not just in our mind), we can experience Oneness, and our inner conflict can be resolved.

Reintroduction of the Divine Feminine Mother Principle

Something very significant is happening on planet Earth, which is making it possible for women to experience their identity and to regain their rightful status and respect in the world. The Divine Feminine Mother Principle is being reintroduced into our psyche and into the collective consciousness.

The universal sacred feminine and goddess archetypes that have been repressed and unavailable in our collective psyche for way too long are being reborn. Energetically, we are awakening to the feminine polarity of our soul and to the universal flowing feminine force.

We are in the midst of a planetary paradigm shift, which is

- ◆ Not gender specific — both men and women are being affected
- ◆ Not about the takeover of the feminine at the expense of the masculine

- ◆ Not about female supremacy or replacing the patriarchy with the matriarchy

The transformation is about relating to ourselves, life, and the Infinite in terms of the higher qualities of both stable/male and flowing/female archetypes — the two universal polarities or energies of creation.

Flowing/Feminine Awakening

To put it another way, we are in the midst of a sensory transformation in consciousness when we experience an energetic awakening in relationship to

- ♥ Our body
- ♥ Our emotions
- ♥ Our feelings
- ♥ Mother Earth
- ♥ The mysteries of birth, life, growth, maturity, completion, death
- ♥ The cycles of life

Integrating Matter and Spirit

The shift into the Aquarian Age offers us an opportunity (obliges us) to resolve the apparent separation of matter and Spirit by experiencing the integration of matter and Spirit within ourselves.

We must experience both the flowing aspect of the Divine and the oneness of Spirit and Earth to (1) make the paradigm shift from fear to love and (2) serve as grounding rods to anchor in the higher frequencies of love on planet Earth. Working with the energies and lessons of the earth and water elements makes it possible for us to be human vessels of love.

Spiritual Goals and Supportive Polarities

Two of the most important questions in our spiritual journey at this time are

- ♥ How do we connect with and experience the flowing polarity of our soul — the Divine Feminine and Mother energies?
- ♥ How do we integrate matter and spirit so that we can experience inner (and outer) peace, oneness, and love?

To do so, we must understand and experience how polarities work together to support each other.

In astrology, we learn that every sign of the zodiac faces its own unique (yet universal) issues, which must be resolved in order to access our power and potential. The primary challenges of each sign are symbolized by the relationship between the opposite or polarity zodiac sign. For

example, Virgo (earth) and Pisces (water) are each other's polarities. Both the earth and water elements are classified as feminine.

The two complementary signs find resolution to their archetypal challenges only by integrating the energies, qualities, and powers of their opposite sign. The Earth Mother Virgo and Sacred Pisces duality is between body and mind, finite and infinite, physical reality and non-physical reality, and matter and Spirit.

The Tao Expresses the Integration of Matter and Spirit

The Tao refers to “the Way” or the Force that operates through all existence — heaven and earth. This Force has two components according to Lao-tse, who very wisely defined the two universal polarities in terms that do not evoke human gender classification. Thus, both men and women can experience both polarities without associating them with the male and female gender. Relating to how the forces of nature and universal laws work without “him/her” gender designations is important because this depersonalized understanding gives us a more accurate view and experience of infinite non-personal forces, thereby liberating us from the patriarchal mindset.

More specifically, the philosophy of the Tao expresses the integration of the numinous Spirit and the Earth Mother archetypes. The Tao (1) acknowledges both universal polarities as part of the Divine or Sacred, and (2) asserts that natural harmony exists between heaven and earth — physical and non-physical realities — matter and spirit.

1. Evolutionary Flow

The Tao cannot be described in words, i.e., it is not an intellectual concept that can simply be explained. We can find harmony and oneness with the Universal Flow by (1) feeling the Universal Force flow through our bodies, and (2) developing an intimate relationship with the unfoldment of activities in our everyday life.

2. Fixed Laws of Nature

We experience this harmony not by following man-made rules, but by following the laws of nature. Natural universal laws regulate the rotation of the planets, the activities of animals, birds, plants, the wind, the rain, and the snow — all life and activity on planet Earth and in the cosmos.

Harmony or Disharmony

The more we interfere with the Earth's natural balance, which is governed by universal laws, the more we create disharmony in our environment and within ourselves, and the more we experience our separation from nature, Mother Earth, and the Universe. Man-made environmental destruction is a result of a belief system that has no respect or love for the Earth and the Divine Mother. And the “Father” (degraded to the patriarchy) makes his own rules!

Everything and everybody has its own nature encoded within it. When we violate, manipulate, or try to control from greed and determine what is “right” from our ego point of view, we create problems. Arbitrarily imposed human rules inevitably create inner and outer conflict, struggle, disharmony, and destruction.

The Tao and Our Human Experience

The Taoist philosophy helps us understand the essence of the Earth Mother (Virgo) archetype: Our human experience is about learning valuable lessons, and our most basic lesson is learning how to live according to universal/natural laws. So instead of trying to escape the physical world, the Tao philosophy teaches us to embrace our physical life (i.e., our body) as a sacred vessel of the Tao (Love). The essence of Taoism (and the Virgo archetype) is to work with, learn from, and appreciate whatever happens in everyday life.

Living in harmony with natural laws results in harmonious living and happiness. Life becomes sweet when (1) we accept life’s challenges and tests, (2) we change a negative into a positive, and (3) we stop interfering with and resisting the way things are.

We know we have reached the state of Tao consciousness when a serene smile glows on our face. We laugh quietly and enjoy a subtle sense of cosmic humor.

Oneness in Higher Consciousness and the Lower Chakras

To experience oneness of matter and Spirit, we expand our consciousness so that we perceive and feel reality differently. In our *awakened neutral mind*, we perceive reality beyond the level of conflict. We find the place of peace where conflict does not exist. Our inner conflict is resolved because we no longer operate from our conflictual dualistic mind channel.

We also experience oneness with the Tao, the Flowing Force, in our *physical and emotional bodies*. We train ourselves to relax and flow with the natural universal forces and the feeling, flowing polarity of our soul.

First, Second, and Seventh Chakras

Although integrating finite (physical) and infinite (non-physical) energies can seem to be challenging, when we experience the two energies in our body, it all feels so natural, and it feels good. Our physical experience is upgraded significantly when we enjoy feeling higher vibrations in our bodies!

Mind/Body/Spirit integration comes through our relationship with the first, second, and seventh chakras. This relationship is important because we feel anxious, insecure, worried, and fearful when

1. We are not grounded or connected in our body and with Mother Earth (first chakra)
2. We cannot relax, let go, and surrender to the flow (second chakra)
3. We are not connected to Spirit (seventh chakra)

First Chakra

In our first chakra, we connect with our body and the Earth. We must feel rooted at the first chakra (base of spine, legs, and feet) to feel safe in the physical world and comfortable in our body.

Second Chakra

At our second chakra, we connect with the Tao Flowing Force as it flows through and animates our being and all physical reality. With a stable rooted base at our first chakra, it is possible to relax and enjoy the rhythmic flow of energy and prana through our body.

Seventh Chakra

Our seventh chakra is at the top of our head in the same area as the soft spot on a baby's head. The crown chakra is associated with the pineal gland, which, when it secretes, awakens our neutral mind and our consciousness to non-physical reality. At our seventh chakra, we connect with the stable, fixed qualities of Spirit and experience our soul identity. We experience the peace, silence, and stillness that are always there when we pay attention. It is there that we connect in oneness with the Universal Presence that is in us and everywhere.

Together the first, second, and seventh chakras help us develop a deep sense of security and trust. The first and seventh chakras make it possible to be present in the moment as we allow the flow of existence (second chakra). In oneness with a power greater than ourselves, we witness the miracle of life in physical reality.

The exercises in **Lesson 10 of Part II, *Awaken and Be in Oneness with the Sacred Feminine in Your Body***, are designed to enhance your awareness of the integration of matter and spirit and to awaken you to your connection with the Sacred Feminine. To have this experience, a recalibration in your body at higher frequencies and expansion into your goddess self are required. So do the work and enjoy the results! Nothing else is more fun or feels so good!

Chapter 11

Spiritual Paths for Women

Spiritual Enlightenment for Men and Women

Most spiritual paths have been designed by men for men — not by women for women. It is absolutely essential that women recognize this fact and the damaging effects on a woman's psyche and sometimes on her physical body.

Male-oriented spiritual paths claim as universal (for both men and women) concepts and techniques that are important for men, but not always relevant (or are misinterpreted) for women. These paths systematically avoid and berate as bad the human expressions of the feminine: feelings, emotions, the body, and the lower chakras. At the core level, they exclude the Sacred Feminine, which is the foundation for woman's experience of her identity. As a consequence, many spiritual teachings seriously undermine woman's self-realization and are a source of her negative perception of herself, her value, and her power.

If God is *He* and must be obeyed, woman is by definition subjugated to a submissive role in relationship to both God and men. Men get deified and woman ends up feeling bad about herself because she is relegated to secondary status. As a consequence, women want to be like men to free themselves of their inferior role.

Often woman feels uncomfortable and even abused by practices that she is unable to do and that do not respect or sustain her basic nature and physical condition. When spiritual practices are not directed to meet her needs as a woman, she feels confused, intimidated, or rebellious. Although she may choose to follow the given spiritual paths because she feels that she is supposed to and has not been offered alternatives, she intuitively knows that something is missing.

Excluding the Mother and Feminine

As explained in Chapter 10, the fundamental problem is that most religions and spiritual paths have essentially excluded the Divine Mother and Sacred Feminine from the formula for spiritual enlightenment. The feminine nature and qualities have been either left out or interpreted in masculine, mental terms. As a consequence, woman's essential essence is not honored, and she is not supported in discovering her identity as a divine woman.

The elimination of feminine qualities, or assigning them to a Father God, effectively negates the Mother Force. Without the Mother Force to relate to, the activation and connection with the Mother doesn't happen. Woman needs to experience the Sacred Feminine to cultivate and wake up to her essential nature.

Woman's Spiritual Path

Of course, many paths pay lip service to the Divine Feminine. But the systemic nature of the disempowerment of women must be remedied by designing spiritual practices that integrate the Divine Feminine as a guiding principle. Woman's inner connection with the Mother Shakti is key to her personal healing and empowerment and a pivotal factor in defining the essential ingredients of spiritual paths that work for women.

Woman must tune into Divine Mother energy to find her identity and to heal her wounds. Of course discipline and exercise are required to activate this experience. But woman must also be able to relax and not overexert herself to embrace her essence.

Woman does not need to study theory, acquire factual information, and be convinced of what is right. *Woman needs to be supported in remembering her feminine essence so she can tune into, accept, give value to, and enjoy who she already is, and claim the gifts of her womanhood.*

Woman's spiritual path is about

- ♥ Waking up to her sensitivity as a human embodiment of the Divine Mother
- ♥ Activating and holding her Shakti power in her physical and subtle bodies
- ♥ Relaxing into and becoming one with the flow of natural forces

The Mother aspect of a woman's spiritual path is about

- ♥ Embodying the essence qualities of nurturing
- ♥ Holding the space/circle of love
- ♥ Working through the power of prayer
- ♥ Being in an elevated consciousness where her presence uplifts and heals

Suffering and Transformation of the Two Polarities of Our Soul

As previously discussed, the root of woman's existential suffering is that the male dominant culture does not support her essence and development as a woman. Male strategies, goals, and ways of operating create stress and conflict in her being.

Traditional spiritual paths that focus on the upper chakras and attempt to deny the lower chakras, the body, and the emotions add to the problem. These paths offer us techniques that awaken the mind, but they attempt to subdue the alive, flowing energies in the body. In other words, these techniques are relevant for mind development, but inappropriate for the healing of our emotional and physical bodies.

It is important to recognize that "one size" does not fit all in our quest to heal and elevate the two polarities of our soul. The very different nature of the stable and flowing polarities require

different strategies to transform and evolve.

Two Polarity Review

To help us appropriately address the issues of both polarities of our soul and prescribe suitable techniques for their healing and awakening of their higher expressions, we will first review their essential qualities:

Mind — Male Polarity

Our mind is the male polarity and the lighthouse of our soul. In our neutral mind we can find stability, neutrality, non-duality, the ability to focus, orientation, and the pure Light of our soul.

Body and Emotions — Feminine Polarity

Our body and emotions are the feminine polarity of our soul. The energy of our emotions is ever-changing and evolving. We connect with our emotions by tuning into and allowing their natural flow and rhythm.

Together, the two polarities determine our vibration, our projection, what we create, and our well-being. To achieve higher states of consciousness, we must heal the suffering in both our mind and our emotions.

What Creates Suffering?

Mental Suffering

Mental suffering is caused by the confusion, ignorance, and belief systems that keep us attached to fantasies of how we wish things were. We suffer mentally when we are stuck in our dualistic mind without access to our neutral mind.

Emotional Suffering

Emotional suffering is caused by resistance to change and stuck energies (rocks in our river) that need to move, but can't. The active power of our emotions is tied up in repressed anger. The substance of our emotions is clouded by subconscious fear. The sweetness of our emotions is buried in doubt and sadness.

Different Strategies for the Liberation of the Two Polarities

Because of the fundamental differences of the polarities, releasing their suffering requires different strategies.

Mental Beliefs

To release mental suffering, we must *transcend* the conflict, ignorance, and limited understanding in our dualistic mind. To do so we must awaken our neutral channel, where a higher perspective makes it possible to witness the unchanging light of the truth. We need the stability and peace of our neutral channel to find and maintain our center, to detach from disempowering beliefs that are not founded on reality, and to find and operate from our truth.

We can (and must) *guide and discipline (control)* our mind (1) to find and focus at our third eye, (2) to maintain the space of our neutral channel, and (3) to listen to our intuition.

Emotional Feelings

Dealing with emotional resistance and attachments requires a different strategy. To transform emotional energies and to move into a conscious relationship with the evolutionary, instinctual dynamic of our soul, we must be able to relax and let go. Our goal is not to tune into what is permanent, but to liberate, to evolve, and to transform alive, dynamic energies. As explained earlier, staying connected to the permanent and stable polarity in our neutral mind is required to allow the flow of our emotions.

To end our emotional suffering, our emotional energy must freely *flow*. Once it does, we experience that we are in harmony with the ever-changing energy of our soul and aligning with universal and natural forces. But for our emotional energy to flow, *we must give up control!*

Transforming Emotional Energy

As previously discussed, feminine energy is sometimes referred to as *passive*. This is not because it does nothing. Flowing, creative energy is *always* doing something! It is because *we* need to be “passive,” or *not interfere* with, and allow this energy to move in its own rhythm and to evolve at its own pace.

We cannot control emotional energy. Feminine energy resists control. We need a non-control approach to transform our emotional energy, which includes giving up our need to mentally understand this nonverbal subtle energy. We feel it, but we don’t analyze it. Change happens, not because of our conscious actions, but through its own intelligence.

Acceptance, allowing, letting go, and surrender are required to unblock our fear, anger, and sadness so that our emotional energy can flow and move. We start by paying attention to our emotions because *attention computes as love*. We thus aren’t getting rid of our emotions per se; we are transforming them to their higher expressions with acceptance, allowing, surrender, and love.

Flowing Strategies — Trust, Experience and Love Are Required

Strategies to unleash our flowing force include the following.

♥ *Feel and set it free*

Woman’s job is to deeply *feel* this dynamic power in her body, to unleash it, and to set it free.

♥ *Trust*

Woman’s job is to *trust* the evolutionary polarity of her soul. It is taking her where she needs to go. It is a force with its own wisdom, destiny, and timing. It is always moving forward. Woman’s job is to let *it* take her the distance that she must travel to her destination.

♥ **Love**

Love is required to know the evolutionary power of our soul. Blame, criticism, and judgment undermine our Shakti power, our flow, our creativity, and our womanhood. Self-love, self-acceptance, and gratitude support our womanhood. We can support ourselves by affirming

I fearlessly surrender to the ever-changing dance of my soul as it flows through my body.

I hold this energy/feeling in high esteem and honor it as the creative Shakti/Mother power that makes it possible to be, live, manifest, attract, and love as a woman.

Goddess Archetypes

Understanding goddess archetypes can help us identify the nature and goals of woman's spiritual path. Below we outline the basic themes and myths of four ancient goddesses who have recently had asteroids used in astrology named for them. The struggles of these goddesses offer us wisdom to guide our path of womanhood, awaken the Divine Feminine in our psyche, and integrate the polarities in order to experience wholeness.

Ceres — Earth Mother

Ceres represents the Great Mother, the goddess of the harvest. Earth goddess myths are symbolic of the cyclical transformation of life, death, and rebirth. They acknowledge the material and emotional cycles associated with loss, grief, renewal, and celebration. But more importantly for our purposes, they also speak of our inner journey into darkness, where we experience our unhealed and unloved self, and where we connect with the Mother Love that heals our wounds so that we can feel safe, secure, and nurtured in our bodies and on planet Earth.

Accordingly, Ceres personifies our archetypical mother wounds. When the milk and lap of our mother are withdrawn, we feel abandoned and deprived of the primal juice of life. Ceres heals our physical mother wounds by reconnecting us with the always available nurturing love of the Earth Mother. Once the primal Mother enters our psyche as an actual Mother Force, we are able to let go of the past, live in the present, and enjoy what was, is, and will always be available to us.

Thus the key to our healing is our connection with the primal Mother Force, which also makes it possible to let go of our attachment to human mother substitutes — both male and female. At the same time, we must humble ourselves and accept the mysterious cyclical forces of nature that constitute our physical reality, including mortality and loss. Consequently, we learn to live in gratitude for what we have in the moment, and to release what the Great Mother takes away in order to make space for her new gifts.

Ceres represents the healing that we must undergo to connect with what we really value and hold dear — what nurtures our body, emotions, and soul. Under the Ceres influence, we

become aware of how our subconscious longing for our birth mother and her womb gets transferred to our need for nurturing partnerships. Immature Ceres expresses this unconscious desire as needy emotional attachment. Our maturation process includes traumatic separations that serve as rites of passage into an emotionally mature inner world. We lose our naive innocence, but we gain wisdom. The cycles of life guarantee a transformation and a rebirth into more conscious states of self-awareness, self-nurturing, and self-love.

It is our personal realization that Mother Love is available during all phases of our life-long transformational journey that gives us the power and sustenance to accept what we are given and to release what is taken. We wake up to the fact that the Universal Mother, who embodies as the Earth Mother, is always both in us and around us. We experience Her as a force that nurtures us, awakens our instinctual sensitivity, empowers our creative energies, and gives life to all.

Pallas Athena — Creative Wise Warrior

The goddess myths evolve to reflect the socio-historic events of the times. The Pallas Athena goddess is a good example of how, despite the attempts to destroy goddess worship and the evolutionary trend to suppress the feminine by the patriarchy, essential archetypal goddess themes remain.

Pallas, Athena, and Medusa represented the three faces of a triple goddess, who eventually merged into the warrior goddess Pallas Athena. The stories of the merger tell of Athena being tricked into killing her Amazonian sister Pallas in a friendly competition, and helping King Perseus to cut off Medusa's head.

These stories of Athena were used as evidence of her denunciation of the Feminine and support of the emerging patriarchy. However, wise Athena preserved the goddess trinity in her own identity. Distraught at the death of her sister, Athena placed Pallas's name before her own. She wore Medusa's image on her breast plate and shared her blood with healers to use as regenerative medicine.

The integration of the three goddesses into one is an important lesson for women, who by their very nature embody the many facets of the goddess archetypes. Athena represents woman's wisdom, gift of mediation, the ability to reconcile opposites, and the self-reflection that is able to identify and heal our negative projections.

Pallas Athena's struggles symbolize the denial of one's gender in order to deal with survival situations that demand the skills of the opposite gender. What is required is discovering and connecting with both polarities within oneself, which makes it possible for one to resolve inner conflicts and experience wholeness. It is woman's inner wholeness that gives her the powers of conflict resolution and higher intelligence.

Pallas Athena also represents the wise creative problem-solving capacity that woman possesses when she is able to reconcile and integrate masculine and feminine forces within herself. Her warrior/wisdom essence combines fairness, willingness to defend and fight for the truth,

practical skills, intuitive awareness, and creative intelligence. Pallas Athena is also patroness of culture and physical arts — sculpture, pottery, weaving, animal husbandry, and architecture. In other words, Athena's inner mastery supports creativity in the outer world.

Lastly, Pallas Athena embodies the independent woman who actively participates in worldly affairs on her own terms. Centered in her fearless and fair nature and operating from higher laws, she makes her contribution in a man's world without being co-opted by male rules, adopting aggressive behavior, or succumbing to the win-lose mentality.

Juno Inner Partnership

Juno or Hera is the Queen of Heaven Goddess, who reigned during matriarchal times when a female alone was the sovereign deity. Juno was Mother of the mysteries of reproduction, birth, and motherhood. Juno stories relate to the cultural and relationship conflicts that ensued during the transition from the matriarchal cultures of Mycenaean Greece and Crete to the patriarchy, which struggled to impose patrilineal descent, patriarchal institutions, and their god Zeus. The stories depict the power struggles involving control, authority, equality, fidelity, and lineage in relationships. The two deities (Hera and Zeus) were eventually forced to share the throne.

Juno represents the need for relationship and intimacy, as well as the need for equality and freedom. In unconscious states, the mates blame and project their needs on their partners. When an intimate relationship is experienced as a sacred spiritual path, both partners learn to integrate both polarities, and the internal reconciliation of opposites liberates the partnership from internally projected conflicts. Juno thus represents this spiritual self-regeneration that is necessary to achieve liberation in partnership.

In Juno territory, a long-term romantic partnership is the goddess's testing ground where issues of intimacy, freedom, jealousy, insecurity, victimization, control trips, powerlessness, faith in oneself, and the ability to spiritually uplift oneself and to release old ways must be confronted and healed so that one may find fulfillment in committed relationships. Juno's ace is her choice to seclude herself from time to time to re-center, renew, and spiritually rejuvenate herself.

Vesta Inner Flame and Sacred Space

The Vesta goddess archetype represents (1) the Source from which all things are created and to which they must return, (2) the beginning and the ending of life, (3) the preservation of the sacredness of life, and (4) the state of connection with the Infinite Source.

Vesta is symbolized as an altar, its sacred flame, and the hearth of our home. In ancient times women maintained the sacred fire in the temples and in their homes. The flame represents the fire of life and literally provides the fire that sustains human life.

Vesta thus represents our inner sacred space, which serves as a container for the Infinite. Vesta's journey awakens us to our sacred space and womb within, where we can go to feel the presence of the Mother and to connect with her nurturing energy.

Vesta equally represents human awareness of the Sacred in physical life. In matriarchal societies, priestesses engaged in sacred sexuality, but remained unmarried. Their sole commitment was to the worship of the Sacred in life.

Mother Kundalini and Shakti

Vesta's sacred flame symbolizes the Mother Kundalini, which when awakened leads to spiritual enlightenment. In her enlightened state, she journeys deep within her darkness where she nurtures her emotions with the sustenance of the Divine Mother and brings this healing energy into her human life. In this way, Vesta represents the integration of both the ascent and the descent of Kundalini energy (discussed in detail in *The Inner Art of Love*). It is the integration that releases us from neediness and brings us into a state of satisfying wholeness.

The activation of our Kundalini, through its ascent and the ability to sustain this awakened consciousness in our body (the descent), produces Shakti. We experience Shakti as the manifested power of the Mother Source in our sacred human vessel — the embodiment of universal creative energy. Because the Vesta goddess can hold the fire of Shakti in her physical and subtle bodies, she has the power to bless and to heal others.

Bhakti and Shakti

Vesta teaches us that to acquire and maintain our healing powers, we must preserve our connection with the Divine Mother and stay connected to our inner sanctuary. Vesta is associated with focus, dedication, commitment, and sacrifice to what we value the most. Consequently, Vesta represents Bhakti — devotion, self-purification, and deep longing for the Sacred.

Engaging with focus, dedication, and commitment in spiritual practices is required to activate our Kundalini Shakti energy. Bhakti creates Shakti. Without Bhakti there is no Shakti. The result of Bhakti is oneness with the Divine and the unleashing of our Shakti goddess essence. The marriage of Bhakti and Shakti produce deep inner fulfillment and the experience of Divine Love.

Purification for Activation of Love

When our Vesta, or inner flame and sanctuary, is not developed, we are unable to maintain our connection with the Divine Mother. We feel pulled to get our needs satisfied in the outer world. We also feel intruded upon because we are unable to maintain our energetic boundaries.

We must purify our inner space to activate and make room for Shakti. When our inner space is filled with fear, stress, and anxiety, our energy is consumed by lower negative thought forms. Bhakti prepares our inner space to receive Shakti — the energy of creation, the source of manifestation, and the Flowing Force that makes life bloom.

The peaceful clear energy in temples is a result of Bhakti. The chanting of divine mantras and sacred songs clears the space of lower vibrations and thought forms and raises the vibration out of fear into love. When love replaces fear, we experience freedom, peace, and purity. Longing replaces doubt. Through our own experience, we taste the reality of Love. Our longing to maintain this sublime experience motivates our devoted efforts to do what it takes to keep our connection alive. Vesta teaches us to make our physical and emotional bodies our personal sacred temple so that we can live in the reality of Love.

Lesson 11 of Part II, *Woman's Identity and Feminine Strategies — Set Yourself Free*, will guide you on your journey to experience archetypal goddess energies, which will in turn help you tune into your identity as a unique expression of the Sacred Feminine.



*Inner mastery is a silent statement.
Inner mastery finds resolution in stillness.
Inner mastery enjoys flowing with the currents of life.
Inner mastery creates solutions from a peaceful center.
Inner mastery is a subtle, sophisticated, sincere affair.*



Chapter 12

Awakening Woman's Sacred Shakti

To embody her feminine essence, to awaken to her true identity, and to understand her power, woman must know and become one with the primal creative universal power, which is called many names, including the Flowing Force, the Divine Mother, and Sacred Shakti.

Suppressed Shakti energy can be experienced as confusing and chaotic emotions. Woman wonders what is the matter with her and uses inappropriate coping strategies, which may provide temporary relief, but are in fact ineffective, or even make things worse. Woman's self-therapy is to cultivate an experience of her basic flowing energy — her primal Shakti power.

In this chapter we (1) define the elemental make-up of the Divine Feminine or the Sacred Shakti Vibration, (2) discuss the dark aspect of woman's Shakti power, and (3) discover the source of woman's archetypal mother wounds and how to heal them.

The Shakti Vibration

Relax and Feel IT

The first question I ever asked Yogi Bhanan was "How do I experience God?" His direct and emphatic answer was "*Relax and feel IT! That is what I did!*" Simple and to the point, his answer reveals very important information.

We are instructed to *relax* and to *feel*. We relax our body, which is the earth element. We feel with our emotional body (feelings express the water element). Our body (earth element) and our emotions (water element) make it possible for us to experience the Flowing Universal Force and the flowing polarity of our soul.

The Word Is a Vibration

In the beginning there was the Word, and the Word was God.

What is the *Word*? The *Word* is creative vibration. Everything in the universe exists as a vibration. Vibrations move. Vibrations are not fixed. The essence of the Universal Flowing Force is vibration. "God" the Infinite Force expresses the vibrating flowing polarity.

We *feel* vibration. We do not think about or analyze vibration. It is not important to ask ourselves if we believe in God, because God is not a belief; it is important to ask ourselves, "Do I feel the Vibration? How can I relax and feel the Vibration?"

Shakti Is a Vibration

The essence of Shakti is vibration and flow. Shakti is how the Universal Vibration manifests in a

human incarnation, which is the essence energy in every woman. *To find her identity, woman must awaken and experience her inner Shakti.*

Earth and Water Elements

The earth and water elements are partners in expressing the universal flowing, vibrational polarity of our soul.

The term given to the final stage of spiritual enlightenment is *Sahej*, which means flow. *Sahej* refers to the ideal state of being — when our physical (earth) and emotional (water) bodies are able to relax into the flow of the Vibration, i.e., “Relax and feel IT.”

Air and Fire Elements

The air element represents the stable universal polarity. We experience the air element as clarity and space in our mind. Our stable space holds the Vibration. With awareness, our consciousness pays attention to the Vibration.

The fire element has a dual role: (1) The fire of the stable polarity is the light of the consciousness; and (2) fire is also the universal life force, or Shakti primal power, of the flowing polarity. It is the life force that causes energy to flow and to create.

Shakti Goddess of Darkness

When woman’s Shakti is suppressed and she feels obliged to hide her essence and her power as a woman in order to survive, her primal energy expresses as our deep subconscious fears, anger, and sadness.

Shakti is not afraid of darkness, the unknown, or change because these are part of her essence. Shakti’s home is the womb of creation, the dark, secure, safe place, where she nurtures ideas and brings them into existence. Her power comes from her innate capacity to move, to evolve, to create, and to give birth. Her womb is the ocean and the river of all life.

The secret to accessing Shakti’s creative power is to understand that she expresses all the cycles of creation: birth, life, death, and rebirth. Her power to destroy is the power to transform. Death is about letting go of the old and making room for the new. She releases and recreates (but does not get rid of) energy that can be made available for new creations.

Energetically Shakti makes it possible to break down resistance that keeps our energy stuck — to let go, unblock, and release stagnant energy so that it can flow. Fear, anger, and sadness are forms of stuck energy that must move to be liberated into aliveness, action, and bliss.

Awakening Shakti

To awaken our inner Shakti, we need to embrace our fear, anger, and sadness, which are “dark” only because we have not yet loved these aspects of ourselves. We have not yet gazed with our

inner eye into these parts of our being. We have not beamed the light of consciousness into the womb of our soul. In our confused and frenetic mind, we have not cultivated the light required to enter into our Shakti womb. In our quest for material satisfaction and external approval, we have neglected the call of Shakti. She beckons us to feel deep within so that she can awaken and guide us to express our womanhood.

Deep in Shakti's womb all life begins. At the center of her heart we connect with our womanhood. She is the valley from which our climb up the mountain begins. Shakti is the wise goddess who leads us to and from the starting point where new life is sparked and nurtured into existence.

Shakti communicates through feelings and the emotions. She uses anger, fear, and sadness to invite us to go inside, to embrace our hidden, untapped powers, and to awaken them with the Light and Love of consciousness. Our inner eye is a torch, which helps us ignite our inner flame. With this torch we can step into the wonderland of our inner universe and explore the deep caves of our being without judgment. With this torch we can also transmute (1) our fear into vital energy, (2) our anger into passionate motivation, and (3) our sadness into bliss.

With the Light of our consciousness we can light the flame of our Shakti power. Without this awakening, our life can be a terrifying trek of denial and avoidance. If we are willing, our life can become an exciting journey of self-exploration and an engaging path to self-love.

Woman's Most Challenging Test

Awakening her Shakti is woman's most challenging test. Woman must discipline herself to cultivate the Light in her mind and trust enough to jump into the rabbit hole of the unknown. She must brave the darkness to find Love. To awaken the Shakti Flowing Force, woman must be gently present to embrace her body as the instrument of her soul. As woman identifies and becomes one with the primal Shakti, she is empowered to love her weaknesses into strengths. With self-love, she chisels away at her imperfections (undeveloped state) so she can facet and give birth to her unique diamond.

According to ancient Indian scriptures, we live in the Kaliyuga, or Dark Age, which offers no Light from without. In the dense physical world, we must find the Light within and use it to embrace our darkness. The vast space within us is not empty. It is full of life that dances to the song of our soul.

Kundalini energy generates and unleashes Shakti. Shakti power is about the synthesis of the feminine and the masculine at the highest vibrational frequency. It is also about our direct experience of the Divine Vibration and Space within. There are no shortcuts, no surrogates, and no cheating. We each have to do our inner work to birth our Shakti and to open our hearts.

Personal Experience of the Flowing Force

Only through her personal experience can woman become one with the Vibrational Flow as a substantiated reality and the foundation of her identity. As woman connects with the Flowing Force, she experiences the Sacred Cosmic Dance. The Divine is no longer defined exclusively as

he. He and *she* become IT, as we expand our consciousness above human gender classifications.

The Flowing Force (female polarity) operates in the context of universal laws (male polarity), expressing the concepts of adaptability, flexibility, and evolutionary change. Our personal experience of the Flowing Force makes it possible to re-introduce these concepts into a static system with fixed rules and hierarchical authority.

As one woman shared, “Once I connected with the Flow, my whole life changed, including how my brain works, the way I look at the world, myself, my family, and my role in world.”

Deepen your experience of the Flowing Force by creating your self-contained circle of spiral energy through the exercises in **Lesson 12 of Part II, *Awakening Woman’s Spiral Shakti***.



The reality is, there’s no equality. You are you, and he is he. And that’s it. He, she, and it — HeShelt. That’s what I call God — HeShelt. Don’t forget the “It” part of it. See that he is he, she is she, and it is it. Put these in the proper perspective and you’ll never suffer. I can bless you with that. Don’t make yourself “he” and don’t forget there is “It.”

— Yogi Bhajan (speaking to women)



Chapter 13

Healing Archetypical Mother Wounds

Mother and Daughter

Our mother is our first encounter with the Feminine Force. Our emotional experience with our mother initiates our relationship with everything that is feminine. Our mother's well-being and the state of her emotional body profoundly influence (1) how we form our identity as a woman; (2) how we value ourselves; (3) how we express and relate to our feelings, emotions, and our body; and (4) our relationship, or lack thereof, with the Divine Mother.

Every little girl needs the nurturing presence of her mother to feel secure within herself. She needs a self-confident mother to feel confident about herself. Her mother must honor her own womanhood to serve as a role model for her little girl as she grows up and becomes a woman herself.

Emotionally Needy Mothers

Ideally, every mother is able to give her daughter the nurturing she needs to feel safe, taken care of, valued, and loved. However, many mothers are emotionally unavailable to give her daughters unconditional Mother Love, free of neediness and insecurity. The extent to which our mother's love is lacking and conditional is equal to the extent that our emotional bodies are imprinted with deprivation, anxiety, and fear.

The problem is that most women become mothers when their emotional body is underdeveloped and still very wounded. They feel insecure and inadequate, lack self-confidence, and are not yet relaxed into their own womanhood. They have not received the support they need from either their mother or their father. In addition, an unsatisfactory relationship between her parents and, later, her own less-than-optimal relationships with men have left her feeling even more abandoned. For many reasons — ultimately because she has not learned to connect within and nurture herself with Divine Mother Love — she feels starved for love.

Woman's emotions act as a barometer, energetically feeding her information that can help her interpret what is happening in and around her and how to deal with life situations. If a mother's barometer systematically computes fear, anxiety, not good enough, needy, and rage, her daughter's emotional body gets programmed to compute these same messages. The daughter feels what her mother feels. When her mother feels abandoned, needy, and insecure, her little daughter, who is not yet able to discriminate between herself and her mother, identifies with these same feelings.

Premature Caretakers

Some women have children in an attempt to get an experience of unconditional love from their child. In her innocence, the baby girl bonds with neediness instead of with Mother Love. As a

consequence, she feels obligated to take care of her mother's neediness. Because the emotional bodies of mother and daughter are so connected, the little girl experiences that she can feel good only if her mother feels good. In the same way, when the daughter cannot feel the support of her mother's Shakti power, she instead takes on stress, frustration, and anger that are not her own. All this creates inner turmoil, which will be expressed later on in ways that are inappropriate and self-destructive.

The little girl's mothering instinct gets activated out of the appropriate development sequence. Unfortunately, *she feels obliged to give before she has the experience of receiving*. She is not allowed the time she needs herself to incorporate a relaxed feeling of receiving love and appreciation into her own emotional body. In sum, she is not given a chance to emotionally mature.

Out of sync with her own emotional developmental process, she moves into adulthood carrying the burden of her needy inner child. Deprived of what she needs to come into emotional maturity, she tries to get her nurturing needs fulfilled in inappropriate and unsuccessful ways. As a teenager and young woman, she attempts to extract nurturing from men and in relationships. But men are not designed to be mothers and are unable to fulfill this demand.

Desire to Be a Man

It is no wonder that women often have a hidden desire to be men or try to act like men in hopes of avoiding the chaotic emotional trauma that she has learned comes with being a woman. Her negative experiences with her mother may lead her to feel that it might be a better option to try being like daddy. Daddy may have been unavailable or absent, but precisely because he was not present, he seems to have figured out how to escape mommy's needy tormented emotional confusion.

Burdens and Sabotaging Programming

The Burden of Inadequacy

When a woman's relationship with her mother left her feeling inadequate and not good enough, it is understandable that she does not accept or like herself as a woman. She feels like she never does enough, because whatever she did was never enough to fulfill her mother's emotional needs. And she feels unlovable because she has never truly experienced unconditional Mother Love.

The good news is that the burdens that every woman (and mother) carries from her childhood are something that she can do something about. For starters, woman can stop looking to her children, men, or someone outside herself to be her savior. It is part of every woman's healing process to learn to nurture and save *herself*. *Every woman, regardless of her wounded programming, can get her mother nurturing needs met by connecting with the ever-present Divine Mother energy.*

Self-Sabotaging Patterns

To free herself of her past, woman can identify the self-sabotaging patterns that control her psyche and cause her to engage in relationships and create situations that justify her self-defeating beliefs about herself and her womanhood. The major categories of woman's self-sabotaging patterns relate to

1. *Identity* — Woman relates to herself as a caregiver, savior, doormat, and second-class citizen.
2. *Self-value* — Woman does not give herself or her womanhood value. She feels that she is not OK and, ultimately, inadequate and unlovable.
3. *Responsibility* — Woman feels that her first responsibility is toward others. She comes second, if at all. She directs her energy and efforts to fixing and helping others at the expense of her own needs and creative projects.
4. *Authority and guidance* — Woman takes her cues from her environment and outside herself. She believes that some external authority knows better than her how she should look, think, and act.

Ultimately, one of woman's most damaging beliefs is "Who I am and what I do are never enough." Driven to overcompensate or to prove that she is indeed OK and lovable, woman becomes addicted to stressful, exhausting behaviors, which (1) cause her to not give herself importance and give her time and energy away to others, (2) motivate her to excel in ways that her accomplishments never bring her inner satisfaction, and (3) create an untenable heavy burden, which depletes her life force and damages her physical, emotional and mental health. With dedicated inner work, woman can unhook these patterns in her subconscious.

Archetypical Mother Wounds

As stated above, when a mother is emotionally unavailable to connect with her daughter, her child is deprived of the experience and imprinting of Divine Mother Love. Ideally our mother is our initial connection with the Earth Mother. When her initial connection to and primal bonding with the Flowing Force of the Mother do not take place, the little girl feels insecure in her physical body and on planet Earth. Her experience that she lives in an alien unsupportive environment makes her feel afraid, angry, and sad.

Ideally, our relationship with our human mother serves as a foundation for our relationship with the Divine Mother. But disconnection from our human mother translates into disconnection from the Divine Mother. Mother Love is the foundational essence of womanhood and woman's identity. Its absence in a woman's psyche creates a deep wound that must be healed. At the current stage of human experience, disconnection from Primal Mother Love is a pervasive archetypical wound for almost all women.

The archetypical wounding, supported and sustained by a male, mind-dominated culture, has lead woman to believe that she must compromise herself to feel safe and to earn unconditional

love. The fact that her human mother was not there for her leads woman to unconsciously negate the existence of the Divine Mother. The deep unconscious message is that a Sacred Mother does not exist or is not there to support her. And thus woman turns to men and a male God in the hopes that they can give her what is missing. In the process, she compromises her values, disassociates with womanhood, and sells herself for cheap.

Woman Can Heal Her Mother Wounds

Woman's archetypal wounding is not her mother's fault. For too long, every woman has been imprinted by the collective unconscious with messages that devalue woman and all forms of the feminine. Woman's psyche never has a chance to fully develop, because she is controlled by spiritual and religious belief systems that exclude the Divine Mother. Through generations, our mother's mother and her mother have been subjected to the same abuse and programming. By changing this programming in ourselves, we heal our own wounds and the wounds of past generations, and we prevent the same fate for future generations.

The negative imprinting that woman received from emotionally immature and needy mothers is something that every woman can heal. If we didn't get the message that the Universal Mother creates, sustains, and nurtures all life, we can do our inner work to connect with and experience within ourselves the Mother Flowing Force. All women, despite their wounded programming and painful experiences, embody the Mother Shakti. Every woman can activate and enjoy her primal connection with the Divine Mother.

Woman's Healing and Empowerment

Woman finds her identity, awakens her Shakti power, heals her mother wounds, and finds Mother Love by experiencing her oneness with the Divine Feminine. By opening herself to feel the Love of the Divine Mother, her emotional wounds and feeling lack of nurturing are dissolved. Her oneness with the Divine Feminine brings her deep satisfaction and contentment. Her connection with the Flowing Force makes it possible to relax, to be at ease in, and to enjoy her body and her life.

The Womb of the Mother

The experience of our mother's womb as the most sacred, protected, and nourishing environment is buried deep in our unconscious. This primal non-verbal feeling can become conscious and reintegrated into our psyche. Awakening to the ever-present womb of the Divine Mother is an essential aspect of woman's healing, identity, empowerment, and spiritual connection with the Divine Feminine.

To reconnect with the Primal Mother Womb, woman can cultivate subtle sensitivity inside her own body, in her own womb, and in her sacred inner space. Once woman can comfortably stay present in feeling awareness in her own physical, emotional and subtle bodies, she can expand into the experience of being in the Universal Mother's womb. If she concentrates inside her head only, she will not be able to maintain her connection with the Mother. She experiences the Mother inside her body, not in her head, and not outside herself.

The experience of the Mother inside her body and womb is essential for woman to find her identity and to feel content, complete, and contained. This is how she releases the anxiety that she feels in her belly and why pelvic exercises are absolutely essential for woman. Woman's belly, hips, and reproductive organs are the center of her flowing, feminine energy. This energy must move to stay fluid and alive and to be the womb of all her creations.

Lesson 13 in Part II, *Healing Mother Wounds*, outlines the process of healing your mother wounds by connecting with the Divine Mother and experiencing your oneness with Her in your body and in your circle of love.

***Results of Woman's Inner Shakti
Mother Empowerment***

- ♥ Soulful Mother/Goddess identity
- ♥ Inner authority
- ♥ Self-love
- ♥ Inner security
- ♥ Free to dance your own dance
- ♥ Attraction mode
- ♥ Trust and surrender
- ♥ Living prayer

Chapter 14

The Infinite Flowing Force/River

The Sacred Feminine is a flowing river of energy, or Cosmic Current, that runs through each of us, all life forms, and all creation.

The Universal Flowing Force is like electricity or an all-pervasive electromagnetic current. Like a light bulb plugged into an electric current, we are each plugged into this Infinite Electromagnetic Force. When the universal current flows through a human body, we are alive, we can move, and we can breathe.

Our inhale receives the life-giving prana of the Force; our exhale gives back. With each inhale and exhale we are one with all life. The rhythm of our breath synchronizes our being with the Universal Force.

The Creator or Doer Is the Flowing Force

Belief systems that delete the Flowing Feminine Force from the divine equation integrate the key concept of “doer or creator” into the “God” formula by saying that God/He is the doer. However, the “doer” or creative force is not the stable, unchanging polarity. It is the Flowing Current, the evolutionary polarity, which is the life-giving force in all ITs creations. We each in our own way are animated by and express the Universal Force, which connects us in oneness with all life.

Elemental Expression of the Current

All life on planet Earth is plugged in at the physical level of reality, where the Universal Current expresses through the four basic elements — air, fire, earth, and water.

When *air* is infused with the Universal Current, it expresses as wind, sound, and the breath.

The *fire* element is felt as heat and light.

As the Force enters the *earth* element — our bodies, plants, animals, and the Mother Earth — IT creates form, pressure, and physical effects.

When *water* is plugged into the Universal Current, it expresses as fluid movement like the waves of the ocean, the flow of the river, and the circulation of our blood.

All Life Is Animated by the Cosmic Current

Many patterns and forms are animated by the Cosmic Current. In all life forms, the Universal Current is simply flowing through a different generic pattern and therefore manifesting in different ways. For example, a flower pattern expresses as a flower. A tree pattern expresses as a tree. A horse expresses as a horse. A woman is designed to be a woman. Man is designed to

be a man.

The various combinations of the four elemental energies (earth, water, air, fire) create both (1) patterns (species) and (2) unique blueprints within species, which have different expressions and behaviors. All women (and men) express differently depending upon their individualized blueprint. Our personal soul design makes it possible for us to be one-of-a-kind women (and men) with special aptitudes and talents.

Many Blueprints and Expressions

Our human goal is to feel and allow the Infinite Force to flow effortlessly through both our gender pattern and our unique blueprint. This is how we experience our true identity and authentic freedom. When we relax into our own flow and joyfully express our own pattern (man or woman) and our unique blueprint (you or me), our essence aligns with the flow of the Cosmic Current.

Surrendering to the flow of the Universal River comes naturally when we align with love, not with fear. The Flowing River is rich with possibilities and opportunities. When our energies are synchronized with the Cosmic Flow, we align with the gifts and support that are attracted to our unique blueprint and destiny path.

The Flowing River and a Rock

The Universal Force is flowing everywhere like a massive river. A rock in the river blocks, but does not stop, the flow of the water. It is not a problem for the Flowing Force to encounter a rock. The Flowing River simply flows around the rock. The evolutionary current of the Flowing River, however, impacts the obstructions, which are gradually worn away.

For humans, conditioning, limiting beliefs, judgment, non-acceptance, and fear are rocks that block the flow of the Universal Current through our being, creating stress, anxiety, discontent, and disease. Through our own evolutionary process, we can dissolve our resistance and become one with the Universal River.

Willingness Aligns Our Will with the Flowing Force “Divine Will”

To find true freedom and peace, our energy and blueprint must effortlessly flow with the Cosmic Current. This alignment is sometimes referred to as “aligning our will with God’s will.” We can be confused by this phrase because it can be misinterpreted as a forceful will, which fails to recognize the flowing dynamic of alignment. Our will is activated by an energetic *willingness* that makes it possible for our flow (our will) to align with the Universal Flow (Divine Will.)

When our flow/will is synchronized with the Universal Flow/Divine Will, we experience peace, bliss, freedom, and love. To achieve this state of consciousness, we can train ourselves to adapt and adjust to what is happening in the moment and to accept circumstances beyond our control and comprehension. We can let go and allow the Flowing Current to erode the rocks in our own river.

The Flowing River

With these words, Omar Khayyám, the 11th-century poet, writes about the Flowing Force:

The moving finger writes. And having writ moves on.
Nor all your piety nor wit can lure it back to cancel half a line.
Nor all your tears wash away a word of it.

Adapted to our current discussion, we understand

The Flowing River pursues its course as it continues to flow into the Cosmic Sea.
The Universal River never flows backward.
There is no way we can make it go back and flow differently.

We can stand like a rock in the center of the river, and it will effortlessly flow around us. The Cosmic River flows independent of our resistance, opinions, desires, or expectations.

We can try to swim upstream, but we do not make much progress.
The Flowing River continues to flow in its evolutionary way.
Do we opt to try to swim against it?
Do we stand in the middle and helplessly flail around?
Like the rock, our resistance is eventually worn away.

We can choose to swim with it and enjoy the ride.

Facilitate your journey down the Flowing River with the exercises in **Lesson 14 of Part II, At One with the Flowing Force**. Enjoy your unique ride as you align your flow (will) with the Cosmic Flow and experience oneness with the Infinite Flowing Force.

Chapter 15

I Am a Feeling: The Flowing Polarity of My Soul

We are participating in the re-emergence of the Sacred Feminine into the collective consciousness and the rebirth of the goddess archetypes back into our individual psyche. This evolutionary shift transcends gender issues and relationship quibbles. This is not about a man/woman supremacy battle; it is about both men and women learning how to relate to both the male and female qualities of the Divine in ourselves so that we can experience wholeness and live functional and meaningful lives.

Elevated Expressions of the Two Polarities

The evolutionary awakening of the Divine Feminine requires a transformation of consciousness that elevates our relationship with both the stable/male and the flowing/female polarities of creation. To have an authentic experience of who we are and to touch our core truth, we must expand our awareness and experience the essence energies of the two basic energies of our soul.

♥ ***Stable/Male Polarity***

Pure awareness and consciousness is the highest expression of the stable polarity of our soul. We evolve from limited ego to “I am consciousness,” where instead of separation, we experience oneness with the all-pervading Infinite Presence. In our awakened upper chakras, we are receptive to *see, hear, and perceive* the Truth, Purity, and Light.

♥ ***Flowing/Female Polarity***

Flowing, rhythmic, satisfied *feeling* is the highest expression of the flowing/female polarity of our soul. We experience “I am an ever-evolving feeling” in our emotional and physical bodies and lower chakras, where we experience the free, rhythmic flow of aliveness.

Connecting with *the* Vibration

As discussed earlier, the universe, everything, is a vibration. Physical reality is a slower, denser vibration than non-physical reality. For example, the vibration of sound is faster than the dense vibration of physical reality, so we cannot see or touch it. But the vibration of sound is slow enough that we can *hear and feel* it.

Sound and listening act as a bridge between physical and non-physical reality. *Deeply listening within awakens our feeling faculty.* This is very important information because we often find it challenging to feel. Listening to our inner sound, or even trying to listen, awakens our subtle sensory system to vibrations in our body. And feeling alive vibrations in our body awakens us to experiencing the flowing polarity of our soul.

It is our feeling faculty that makes it possible to consciously resonate with and contain in our body the subtle (higher, less dense) frequencies of universal energies. We have to feel to connect with the Divine as a flowing force. If we can't feel IT, we "think" God is a *He*. Feeling is the faculty that gives us the experience of universal female energy, which is not static and stable like male energy.

The feminine polarity is dynamic, fluid, flowing, rhythmic, ever-changing, and alive. Like a waterfall, a river, or the waves of the ocean, this flow never stops! Matter, our body, and Mother Earth naturally embody the flowing frequency, which gives birth to all creation.

Awakening Our Feeling, Flowing Polarity — I Am a Feeling

To awaken the feeling, flowing polarity of our soul, we must liberate the energy of our emotional body. We do this by cultivating its rhythmic, flowing, circular nature. We achieve our goal when we can *relax into a free, satisfying feeling of aliveness and experience — I Am a Feeling*.

An American visiting a monastery in Tibet once asked the Tibetan monks why they did their various practices for up to 16 continuous hours. They responded that it took that long to generate the *feeling*. Like the Tibetan monks, our goal is to create the *feeling*!

Everything about Woman Is a Feeling

Everything about woman is a feeling: her projection, presence, magnetism, power of prayer, creativity, and identity. *Woman's spiritual journey is about getting in touch with how she feels to herself! Then she will have a clue about how she feels to others and how she creates her reality.*

Woman is made up of a multitude of energies, which are always moving. So for her, connecting to her feeling essence is a multidimensional, multifaceted experiential process. Our awareness can be drawn to a variety of energies at different times, and we can experience a dynamic blend of wholeness. Whatever our immediate experience, the important thing is to cultivate an awareness of "I am a feeling."

This entire manual and each lesson is about experiencing the feeling essence of our identity. It is through our interaction with (1) the Universal Flowing Force in our body, (2) natural forces and Mother Earth, and (3) the Sacred Feminine, Divine Mother archetype that we awaken and integrate these primal energies into our psyche.

Guidelines to Experience “I Am a Feeling”

Below we outline touchstones to guide our feeling awakening process (and Kundalini Yoga practice) so that we can be open and receptive to our personal experience of the flowing energies and connect with the current, flow, rhythm, and pulse of the Universal Mother and the feminine polarity of our soul. As we become one with all of the above, we spiritualize our own energies and upgrade how we feel in our bodies. Our goal is to feel good enough to be able to stay in our body and be present to the alive dynamics of our soul.

How Do We Identify Feminine, Feeling Energy?

Feminine energy is alive. It always moves and changes. When it is stuck, we experience stress, anxiety, agitation, stagnation, discomfort, and pain in our body.

Our first task is to be aware of the stress, rigidity, and tightness in our body. This is blocked energy that needs to be liberated so it can flow. As we awaken feeling awareness, we can monitor our progress. Don't be dismayed if initially you are out of touch with your flowing energy and that it is knotted up in your body. Unfortunately, this is a very common condition in both women and men. Fortunately, we can do something about it and, in the process, completely transform our lives.

How Do We Experience “I Am a Feeling?”

Below we discuss how we experience the flow, the Tao, the Divine Feminine, and the aliveness in our emotional and physical bodies and become conscious of “I am a feeling.”

(See Chart *Four Aspects of Woman's Empowerment* below.)

♥ *What is feeling?*

Feeling is non-verbal subtle, sensitivity.

Feeling is not mental, not thoughts, not thinking, not analysis.

♥ *How do we awaken to our feeling identity?*

We feel.

We do not think about it or discuss it in our mind.

We use our sensory faculty of feeling.

♥ *Where do we feel?*

We *feel* in our physical *body*.

♥ *What are we feeling?*

We are feeling our physical and emotional bodies.

Our emotional body is intertwined in our physical body.

We feel both our physical body and our emotional body simultaneously.

Our feeling is an in-the-body emotional and a physical experience.

♥ ***How do we awaken our feeling faculty?***

We can use our faculty of listening to activate our faculty of feeling.
Deeply listen until you become aware that you are in feeling awareness.

♥ ***How does the feminine express herself?***

The feminine expresses through the water, earth, and fire elements:

Feeling — Water Element

We experience the water element as
Current of energy
Flow
Pulse
Rhythm
Spiral movement

Feeling — Earth Element

We experience the earth element as
Sensory richness
Substance
Gravity
Presence

Feeling — Fire Element

We experience the fire element as
Temperature — warmth, and sometimes cold
Electric

♥ ***What is the nature of our experience?***

We feel many sensations as the elements express in our physical and emotional bodies.
We experience the many feelings as alive vibrations that are always in motion.

Flowing
Pulsing
Rhythmic
Spiraling
Aliveness
Vibrations
Moving

♥ ***What mode must we be in to have these experiences?***

To have these experiences, we must be in an allowing, passive mode, i.e., we must give up control.

We do not make these experiences happen. We allow them to happen.
We have to be consciously present in feeling awareness to have these experiences.
These experiences are always available.
We make ourselves available by relaxing and becoming one with what we feel.

We first and always experience our energy inside our body and skin.
We cannot be in our mind and disconnected from our body.
Our mind does not compute feeling. Our mind is conscious of feeling, but detached.

We also experience these energies around us in our aura — in our circle.
We create a circular boundary around our body and aura to define our energetic identity.

We let our body move with the alive energies.
We humble ourselves to make ourselves available to experience the dynamic aliveness of our soul and the Divine Feminine Force. We are

Relaxed
Receptive
Allowing
Accepting — non-judgmental
Enjoying

♥ *Experiences of the Feminine Forces*

We can experience the feminine flowing energies in many ways, both pleasurable and upsetting. It is important to feel all the expressions — both negative and positive — and to realize that this is the same energy that is either unexpressed and suppressed or liberated. As we accept, unleash, and develop our feeling awareness, we upgrade our feeling experiences

From stagnant, stressed to alive and vibrating
From feeling deprived to feeling nurtured
From upsetting to soothing
From anxious to calming
From agitated to radiant and magnetic
From unloved to loved
From unsupported to supported
From being out of our body and in our mind
to being grounded in the body and connected to the Earth Mother.

♥ *Our goal, recalibration, and monitoring our progress*

As we cultivate continuous sensitivity to all the above experiences in our body, we recalibrate physical, emotional, and subtle bodies to experience and enjoy “I am a feeling.” We know we have made progress when we are aware of the feeling, emotional component of our actions, activities, thoughts, and reactions. We don’t just mentally compute and analyze events. We are present to the emotional value in everything we do. We know we have made progress when instead of jerking our body around unconsciously, we flow and dance our own dance.

Stages of Feeling and Emotional Awakening

Of course, it is a challenge to feel our emotions and stay present to the sensations in our body. Mentally driven people (most of us) tend to discuss their emotions or avoid the subject altogether. Our mind is very adept at escaping from the feelings of our body and emotions — and hoping they will go away.

But it is a fact of life that our feeling polarity is always active and definitely will not go away! If we don't feel and consciously use the creative energy of our feeling polarity, we express it through verbal tirades and abusive and confrontational and inappropriate action. Distanced from our feelings, we experience inner confusion, anxiety, and conflict.

We can track the spiritual evolution of our flowing polarity by monitoring (1) the state of our emotions, (2) how we feel in our body, and (3) the status of our experience of "I am a feeling." As we evolve, our emotional body is *recalibrated* into higher states of instinctual awareness and consciousness. Below are some of the stages we experience in our awakening process:

1. Numb and mental — We are lost in our mind and disconnected from feeling awareness in our body.
2. Feeling — We begin to feel our emotional energy in our body.
3. We acknowledge our emotional body as the evolutionary flow of our soul.
4. We embrace and love the flow of energy in our body.
5. We are at peace with and relax into the flow of our emotions.
6. The flow of our breath merges with the flow of our emotions in our body.
7. Our emotions transform into a rhythmic dance.
8. Our emotional body becomes one with the forces of nature and the Universal Flow.
9. We experience the sweetness and power of our creative Shakti.
10. "I am a feeling" becomes our identity and touchstone for instinctual awareness.

Relax into subtle sensory awareness of "I am a feeling," and deepen your experience of feeling inside your space by doing the exercises in **Lesson 15 of Part II, "I Am a Feeling."**

Chart: Four Aspects of Woman’s Empowerment

The chart below summarizes our major experiential — awareness and feeling — goals on our path of womanhood. Keep it handy to guide your awareness training and to monitor your inner experiences on your path to inner mastery. As the chart shows,

- ◆ We use our basic *Sensory Faculties* to tune into *Feelings* that put us in touch with the four aspects of our being.
- ◆ Paying attention to our *Mode of Being/Operation* facilitates specific *Experiences*.
- ◆ Our self-training makes us aware of the *Challenges* we must face and *Lessons* we must learn to claim our *Gifts*.
- ◆ The *Touchstones* guide our way to the empowering *Results* of enjoying our womanhood.

	Feminine	Masculine	Feminine	Divine
<i>Four Aspects</i>	<i>Physical</i>	<i>Mental</i>	<i>Emotional</i>	<i>Spiritual/Goddess</i>
Sensory Faculties	Feeling	Perception Awareness Listening	Feeling	Consciousness
Feeling	Substance Gravity	Space Neutral Stability	Flow Pulse, Rhythm Life current	Magnetic Radiant
Mode of Being/ Operation	Inside skin In the body Present	Conscious Present Aware	Relaxed Receptive Allowing	Attraction
Experience	Connected to Earth Contained Grounded Supported	Pure Light Clarity Openness Aware Available	Alive Nurtured Loved Satisfied	Presence Space of Love
Challenges, Lessons and Gifts	Consolidated Boundaries Physical health	Oneness Real — out of illusions Inner peace	Creativity, End subconscious games/hidden agendas	Acceptance Enjoyment Happiness
Touchstones	Relax, Enjoy your body	Maintain Neutral mind	Let go in the Divine Flow	I humbly embody Mother Goddess

Chapter 16

Woman's Body Is the Home of Her Emotions

(First and Second Chakras)

Our body and emotions — the earth and water elements — together express the flowing polarity of our soul and woman's essential essence.

The Challenge of Our Emotions

Woman's emotional body is the most mysterious aspect of her being. Emotions are energies that move. We experience moods because our emotions are constantly changing. Our emotions flow deep within and defy logical and rational analysis. Because emotional programs hide out in our subconscious, we often don't even know why we feel and act the way we do.

Our emotions communicate through non-verbal impulses that we experience as sensations or feelings in our body.

Some of our most challenging human issues concern relating to and dealing with our emotional energy and its messages. Our most common (and ineffective) strategy is to try to suppress or deny our emotions. We try to escape into our minds and detach from our body. But our emotions control our reality show, *whether we like it or not or are aware of it or not.*

Water Needs a Container

A major key to embracing our emotions is to understand — and feel — that energetically our emotional body is intertwined in our physical body. Having a relationship with our physical body is essential to having a relationship with our emotional body.

Our emotions need a solid container with boundaries to hold their fluid energy. Without a secure container for our emotional energy, (1) we feel very insecure and afraid, (2) we try to hide to protect ourselves, (3) we get distracted by and lost in another's energy, and (4) we feel like we are giving away our power and do not know why.

Emotional energy is very sensitive, delicate, and fragile. Given this acute sensitivity, one of woman's biggest emotional challenges is to figure out *how to feel safe in the world.* Experiencing our body as the secure home for our emotional energy and our soul provides us with the necessary foundation for feeling safe in our physical environment.

First Chakra

The earth element and first chakra remind us that our human experience happens (1) in our body, (2) on planet Earth, and (3) in physical reality.

Grounding in physical reality is the domain of the first chakra. We must awaken and align our first chakra to (1) be present in our body, (2) connect with Earth energies, and (3) operate effectively in the world.

An awakened first chakra *activates feeling awareness* in our body, making it possible to be present to the sensations in our body and to stay grounded. Feelings are the glue that holds emotional energies in the body. Being present in our first chakra reduces concentration of energy in our head and shoulders. We think less and we feel more.

Without a solid first chakra, opportunities escape us because they have no place to anchor in. A grounded first chakra makes it possible to manifest and to be able to receive.

Ungrounded Feelings

When we are ungrounded and disconnected from our first chakra, we are lost in our minds or lost in day dreams. When we are thinking or spaced out, not feeling, we can experience the following:

- Don't belong, left out, want to escape.
- Alone, isolated, afraid
- Unsafe, abandoned
- Distrustful, undeserving

Grounded Feelings

When we are consciously connected to the sensations in our body, we can experience the following:

- Solid, stable, still
- Grounded, connected, rooted, and present
- At home, safe, secure, a sense of belonging
- Alive, able to relax, and serene

Stability and the Neutral Mind

Emotional energy needs to feel a sense of stability, which is found in the first chakra and in the neutral mind. We work with gravity and feeling sensations in our body to ground and to activate the feeling of stability in our first chakra.

Without an anchor, our dualistic mind, emotional impulses, and thoughts collaborate to create conflict and instability. When we experience stability in both our neutral mind and first chakra, our emotional energy can relax instead of creating a rock of stress in a futile attempt to create a sense of stability.

Nurturing Our Emotions and Body with Kindness

The earth and water elements are partners in woman's personal expression and connection with the Flowing Vibration and the Mother archetype. Woman has disassociated herself from the Vibration and killed the Mother in her own psyche by being unloving to her body, being critical of her emotions, and by losing her connection with the Earth Mother. Developing a loving relationship with and between her physical and emotional bodies is critical to healing her Mother and emotional wounds, to maintaining a healthy physical vessel, and to being able to feel the Flowing Vibration.

When woman feels cozy and comfortable inside her skin and at peace in her body, she is able to relax into oneness with the Flowing Vibration. Woman can shift into this elevated consciousness through loving, non-judgmental attention and kindness to her body. Practicing Kundalini Yoga exercises in a way that nurtures her body, instead of beating it up, creates healing in both her physical and emotional bodies.

Woman's Path

Lovingly connecting to her physical and emotional bodies leads woman on a journey to (1) liberate her suppressed feelings, (2) become conscious of the unexpressed power hidden in her emotional body, and (3) experience primal Mother energy.

It is woman's path to align all aspects of her being with the nurturing love of the Mother. In the process, she becomes one with Mother Earth, the Divine Mother, and the Flowing Vibration.

Water and earth hold our vibration and thus define the status of our emotional body.

First Chakra — Grounding, Creating a Container and “Big Boat”

At our first chakra we experience the slowest vibration of physical reality. We nurture our body as a safe home and container for our soul on planet Earth. We build a “big boat” in our neutral mind, in our body, and at our first chakra to ride the big waves of our emotions.

Second Chakra — Flow, Rhythm, and Circular Boundaries

At our second chakra, we relax into the evolutionary flow of our soul and connect with the rhythm of natural forces. At the second chakra, we also get used to the reality of continual motion and change. Like the current of a river, the waves of the ocean, and cascade of a waterfall, our evolutionary emotional energy never stops. The spiral flow of this dynamic energy makes it possible to create circular boundaries to contain our energy and sacred space.

Stress and the Relationship between Our Physical and Emotional Bodies

As indicated above, our emotional body is energetically integrated into our physical body. Our physical body is the home of our emotional body. Therefore our relationship with our physical body impacts and is an indicator of our relationship with our emotional body. Our emotional health and well-being depend on how we treat our physical body. And our emotional health

impacts the health of our physical body.

If we do not treat our body with kindness and respect, it gets stressed and feels pain. We are tormented by our emotions because they do not have a comfortable home in which to live. Both our body and our emotions must feel loved. Through love, caring, and kindness to our physical body, our emotional body can feel nurtured, let go, and relax.

To relieve the stress and depletion of emotional energy caused by our negative attitudes toward ourselves and how we treat our physical and emotional bodies, we create nurturing habits and loving attitudes as we exercise and move through life.

How Am I with My Body and Emotions? Shift through Kindness

When we treat our body poorly or aggressively, our emotions also experience abuse and trauma. When we do not pay attention to our body and are lost in our thoughts, our emotional body also experiences rejection. When we ignore our physical body, our emotional body also feels the withdrawal and absence of love.

To investigate how you are relating to our body and emotions, ask yourself the following questions:

Am I feeling my body or am I distancing myself from my body by talking and thinking?
Am I present or spaced out? Am I conscious or unconscious of my body?
Am I being kind to my body or am I critical and abusive?

Our emotional body can play nasty tricks on us if we don't love it. Treating our physical body with kindness helps heal our emotional body of the inner torment of anger, sadness, and fear. When our emotions feel loved, they calm down. Our stress releases. Our emotional energy begins to flow. Our heart opens. We relax into the Vibration of Love. And we enjoy oneness with the Mother.

In **Lesson 16 of Part II, *Safe in My Body — Grounding with Mother***, you will learn how to nurture your body as the home of your emotions and the container for your sacred space.

In this and every lesson, nurture your body by doing the exercises lovingly and honoring your current physical condition. Your goal is to enjoy feeling good in your body!

Chapter 17

Woman's Flowing, Creative Identity

(Second Chakra and Water Element)

Woman awakens to her identity as she experiences the natural flow of the Universal Force through her body. She taps into her creative resources as she embraces the subtle sensitivity of her emotional body. Designed to be the embodiment the Divine Feminine, woman expresses three fundamental aspects of creation:

1. Change

Evolutionary transformation is the nature of the universe, the world, and our human journey. Nothing ever stays the same. Like the waxing and waning of the Moon, woman's natural cycles continually engage her in the process of birth, life, death, and rebirth.

2. Creation and Creativity

Woman's physical body is the womb that holds, creates, and gives birth to all human life. Woman's emotional body provides the love and caring that nurtures her child and creates nurturing environments. The substance of life is miraculously formed from woman's body and emotions — the water and earth elements. Woman is always creating something from the ocean of possibilities that express through her unique blueprint.

3. Instinctual Consciousness

Woman's feminine consciousness is subtle and instinctual. Woman's path to inner mastery is about awakening to her instinctual sensitivity by feeling and allowing her physical and emotional bodies to align with the dynamic, purposeful, and evolutionary aliveness of her soul, natural forces, and the Flowing Force.

Woman's path is about making herself available to (1) consciously participate in the evolutionary unfoldment of her own development, (2) be a co-creator with Cosmic creativity, and (3) synchronize with natural forces and universal energies so that she can be fully supported.

Creative Powers in the First Two Chakras

Woman's creative powers are unleashed in her first two chakras. Of course, all our chakras are interdependent and interactive. We must tap and utilize the functions and faculties of each to support our human experience. But the energies of woman's first two chakras are the foundation of her creative design. Woman's second chakra is often the most shut down, holds the most tension, carries negative emotional wounding, and is the location and source of many of her emotional and physical issues.

To review, the first or base chakra is about being in a human body, on planet Earth, in physical reality. The first chakra supports the second chakra by giving the water element a stable

foundation and a secure container with boundaries to hold fluid energy. Our body is the container for our emotions and ever-changing energy.

Without a secure container for our emotions, we experience the following typical water/woman issues:

- ◆ We feel very insecure.
- ◆ We try to hide to protect ourselves and to not get lost in another's energy.
- ◆ We give away our power without realizing what is happening.

Second Chakra and Water Element: Womb of Woman's Creative Expression

Woman's flowing emotional/water energy is unleashed through the energy movement at the second chakra. Water needs to flow, and emotions need to be expressed. If woman's sexual, emotional, creative energy is not flowing, she feels stressed, stuck, and frustrated. She creates rocks in her own river.

Defining the Second Chakra

Fluid or Stressed?

Woman can easily monitor the status of her flowing energy in her abdominal region, which includes her genitals, womb, lower abdomen, intestines, and lower back. Is there tightness and tension in this area? Are you breathing deeply into this area, or is your breath shallow, reaching only into your chest and throat?

Feeling Nature

The feeling nature of an awakened second chakra is one of dynamic, fluid, flowing, active, moving, rhythmic, vortex/spiral energy.

Function

The functions of the second chakra include expansion, connection, bonding, creation, attraction, and regeneration.

When woman does not have a base in her body and the first chakra, her expansive energy is too expansive because it is uncontained. When she is able to contain her energy, she experiences fullness and satisfaction.

Motivation, Desires

The primal desires at the second chakra are connection, freedom, creative expression, and evolution and change.

Relationships

The relationships we create with our second chakra are with our emotions, inner child, and others. (But we had better develop a relationship with ourselves first!)

Meaning

The esoteric meaning of the second chakra is sweetness and dwelling place of the self.

Second Chakra Goals and Lessons

Experiential goals of our second chakra include (1) being able to expand while maintaining our identity and center, (2) attracting from our own blueprint and charisma, and (3) maintaining our freedom while connecting with others. Achieving these goals requires learning some basic lessons:

1. We must cultivate and operate consciously from our spinal center, where we can reach out and not get lost or distracted.
2. We must learn to create circular boundaries to contain our energy so that it is not dissipated or wasted.
3. We must learn to satisfy our own basic physical and emotional needs and, in the process, become self-sustaining. In doing so, neediness is transmuted into charisma.
4. We must become instinctually conscious so that we can be sensitive to what our energy is doing and choose how it is used.
5. We must connect and flow with natural forces so that we can feel supported by, not at the mercy of, external forces.
6. We must relax into and enjoy our personal flow and rhythm.
7. We must tune into our creative essence and take responsibility for what we create.

As woman becomes relaxed and comfortable in “the dwelling place of herself,” she cultivates the charisma of her “I am a feeling” presence.

In **Lesson 17 of Part II, *Liberating Woman’s Flowing Creative Energies — Water and Second Chakra***, you will experience how feeling safe in your body and connected to Mother Earth create the foundation for feeling your skin and define the boundaries of your circular space.

Chapter 18

Inner Anger: The Shakti Fire of My Soul

How woman expresses the fire energy of her soul determines her projection, presence, and radiance — her Shakti power. To tap the richness and potential of her womanhood, woman is invited to

1. Explore the sources of her inner anger
2. Listen to her emotional responses as messages from her soul and inner woman
3. Identify the gifts and challenges of her fire energy
4. Learn how to use her fire energy to move out of disempowering situations
5. Activate, focus, listen to, and direct her inner fire so that she can
 - a. Become conscious of and embody her Shakti identity
 - b. Discover her soul purpose and meaning
 - c. Develop her will power
 - d. Creatively express her gifts
 - e. Purposefully live her life
 - f. Operate effectively in the world

A Normal and Misunderstood Response

Anger is a normal emotional response. However, the accumulation of suppressed inner anger (1) consumes our vital life force, (2) causes stress and disease, (3) poisons our relationships, and (4) deprives us of our happiness. When we get mad and create tension, we shut down our subtle sensitive faculties and distance ourselves from our sophisticated feminine essence.

Inner anger is misunderstood and misdirected fire energy. We can have too much or too little fire. Either way, the basic problem is that we interfere with our energetic flow, instead of consciously using our inner fire to do what we want to do and to get what we want in life.

Inner anger is also an indication that we do not know how to use our fire energy to be happy and to feel satisfied and fulfilled. Inner anger is a sign that we are mad at something and someone outside ourselves *and* that we are mad at ourselves. We are going to focus on self-directed anger.

Why Do Women Feel Angry?

To review, the most fundamental reason why women are angry is that their minds and emotions are controlled by values and codes designed by a dysfunctional male-dominated system, which is unsupportive of woman's empowerment and, in fact, designed to limit or destroy her power. Let's look at five specific sources of woman's inner anger and how we can redirect this vital energy to reclaim our Shakti power and the gifts of our womanhood.

1. Disempowered

Woman is angry because she feels disempowered. Our inner anger is a reflection of the fact that, to whatever extent, (1) we do not feel that we are in charge of our lives, (2) we do not have a sense of our own authority, (3) we do not have confidence in ourselves, and (4) we do not trust ourselves.

- To feel empowered, a woman must awaken her inner resources so that she can experience and use her innate power to act and be in ways that suit her essence.

In other words, as stated before, *woman can be a woman instead of trying to think and act like a man or an ungendered person*. As woman experiences her identity and power as a woman, she can use her fire energy to claim back her will (instead of giving it away to external authorities, programming, and rules) and to take action in ways that work for her. As woman learns to trust her womanhood, she is able to trust and love herself.

2. Deprivation and Neediness

Perceived and real deprivation is a function of the flip side of anger — fear. Woman is afraid that she will not get what she wants and needs. And even worse, she doesn't feel that she is deserving. Feeling deprived expresses as neediness and is accompanied by a lack of self-confidence and poor self-esteem.

Woman absolutely must feel satisfied within herself. When woman does not know how to cultivate inner satisfaction, she tries to find satisfaction outside herself. This fruitless external quest leads to attachment to things, dependence upon relationships, and the excessive desire for possessions and wealth.

- Woman must get in touch with her insatiable neediness that perpetuates her deep dissatisfaction.

Neediness is a big issue for woman. She feels and projects neediness because she does not find contentment within herself. Woman must realize that she feels needy because *something is missing within her, and she must find it inside herself!*

3. Overburdened with Responsibility

A third source of woman's inner anger is feeling overburdened with responsibility and imposed upon by others and her environments. Woman must become aware of how she creates these situations in order to get her own need for love and attention fulfilled. She also needs to realize

that she allows these situations because she believes that she has no other choice but to accommodate others' needs and to meet their demands and requests. Her social training makes her feel obligated to please and to make others happy.

Consequently, we feel angry because we feel imposed upon by these impossible tasks and cannot do what is demanded of us. And we feel threatened because we are being pulled off our own track. We often react defensively to protect ourselves because we are unable to say no and do not have adequate boundaries.

Energetically, the problem is that we lack a stable center, and our energy is too fluid, too unstable, and unfocused. When our aura is porous and weak, we energetically intertwine with others and our environments. We feel responsible because we are too connected energetically. Our energetic openness fosters our own neediness, makes us feel like others are imposing on us, and that we are obliged to respond.

- To deal with these situations, we must learn to separate ourselves energetically by cultivating and maintaining our own center in our spine and by consolidating and containing our energy in our own circle, inside our skin.

The stronger our energy field and the more we can stay centered in ourselves, the more we can disconnect from the pull to fix and take care of others, and the easier it is to say no when appropriate.

4. Inferior and Need to Be Perfect

Another source of inner anger is that woman feels shame about being a woman and being her unique self. The culture programs her to believe that woman is inferior to man. And compared to the "perfect" woman, she feels inadequate and not good enough. The messages of imperfect (who I am is not OK) and the pressure to be perfect (measure up) fuel her inner anger.

- Only woman can reclaim her identity, value her womanhood, and thus upgrade the status of woman. Woman can give herself permission and enjoy being perfectly herself!

Outside support and confirmation are of course better than negative messages, but they are not enough. Internal shifts within woman herself create the foundation for her own happiness and for systemic change.

We can liberate ourselves from the perfection complex by setting a realistic standard to do our best. As we identify, accept, and enjoy our womanhood, the need "to be perfect" and to please others no longer controls our psyche.

5. We Don't Understand or Like Earth School

Fifth, our perception of life feeds our anger because we do not understand the nature of Earth School. We want and expect to get what we want with a minimum of effort. We have a sense of entitlement. We are spoiled. We feel that we have a right to have what we want without so much effort. We are disillusioned by our inability to manifest our fantasies.

In other words, we are angry because we don't like it down here. We are mad at God and our soul for putting us through this process called human life. But Earth School is about learning and developing through challenges.

- To be happy on planet Earth, we have to understand and accept the nature of the evolutionary game: difficult life situations are not bad luck — they are purposefully designed for us to grow and to evolve.

It is our conscious struggle that makes it possible to evolve. In the process, we expand our self-confidence and develop stable roots in our own psyche that consolidate our sense of self. We evolve into a place where happiness and satisfaction are internally generated and experienced.

Woman's struggles and challenges are not only about her personal empowerment, they are about reinstating and revaluing all aspects of the Divine Feminine: woman, feelings, our body, human life, and Mother Earth. Every woman is here to play her part in upgrading the collective consciousness from systemic abuse of the feminine principle to a balanced, heart-centered expression of both stable and flowing polarities.

Our best choice is to "get with the program," to embrace our own empowerment process, and to enjoy making our personal contribution to all women of the world and to Mother Earth. Everything you do to achieve your inner mastery helps everyone else. Do you feel better already?

The Gifts and Challenges of Fire

Fire Is Our Friend

The good news is that we can use our fire energy to move

1. From disempowerment to empowerment
2. From feeling needy to feeling satisfied
3. From feeling overburdened with responsibility to separating ourselves energetically from others' empowerment training and responsibility for their own lives
4. From feeling inferior to valuing ourselves and our womanhood
5. From the need to be perfect to doing our best
6. From unrealistic expectations to understanding and accepting the nature of the game here in Earth School
7. From being part of the problem to doing our part to upgrade the status of woman and reinstalling the Divine Feminine into the collective consciousness

The Four Elements

As described earlier, the four primary elements each represent an aspect of our humanness:

The *air* element represents our mind.
The *water* element represents our emotions.
The *earth* element corresponds to our body.
The *fire* element represents our spirit.

Challenges of the Fire Element

On the negative, “undeveloped” side

- ◆ Uncontrolled and unembodied fire can manifest as impatience, frustration, a lack of sensitivity, and an absence of caution.
- ◆ Misdirected fire energy is defensive, confrontational, and aggressive; makes us want to dominate and control; and causes burnout.

Gifts of the Fire Element

The fire element is the primal energy that animates our being, brings light to our mind, and awakens our intuition.

Our fire energy is the source of

Vitality	Inner strength
Enthusiasm	Commitment
Drive	Courage
Creativity	Self-confidence
Self-love	

We need fire to

Take action	Persevere
Push forward	Be outgoing
Be fearless	Heal
Love ourselves	

When we have ample fire energy, we

Feel adventurous	Have a pioneering spirit
Welcome challenges	Dare to travel the road less traveled

When we identify and express our fire as the Shakti Light of our soul, we can be in the world with strength, drive, courage, and commitment.

When our fire energy is contained and directed, we can express ourselves in constructive, creative, and worthwhile ways.

It is the fire of our soul that makes it possible to

Launch new beginnings	Blaze new trails
Transform	Make major shifts in our lives
Break old habits	Start new self-affirming habits
Inspire innovative creations	Constantly self-regenerate

The positive expression of fire is

- A disciplined nature
- A self-defined will
- A will directed toward accomplishing a creative heart-felt purpose

Woman's Relationship with Shakti Primal Power

Fire is the vital life-giving Shakti energy or primal power of our soul. This brings us to the underlying source of our inner anger. In our unawakened, disempowered state, we are unaware of our soul's desire and mission to experience love in the physical world. The conscious expression of feminine Shakti energy is required (1) to heal the wounds of both men and women so that we are available to experience love, (2) for both men and women to embody the true essence of manhood and womanhood, and (3) to create a heart-centered world.

Not Relating to and Loving Our Shakti Power as Our Essence

Woman's deepest inner angst comes from not honoring her Shakti essence and not relating to herself in a loving, respectful way. When we do not relate to our inner fire as the primal Shakti life force of our soul, we are constantly manipulated by this energy, which is trying to get our attention, express itself, and experience love in our physical body. We fruitlessly expend energy devising ways to feel satisfied, safe, and protected. We waste and deprive ourselves of the Shakti juice of life.

To transmute our inner anger, we must become conscious of our inner fire as the Shakti power that is trying to express our womanhood in a heart-centered way, thus enabling us to play our part in bringing Love to planet Earth.

Developing a Relationship with Our Shakti Fire

To develop a relationship with our Shakti fire in our body, we must awaken, contain, and appropriately direct this primal life force. As we cultivate a loving relationship with our inner Shakti, we understand and express our emotional energies in liberating and empowering ways. As we learn to honor, pay attention to, listen to, and feel our emotional fire as our Shakti power,

1. We become aware of our Shakti identity and our unique individuality as a woman.
2. We find our inner light that helps us clearly see our way, find meaning, and know our own purpose.
3. We are able to express our creativity, do our own thing, and dance our own dance!

1. Shakti Identity

A basic problem of undeveloped and suppressed Shakti fire energy is that we are disconnected from an empowered sense of our womanhood. Our Shakti fire is our inner light that shines the purity of our goddess self. It is our Shakti identity that gives us confidence in ourselves and courage to live our life as a woman.

2. Awaken Purpose, Meaning, and Will Power

When we are unable to connect with our inner Shakti fire, we experience depression and despair and feelings of insignificance and purposelessness. And we are unable to access what is truly meaningful to us. It is our Shakti fire that awakens us to our unique purpose and meaning in life.

Although free will is available to everyone, it is a faculty that we must develop. To develop our will power, we must ignite, focus, embody, and listen to our inner fire. Let's express it this way:

Our Soul has a will, which must be activated.

Free will becomes available as we get in touch with the Shakti fire of self.

Our will is driven by a purpose, which must be discovered.

Our goal is to consciously use our will to purposefully direct our life journey.

3. Messages from Our Inner Woman

Both our positive and negative emotions are messages from our soul. Our soul communicates with us through our intuition and through our instincts or emotional responses. (Both are expressions of fire.) Anger and fear can be both *programmed responses* reflecting hurtful life experiences and *natural protective messages* from our soul, warning us of dangers. Major goals of our spiritual path are to (1) heal the wounding that activates programmed responses, (2) listen at a deeper level to soul guidance, and (3) be able to tell the difference between the two. (This topic is addressed further in Chapter 22.) The positive emotions of fire — enthusiasm and joy — encourage us and awaken us to possibilities to live rich and fulfilling lives.

Every woman knows her truth. And woman is continually reminded of situations she has gotten herself into in the past that are now causing her problems. Whenever I have posed the question, "Did you know (when you committed and said yes) that you would be better off saying no and not entering into that relationship, etc.?" invariably every woman responds, "Yes." The problem is not that woman does not know. Woman always knows! The problem is that woman does not always listen to and follow the messages of her inner woman and her soul.

Our inner woman tells us our truth so that (1) we know what is right for us, (2) we can avoid

engaging in actions that do not serve our highest good, and (3) we can make good choices. When we listen to and trust our inner woman and follow her guidance, we can be appropriately assertive, honest, and direct without being confrontational. When we act and express from inner security, self-trust, kindness, and caring, we can get what we want, and we can walk away from what does not serve our highest good.

Woman's inner empowerment and success in life depends upon acknowledging her inner woman as her authority.

Tapping Our Inner Resources

Both our anger and fear-based responses reflect programming that externalizes causes. We blame others rather than take responsibility for how we use and engage our energy.

Our anxiety and stress can be partly attributable to external causes, hostile environments, and the unpredictability of life. But the true inner cause is our unconscious state. When we are out of touch with our Shakti essence, (1) we are unable to use our fire appropriately and effectively, (2) we do not listen to and trust our inner woman, and (3) we are confronted more by our perceived powerlessness than by actual life situations.

As we embrace our Shakti fire, we become more aware of the inner power, potentials, and gifts of our womanhood. As we use our Shakti fire to develop our will and to express ourselves creatively and purposefully, we are more able to enjoy and to operate effectively in life.

As we learn to embody the Shakti fire of our soul, we connect with the richness of our womanhood. Unnecessary fear and anger no longer dominate our lives.

In sum, developing a relationship with our inner Shakti fire is a journey to

- ◆ Identify our Shakti identity
- ◆ Listen to our inner woman as our honest authority
- ◆ Find and use our will to express purpose and meaning
- ◆ Explore the richness of our inner being
- ◆ Connect with, use, and rely upon our inner resources
- ◆ Enjoy our precious life as a woman
- ◆ Love ourselves with all our heart

Integrating Shakti Fire and Earth

Fire Needs Earth

Fire needs earth, and earth needs fire. Our Shakti fire needs our body, and our body needs our Shakti fire. Our Shakti fire needs a vessel from which it can express. Our woman's body is the container of our Shakti fire.

- ◆ Fire without earth is out of control.
- ◆ Earth with too little fire makes us feel depressed.

The more we feel our Shakti fire in our body, the less our fire dissipates and burns out, and the more we feel alive and happy. We can energetically experience *"I can use my precious Shakti fire to enliven my body, heal my wounds, take action for myself, be creative, and love my life!"*

The Ascent and Descent of Fire

The *ascent* up our spine takes our Kundalini fire up to the third eye and awakens our neutral mind and our intuition. On the *descent* down our spine, we embody the elevated expressions of our soul. On both the ascent up our chakras and the descent down our chakras, Kundalini fire burns out the old, ignites the new, and awakens us to our pure essence.

Woman's job is to bring Shakti Love to the planet. The descent and *grounding in our body* is how we embody and infuse Mother Earth and her children with Shakti Love. Feeling the fire of Shakti in our body makes us happy because we are welcoming our womanhood and making our contribution to bringing Shakti Love to planet Earth!

How to Integrate Our Fire

The activation and alignment of the navel center or third chakra is the key to awakening our fire power and feeling of well-being. We ignite the fire at the navel and move it up to open our heart. In the process, (1) we use the air element — the breath — to move fire, and (2) we use the earth element — our body — to contain our fire.

Woman's job and contribution is to feel the Shakti fire in her body and to enjoy it. Our Shakti fire fills us up with the confidence and courage necessary to thrive under the pressures of the times. With practice, we can train ourselves to feel the fire and heat in our body and spine as Shakti power instead of indulging in reactive anger. We can welcome our Shakti fire into the cozy home of our body. As we embrace the Shakti fire of our soul in our body, we realize that our existence as a woman of love is the source of our happiness.

The exercises in **Lesson 18 of Part II, *Inner Anger — The Shakti Fire of My Soul***, direct you to embrace your Shakti fire and work with it to transmute anger into self-love and the courage to take action for yourself.

Chapter 19

The Secret Life of My Emotional Body: Breaking Emotional Habits

Woman's Shakti power expresses through the flowing polarity of her soul. Embracing her Shakti power requires uncovering the secret life of her emotional body and revealing the dynamics of her subconscious programming. To reclaim our power from our subconscious, we must identify how we unconsciously engage our emotional body. To do this, we enter the primal territory of death and rebirth, change, evolution, and transformation.

The Exit Strategy Called Transformation

We all notice that our inner programming continues to create outer dramas until we deal with what is going on inside us. As we enter our inner depths, not only is our habitual programming exposed, but we get in touch with the primal energy that makes it possible to change destructive habits and, in the process, to deeply transform our lives.

Our inner journey does not dump us into a black hole of emotional turmoil and leave us without an exit strategy. The exit formula is called *transformation*. Through honest inner work, we earn our way out and rise like a phoenix from the ashes of what were once our tormenting demons. We then experience increased awareness, an expanded sense of self, more inner peace, and deep satisfaction.

The key ingredient is to *fully feel* our feelings in our body. As we feel and embrace the flowing polarity of our soul and integrate this evolutionary energy into our feeling awareness, profound shifts take place in our consciousness. We no longer perceive our emotional energy as negative. We, of course, can still feel intense emotions, but this energy gradually transforms into rich and comforting sensations and waves of love. As we embrace all the expressions of this vital energy, we experience the dynamics of our Shakti power.

The more we allow our emotional energy to flow through our body, the more vital and alive we feel. Our sensitive energy no longer gets stuck in depression, stress, and anxiety. We cease to dump our negative life experiences into our subconscious as unresolved issues that we have to deal with and process later. We feel lighter, freer, more empowered, and more loving.

What Am I Doing with My Emotional Energy?

Most people freely and recklessly throw around their emotional energy. It can feel like we are being bombarded with negativity. And we do the same. We all fling our emotional energy around, totally oblivious of the impact that this might have on others.

Claiming our Shakti power requires learning how to react and respond more consciously and, in the process, profoundly changing our inner and outer lives. In aware feeling consciousness, we can train ourselves to stay emotionally present and even calm. We can evolve to the place

where our desire to be at peace is stronger than hooks that engage us in emotional commotion.

Our self-therapy process includes becoming aware of what we are doing with our emotional energy. Shakti awakening engages us in an ongoing process of paying attention to how we engage our emotional body.

We live in the question and awareness: What am I doing with my emotional energy?

Paying Attention to Our Emotional Energy

Our mental escapist strategies cause us to (1) waste and dissipate our energy, (2) perpetuate being a victim, and (3) give away our power. To release ourselves from victimhood and to reclaim our Shakti power, we must become conscious of the inner intrigues, motivations, habits, and programs hidden in our subconscious. Although this investigation may seem scary, it is very enlightening and actually gives us hope.

By paying attention with feeling consciousness we can identify

1. How and why we allow our emotional energy to get involved with external stories, people, and events.
2. How and why we focus outside ourselves instead of feeling “my feelings in my body.”
3. How and why we escape into our mind and stories to avoid feeling uncomfortable feelings and emotional turmoil.
4. How and why we avoid giving ourselves enough time to
 - ◆ Connect with what we are feeling
 - ◆ Consciously internalize our emotional energy
 - ◆ Contain our emotional energy
 - ◆ Integrate our emotional body into the flow of our breath
 - ◆ Find resolution in our physical body

Emotional Honesty and Transformation

When we can identify what is controlling our reality, we can do something about it. Penetrating emotional honesty is invaluable. Access to this deep truth about our programming makes it possible to

- ◆ Transform the way we respond
- ◆ Alter our old patterns
- ◆ Change our habits
- ◆ Install new responses
- ◆ Use our energy to become magnetic, charismatic, and creative
- ◆ More consciously participate in co-creating our reality

Self-Training and Awareness Questions

To create deep inner transformation, we must train ourselves to monitor what we are doing with our emotional energy. *Transformation of emotional energy is not a mental process or an act of will. It is a non-verbal feeling process that involves actually being one with what we are feeling.* We ask ourselves the following questions and then direct our feeling sensitivity to the activity and location (the part of our body and chakras) of our emotional energy.

- ◆ What am I doing at this moment with my emotional energy?
- ◆ How do I let it be engaged?

- ◆ Am I hooking into other people's dramas?
- ◆ Am I allowing my energy to leak out and to be engaged and used outside myself?

- ◆ Is my attention inside or outside myself?
- ◆ Can I stay contained in my own center?

- ◆ Am I making another's dramas my dramas?
- ◆ Am I hooking into *my own dramas*?
- ◆ *Am I taking the bait and getting hooked?*

- ◆ Am I relaxing and allowing my emotional energy to flow inside my skin?
- ◆ Do I feel my flowing energy in my body?

How Do I Engage My Mind?

We must continually be aware of the location of our consciousness: *Am I thinking or feeling?*

How are my thoughts engaging my emotional energy?

Our dual mind naturally links up with our emotional body and programming.

How is my emotional energy engaging my mind?

Can we stay in our neutral mind and observe and accept our emotional energy?

Is my dual mind supporting emotional commotion, or can my mind go to the neutral channel where I can detach and simply observe mine and others' stories?

How long does it take me to connect with my neutral space and get into alignment with my own flow? What techniques can I use to facilitate this transition?

Yogi Bhanan said that we have four seconds to decide how we choose to respond and to change our response before we create more karma for ourselves. *Choice is a mental decision.* The important thing to remember is that the mind can shift in an instant. But the energy of our emotional body moves slower and thus takes more time to shift. Sometimes we can shift our emotional energy in a few minutes. Sometimes it takes hours or even days. We can make emotional shifts much easier and quicker with the help of Kundalini Yoga techniques.

Training Changes Habits

It is clear many of our emotional responses are habitual. We have created habits and reinforced them over the years. Habits are programmed deep in our subconscious. To change old habits, we need to make moment-by-moment choices. One choice is never enough. We have to continually make the same choice to install a new habit. *Changing habits requires both choice and transformation of energy.*

We train ourselves to unhook from energy-draining stories and to release our need for external stimulation. The first step is to hold on inside to our own spinal center, even when what we experience is uncomfortable. Feeling our emotions can be painful. But the good news is that emotions always move. They are always changing. We can break habits by staying present to this energy until it actually transforms.

We find resolution in our emotional body as we allow the flow of our emotional energy. Deep transformation happens as we relax, let go, and let the Universal Organizing Power take care of us.

See **Lesson 19 of Part II, *Breaking Emotional Habits***, for techniques that enhance your ability to monitor your mental and emotional programming. As you break up and release thought forms that perpetuate sabotaging habits, you also upgrade the vibration of your sacred circle and infuse it with Love and Light.

♥♥♥

If you don't take the bait, you don't get hooked!

♥♥♥

Chapter 20

Shakti Power, Solar Plexus, and Opening Our Heart

Thus far we've learned that the vibrational flowing polarity of our soul expresses through the first and second chakras, our subtle/emotional body, the water and earth elements, and feeling body consciousness.

In this chapter, we explore the often-ignored mid-chakra that lies between the navel center and our heart: the solar plexus, which, at the level of our mid-back, includes the pericardium muscle, stomach, pancreas, kidneys, adrenals, lower diaphragm, and lungs. The term "solar plexus" actually means seat of the soul and solar network. Our solar plexus is part of our feeling psychic center, where we can feel vulnerable, and where we can tune into non-verbal knowingness, i.e., "my gut tells me."

At our solar plexus, we go deep into our midnight emotions that operate in darkness. The emotions at our solar plexus are like a very deep river or the bottom of the sea. They reveal the invisible energies and powers of the evolutionary flowing polarity of our soul. (It is not surprising that the traditional chakra system, developed by spiritual paths that sought to escape the lower chakras, the physical body, and physical reality, ignores this chakra.)

Specifically, it is at our solar plexus that we get in touch with and befriend our inner lions of anger, fear, and sadness that guard the gate to our heart. It is by bringing unconscious emotional forces into consciousness and by transmuting these often-intimidating energies into powerful allies that we liberate our Shakti power and open our heart.

Our Subtle Emotional Body

Our emotional body embodies the subtle vibrations of our soul. We can be aware of our emotions, but there is more going on than what we feel in our body. At the subtle level, woman's emotional body is being used for healing and to hold and elevate planetary energies. Because our subtle emotional body is taking care of things that we are totally unaware of, we can feel drained of energy and not know why. We may never be totally aware of what our subtle body is doing, but we can certainly move into greater levels of awareness, learn to contain our energy in our own circle, and acquire a more mature relationship with our emotional body.

Dark and Light Polarities

Our inner space, where we connect with the feminine/evolutionary polarity of our soul, is inherently dark.³ As we access the light of consciousness in our mind (male polarity), we can

³ The Midnight of Our Soul — The astrological circle is like a 24 hour clock: The top half of the chart includes the

shine this light into our feeling space. But our goal is not for the light of our male polarity to take over and dominate our inner reality. We are not trying to remove the darkness so we can experience only light.

Dark is not bad. Dark is simply the opposite of light. Dark and light are complementary polarities. The dance of the polarities is the nature of the universe. Without one, we cannot know the other. In the darkness of night, we see the stars, which are invisible during the hours of sunlight. Similarly, in our inner darkness we access attributes and parts of ourselves that are not available in the light. Here we find the vibrational energies that are constantly engaging in the cyclical process of creation, life, death, and regeneration.

To activate and embrace our Shakti power, we use the light of consciousness to acknowledge and support the evolutionary polarity of our soul, whose nature is ever-changing feeling and whose operating domain is darkness.

We awaken our Shakti power, the vibrational life force, by (1) allowing it, (2) accepting it, (3) feeling it, and (4) *loving* it.

Shakti Power and Feeling Consciousness

In our male/mind dominated world, we believe that we can think about our emotions. It is true that thoughts and emotions are connected: thoughts generate emotions and emotions generate thoughts. But to really know what is going on with the evolutionary polarity of our soul, we have to move our awareness out of our mind and into our body. We have to cultivate feeling consciousness.

Achieving wholeness and opening our heart require (1) a deep understanding of the two polarities of our soul and (2) an authentic, honest relationship with and between the stable and evolutionary dynamics of our soul. Woman can't open her heart and keep it open if half of her is denied, repressed, and misunderstood and the other half is engaged in conflict.

Our Shakti power expresses through our emotional/subtle body, which flows like a deep river. But our emotions are harder to access than our thoughts. Our emotional body is invisible and hidden, but it is very present, alive, and active. To communicate with our subtle emotional body, we must develop feeling body consciousness so that we can communicate non-verbally. The faculty of feeling gives us access to the subtle vibrations of our emotional body, which can be known *only* through sensitive feeling.

daylight hours between sunrise and sunset, and the very top of the chart is high noon. The midheaven is where most of the light is and where we are most visible in the world. The bottom of the chart includes the night hours between sunset and sunrise. At the very bottom of the zodiac chart is the midnight point, the darkest place where the least amount of light from the outside is. This is our most personal space — our inner home. The sign of Cancer sits at the midnight point on the zodiac chart, but the sign on your midnight point is determined by your time of birth. The sign gives that flavor to your inner space.

As mentioned before, our emotions run our reality show, whether we are aware of it or not — or like it or not. With patient sensory awareness, we can befriend our deep emotions, transform their lower unconscious expressions into Shakti power, and consciously use this creative energy to participate in co-creating our lives.

Gifts and Lessons of Deep Emotions

Connecting with our deep emotions leads us into the vast realm of life, death, renewal, and rebirth. Our quest is to

- ◆ Get in touch with deep soul values
- ◆ Experience what is real and genuine
- ◆ Find authentic meaning in physical and emotional reality
- ◆ Manifest what we value
- ◆ Tap the instinctual power of our emotions
- ◆ Enjoy the sensual pleasures of the Earth and our body
- ◆ Get our emotional and physical needs met
- ◆ Experience deep in-the-body satisfaction

Gateway to Our Heart — The Three Lions

Our solar plexus at the level of the pericardium muscle is the gateway to our heart. It is the bridge between personal reality (lower three chakras) and non-personal reality (upper chakras). At our solar plexus, we get in touch with the three lions that guard the gate to our heart: *fear, anger, and sadness*.

Working with the three guardian lions at our solar plexus helps us heal ego damage and childhood wounds. Our goal is to reclaim the energy of anger, fear, and sadness for their higher expressions:

- ◆ Energy for action (fire)
- ◆ Energy to feel alive (fear)
- ◆ Energy to experience love, sweetness, and devotion (sadness)

At various points in our life, we were wounded because in some way we felt a lack of love. The good news is we can heal ourselves, unleash blocked energy, and reclaim our soul through self-love. As we liberate our inner lions by loving them, our posture changes, our heart opens, and we love ourselves for no specific reason.

Feeling Strategies and Communication with Emotions

At our solar plexus, we experience deep feeling awareness and consciousness *in our body*. There, we have to *non-verbally* process our hidden fear, sadness, and anger. But to do this, we need to be in our neutral mind, where we are aware, conscious, and non-judgmental. We cannot rationalize, justify, or explain away our deep feelings with our rational mind.

Touchstones

Some important touchstones to bear in mind as we develop feeling consciousness are

- ♥ We communicate with the evolutionary polarity of our soul underneath words.
- ♥ We cultivate feeling consciousness in our body and leave our rational mind out of the process.
- ♥ Feelings must be *felt*. Transformation happens through consciously feeling and allowing the flow of energy in our body.
- ♥ Our goal is to *experience* our emotional and subtle body as the aliveness and power animating our Shakti presence.

The Gifts of Feeling

It is through deep feeling consciousness that

- ♥ We develop a relationship with the evolutionary polarity of our soul.
- ♥ We set ourselves free from subconscious emotional imprints that control our behavior.
- ♥ We liberate blocked energy and fill our inner void with dynamic aliveness.
- ♥ We receive profound messages from our soul.
- ♥ We experience self-love.

In **Lesson 20 of Part II, *Shakti Power Opening the Heart and Solar Plexus***, you will experience how to open your heart by loving the three lions of fear, anger, and sadness.



Be your own therapist. Put your hands on your heart and love your three lions: fear, anger, and sadness. When they are loved, they will open the gate to your heart.



Chapter 21

From Fear to Love in Mind and Emotions

Both men and women live in a paradigm of structural fear as a consequence of the abuse, exploitation, and suppression of all forms of the feminine — our body, our feelings, our emotions, women, and Mother Earth — over the millennia. Our psyche in turn has internalized the continual abuse of the feminine, creating and maintaining this paradigm.

To move into a paradigm of love within ourselves, we must learn how to lovingly relate to our own body, emotions, and feelings. This inner paradigm shift requires (1) moving into the highest expressions of both the male and female polarities of our soul and (2) developing a respectful, caring relationship between the two aspects of our being.

To review:

The Love energy of the awareness polarity (male) is stable, static, neutral, and unchanging.

The Love energy of the feeling polarity (female) is flowing, rhythmic, and ever-changing.

Dysfunctions and Solutions

Whatever our problem, the root cause is always a dysfunction in how we (1) experience, (2) express, and (3) relate to these two universal Love energies.

The solution to every problem can be found by upgrading our (1) understanding, (2) expression, and (3) relationship with these two fundamental archetypes.

As we develop our relationship with these two primal energies, it is important to remember that their functional expressions require a functional relationship *between* the two interdependent and inseparable aspects of our being (awareness and feeling).

The Matrix of Fear

Every human being has the capacity to experience peace, happiness, and love. Yet we are bound by invisible, undefined, and unacknowledged restraints that interfere with our ability to access the true essence of the two polarities of our soul and to think and act from their highest qualities.

The basic human problem is fear. The collective consciousness is locked into an energetic matrix of fear, which distorts and limits our understanding and experience of reality, ourselves, and others. We experience fear when we are consciously disconnected from our personal experience of Spirit/God/the Infinite. Fear is perpetuated by fear-generated belief systems and thought forms such as guilt, shame, and blame.

Consciousness, Honesty, Fear, and Love

Immersed in the matrix of fear, where there is little, or no, spiritual light, we are unable to see, speak, and act from the truth. In the light of consciousness, where love replaces fear, we are not afraid. We can speak and act from truth. Our mind is conscious in our neutral channel, where our intuition is honest and tells us the truth.

Three Types of Fear

There are three types of fear (low vibrations): mental, emotional, and relationship fear.

1. Mental Fear

We experience mental fear (1) when we are disconnected from the awareness consciousness function of our stable/male polarity in our neutral mind, *and* (2) when we do not have a direct personal experience of the Infinite — when we do not have an ongoing Divine Connection. In our dualistic mind, we experience fear as confusion, conflict, a void, aloneness, and separation.

2. Emotional Fear

We experience emotional fear (1) when we are disconnected from the feeling function of our flowing/female polarity *and* (2) when we do not have a feeling relationship in our body with natural forces, Mother Earth, and the Sacred Feminine. In our physical and emotional bodies, we experience fear as discomfort, anxiety, stress, and pain.

3. Relationship Fear

Our fear is also caused by the nature of the relationship between our awareness polarity and our feeling polarity. When our mind (inner authority) judges, criticizes, blames, and shames our sensitive emotional body, it feels scared, threatened, and intimidated. On the other hand, our mind is afraid of our emotions when they are non-rhythmic and unpredictable. It does not understand or know how to deal with our frustrated, angry, chaotic emotional moods.

The Effects of Fear

Our pain and fear are encoded in our aura and projection, which makes us a pawn of the matrix of fear. When fear is programmed into our psyche, the slightest trigger activates more pain and fear. More fear is readily available, because our fear programming is fed by the matrix of fear in mass consciousness. Our fear-based energy field creates illness, provokes conflict, repels beauty and peace, and rejects nurturing and love.

Releasing the Three Fears

We release and transcend the three types of fear and liberate ourselves from the matrix of fear by increasing our frequency and raising our consciousness. We make ourselves available to align and become one with the vibration, or field, of Love.

1. Mental Fear

We move beyond the state of fear in our mind by awakening our neutral mind and cultivating a conscious connection with the qualities of stability, peace, stillness, and neutrality.

We experience that the imperturbable energy of neutrality will always be there for us. We thus move beyond mental fear when we experience that we can always depend upon the Infinite Presence, which is both in us and around us. This allows us to relax into a state of deep trust and surrender.

2. Emotional Fear

We release fear in our emotional and physical bodies through conscious feeling, acceptance, and the act of loving. We relax and let go until we experience the vibrational, rhythmic flow of this dynamically alive, always-changing energy.

We also release ourselves from the state of fear when our body synchronizes with the energies of nature and Mother Earth. We feel secure when we are comfortable in our body and at home on Mother Earth.

3. Relationship Fear — Avoidance and Lack of Attention

Releasing the fear and pain in our feeling polarity and lower chakras is much more challenging than tuning into the peaceful, neutral Light in the upper chakras.

The most common (and ineffective) strategy to deal with emotional pain is denial. We resist feeling by escaping into our mind where we think about the future and the past to avoid the pain of the present. In other words, we avoid feeling what is happening in our physical and emotional bodies because what we feel is uncomfortable.

The basic problem is that we don't pay attention. Lack of attention and judgment are two of the main ways that our mind abuses our emotional body.

4. Relationship Fear — Judgment

We not only have to learn to pay attention to and feel our flowing energy (instead of escaping into our mind), we have to develop a *supportive relationship* between our mind and our emotions and body.

We perpetuate pain through judgment, self-criticism, shaming, and blaming. When our mind acts as a condemning authority instead of a support system, our inner feminine freaks out, acts

out, and hides out (escapes) into our subconscious.

5. Fear of Being Controlled

Woman does not want to be controlled, and she wants to be in control. Woman's self-mastery is about liberating herself from both forms of control, which create inner conflict. When woman releases fear in both her mind and her emotions and lives in love consciousness, she can no longer be controlled. At the same time, when she is free to experience her own being and act from her own inner directives, she no longer desires to control others or her environments. It is through her own personal empowerment that she lets go of her control trips.

Experiencing Three Aspects of Love

1. Non-physical Love

To experience the non-physical, universal stable polarity of love, we connect with the neutral channel in our mind. The light of consciousness of love is clear, pure, and unifying.

2. Feeling Love

To experience physical and emotional love, we vibrate love in our emotional and physical bodies. The feeling of love is pleasurable, soothing, satisfying, radiant, and magnetic.

3. Inner Alchemical Relationship Love

To experience the inner alchemy of love, our neutral mind connects with the pure light of our soul, where it

- ◆ Accepts, allows, includes, and embraces every feeling
- ◆ Loves our feelings exactly the way they are
- ◆ Enjoys every movement and sensation
- ◆ Embraces the dynamic aliveness of natural forces flowing through our body

We experience that Love is all we need and everything is Love!

Practice shifting your mind and emotions from fear to Love by doing the exercises in **Lesson 21 of Part II, *Fear to Love in Mind and Emotions***. Raising your vibrational frequency is required to have the Love experience. There is a lot of density to go through, and your body must be able to deal with and integrate the higher Love frequencies. Practice the exercises so that your energy will align with and your body will be able to hold the space of Love.

Chapter 22

Our Inner-Guidance System: Intuition, Instincts, and Heart

An essential component of woman's inner mastery is her ability to tune into, to trust, and to follow her inner guidance. In every life situation, at every moment, we need to know what to do. To make the best choices for ourselves, we must be our own authority. To be our own authority, we must be able to listen to and to act as directed by the inner guidance system of our soul.

Our soul alone contains the total record of our history through its many lifetimes. Ultimately our soul is the *only* valid judge of the choices we make, what we do, and why. Through the depth and authenticity of our relationship with our soul, we can make choices that are in our highest good.

To become her own authority, woman must train herself to (1) listen deeply to her intuition, (2) feel the messages of her instincts, and (3) follow her heart. However, as we have discussed in previous chapters, our negative emotions and thoughts often dominate the mechanisms that are designed to serve as our guidance system.

Disconnected from our neutral mind, our dualistic mind engages us in endless conflicted scenarios. Obsessed by emotional drama, our feelings compute trauma instead of wise counsel. When we are overcome by inner conflict and unable to access our personal truth, we don't know what to do, and we don't always act appropriately or make the best decisions.

Using Our Inner Guidance System Is about Waking Up

We cannot access our inner guidance system when (1) our neutral mind is not awake, (2) our neutral mind and body do not communicate with each other, and (3) our personality is not consciously communicating with and trusting our soul.

When we are operating with the above limitations, we act unconsciously and "guess" what to do. We fail to realize and act with the knowing that our soul knows our truth. Our soul is always guiding us — always communicating with us through both our intuition (awareness polarity) and our instincts (feeling polarity). The problem is that

- ◆ Sometimes we listen, and sometimes we don't.
- ◆ Sometimes we feel, and sometimes we don't.
- ◆ Sometimes we are aware, but most of the time we are asleep.

Becoming conscious inner-empowered women requires training ourselves to listen, to feel, and to be alert to the messages from our inner-guidance system. We train ourselves to wake up from our sleep and to move from a repressed state to an alive, aware state of being. Our

spiritual journey is about continually upgrading our ability to stay consciousness.

Collaboration between Our Dual Mind and Subconscious Conditioning

The problem is that if we are lost in our dualistic mind and disconnected from our body and our feelings, we can't tune into our guidance system. We are listening to our mental chatter instead of our intuition. If our random thoughts are dominating our attention, we are disconnected from our feeling mechanism, which communicates through instincts.

Distracted by our thoughts, separated from our body, denying our emotions, and distanced from our soul, our inner conflict silences our inner-guidance system. Instead of finding resolution in our neutral mind, our dual mind communicates with and is controlled by our subconscious conditioning and emotional intrigues.

In other words, if we are not consciously using our mind to pay attention and to use the information we are receiving from our soul, our decision-making process is co-opted by our fear-based programming and our scattered thoughts. As a result, we act unconsciously, and we do foolish things. Or as Yogi Bhanan put it, "When you do not consciously relate to your body, your mind does not consciously relate to you." (Your mind relates to your subconscious instead of your soul.)

The fact that our dualistic mind and our subconscious emotional programming work together actually gives us hope that we can connect our mind and body/emotions at a deeper level where they can collaborate to tell us our truth instead of lies.

Connecting with Our Inner Guidance System

We cultivate our inner-guidance system by using our sensory awareness faculties of (1) perception, (2) listening, and (3) feeling to pay attention to our personal inner reality instead of focusing outside ourselves or spacing out.⁴

We connect with our inner-guidance system

1. By accessing and staying conscious in our non-dual neutral mind channel, where we can hear our intuition.
2. By deeply feeling the sensations in our body, where we connect with instinctual messages.
3. By both listening and feeling our heart, which synergizes our intuitive and instinctual messages.

The more we are able to tune into and follow the messages from our soul,

- ♥ The less we engage in actions and behaviors that sabotage us, get us in trouble, and create more conflict.

⁴ See *Inner Art of Love* by Guru Rattana for a discussion on sensory awareness and human sensory faculties.

- ♥ The more we are able to know and align with our truth.
- ♥ The more we are able to choose to take appropriate, realistic, and practical action.
- ♥ The more we experience dynamic inner peace.

Our inner-guidance system is dynamic because it is constantly tuning into, monitoring, and computing for the present moment. As we become more awake and aware, it tunes into and communicates deeper levels of our personal and universal truth.

Training Process for the Collaboration of Intuition and Instincts

The following steps guide us in awakening and harmonizing our intuition and our instinctual faculties and awakening our heart:

1. First, we *access our neutral channel*, which takes us beyond the duality of our rational mind. We actually experience a place where there is peace in our mind. We enter our inner space by looking inside our head until we see space. Once we see space, our seeing becomes perception, i.e., we are consciously aware of space without using our physical eyes.
2. Once we are conscious of our inner space, we *cultivate awareness* in our mind, in our inner space. Specifically, we cultivate our awareness by paying attention. We pay attention to the qualities of peace, stillness, non-duality, silence, and non-judgment in our neutral mind. Training ourselves to pay attention is absolutely critical and one of the most challenging aspects of our spiritual path.
3. We *deeply listen to the silence* in our neutral mind. We train ourselves to listen, i.e., pay attention with our hearing faculty.
4. Through deep listening, we access and develop our intuitive awareness. We *hear the intuitive messages from our soul*.
5. Our *listening faculty activates our feeling faculty*. The more we listen, the more we feel. Listening is the activator of both awareness and feeling. And listening is our connector faculty; it enables us to forge an inner connection and communication between our mind and our body/emotions.
6. In this way, listening to our intuition connects us with our gut instincts, putting us in touch with our *instinctual awareness*.
7. We discover that the two aspects of our inner-guidance system, intuition and instinct, operate simultaneously and tell us our truth and guide us to wise, realistic choices.
8. When we get an intuitive insight or message, we ask ourselves: How does that feel in my body, in my gut? A feeling check-in with our body tells us if our intuitive hit is appropriate in the moment to act upon or not. If our feelings affirm our intuition, bingo!

If not, the message is NO! and we continue to pay attention.

As we train ourselves to check in with our feelings, we find that our body and emotions cease to scream so loudly or make us sick, anxious, and conflicted to get our attention.

When checking in with our feelings, we confront a tricky part of our awakening process. Our programmed fears and soul guidance can be sending different messages at the same time. With careful attention, we can learn to tell the difference between conditioned fear and anger-based responses and the truth of our soul warning us that this idea is not a good one to act upon now.

9. Tuning into and learning to trust both our intuition (mind) and our instincts (body and emotions) make it possible to overcome our mind/body divide and to achieve integration and wholeness. And ...

As we discover, allow, and use the two communication mechanisms of our soul to guide our life journey, they naturally work together to open our heart!

10. Our mind and body merge as one in our heart. At our heart, we heal our mind/body separation and overcome our inner conflict! The magic of our heart is that it expresses for both polarities — feeling and awareness. Our heart is both neutral, like our intuition, and alive, like our instincts.

As we learn to honor the power and wisdom of our intuitive/instinctual faculties, our heart serves as a synergistic guide of inner knowing that makes it possible to trust our soul and to make wise life decisions.

A New Way of Being — Awakening Happens

Transcending inner conflict and experiencing inner peace is one of our most cherished goals upon which everything else depends. As we create a soul-directed internal support system, we liberate ourselves from our internal wars that create self-victimization and self-sabotage. Woman cultivates her self-mastery by developing, trusting, and following her inner-guidance system — her intuition, her instincts, and her heart.

In **Lesson 22 of Part II, *Your Inner-Guidance System — Intuition, Instincts, and Heart***, you will learn some essential techniques for accessing your inner-guidance system, resolving inner conflict, and listening to your heart.

Chapter 23

Healing with Feeling: The Healing and Manifesting Power of Feeling

Woman must realize the powerful role of feelings and Mother Love in manifesting her reality, creating her own healing, and using her power of prayer.

Revealing Information about Healing and Manifesting

Both science and popular concepts relating to manifestation and healing acknowledge the vibrational, flowing force.

Quantum physics tells us that everything in the universe is connected through a field of energy. The universe, our world, and our being are made of up of waves of electrical and magnetic patterns of energy. Waves move, and patterns vibrate.

1. How We Communicate with the Universal Energy Field

Our physical and emotional bodies, our mind, and our heart all monitor, respond to, and adapt to how we synchronize, or not, with universal waves and patterns. Our life works synergistically when we resonate with these energies and stay plugged into the Universal Flow.

Our energetic alignment calms and satisfies our emotional body, which also creates patterns of energy in our bodies. Our personal patterns (and blueprint) and our alignment with universal patterns together influence (1) how and what we manifest, (2) what we attract into our lives, (3) our health and healing, and (4) how we impact others and our environment.

The non-verbal language of our feelings/emotions determines how we communicate with and how we relate to our body, to the world, and to the Universe. The feeling language of love can affect miraculous healings in ourselves and in the world.

2. Linear Thinking and Non-Linear Feeling

When we think about creating something in our physical world, we usually think in a linear, step-by-step, logical manner. We proceed through a sequential process toward our goal. We are trained to think in this linear fashion, which is appropriate for physical tasks, such as building things.

But when we use spiritual, nonphysical energy, we work in a different way. We relate to the nonphysical world in a non-linear, non-verbal, sensory manner.

In the arena of creation and healing, we have to train ourselves to *feel the energetic quality that*

aligns with the outcome that we desire. To do so, we have to generate within ourselves a feeling of peace, health, satisfaction, well-being, and abundance.

3. Heart and Head — The Power of Emotions and Feelings

Gregg Braden writes, “The electrical strength of the heart is up to 60 times as great as the electrical signal from the brain. Our heart’s magnetic field is as much as 5,000 times stronger than that of the brain.”⁵

This explains why feelings and our emotional body control our reality. It also gives us an important clue to how we can more effectively participate in our own healing and manifestation. Because there is more power in our feelings than in our thoughts, our heart and emotional body have an important role to play in healing, creating, and generating prosperity.

Our healing, transformation, creation, and prosperity are facilitated by how we use both our mind and our emotional body:

- ♥ We must use our mind to tune into the neutral channel, where we hold a space of peace. In our neutral mind we experience the infinite space where infinite possibilities exist and where healing is possible.
- ♥ We must avoid thinking (linear analysis) about how healing might occur because the activity of our rational mind distances us from our connection with the Infinite and disconnects us from our sacred space.
- ♥ We ground and attract by feeling the energetic quality (outcome) we desire in our body. Physical matter and emotional energy respond when we “speak” their non-verbal feeling language.

4. Woman’s Nurturing Power

Woman is created with the innate capacity to nurture to the amazing extent that she can make milk from her blood! Woman’s natural nurturing power is magnified by feeling the Presence of the Mother in herself and around her. Woman can use her nurturing Mother energy to add an invisible and magical power to what she wishes to create, heal, and bless.

Woman must always monitor if her energy is needy or nurturing. She switches out of needy mode into nurturing mode to effectively use her creative power of Mother Love.

Techniques for Healing and Manifesting

Next, we will outline six points or techniques that help us understand how we can more effectively participate in co-creating our inner and outer realities.

⁵ Gregg Braden, *The Divine Matrix* (Carlsbad, CA: Hay House, 2007).

1. Accept Change

We can heal and manifest new things because everything always changes. The nature of the universe is flux and evolution. We are never permanently stuck in one condition or situation. Our lesson here is not to resist change or discomfort. Change can be accompanied by unpleasant feelings, which is one indicator that energies are shifting and realigning.

2. Trust

Healing and manifestation is facilitated by trusting ourselves, the Universe, and our connection and oneness with the Infinite. Current literature on manifestation asks us to experience the “feeling” of what we want “as though it has already happened.” And this is where most of us get hung up. If we lie to ourselves that what we want (and don’t yet have) already exists in our lives, we feel uncomfortable.

In this situation, how do we create a positive magnetic feeling? We can live in *trust* that other possibilities are available. Authentic trust has a very magnetic feeling. Wishing, hoping, and pleading, on the other hand, vibrate at a lower frequency and, if accompanied by any form of fear, can actually repel instead of attract. *Loving, trusting feelings* line up our magnetic field with the universal magnetic field and become triggers to create what may appear as miracles and miraculous healings.

3. Responsible Co-Creators, not Passive Victims

Healing and creation are facilitated by taking responsibility for being co-creators in our lives. An essential step in both manifesting and healing is to recognize the extent to which we have been conditioned to believe we are powerless. When something happens that we do not like, or we are diagnosed with an illness, we often feel victimized, betrayed, and powerless. We believe what someone else tells us, instead of tuning into our ability to heal ourselves and participate in shifting our reality.

Unfortunately, we sabotage ourselves when we are driven by conscious or unconscious beliefs of being passive observers or victims. When we doubt and succumb to a victim mentality, our feelings do not align with healing. When we do not trust our body, our soul, or the Universe, healing and transformation happen less easily or do not happen. We have to take *responsibility* and act from the stance of being co-creators.

4. Non-Judgment and Acceptance

Healing and manifestation require non-judgment about our current situation and acceptance of what has happened. We must overcome our habit of being critical of our current and past situations. This does not mean that we like or condone what is happening. Most likely we don’t! If we liked what was happening, we wouldn’t want to change it.

Instead, we honestly acknowledge our condition or situation, but we don’t judge it as bad or unfortunate. Negative thoughts give energy to the disease or unsatisfactory circumstances. If our mind and emotional body are being consumed by negative thoughts and feelings, they are less available to be used to believe, to trust, and to feel the possibility of healing and change.

Judgment creates a wall between our current situation and other possible realities and stands in the way of healing. This is because negativity vibrates at a lower frequency than health and the field of infinite possibilities.

Acknowledgement opens the door to new possibilities. Acceptance is a form of love, which vibrates in sync with the field of infinite possibilities. *Think of non-judgment and acceptance as mechanisms or tools that work to get you what you want.*

5. Gratitude and Appreciation for the Past and New Possibilities

Healing also requires feeling gratitude and appreciation for the past and for the availability of other possibilities. We bless our current situation for awakening us up to new possibilities. We thank our current lessons for moving us forward on our journey to self-discovery and self-love. We express gratitude and appreciation for the sweet, healthy, loving moments in our lives. In doing so, we fan the embers of health, prosperity, and love so that they can be rekindled and stay alive in us.

6. The Nurturing Medicine of Mother Love

The Medicine of Mother Love brings us peace and satisfaction. In the sacred space of an aware mind and a compassionate heart, we choose to evolve, to grow, to learn, and to co-create anew. We nurture ourselves, others, and situations with our Mother Love. When we feel Mother Love, the Divine Mother automatically works through us and supports us.

It is great to have tangible goals. We are here to learn how to manifest and to enjoy physical reality. But it is important to always include our spiritual goal to *love and honor ourselves* and our path every step of the way. For it is not physical things that we will take with us; it is the deep satisfaction and love in our hearts.

Develop your powers to heal, attract, and manifest by doing the exercises provided in **Lesson 23 of Part II, *Healing with Feeling*.**

Chapter 24

My Dance and Blueprint: Manifesting with the Elements and Chakras

Woman's spiritual path includes empowering her inner woman to live in abundance and to be prosperous. Woman enhances her power of manifestation by understanding her soul blueprint and by learning how to use her unique elemental balance to her advantage. Our birth chart identifies the energetic blueprint of our soul (see *Inner Art of Love* for a more detailed discussion). Although every woman has her own unique combination of the four elements — air, fire, water, and earth — we must learn to work with all of them.

Prosperity, happiness, and wholeness are a function of how the four elements align, support, and dance in harmony with each other in our being. In this chapter, we will discuss the four elements as they express in our chakras and how they interact and complement each other. We will also examine the role that each element plays in the manifestation process and learn to call upon and embody the resources of each element.

Attraction and Our Inner Reality

As the source of creation, woman has a very special relationship with the process of manifestation. To maximize her power to manifest, woman must develop her unique relationship with the four elements that create physical reality.

When we think of prosperity and happiness, we often think of money, physical things, and situations outside ourselves. One of the tricks to creating prosperity is to shift our focus to what is *inside* us. Our inner reality determines our projection. Our projection is our energetic statement to the world and the Universe. Our projection determines how and what we attract.

Prosperity is a function of how we attract and repel. Do we attract from (1) neediness or satisfaction, (2) insecurity or security, or (3) incompleteness or wholeness? One of the ways to attract from *satisfaction*, *security*, and *wholeness* is to cultivate and experience within ourselves the elevated and purposeful expressions of the four elements of creation — air, fire, water, and earth.

The Elements and Our Power to Manifest

How we relate to and express each element colors the inward and outward flow of our energy. Our health, habits, and energetic presence are all molded by our relationship with and expression of the four elements as they vibrate in our chakras and in our physical, emotional, and mental bodies.

In addition, how we vibrate with the four elements determines our ability to both give and receive. We line up with the Universe when we express functional qualities of the four elements. Let's look at the elements and their relationships with the first four chakras, starting with the root chakra.

1. Earth — Feeling Awareness in Our Body — First, Root Chakra

Manifestation happens in the physical world. The physical vehicle of our soul is our body. We have to be in our body to receive physical gifts. In other words, we have to be home when the postman comes to deliver our mail.

When we relate to our body in a loving way, our soul feels welcome. It is in our body that we feel the presence of the Divine and download Spirit to the Earth. When grounded in our body

- ♥ We feel the sensations of our physical and emotional bodies inside our skin.
- ♥ We allow our body to be the container of all our sensations and our soul.
- ♥ We can feel secure and satisfied when we are at home in our body.

2. Water — Feel, Let Go, and Flow — Second, Sex, Creative Chakra

Water represents our emotional energy. (Fire also expresses emotional energy.) How we project into the world and the Universe, and thus how we attract, is a reflection of the frequency and coherency of our vibration, which is determined by our emotional state. It is the emotional feeling with which we carry out our activities that determines the "what" and "how" we create. How we relate to our emotions also determines how we flow with life. How we flow with life is in turn impacted by our ability to maintain our center in the midst of the ever-changing feeling of existence.

Life is a flow of love. To determine our relationship with the water element, we ask ourselves:

- ♥ Are we in the flow or are we a rock in the middle of the stream?
- ♥ Are we able to feel both comfortable and uncomfortable feelings?
- ♥ Do we allow the flow of our emotions or do we block their expression?
- ♥ Can we let go? Can we relax?

3. Fire — Desire and the Light of Our Soul — Third, Navel Chakra

Fire is the Light of our soul and our desire energy. The nature of our inner fire impacts our view of the world and how we project into the world and the Universe. It also colors the lens through which we experience our environment and our life situations: if we have too little fire, we feel depressed; if we have too much unexpressed fire, we feel anger and even rage.

Unconsciously expressed fire projects hidden, subconscious programs of anger, resentment, and frustration from our psyche into the Universe. To appropriately use our fire energy, we need to continually identify our unconscious motives and drives. We need to learn to stand at the center of our being in order to not be pulled off balance by our outer environment or by our unconscious programs, drives, and desires. Optimally,

- ♥ We relate to our inner fire as the Light and Love of our soul.
- ♥ We allow the fiery sun of our soul to burn off negativity and old wounds instead of fueling them.
- ♥ We learn to stand at the center of our being by activating the fire at our navel and use it to awaken our heart and third eye (all three are centering points).

4. Air — Detachment, Clarity, and Honesty — Fourth, Heart Chakra

Air represents (1) our mind, (2) our thoughts, (3) our spoken word, and (4) our breath. Air is also the element of the heart chakra.

Detachment (which is available in our neutral mind and in our heart) frees us from expectations and ideas of what is right and best. Unattached non-judgment is required to allow the Universe to serve us.

To determine our relationship with the air element, we ask ourselves:

- ♥ Where is my mind? Am I aware and conscious or unaware and unconscious?
- ♥ Do I have access to my neutral channel or am I lost in the conflict of my dualistic mind?
- ♥ Does my head bow to my heart?

To improve your relationship with the air element, we work with the following principles:

- ◆ *Our mind and heart follow our breath* — be devoted to your breath and the breath of life will free you and carry you to God.
- ◆ *Mantras are the medicine that heal a mind that is at war* — do japa (repetition) to call on and link up with the energy of the Infinite.
- ◆ The moment we know and experience that the Infinite is inside us, we are connecting with the Divine Vibration through the power of our thought wave.

Dynamic Divine Dance and the Creative Process

Our being is a dynamic ever-evolving divine dance of the four elements. Our dance is our projection and our prayer. The power of our dance is determined by the degree to which we are at peace with ourselves — at peace in our heart, mind, and body. Yet, our inner peace is a function of how the four elements dance (or don't) within us.

We choreograph our unique dance by relating to the four elements as *resources* to empower our personal expression and to make our interaction with life more graceful and elegant.

Mind/Air Resources

Some of the valuable resources of the mind include awareness, Divine Connection, neutrality, clarity, detachment, and acceptance.

- ♥ Through awareness we establish our connection with the Divine. Direct experience of a universal power is how we build trust and faith.
- ♥ In our neutral mind, we can (1) hold the space for good things to happen, (2) clearly see the Truth and the Light, and (3) know that there is a pathway through every problem.
- ♥ The detached quality of our neutral mind makes it possible to be in acceptance. A key to happiness, satisfaction, and prosperity is accepting things as they are.

Earth/Body Resources

The resources of the earth element include our body, the Mother Earth and all her gifts, grounding, being present, calmness, relaxation, patience, and instinctual feeling.

- ♥ *Loving kindness* to our body and the Mother Earth is how we bring Spirit into matter and create beauty and love in physical form.
- ♥ Our power, strength, and wonder are in our patience. (Patience is an earth quality.) Patiently feel and love every spark of aliveness in your body.
- ♥ The earth element makes it possible to calm ourselves, to claim and to contain our energy, and use it to enjoy this precious life. In our relaxed calmness, our energy works for us.

Water/Emotions Resources

The resources of the water element include letting go, allowing, going with the flow, kindness, empathy, compassion, and love.

- ♥ *Letting go and allowing* is how we establish our willingness to receive divine assistance.
- ♥ Our ability to feel satisfied and happy (and to attract!) depends on how much we can gently let go and simply flow with life as it unfolds.
- ♥ Our greatest strength is love. Our greatest weakness is fear. Make your anchors in life love, compassion, and kindness.

Fire/Spirit Resources

The resources of the element of fire include the Light of our soul, deep soul desire, motivation, devotion, and the energy to cleanse, take action, and move.

- ♥ *With desire and devotion* we solidify and embody our connection with Spirit.
- ♥ With fire we burn off negativity and old programs and ways of thinking.
- ♥ With the fire of the Light of our soul, we move forward, take action, evolve, and appreciate simply being alive.

My Heart Dance

We are not on planet Earth to judge, exploit, or kill each other. We are here to experience, love, and serve each other. Do not indulge in personal weakness and complaints. Take the Light of your soul into the world, give blessings, and share love.

It is up to each of us to shine our light and to create our own dance with the four elements. The power of our dance is our experience of satisfaction, security, and wholeness. Our task is to work with the elements to create these experiences. Let your heart lead your dance. What we hold in our heart is what we attract and how we create.

Use the techniques in **Lesson 24 of Part II, *Creating with the Elements***, to develop your personal vibration and dance by cultivating the powers and gifts of the elements.



Always feel that whatever you are doing is the most beautiful thing, the most elegant and graceful dance, because you are dancing with your soul and the Universe.



Chapter 25

Experiencing My Beauty, Happiness, Self-Love, and ME and ME

This chapter addresses how woman makes herself beautiful through self-love and inner happiness. Woman's beauty is a function of self-love as woman must love herself to radiate her inner beauty. We will investigate three basic components of self-love:

1. Identifying the belief system that controls our attitude toward our human life, our womanhood, and our happiness and choosing one that favors love.
2. Adapting an attitude of compassion, kindness, and gentleness toward ourselves in light of the challenging nature of our human journey and our path of womanhood.
3. Establishing our inner relationship between ME and ME — soul me and human/woman me.

Our goal is to experience a deep feeling of self-love. We can do so by

1. Going deep into our core to find the love that we often search for outside ourselves.
2. Directing our attention inward to the place within where happiness and love always abide.
3. Communicating healing messages of self-acceptance to negative self-talk and wounded parts of ourselves.

1. Belief System: Original Sin and Right to Be Happy

To love ourselves and to be truly happy from the inside out, we must (1) identify the belief system that controls our self-image and (2) choose to operate from beliefs that lead us in the direction of self-love and happiness.

Yogi Bhanan told us, "It's your birthright to be happy." This is quite a different message than "You are born in sin," which obviously communicates that something is fundamentally wrong with us. The latter message creates confusion, anger, fear, and sadness in our psyche.

Most spiritual paths espouse eliminating the ego or killing the ego. The message is that our humanness is bad. In addition, as we've seen, most traditional spiritual paths were essentially designed for and dominated by men. Women were usually excluded, so as to not tempt or "pollute" the men. In other words, the men couldn't handle themselves around women!

The concepts of original sin and "killing our ego" and the exclusion of women are thus part of the "male/mental/upper chakras good—lower chakras bad" paradigm, which has infused negative beliefs about our humanness and our womanhood into the collective consciousness.

How are we supposed to feel happy if we feel bad about ourselves? We can't! How can we be happy if we believe that as humans and as women we are inherently flawed? We can't! For this reason, we need a strong self-concept (elevated ego) to be able to operate in the world. Woman's empowerment requires building a strong sense of self in order to create appropriate boundaries and to not allow herself to get used and abused.

The truth is if we don't love ourselves and embrace the gift of our humanness and our womanhood, we can never be truly happy or make ourselves beautiful. So now we investigate how to love ourselves, our humanness, and our womanhood.

We Have Been Lied to

First, we must understand that we have been lied to. For millennia, religious, spiritual, economic, and political systems have fed us false information to keep us asleep so that we can be controlled and exploited. The collective unconscious is dominated by messages that tell us that our life does not matter and who we are is not important. Here are the three primary lies:

1. Our physical needs and sexual urges are sinful, despite the fact that we incarnate in primate animal bodies and the first three chakras are essential parts of our human operating system.
2. It is true that our soul will live after it leaves our body. But the "We are not our bodies" theme is encoded with a message of negative self-value.

We are a soul in a human body while our soul is experiencing physical reality. Our body is thus the sacred vessel of our soul. With proper care and activation, our body mechanisms unleash our Kundalini, making it possible to experience our soul and the Infinite.

3. We have been taught that our goal is to transcend our humanness instead of embracing our humanness. The simple fact that we are human should be enough to be compassionate toward ourselves.

It is self-sabotaging and hardly joy-inducing to be in denial and to feel guilty and shamed about our body, our humanness, and our womanhood. The truth is that we are a soul here on planet Earth to have a human experience. It is critical that we accept, embrace, and learn from and about our humanness, and our womanhood, during our short visit.

Our Belief System — The Truth IS

To move beyond the lies, we need to operate out of a belief system that affirms our right to be happy — a belief system that gives us value and allows us to feel good about ourselves, our womanhood, and our human life. The truth IS and we *can choose* to believe that

- ♥ The essence of our soul is love. I am love.
- ♥ I embody the light of the Universal One. I am bountiful, beautiful, and blissful.
- ♥ God/Goddess is in me. God/Goddess and me, me and God/Goddess are one.

- ♥ It is my birthright to be happy.
- ♥ Woman is the earthly embodiment of the Divine Feminine and the source of creation.

Meditate on these concepts! I bet you feel better already!

2. Our Human Journey — Give Yourself a Break!

The nature of our human journey must be understood. It is tough down here on planet Earth. We are born unconscious, deprived of a memory of our soul identity and history. We arrive on planet Earth with no idea of who we are or why we are here. We are not given a guidebook. We have to figure everything out blindfolded, deaf, and ignorant.

As a child we are taught that to think about ourselves is selfish. Our delicate and unformed sense of self is thus smashed in so many ways. So we then feel guilty and ashamed when we focus on or enjoy ourselves. What's more, women are made to feel that they are second-class citizens and that they are persons, not women. The nagging feeling that something is wrong with us doesn't go away.

As an adult, even on a "spiritual" path, this feeling lingers and manifests in subtle ways. We feel anxious. We are constantly monitoring, "Did I do OK? Am I OK?" Women (and men) thus suffer from a deep ennui of self-doubt, lack of self-worth, self-betittlement, and even self-hatred.

Satisfying Our Emotions and Experiencing Love

We are not taught to love ourselves. In fact, we are programmed to criticize ourselves. As a result of all these negative messages and conditioning, we are unable to love ourselves. But it is through self-love that we find inner peace and fulfillment. The need for love is both an emotional human need and a soul desire. To learn how to experience love in a human body is our primary soul goal on planet Earth.

Consider the idea that everything we do is motivated by a deep desire to give and to receive love. This desire is fueled by (1) our conditioning, (2) our humanness, and (3) our soul. This primal need drives our thoughts and our actions, which, in our unconscious state, can lead us to engage in destructive, self-sabotaging, and ungraceful behaviors in an attempt to get our attention and to wake us up. We are also motivated to share, be compassionate, and to engage in acts of kindness.

Yogi Bhan once said, "The majority of your actions do nothing. All you do is to try to satisfy your emotions." This is why (1) we are so anxious, (2) we manifest so little (so much of our energy is wasted), and (3) truly rational thought is difficult or even impossible.

Yogi Bhan continued, "And all this [energy] you spend on satisfying your emotions will be enough to kill you. Everybody has to die. Some shall die fulfilled, but many will die without fulfillment. That is a human tragedy." We must figure out how to experience Love, or we too

will die without achieving our primary soul, human, and emotional goal of experiencing Love in physical reality.

The Human Developmental Process Leads Us to Compassion

All our life experiences are part of our soul journey to find fulfillment and Love. Eventually we shift our focus from outside ourselves and look inward to find Unconditional Universal Love.

For millennia, humans have lived in a very dense vibration — a cloud of fear. Everyone is affected, feels it, and acts out of this fear. The good news is that as the frequency on the planet is increasing, it is becoming easier to (1) release our fears and our negative conditioning, (2) extricate ourselves from the paradigm of fear, and (3) move into the paradigm of Love.

Earth school can be harsh and cruel. But that is the way it is. The demanding nature of our human journey serves as a reminder to be compassionate toward ourselves. We are each doing the best we can.

I Love Myself Exactly the Way I Am — EFT Technique

Self-love and self-acceptance go hand in hand with soul awakening. There are many techniques that can help us along the way.

One popular self-help healing technique is the *Emotional Freedom Technique* (EFT). EFT is a simple, effective, and quick method that reduces the emotional charge of our issues through reciting a statement and tapping on acupuncture points. The idea is that the body/psyche can heal once the emotional imprints from traumatic memories are released. The tapping sequence sends calming signals to the brain. The conditioned stress responses are disengaged and the brain is reprogrammed with a positive response of safety. (You can find out more about this technique and print out a small booklet and instructions for free at www.EFTUniverse.com. The process is briefly summarized below.)

EFT offers us a valuable insight into emotional healing. Its core formula for creating affirmative statements goes like this:

“Even though + *concise description of issue, problem, or situation that is causing distress*
+ I completely and deeply love and accept myself.”

The last part of the statement can be worded to suit the situation: “... I completely and lovingly accept myself,” “... I love and forgive myself,” “... I forgive XX,” etc.

Affirmation vs. Acknowledgment of Our Humanness

This formula differs from commonly practiced affirmations that attempt to affirm something that we wish was true, but our subconscious computes the contrary, i.e., we really do not believe it is true. Positive affirmations can be easily sabotaged by our self-defeating negative thinking that gives voice to our wounded conditioning.

With the EFT formula, we acknowledge our issue, and we create self-acceptance despite the problem. My interpretation is that we are telling ourselves, “Even though I have human issues that I must deal with and lessons to learn, my soul is pure and loving and the light of my soul supports and accepts my humanness.”

This technique recognizes that underneath all our life issues is some form of lack of self-love and self-acceptance. In other words, the core cause of the emotional charge associated with our programming, or traumatic experiences, is a variation on the theme of lack of self-love — we think something is the matter with us. We feel we are unlovable, incompetent, unworthy, not good enough, etc. These negative beliefs undermine our success, happiness, and peace of mind. And they close our heart to our soul and to love. Self-forgiveness and compassion for our humanness and womanhood deliver us to soul awakening and to inner peace and joy.

Soul ME and Human ME: Experience of Love Within

To love ourselves, we must feel good about ourselves. Our soul has manifested a woman’s body, and as such, we are invited to stand up and claim our gifts and special role in the world. We are not talking about puffing ourselves up with self-importance. We are talking about deeply listening to our heart so that we can have a conversation with our soul.

Self-Awareness and Self-Love

Belief does not deliver us into a state of authentic self-love. We must experience love inside ourselves. We can replace negative feelings with peaceful, satisfied, and happy feelings by going inside to our core, where peace and love patiently await our attention.

Self-awareness is a required skill that must be developed. Self-awareness makes it possible to (1) choose how we direct our attention and emotional energy, (2) identify our true identity, and (3) find love within. With deep self-awareness, we can let go of misconceptions and embrace our authentic being, and we can move out of fear into the dimension of love.

Reach *in* for the Soul Experience

Soul awareness requires finding the deep silence, sweetness, and peace within, and *identifying and becoming one* with these soul qualities. We must experience for ourselves our untapped reservoir to *be* love and to give and receive love. The trick is to train ourselves to stop reaching outside ourselves for love and acceptance. Instead, we train ourselves to *feel* deep into our heart for guidance, emotional satisfaction, approval, acceptance, comfort, and love! The more we experience love within our own heart, the less we engage in actions and behaviors that are feeble and ineffective attempts to find love outside ourselves.



Our soul directs us: “Find the love you need inside. Let your soul reassure you, love you, and satisfy you. Feel safe being inside with yourself. Be comfortable having your own opinion and needs.”



My Relationship between ME and ME — Personal Me and Soul Me

I remember Yogi Bhanjan telling us, “Your primary relationship is between YOU and YOU!” Like many things he shared, this too sounded like a great idea, but it took me a long time to figure out how to cultivate a relationship between ME and ME, which delivers us to self-love, fulfillment, happiness, and peace. Here is the formula I have come up with:

1. We have to define ME and ME. One ME is personality/human/conscious/ego me. The other ME is our soul.
2. We identify who speaks for human me and who speaks for soul me. *Our rational, dualistic mind speaks for human me. Our neutral mind/heart speaks for soul me.*
3. We identify who is talking in our inner conversation. If we are in our dual mind, our negative and positive minds are talking to each other. This is usually the case! Or their conversation is between personality/ego me and someone else, often a presumed external moralistic authority. This is also too often the case!
4. After we identify *whom* we are talking to, we have to break the dualistic mind loop (between our negative and positive mind) by talking to the right person — *our soul!*
5. We find our soul voice in our neutral channel and our heart. We have to awaken our neutral mind and heart to hear the communications of our soul.
6. To establish a conversation between our dual mind and our neutral mind — between our human personality (ego) and our soul — we have to *listen!* (not just endlessly indulge in dual mind chatter). And we have to *feel!* We listen and feel the communications from our soul.
7. We allow our soul to communicate with us by listening to our intuition and by feeling its instinctual messages. Soul me communicates non-verbally and energetically. Its non-verbal messages are translated into words by our mind, often sometime later.

With practice, you will be able to tell the difference between dual-mind communications and neutral-mind soul communications. Touchstone: soul me does not have a judgmental opinion.

Choose Love

We either operate out of fear or love. We are either in a state of trust or doubt. Fear and doubt are expressed by our limited, wounded ego. Love and trust are expressed by our soul. Stress, unhappiness, depression, negative karma are all a result of giving value to or choosing our limited ego over our soul truth — when we choose fear over love, when we choose wounded self over soul self.

To train ourselves to operate from our soul, and not our wounded ego, in our relationships and as we interact in our world, we can practice monitoring and asking ourselves:

Am I loving myself no matter what happens?

Am I allowing myself to be loved no matter what happens?

Am I trusting or doubting my soul?

Am I choosing my truth?

Am I choosing love over fear?

Am I choosing my soul self over limited ego?

Am I honoring my essence as a woman?

Self-Acceptance and Forgiveness

Of course it takes time to loosen the grip of our dualistic mind and its habit of producing self-denigrating negative thoughts. Here are a couple more tips to help us access our soul:

1. When something comes up that generates negative self-talk, we can respond by saying, *"I am sorry. I love you." "I forgive you. Please forgive me. Thank you. Sat Nam."*
2. When you need help, place your hands on your heart to dial SOS or the emergency number 911 (in USA) to call upon your soul and the Infinite. Say the above phrases and communicate from your heart to your pain. Pay attention! *Listen!* Make yourself available and receptive to support, guidance, and love from your soul and the Infinite.

Deeply listen to your neutral soul channel and feel your heart until you experience resolution, peace, and self-love and hear a sweet voice saying, *I love and enjoy myself exactly the way I am!*

To develop your relationship between ME and ME and to experience self-love inside your circle/space, practice the exercises in **Lesson 25 of Part II, *Self-Love and Happiness, ME and ME.***

Chapter 26

Beauty, Impact, and Power of a Woman's Presence

Woman expresses her inner mastery and commands respect by her presence. She cultivates her presence in her stable center, where she is able to disconnect from external influences and establish her independence. When a woman's energy cannot be controlled, she can relax into her own flow and align with the Universal Flow. In her neutral center, aligned with the Universal Flow, she is supported by the Universe and experiences inner peace. Inner peace gives woman the power of presence.

To relate to her beauty and power, woman must understand and experience

- ♥ The cause and nature of her projection (see Chapter 5)
- ♥ The impact and power of her presence
- ♥ The frequency of her electromagnetic field or aura
- ♥ The quality and caliber of her radiance
- ♥ The inner, subtle, auric, and vibrational nature of her beauty
- ♥ The creativity of her faculty of magnetic attraction

It is important that woman realize, own, and wisely use the creative, impactful power of her presence. Through her radiant presence, she can uplift and heal others *and* maintain a consolidated and contained energy field. Woman's presence is determined by her projection and her auric radiance. First, we discuss presence, then the aura or electromagnetic field.

Projection and Presence

Yogi Bhan often reminded us, "Be conscious of your consciousness and how you use it." Similarly, we must also "Be sensitive to our sensitivity and how we use it." Thus, to establish her projection, woman must be (1) conscious of her consciousness (stable/mind polarity) and (2) sensitive to her sensitivity (flowing/emotion polarity).

The Two Polarities of a Woman's Projection

Consciousness

To review, woman upgrades the quality of the stable aspect of her projection by tuning into the clarity and purity in her neutral mind and by training herself to operate from this non-judgmental stance. Woman cultivates inner mastery as she uses her *mental/stable polarity* to

become more and more aware and conscious. Awareness awakens her to the faculty and power of consciousness.

The more woman is conscious of her consciousness, the more she realizes that consciousness is not only an awakened state, but (1) her soul is consciousness, and (2) consciousness is a creative power and a strength. By simply maintaining a conscious state, woman creates a coherent projection and uplifting presence, which supports her and positively impacts others and her environments.

Sensitivity

Woman taps the creative power of her flowing polarity by becoming sensitive to subtle energies, her feeling sensitivities, her moods, and her sensuality. As woman embraces the ever-changing and rhythmic energies of her emotional, physical, and subtle bodies, her projection becomes magnetic and nurturing. She realizes and lives in the truth that (1) her soul is always moving and evolving, and (2) sensitivity is aliveness and a magnetic power.

The more sensitive we are to the flow and rhythm of our soul and the more we can relax into and trust its creativity and aliveness, the more magnetic, transformative, and healing our presence.

Ultimately, woman's spiritual path is about becoming more and more energetically conscious. As woman builds and contains her circle, she intensifies her beauty and the power of her presence, which is her gift to the world.

What Is the Quality of Your Projection?

To monitor and assess your projection, consider these questions:

- Can you stay centered within and project in a consistent, balanced way?
- How neutral and kind can you be?
- How firm, stable, solid, trustworthy can you be?
- What qualities are you projecting? Do you project dissatisfaction or sacredness?
Disturbance or harmony? Conflict or neutrality?
- Can you project tranquility, peace, joy, and grace?



The concept of projection and presence can be grasped as a fragrance that emanates from

- ◆ Our self-concept and self-value
- ◆ Our thoughts and mental space
- ◆ Our feelings and sensitivity
- ◆ Our words and communications
- ◆ Our intentions and motivations
- ◆ The state of our consciousness



Aura, Caliber, and Success

Woman has become desensitized to her essence and power as a woman. Once woman understands who she is and how her presence works, she can reorient her mode of operation and cultivate her caliber to live a happy, healthy, harmonious life.

Every human being is surrounded by an arc of light called an aura or electromagnetic field. Human life depends upon this arc of light, which determines our health, our emotional stability, and our capacity for action and creativity. *Our aura is our energetic identity. It determines our caliber and our success in life.* In addition, the strength of our aura determines how the magnetic fields of other people and things affect us and what we attract.

Our Electromagnetic Field Arranges Our Affairs

When our aura or arc of light is bright, clear, positive, and strong

1. It cancels out negative vibrations.
2. It protects us against negative encroachments.
3. It automatically repels threats and attacks.
4. It merges with positive vibrations and support.
5. It pulls positive opportunities to us and attracts prosperity.
6. It anchors these opportunities in our body and to the earth so that we can manifest.

A woman's caliber, beauty, impact, and success are created by

- ♥ A beam of energy within herself
- ♥ A magnetism that radiates from within her being
- ♥ A spark of awareness that links her with the Infinite and her soul
- ♥ A steady level of consciousness that uplifts her and her environments
- ♥ An unattached sensitivity that, like the Sun, shines light on all

Radiance and Presence

Woman shines her beauty and impacts others and her environments with her radiance. Her radiance is determined by the coherency and brightness of the light in her aura. Woman's most valuable asset is the radiance and frequency of her electromagnetic field.

Woman is responsible for building and maintaining her radiance. We cannot fake or pretend radiance. Radiance and projection support each other to create presence. When a woman's projection is clear, constant, continuous, and dependable, it adds strength, impact, and power to her auric field. A wise woman is one who cultivates her magnetic presence through her centered projection and brilliant radiance.

Woman can successfully play the game of life with the beauty, harmony, radiance, and rhythm of her electromagnetic field, which synchronizes with the entire universe. *A woman's magnetic presence operates silently. In her peaceful space of love, her creativity magically finds solutions to problems.*

Woman's Magnetic Presence

The human magnetic field operates from the universal law of "like attracts like." All magnetic fields interact. They either repel and disassociate from each other, or they connect and fit in with each other — both in negative and positive ways. Our environment operates in tune with, adjusts to, or adapts to the purpose, the projection, and the vibration of our magnetic field.

A powerful magnetic field is created by (1) a strong, balanced, stable mental projection; (2) flowing emotions; and (3) a healthy, aligned body. As woman strengthens the radiance of her aura, she acquires a greater capacity to feel supported and protected, a more positive projection, an expanded impact, and a richer, fuller life.

We Are the Creative Cause

When we realize that *we* are the co-creative source of the vibratory pattern that dictates our actions and reactions and determines the life we live, we realize that we can upgrade our projection and presence. An expanded dynamism energizes our life when we take on the responsibility of being the co-creators of our own lives. The experience of being empowered from within allows us to trust that everything can work out if we do our part.

When we take responsibility for being the co-creative source of our life, we awaken to our essence as a woman. When we accept and know our identity as woman, our individual radiance projects into universal radiance. When our radiance merges with universal radiance, everything around us becomes helpful, creative, and full of opportunity.

Ego and Soul — Finite and Infinite

Woman's caliber is determined by the relationship between her finite self and her infinite self — her ego and her soul. Her success happens in the responsive relationship between individual and universal consciousness. Woman must train herself to establish, maintain, and expand her conscious relationship between her finite woman and the Infinite. (See chapter 29.)

Ultimately, woman's success in life depends upon

- ♥ Her ability to resolve her inner conflict and to rise above finite attachments, fears, doubts, and inner conflicts
- ♥ Her ability to align her consciousness with Infinite Consciousness
- ♥ Her capacity to vibrate and flow with the universal magnetic field

Relationship with the Universe

Woman is constantly being tested to maintain her relationship with the Infinite. When she is confronted and under pressure, the strength of her aura and radiance acts like an insurance policy that protects and supports her.

When the frequency and beam of a woman's projection is clear and strong, she is able to relate to the Universal Field and to communicate with the Universal Mind. When she projects her identity as a sacred woman, her frequency synchronizes with the Infinite. The alignment creates magic and miracles.

Woman finds happiness and achieves success when she experiences her individual existence in relationship to the totality of life and the Universe. Everything in the world around her becomes beautiful. In everything she does, she simply remembers that she is the human embodiment of the Divine Mother. The radiance of her being brings her the experience of Divine Love.

Woman's Caliber and Success

Caliber and success are like going to a party.

You want to present yourself in the best way possible. You wear your best clothes to look beautiful and to feel good about yourself to attract attention and to have a good time.

It is the same principle when woman joins the cosmic party.

To dance with the Universe, you prepare your magnetic field so that your aura shines with the light of your soul so that your rhythm is in step with your partner's so that your radiance matches who and what you want to attract so that your glow does not go unnoticed.

The same laws apply in both cases

It is your projection that determines the outcome.
It is your vibration that arranges your affairs.
It is who you are that gets you what you want.

Make yourself beautiful with your radiant presence by learning and practicing the techniques provided in **Lesson 26 of Part II, *Make Myself Beautiful — Radiant Presence***.

Chapter 27

Woman Is a Living Prayer, and the Attraction Mode of Living

I remember attentively listening to Yogi Bhanan talk about “Woman Is a Living Prayer.” Like so much of what he shared with us, it sounded like a great idea. But honestly I did not understand the depth of the reality he was trying to impart. I am still discovering the essence of this concept. The more I feel the power and truth of this statement, the more I enjoy and appreciate my womanhood. And the more I want to help other women discover this amazing aspect of themselves.

“Woman Is a Living Prayer” is intricately related to “The Attraction Mode of Living.” Moving into the “relax and attract” mode of manifestation was also a major theme of Yogi Bhanan’s teachings. He expressed this choice in these words, “There are two ways: either hustle, go out and get it, or meditate and let it come to you.” Of course, living in the attraction mode is very appealing.

The experience of both concepts rests on the fact that as we align energetically with the Infinite, IT supports us in miraculous ways. This requires upgrading the frequency of our electromagnetic field to vibrate with the Infinite Field and expanding our consciousness.

In this chapter we identify how prayer fits into the G-O-D scheme of creation — *GENERATING-ORGANIZING-DELIVER* — and how we can align ourselves in the G-O-D creative process.



*Any move you make, you must pray
because that ignites the power.
Ignite your power and then go. Then let
God take care of it.*

– Yogi Bhanan



What Is Prayer?

We each cultivate and learn to be comfortable with our own personal mode of connecting and communicating with the Divine. I remember Yogi Bhanan telling us not to interfere with the way others pray. Whatever works for *you*, that’s it for you. We will discuss some ideas that can help each of us, in our own way, perfect our power of prayer.

Defining Prayer

We generally consider prayer as a method to create a desired result by invoking assistance from the Divine. Through prayer, we attempt to influence outcomes by connecting with Infinite Unknown forces and powers. Honestly, *we pray because we want something*, and

- ◆ We know that there are more forces at play than our limited ego/personality.
- ◆ We realize that we are not in control of every outcome and acknowledge the Unknown Infinite Force.
- ◆ We believe that if we ask for help, there is a better chance of getting what we want.

When we look at our problems from our limited ego's point of view, we get confused and can make matters worse. Prayer is an intelligent strategy to help us navigate through our life. The power of prayer connects us with and evokes support from the Unknown. The essence of prayer is turning our problems over to the Infinite Organizing Power and our soul to find a solution. It is easier to solve our problems from a soul perspective and with the help of the Infinite.

Woman's Nature Is a Living Prayer

The concept of "Woman Is a Living Prayer" means that a woman, by her very nature and design, is always in a state of prayer. Woman's presence and essence communicate with the Infinite at every moment. *Whether woman is conscious or unconscious of her power of prayer, this is who she is and how she operates.* Woman's vibration and consciousness determine the quality of her prayers. If woman projects a negative vibration, her prayers will attract situations that correspond to that message. In higher states of consciousness, woman magnetizes more favorable circumstances.

Our Connection with the Infinite

The key to understanding the true nature and power of prayer and our ability to manifest comes from the fact that we are part of and constantly interact with the Universal Field.

1. Our mind is part of the Universal Mind. We connect with the Universal Mind through both our conscious and unconscious thoughts.
2. The human magnetic field has a complete interconnection with the Universal Field.
3. The vibration of our magnetic field and the frequency of our mental, emotional projection interact with and imprint on the Universal Magnetic Field.
4. We relay messages and interconnect through the spiritual strength of our subtle energetic self.

Living Prayer

To summarize, given the fact that our mind and electromagnetic field are constantly interacting with universal energies, we are always in prayer. We are always receiving the impact or consequences of our interactions. We hope that what we are sending out will attract what we like and make us happy. Thus "living prayer" refers to the state of our being which, in its

totality, creates a vibratory effect that interacts with the creativity and infinite possibilities of the Universal Field.

What we really want to know is how we can be more effective in getting what we want in the most pleasurable, relaxed manner. Fortunately, the more pleasure we experience and the more relaxed we are, the more we align with the Infinite Flow and the more we empower our prayers.

Every chapter in this book discusses ways that we can live more consciously, upgrade our vibration, and thus make our state of prayer more impactful. In Chapter 24, for example, we discussed how to use the four basic elements to optimize our power to manifest. In this chapter, we discuss how to use the three G-O-D phases of the creative process to move into the attraction mode of living. This completes our discussion of the basic universal energies, which include (1) the two polarities, (2) the four elements, and (3) the three phases of the creative process. (See *The Inner Art of Love* for more on all these topics.)

The Relax and Attract Mode

Two Ways to Manifest

There are two ways to manifest: (1) the struggle and go after mode, and (2) the relax and attract mode. Yogi Bhanjan explains it this way:

There are two ways of living in this world — the way of worry and the way of relaxation. If you worry, you have to concentrate to imagine, and it becomes physical work. But if you turn your mind to the Universal Mind, then things will come to you.

We must be very clear that the “relax and attract” mode does *not* mean that we sit around and do nothing and everything falls into our lap. It means that we can take advantage of the law of attraction, to magnetize to us opportunities and assistance. With the support of the Universe (and our daily practice!), our vital energy is not wasted. We are able to wisely use our resources to take action and to carry out our creative projects.

The “relax and attract mode” is a way of being, which must be cultivated by

- ♥ Training ourselves to vibrate freely with our own soul and the Infinite
- ♥ Learning how to embody higher vibrations and to spiritualize matter
- ♥ Learning how to contain, not leak and dissipate, energy

G-O-D Creative Interactions — Elemental Balance

Each of the zodiac signs has a *complement*, or a sign that is 180 degrees opposite from it. More specifically, *air and fire* signs complement each other. And *water and earth* signs complement each other.

In addition to the complements, the signs all have their *elemental balance*. There are three combinations of the four elements and they each make a cross. These correspond to the G-O-D modalities: Generate, Organize, and Deliver.

The four G (Generating) signs are Aries/fire, Cancer/water, Libra/air, and Capricorn/earth.

The four O (Organizing) signs are Gemini/air, Virgo/earth, Sagittarius/fire, and Pisces/water.

The four D (Deliver) signs are Taurus/earth, Leo/fire, Scorpio/water, and Aquarius/air.

Each of the four signs that express *G*, *O*, and *D* respectively understand one another because they operate from the same mode.

G-O-D — The Scheme of Creation

Where does prayer fit into the G-O-D scheme or formula of creation? First, we will summarize some of the key concepts of the three aspects of creation.

G-O-D — The Scheme of Creation

G – GENERATE — *co-create, take action, be responsible; what we do with our **mind** and body.* Generating involves focusing our mind in one-pointed clarity at the third eye and taking action in the world.

O – ORGANIZE — *align, allow, trust, surrender, relax, accept; what we hold in our **heart**.* Organizing involves holding the space of love in our heart and self-love.

D – DELIVER, DESTROY — *enjoy, be grateful, do not hold on! How we express our **soul** in our body.*

Deliver includes experiencing deep satisfaction in our body and empowering our prayers through soulful devotion.

Next, we outline how we can empower our state of prayer through our consciousness and our behavior in relation to the three phases of creation.

G – Generate

Co-create. Take action. Be responsible.

1. Ask, Invoke, Mobilize Assistance with Gratitude

We need to know how to ask. “Thank you!” activates help. “Thank you!” is our magic mantra.

2. Action Is Required

We must not forget that we live in the physical world and that our human journey is about learning how to operate in physical reality. *Manifestation is a co-creative process.* We can't sit around and expect a job, money, a car, a relationship, etc., just to show up. We need to take action — generate — and take the necessary steps in the physical plane to create desired outcomes.

3. Consistent Calmness and Clarity

A major problem and source of self-sabotage is that we are not consistent. We spend too much time complaining and locked into attitudes of doubt, lack, and neediness.

It is important that we pay attention to our thoughts and feel our emotions. When we do not listen to ourselves and feel our feelings, we become anxious and our subconscious, negative programming takes over.

When we listen calmly and quietly to ourselves and pay attention to how we feel, we become aware of our state of being and thus the nature of our prayer. Anger, anxiety, and insecurity send out messages from our negative subconscious imprints. These prayers may be consistent, but they do not attract what we want.

The power of our prayer is influenced by how calmly, quietly, and peacefully we interact with the Universe, ourselves, and life. Our power, strength, and wonder are in our patience. Patience empowers our prayers.

4. One-Pointed Clarity and Light

We must know *how* to focus our mind. Prayer attracts positive results or answers through the meditative mind that can focus, connect with, and relax into the Universal Mind.

- ♥ Our rational mind is dualistic — it computes positive and negative. Because our rational mind operates out of duality, it cannot project with total clarity. By its very nature, our rational mind sends out mixed messages!
- ♥ The most effective prayer is when the one-pointed beam of our mind sends a totally clear signal to the Universal Mind. The Universal Mind responds to our beam. When our beam is clear and calm, our projected thought unites with infinite thought.
- ♥ Our faculty of one-pointed projection is available at our third eye, which is part of our neutral mind. Both our neutral mind and our third eye are non-dual — they compute only oneness and transcend the conflict in our dualistic mind.

- ♥ To project consistently with total clarity, we have to train ourselves to project from our third eye and not from the thoughts of our rational mind. This includes the “positive” thoughts sent out from our positive mind. We increase the power of our positive thoughts when we send them out through our third eye.

As we activate the beam of light at our third eye,

- ◆ We tune into a clear and stable focus.
- ◆ Our one thought is coherent.
- ◆ Other voices do not talk back or negate our intentions.
- ◆ There are no questions and no discussion.

The one-pointed light at our third eye beams into the oneness of universal reality! *The synergy of oneness magnifies the power of our prayer!*

O – Organize

Align. Allow. Trust. Surrender. Relax. Accept.

1. Alignment, Availability — Stay Plugged-in

To be able to attract and receive *we must align with the Divine*. The Universe lines up with more acceptable outcomes when we are consciously plugged into and coherent with universal energies, instead of operating unconsciously with our subconscious in the driver’s seat.

In oneness (Infinite and me, me and the Infinite Organizing Power are one), we are more available to receive and allow universal energies to work with us and to support us.

2. Willing to Change and Learn Your Lessons

To be available, we have to be willing to change. We may need to change a habit (judgment, negativity) or learn a lesson like “let go of control.” When we want something to change and when circumstances change, we have to plug into a new configuration. When the old plug-ins don’t work anymore, we have to find new ones. We can always plug-in at our heart!

3. Holding the Space of Love and Aligning with Oneness

Our task at the “O” organization phase of creation is to stay connected and conscious, without attachment. We can do this by holding the space of love in our heart, which like our neutral mind, is also non-dual. There is no discussion or judgment in our heart.

In our heart, we are in oneness — oneness with our soul and with the Infinite.

- ♥ In oneness, we feel that we are part of Infinity and that Infinity is part of us. There is no separation and thus no fear.

- ♥ In oneness, it is easier to let go and trust. We simply enjoy holding the space of love and let our connected space do its job.

4. Our Divine Connection and Place of Faith

In fear consciousness, we feel powerless and victimized by external circumstances. When we are able to relate to our Divine Connection as more powerful than circumstances outside ourselves, we are able to trust that (1) there is another way, (2) help is available, and (3) there is always a pathway through every problem.

We are not insecure because of outside pressures. We are insecure because we do not have a stable foundation within ourselves from which to deal with outside pressures. *We create inner security by creating an imperturbable base inside ourselves.* We build a stable inner foundation by attaching ourselves to the infinite qualities of peace, stability, stillness, and silence.

The basis of trust and surrender is our inner personal connection with the Infinite. We cultivate our inner anchor and place of faith by feeling our Divine Connection inside our skin and inside our circle. Our state of being shifts from fear to love when we have access to a supportive and comforting inner refuge and know that the Infinite and our soul are always with us.

5. Divine Fragrance

What and how we attract is determined by our vibrational “fragrance.” Are we a flower or a garbage can? To effectively be in attraction mode, we must emit a fragrance of security, depth, wholeness, confidence, and truthfulness. When our stable base is our connection with our soul and the Infinite, our fragrance is divinity, dignity, and grace. Like a flower shares its fragrance and a candle emits its light, we attract from peace, trust, and satisfaction.

6. Viewing and Projecting from Our Soul Perspective

At our third eye and in our neutral mind and heart, we are connected with and projecting from our soul instead of from our subconscious. In our non-dual soul channel, we are lined up with the Infinite, not with mass consciousness. When our perspective is filtered through our soul and our oneness with the Divine,

- ◆ We can observe and accept things the way they are.
- ◆ We can let go because we do not feel the need to be in control.
- ◆ We can share healing energy by holding ourselves and others in our space of love.

7. Acceptance, Letting Go, Faith, and Trust

The power of our prayer is influenced by our ability to trust the Infinite and to be guided by faith. If we are controlled by fear, we undermine our prayers.

Doubt is the source of pain and self-sabotage. Surrender is the highest power.

At some point we have to let go. We have to trust that our prayer has been received and trust the outcome. We have to practice patience and allow the Infinite Organizing Power (IOP) to line everything up, knowing that the IOP receives and processes millions, billions, even trillions of prayers and must take all into consideration to organize a response.

While we are waiting we can keep the following in mind:

Let go of expectations.

Expectations are a form of control. *Expectation becomes desire and desire creates fear.* To release fear, we let go of our ideas of the way we “think” things “should” be. Alignment with the Divine Flow happens in a state of acceptance and openness to new possibilities.

Keep the flow going.

Don't push a little more. Relax a little more!
Let the fight go so that you can be in a state of cooperation and openness to receive.

Infinite Organizing Power is always at work.

We aren't the only ones involved.
Other factors, energies, and people must come into alignment too.

Divine timing is always in charge.

It takes time for the Universe to work things out, so don't expect instantaneous results. Be grateful if you get immediate feedback, but be patient if you have to wait. Everything happens in Divine Timing.

Be sure you are ready and able to receive.

Use your “waiting” time wisely to make sure that *you are ready* to handle what you have asked for. Usually the Universe is waiting for us to be able to receive!

In sum, our goal and prayer is to live in a state of acceptance and trust that the Infinite Organizing Power delivers the highest good for all. Our prayers are answered when we are able to live in peace and to enjoy and be grateful for the multitude of gifts that we continually receive.

D – Deliver, Destroy

Contain. Enjoy. Be grateful. Hold in — Do not hold on!

At the deliver phase of creation, our power to manifest is a function of (1) the frequency of our energy and (2) our ability to contain our energy and avoid scattering or wasting it.

1. Containing Our Feelings in Our Body

To cultivate the “relax and attract” mode, we must establish a magnetic physical and energetic presence. We consolidate our energy field/circle by (1) focusing our attention inside our skin and (2) staying present in feeling and listening awareness to the sensations in our body.

If we do not pay attention to what we are feeling in our body and do not listen to ourselves, we lose energy and we become anxious. We lose energy when, instead of feeling and embracing both comfortable *and* uncomfortable emotions, we *talk* about them; i.e., we disconnect from our bodies, escape into our mind, and get lost in the abstract, disembodied world of thought.

The strength and quality of our projection (which is how we attract) is determined by how calmly, quietly, and peacefully we listen to ourselves and relate to what is happening in our emotional and physical bodies and mind as we interact with others and with life.

2. Deep Satisfaction

To shift gears out of the “struggle and go after” mode of living, and to move into the “attract from satisfaction” mode, we must internalize our source of stimulation and satisfaction.

We can cultivate and internally generate (instead of externally stimulate) feelings of deep satisfaction by doing Kundalini Yoga and Meditation techniques that upgrade our state of being, making it possible to authentically enjoy at a whole new level (1) being conscious and with ourselves in the moment, (2) being with the rhythm and flow of our breath, and (3) feeling the sensations and aliveness in our body.

The way to enjoy more is to go deeper. Satisfaction is not a superficial affair. It is the experience of the richness, the stillness, the silence, the fire of life, the pulse and warmth of our heart, and our truth of our soul that give us the deep pleasure that is found only at the core of our being.

The distance we must travel is to our heart. Resting in the stillness and peace at the center of our being gives us an experience of profound satisfaction and happiness. Taking our pure essence into our life activities maintains our pleasure and our joy.

3. Relax and Enjoy a Little More

Enjoy and appreciate what you have been given. Relax and let go a little more.

4. Blessings and Gratitude

Blessed are those who count their blessings, who bless others, their soul, their life, and their environments.

When we come from the perspective of blessings and gratitude, we are coming from abundance, not from lack.

Each good wish, each blessing, each act of kindness is a prayer to extend happiness, peace, and goodness. This is how we embellish our state of living prayer.

5. Devotion

The deepest desire of our soul is to experience oneness with the Infinite in a human body. The urge to merge is not a linear or a mental thought. It is a feeling. It is an experience of the heart. Devotion comes from our heart and soul. At the *D* phase, we learn that our *prayer is empowered by devotion*.

However we experience the Infinite, the Divine, God, it is our devotion to the One that pulls us into a state of deep, profound pleasure, peace, and ecstasy. Continual devotion keeps us from falling back into duality, separation, and fear. In a state of devotion, we enjoy a profound knowing that Divine Will/Flow and Divine Timing are always in charge.

Make falling into prayer like falling in love. Fall in love with your personal experience of the Infinite One — with the sound of Love, with the feeling of peace, with the presence of stillness. Fall in love with the embrace of the Divine. Devoted surrender is sweet.

- ♥ Our most sincere prayer is to be infused with Infinite Light and Love, to live in the ecstasy of constant, conscious connection, and oneness with the Divine.
- ♥ Our most humble prayer is “May I never forget the One, and may I always experience that I am one with the One.”
- ♥ Our most effective prayer is to be in the consciousness of “May my will be Thy Will. Thy Will be done.”

Truth, victory, grace, and peace are some of the many gifts we receive when our vibration (will) is merged with Divine Will — the Flowing Force.

To perfect your essence as a living prayer and relax into the attraction mode of living, go to **Lesson 27 of Part II, *Living Prayer and Attraction Mode of Living***, for some useful yoga techniques that will facilitate your prayerful process.

Chapter 28

Surrender and Trust

Woman's master strategy is to surrender and trust the Infinite Organizing Power, her soul, and her power as a woman.

The nature of reality obliges us to equip ourselves to *surrender to* that which defies our control and understanding. Although we often feel insecure about what we cannot control, *surrender* is one of the most comforting and pleasurable experiences available to humans. It frees us from the controlling scenarios of our minds. We link up with the Cosmic Flow. We are truly happy and experience the embrace of Universal Love. Being able to trust the Infinite Force that pulses in every cell of our being delivers us to the magical and joyful attraction mode of living.

We Surrender to an Experience, Not a Belief or a Good Idea

Real transformation, surrender, and trust happen deep within our being. Both surrender and trust are generated from our personal experience, not from a good idea, dogma, or a belief system. It is our experience of a force bigger than ourselves and our connection with this Infinite Energy that makes surrender and trust possible. To cultivate this experience we must (1) open our mind to our neutral channel, which has the capacity to access the Universal Mind, and (2) align our physical and emotional bodies with the rhythmic pulse of the Flowing Universal Force.

As we deepen and consolidate an experience of an expanded reality and feel the presence of a vast imperturbable force that penetrates every cell of our being, it becomes possible to let go at a visceral level. This is authentic stress reduction, where true relaxation and inner peace are a reality.

Tuning into an experience that creates the foundation for surrender and trust includes the following:

- ◆ Feeling the presence of a Greater Force
- ◆ Feeling supported, comforted by this Greater Force that is always available
- ◆ Relaxing into our personal feeling of a supportive and nurturing presence
- ◆ Letting go of control and accepting and allowing what IS

The Three Phases of Creation

To review, G-O-D represents three aspects of creation: *G* = generate; *O* = organize; and *D* = deliver and then destroy. To cultivate surrender and trust, we need to upgrade our ability to allow universal forces to Organize and to enjoy what has been Delivered (created).

The G mode is the active doing aspect of creation.

We make things happen through our actions. However, when we focus primarily on action, our need to control and to be in charge becomes overactive and dominant, too often stifling the *O* and *D* aspects of creation.

In the O mode, we allow creative energies to align and come into balance.

The more we relax, the easier it is for the elemental energies of our being to express and synergize in a positive manner. The more we let go, the more we allow the Universe to support us. We flow with the unfoldment of creation.

In the D mode, we accept and enjoy what IS.

We relax into witnessing, experiencing, and being with all aspects of reality exactly the way things are. We enjoy and appreciate what we have been given and our many blessings.

In conscious awareness, we notice that these three phases of creation are present in a dynamic dance. They support and feed each other. Generative action at some point requires letting go and allowing. The resulting alignment produces a sense of pleasure which we enjoy. At some point a dynamic impulse in our being moves us back to the action *G* mode, keeping the *G-O-D* cycle moving and in constant creation.

The Strategy of Acceptance

Acceptance is the opposite of control. Most of us have work to do in the arena of giving up our need to control and being in a state of acceptance. We are in control mode when we operate out of a position of (1) opinions about what should be, (2) the way we wish things were, and (3) judgments about what is.

Acceptance and allowing are *strategies* to get what we want, as well as *techniques* to create alignment with our soul and universal forces. To establish this alignment, we need to accept things the way they are in the moment.

However, it is also critical to recognize and operate from a stance that includes the following:

- ◆ Acceptance is not fatalistic or giving up.
- ◆ Acceptance is giving up useless control and letting go of destructive resistance.
- ◆ Acceptance allows us to not waste our energy in futile control trips, fantasies, and wishful thinking.
- ◆ Acceptance does not preclude taking action to change and create anew.
- ◆ Acceptance in the moment positions us to know when and how we can shift what is possible to change.

An Acceptance Exercise

The following process helps us expand our arena of acceptance and set ourselves free of our control habits:

1. Identify something that is absolutely out of your control to change.
2. Notice and observe the attributes of this event, person, thing, thought, or way of thinking.
3. Be with, pay attention to, feel, experience this fact or thought.
4. Observe the situation or fact without wanting or needing to change or control it.
5. Notice in your body the difference between acceptance and non-acceptance.
6. Note that you can choose to “control” how you feel by adapting either a stance of acceptance or non-acceptance.
7. Enjoy the relaxation and peace of acceptance.
8. Be in gratitude for what is.

Do the above process three more times for something about yourself and your life

- ◆ That you are not attached to
- ◆ That you don't like
- ◆ That you really object to

Notice how the emotional intensity that you experience varies according to the level of your attachment and judgment.

Why Can't We Let Go? — The Fear of Death

Let go. Surrender. Trust. We are all in favor of these concepts, yet we hold on with dear life to things, beliefs, ideas, and the past with the tenaciousness of a pit bull. Our grip is so tight that we create stress in our body. Often we can't even identify what we are holding on to or why. But we can't let go of some unidentifiable force that controls our will.

The most basic force preventing us from letting go is the fear of death. We may know at an intellectual level that we are eternal souls, but we live in human bodies. Our primal animal instinct is to struggle to survive and to do what it takes to stay alive.

When we are not conscious of the fact that our soul will *not* die when we leave this physical vehicle, we hold on even stronger to our physical reality. Letting go, surrendering, and trusting are visceral experiences that require more than mental training. We must cultivate in-the-body experiences where we compute at a core level that something lives no matter what — our soul consciousness will not and cannot die even when it chooses to leave our body.

Cultivate a Relationship with the Infinite

It is our personal experience of the Infinite Presence and our relationship with the Infinite Forces that make surrender and trust truly possible. Developing our relationship requires our interactive participation and consciously discovering our role in the G-O-D unfoldment of creation. We must experience for ourselves that we are not passive observers or victims, but participants in the co-creative dance.

To establish our appropriate role in the co-creative process, we have to know the rules of the game and teach ourselves to play by these rules. The Universe operates through *alignment* and *attraction*, which happen through dynamic and magnetic forces. Our optimal participation requires upgrading our vibrational frequency to synchronize with universal forces.

We change and monitor our frequency through

- ◆ How we feel and our emotional state
- ◆ Our mind space and state of awareness or consciousness (dualistic or neutral mind)
- ◆ Our mental conversation and perspective (critical, affirmative, or neutral)

Let Go of Control and Trust

Our attempts to control that which is not controllable blocks the free flow of our emotional energy and thus interferes with (1) the information that our emotions are delivering from our soul, (2) the magnetic aspect of our manifestation mechanism, and (3) the deep pleasure, relaxation, and satisfaction that we experience when our emotional energy is freely flowing.

We have to let go and relax to be available to access the depths of our being, our truth, and the flow of our soul. The more we let go, the more treasures we find, and the more miracles we attract.

As we release our stranglehold on our life force, we can enjoy our own rhythms and the cycles of nature. We find out that we can't control the deepest level of our being, others, or nature — and we don't want to! Surrender becomes more and more possible as we witness how everything and everybody, including ourselves, has its own life flow that plays out independently of our interference.

Woman's inner mastery includes knowing her own energy and aligning it with universal and natural energies. As we let go of our limiting agendas, our sensitive sensory awareness begins to attune with the subtle play of energies and to tap into and work with, instead of against, them. As we do so, it becomes easier to trust and joyfully swim in the big river of life.

Acceptance Is Woman's Master Strategy

Acceptance of life as it presents itself is part of woman's master strategy. Acknowledging things exactly the way they are is the secret to deep understanding and trust. Guilt, shame, grief, regrets, judgment, disappointment, lack of forgiveness, and wishful thinking all preclude acceptance and prevent our conscious connection with the ever-unfolding events of life.

Acceptance doesn't mean we like everything; it means that we don't distance ourselves from the truth and live in denial.

In non-acceptance we are preoccupied with either the past or the future. Our mind is immersed in dissatisfaction with what we or others have done or with what has happened. Or we are preoccupied with what we wish would happen, with feelings of anticipation instead of feeling and loving ourselves (mind, body, breath) and our life at every moment. Past- or future-directed anger, fear, anxiety, and frustration all engage our emotional energy and cause it to create future moments that are also not to our liking.

We can live a satisfied, committed, and creative life only if we connect with things and ourselves without resistance. Everything changes and evolves. Life unfolds in a beauty so deep and profound that we don't want to miss the exquisite unfoldment. The more we allow and appreciate the wonder of the moment, the more meaning and contentment we experience. In a state of non-resistance, we are able to connect with and become one with the Infinite Flowing Forces that animate and create the miracle of life.

We are then able to let go, to trust, and to surrender because we can maintain and enjoy our Divine Connection, which gives us an experience of oneness with the ONE. Our strength and joy grow as we focus our attention on "what IS, was, and always will be." Trusting the Universe and our dynamic relationship with it and continually surrendering to the Unknown transforms our fears into an ecstatic realization of infinite peace and love.

Shifting Our Frequency through an Attitude of Gratitude

One of the most effective (and necessary) ways to shift our vibration is through an attitude of gratitude, which simultaneously alters our emotional state, our thinking, and our mental conversation. A wise woman makes gratitude and appreciation her default program and the foundation upon which she creates her internal support system.

"Thank you" is the magic mantra that empowers all aspects of creation. "Thank you" generates a positive conversation, a peaceful and relaxed feeling, and an attitude of acceptance and allowing. In short, "thank you" generates a transformational process that aligns our being with the Infinite One. Alignment is one of woman's ace cards.

Gratitude and acceptance are thus strategies that free us from a painful past and link us up to the expanded reality of Love. Both facilitate a mode of surrender and trust and release stuck energy that we can use to enjoy life. The great news is that as we give up control, we also liberate ourselves from being controlled by manipulative external forces and subconscious programming.

Trusting Ourselves and Doing Our Best

Moving into trust involves both trusting the Unknown and trusting ourselves. We train ourselves to play by the rules of the universal game and cover ourselves by

- ◆ Adding *thank you* and *blessings* to our conversation
- ◆ Adopting an attitude of gratitude and acceptance
- ◆ Our daily spiritual practice to create and maintain our alignment with the Divine

To relax, let go of control, and simply enjoy the unfoldment of life, it is essential that we, as women, are kind to ourselves. We do so by affirming that we are doing our best. Always remember, life is an experiment. We can't know an outcome until we engage, make decisions, and take action. We learn by experimentation. Welcome to the workshop called life!

Lesson 28 of Part II, *Surrender and Trust the Infinite*, contains some simple yet powerful Kundalini Yoga techniques to help you experience how to let go, trust, and surrender to the Infinite Organizing Power and your soul.



*There is no difference between the Universal Flow of Love and a woman.
A woman's job is to cultivate this experience inside herself. Then she will
know, feel, and experience her essence as a Divine Woman.*



Chapter 29

Woman's Circle and Space of Love: Magic and Miracles

Did you ever notice that magic and miracles happen around you? By her essence as a goddess and the embodiment of the Divine Feminine and Mother, every woman creates miracles through the magic of her presence.

It was while teaching a class on this topic that I realized that woman's unique essence (and our silent revolution) is in woman's *Inner Mastery and Outer Mystery*. Every lesson and practice in this manual cultivates aspects of your inner mastery and prepares you to operate in the dimension of magic and miracles, where you tap into your ability to engage in self-healing, to bless and uplift others, and to effortlessly find answers to your questions and solutions to your problems.

Embracing Our Womanhood — What Works

The basic themes of embracing our essence as a woman and inner mastery as presented in this book are synthesized in the points below. They show us what works to liberate us from self-sabotaging behaviors and attitudes so that we are free to reconnect with our inner goddess.

- ♥ What works is our ability to be in our neutral mind so we can stop ourselves from engaging our emotional energy and dualistic mind in reactive behavior.
- ♥ What works is woman's peaceful, coherent, heart-centered inner state of being.
- ♥ What works is woman's ability to relax, to wait, to trust, to bless, and to hold the space of love for healing, resolution, opportunities, and alignment.
- ♥ What works is a woman's space/circle of love that elevates and heals with compassion, kindness, and caring.
- ♥ What works is woman's soothing vibration and aura. Instead of trying to take care of everyone, woman's presence, attitude, and energy field provide the Light and Love that allow others to be taken care of in ways that are best for them and a product of their own choices.
- ♥ What works is woman's conscious connection with universal energy. The living energy of Spirit and the Divine Mother vibrates in every cell of her body. Her alignment and synchronization with the universal stable and flowing forces empower her presence and her prayers.

For all of the above, woman must cultivate her meditative mind, a graceful and radiant presence, and open her mind and heart to her space of love.

Experience of Love Is Our Goal

Our soul lives in our body. Our light shines in our energy field. Within us is a deep peace. Our essence is love. The Universal Force animates every aspect of our being. The existence of our soul, our light, inner peace, strength, and love is not the question. We do not need to convince ourselves that we embody love and radiate light. Our focus is on doing what it takes to become conscious of the reality of love that already and always vibrates within our being.

As we have seen, woman's job is to wake up and then to stay present in mental and feeling awareness to the space of love in her mind and body. Our intention and practice is to cultivate our consciousness to the point where nothing can interfere with the space and flow of love in our inner reality. When nothing can disturb our experience of love, we simply go deeper and enjoy it more and more. Our greatest source of joy is to awaken to the love of our own goddess soul.

What Man Wants and Needs from Woman

Woman's value to a man is a feeling of comfort, which she creates in her space of love. A woman's impact on a man is in the feeling of peace that she can provide. Deliver this comfort and peace and a man will stick around. Deliver nagging negative vibrations and a man will run for his life.

The Power of Woman's Circle and Space of Love

Woman's Circular Space of Love

A basic theme of this book is that the essence of woman's power resides within her energetic being and in her ability to create and hold a space and feeling of love in and around herself. Woman's heart is empowered by a special arc line between the nipples of her breasts, and this gift adds a powerful force to her ability to hold the space and the feeling of love.

Woman's path is to cultivate her space of love and to create energetic boundaries so that she can contain her energy, stay balanced, and remain in her prayerful power. Otherwise, her capacity to embrace all gets co-opted by her emotional need for attention and security, her fear of abandonment, and her protective nature, which extends to and embraces those around her.

Woman's natural capacity to be the womb to create a child can be used to hold the circular space of love inside her body, mind, and heart and in her aura. Although she focuses on creating a circle in and around herself that contains her energy, her capacity to include all still operates. However, she includes herself in her circle, and she includes others without losing herself! When woman can be conscious of her energetic circle and hold her space of love, nothing can throw her off balance or disturb her. She is able to maintain and expand the impact of her presence and her power of prayer.

Nobility and Grace

Nobility and grace define a woman's space of love. *Nobility is a facet of our stable polarity.* We are at one with the Universal Force that is the supportive structure of all life. In our oneness, we align with and serve this force of Love. *Grace is a facet of our flowing polarity.* We must be able to surrender, to allow, and to let go to be able to truly relax. We must be relaxed and truly accepting to gracefully flow with the currents of life.

When our roots are firmly attached to the Light of Truth and are anchored in the core of our soul, our need for stability is satisfied. We no longer create resistance in a futile attempt to establish solid ground. We are free to witness, to dance, to feel, and to explore as the evolutionary winds of change blow through the branches of our life.

Woman's Spiritual Practice

Woman's spiritual practice is about making her circle and space of love so strong that nothing can distract her, cause her to react, or divert her attention. The more we can maintain this state of consciousness and hold on to the loving feeling of her goddess soul, the more

- ♥ Every life issue can be successfully dealt with and resolved.
- ♥ The issues generated by our fantasies no longer control us or seem important.
- ♥ We become very magnetic and attract to us what we need.
- ♥ We are contained, content, and at peace within ourselves.
- ♥ Our presence heals and uplifts others and our environments.
- ♥ We can relax into the flow of our soul and enjoy our path of womanhood.
- ♥ We wake up to the gift of being a woman and delightfully dance our own dance.

Expressing the Elements

The substance of reality is a given. Our bodies and physical existence are composed of the four elements: air, fire, water, and earth. The only question is how we express these essence energies.

- ♥ Will we express the fire element as *anger and revenge* or as *radiance and passion*?
- ♥ Will we express the earth element as *resistance* or as *a solid foundation*?
- ♥ Will we use our mind (air element) to make up *illusions* or to create an *open, clear space*?
- ♥ Will we let our emotions (water element) *overwhelm* us or can we relax into the *flow of life*?
- ♥ Will we listen to our soul or our stories?
- ♥ Will we sell ourselves to get love or will we cultivate and enjoy our space of love?

Impact — A Woman's Goddess Strategy Is to Elevate

A woman's goddess strategy is not to perfect control, manipulation, winning, convincing, or conquering. Woman's goddess strategy is to create impact and elevation through her presence, by holding her space/circle of love, and by allowing solutions to be found, adjustments to be made, and elevation to occur.

The strength and purity of a woman's space/circle of love determines her impact and dissolves her hidden agendas. A woman's job is to elevate herself so that she can elevate (instead of take care of) others. Woman's impact is determined by

- ♥ How she expresses the four elements
- ♥ The strength of her space/circle of love
- ♥ Her ability to hold and contain her light as unwavering radiance in her aura
- ♥ The nature of her decisions and direction

Decisions and Direction

In her inner reality, woman alone is responsible for her choices. No one is doing something to her. At every moment, woman chooses her own direction. Woman must constantly decide whether to go toward higher consciousness or let herself be overtaken by lower consciousness. It initially seems to take more discipline to choose the high road, but when we consider the consequences of our decisions, the path of the heart is clearly the optimal choice.

Woman directs herself toward higher consciousness, self-elevation, and healing when she chooses

- ♥ To love her little girl
- ♥ To allow her teenager to be honest and real
- ♥ To take action and to create based on reality, not fantasies
- ♥ To elevate her consciousness to embody her goddess
- ♥ To perfect her projection, presence, and power of prayer
- ♥ To make her space/circle of love so strong that the angels bow in her presence

When woman points herself toward her goddess essence, she soon realizes that she can relax into her magnetic attraction mode. She is free to dance her own dance.

Discover the magic and miracles that happen in your presence by practicing the exercises in **Lesson 29 of Part II, *Woman's Space/Circle of Love — Magic and Miracles***.

Chapter 30

Touchstones for Womanhood

Every moment of every day, woman can embrace the challenges, learn the lessons, and tune into the gifts of her womanhood. Below are a few touchstones to guide your journey to inner mastery and outer mystery. Of course, add to the list from all the lessons and from the guidance you receive from your inner woman, soul, and Divine Mother.

Give Yourself Time and a Buffer

Woman computes instantaneously and therefore reacts quickly (quicker than a man). Because she can change in a second, woman needs to train herself not to act impulsively. When woman is impulsive, she falls into traps and is drawn into circumstances with negative consequences.

Woman must train herself to stop (breathe!), go into her space of love, and then take the time she needs (1) to listen, feel, and understand what is happening; (2) to figure out what is needed; and (3) to be aware of the consequences of any course of action.

Before she moves forward, woman must know what she is committing to, giving, and promising. Only after she has computed, with her innate sensory intelligence, the implications and responsibilities of all of the above is she in a position to wisely decide, speak, and act.

Don't Take the Bait and You Won't Get Hooked

When a woman reacts, she allows herself to engage in the games that others are playing with her. If she takes the bait, she gets hooked. The moment woman reacts, her energy intertwines with something or someone outside herself. No longer contained in her circle, she makes herself available to be controlled by outside influences.

When woman stays connected to her own heart space, she can make decisions that are in her highest good. However, if she loses connection with her space/circle of love, her emotional conditioning, inner anger and fear, and mind games take charge. She succumbs to reactive and programmed behavior, which causes her to respond to and to interlock with something that is not in her best interest. The result is that she wastes her life force and her precious life.

Cause and Effect and Responsibility

- ♥ Always consider the relationship between cause and effect.
How we nurture the seed impacts the blooming of the flower and the taste of the fruit.
- ♥ Don't play games. Games cannot save you.
Instead, take responsibility for your own actions, energy, and space of love.
- ♥ Life unfolds in the manner that you deal with it. Deal from grace or attract disgrace.

♥ Anything (other than our own consciousness) that we try to control actually controls us. The burden, the weight, and the responsibility can drag us to our grave. Choose grace, not grave.

Transformative Touchstones

These transformative touchstones will always elevate you to your sacred goddess essence:

- ♥ Keep your projection clear, one-pointed, and graceful.
- ♥ Make compassion and kindness a way of life.
- ♥ Feel the flow of the Infinite through you.
- ♥ Dedicate your thoughts, actions, and prayers to Love.
- ♥ Amplify your dignity by staying true to your values.
- ♥ Elevate yourself to elevate your man and your environments.
- ♥ Join Infinity. Become a spokeswoman for the Divine Mother.

Woman's personal spiritual practice is the foundation of her journey to inner mastery. Do something every day to take care of and to nurture your essence as a sacred woman. Use the summary steps outlined in **Lesson 30 of Part II, *Celebrate Your Womanhood Every Day***, to guide your path to Love.

♥ *Flow and Rhythm Are Woman's Touchstones* ♥

Like the river of life, woman's essence is fluid and flowing. But when she cannot relax, her fluctuations are disturbing, upsetting, and even overwhelming to herself and others. To enjoy the continuity of the flow of life, woman must be able to allow and surrender to universal energies as they express and unfold within her. Woman needs her stable and secure inner space to hold her so that she can relax into her own flow and allow the Flowing Force to nurture and create through her. Woman's nervous system must be strong to receive and embody the high frequency of Divine Mother Goddess Force.

Woman's rhythm determines the flow of her soul and sustains her nurturing waters that feed life. When woman maintains peaceful consistency in her stable center, the rhythm of her soul is free to effortlessly self-calibrate and to move of its own accord.

PART II

Woman's Inner Mastery Lessons

Oh, Sacred Woman

Oh sacred woman, why do you look outside yourself for validation and satisfaction?

Oh sacred woman, acknowledge yourself and turn your attention to the true contentment that is always available in the silent contemplation of your soul.

Oh embodiment of Goddess, why do you want others to give you what dwells within?

Oh embodiment of Goddess, attach yourself to your own heart and always relate to yourself with love.

Oh divine woman, why do you beg for what is already yours?

Oh divine woman, simply claim your birthright to share abundance by honoring the Earth Mother and connecting with the natural forces that spontaneously give to those who are available to receive.

Oh blessed woman, why do you not appreciate and enjoy your infinite beauty?

Oh blessed woman, give yourself permission to ignite and savor your radiance which shines like the Sun to bless and uplift all.

Oh mother of humankind, why do you not understand that you are the creative vessel of the Divine Mother?

Oh mother of humankind, wake up to your position and power and share your love so that all may be awakened by your nurturing and graceful presence.

Oh Shakti woman, control, cleverness, stressful efforting, and victimized blaming will not free you to enjoy your divinity.

Oh Shakti woman, true emancipation is achieved by surrendering yourself to the innocence and purity in your own heart and the power of your Shakti essence.

Oh graceful woman, do not negate your unique embodiment of the Mother with self-criticism.

Your unique flower blooms when you water it with the potent nectar of self-love.

Oh beautiful woman, let Mother Earth teach you, and use her as your touchstones.

Accept her invitation to BE

As inspiring as the promise at sunrise.

As radiant as the Sun at noonday.

As content as the completion at sunset.

As serene as the calm in the starry night sky.

Oh woman, claim your greatness as a sacred, divine, blessed embodiment of Goddess.

Woman's Inner Mastery Lessons

The 30 lessons in Part II of *The Gift of Womanhood* guide you to cultivate your personal experience of the insights gained in the corresponding chapter of Part I. Composed of a series of Kundalini Yoga kriyas and meditations and suggestions on how to focus your attention and guide your awareness, each lesson focuses on specific goals toward the achievement of inner mastery:

Lesson 1: Notice that you can quickly change how you feel emotionally, mentally, and physically!

Lesson 2: Cultivate your spine as your center and monitor how your life changes.

Lesson 3: Notice how your mood and physical well-being change when your hips are happy and your navel center is activated.

Lesson 4: Awaken your inner sensory faculties, cultivate sensory awareness of your subtle energies, and monitor what they are doing.

Lesson 5: Pay attention to your sexual projection, clear subconscious programming, and project a soul quality.

Lesson 6: Connect with your stable male polarity and neutral space.

Lesson 7: Use your stable male polarity to heal your father, abandonment, and separation wounds.

Lesson 8: Stay present to your feelings and in your neutral space in relationships.

Lesson 9: Be conscious, allow, accept, and let go of control.

Lesson 10: Awaken and be in oneness with the Sacred Feminine in your body.

Lesson 11: Use feminine passive/receptive strategies to experience your flowing rhythmic essence, to tune into your identity as a unique expression of the Sacred Feminine, and to set yourself free.

Lesson 12: Activate your Sacred Shakti — circular, spiral, vortex energy in your body and spine.

Lesson 13: Heal your mother wounds by connecting with and calling upon the Divine Mother. Experience your oneness with the Divine Mother in your circle.

Lesson 14: Experience oneness with the Infinite Flowing Force in your body. Then align your flow (will) with the Cosmic Flow and be in oneness with the Flowing Force.

Lesson 15: Relax into sensory awareness of “I am a feeling.” Feeling is inside my space*

Lesson 16: I feel safe in my body and connected to Mother Earth. My skin and circle define the boundaries of my space.*

Lesson 17: Nurture your body as the home of your emotions and the container for your space.*
With kindness, welcome your soul into your body.

Lesson 18: Transmute anger into the Shakti fire of your soul and use it to love yourself and take action for yourself. Fill your space/circle with Shakti Light.*

Lesson 19: Monitor your mental and emotional programming and break sabotaging mental and emotional habits. Upgrade the content of your circle.*

Lesson 20: Love the three lions of fear, anger, and sadness to open your heart. Infuse love into your circle.*

Lesson 21: Practice shifting your mind and emotions from fear to love.

Lesson 22: Access your inner guidance system by listening to your intuition, feeling your instincts, and resolving inner conflict in your heart.

Lesson 23: Generate a magnetic, pleasurable feeling in and around your body/circle* and use this power to heal, attract, and manifest.

Lesson 24: Create your personal vibration and dance by cultivating the powers and gifts of the elements: air, earth, water, and fire.

Lesson 25: Create a relationship between personality/woman ME and soul ME and experience self-love inside your circle/space.

Lesson 26: Make yourself beautiful with your radiant presence.

Lesson 27: Perfect your essence as a living prayer and relax into the attraction mode of living.

Lesson 28: Let go, trust, and surrender to the Infinite Organizing Power.

Lesson 29: Enjoy being a woman in your space/circle of love and welcome the magic and miracles that happen in your presence.

Lesson 30: Every day do something to take care of and nurture your essence as a sacred woman. Cultivate your space of love with your own spiritual practice. Love yourself and your life with all your heart.

**Create your circle and contain your space with your spiral energy.*

Woman's Path Is a Circle of Love

Woman's spiritual path is about creating, maintaining, embellishing, and enjoying her circle of love. The following steps outline the essential ingredients of woman's spiritual path. Each of the 30 lessons in this section of the book offers instructions and techniques to cultivate and awaken to these experiences of your sacred womanhood.

- ♥ Space is neutral. In space we can expand to infinity.
- ♥ There are no boundaries or individualization in infinite space.
- ♥ Space offers us the stage upon which we each dance our own dance.
- ♥ Woman must define her stage and choreograph her personal dance.

- ♥ Woman claims her stage for her life and her dance out of the infinite space.
- ♥ Woman's spiral energy creates her circle from the infinite space.
- ♥ Woman's circle is her womb, her personal cocoon, and her universe.
- ♥ Woman's circle defines, contains, and protects her space.
- ♥ Woman is in charge of consolidating and containing her space inside her circle. She does so by experiencing her space inside her skin, inside her body, and inside her aura.
- ♥ Woman's job is to maintain the flow of her circular, spiral energy, which by its nature maintains the integrity and boundaries of her circle.
- ♥ Woman must stay awake and centered inside her circle, in her spinal center, in her heart.
- ♥ Woman is in charge of the contents of her sacred space.
- ♥ What she finds and puts in her space is not always neutral and in her highest good.
- ♥ Negative emotions of anger, resentment, frustration, guilt, shame, depression, and fear poison her space and block the flow of her spiral energy. (These emotions release stress hormones such as adrenaline and cortisol into her bloodstream, poisoning her body vessel.)
- ♥ Woman's path is about using love and kindness to transmute lower frequency fear energies into higher frequencies of love.
- ♥ In the vibration of love, woman finds her goddess soul inside her circle.
- ♥ Woman discovers that there is no difference between the Universal Flow of Love and a woman. When woman experiences her oneness with the Universal Flow of Love, she knows and rejoices in her essence as a Divine Woman.

In sum, woman's spiritual path awakens her to the reality of the Universe as a Flowing Force and to her primal energy, which is also a flowing force. Woman's path is to (1) relax into her flowing essence, (2) be present to the Universal Flowing Force, (3) synchronize her energy with the Flowing Force, and (4) let the Cosmic Current flow in her circle. In flow consciousness, the Universal Organizing Force works for woman in mysterious and magical ways.

Introduction

Every lesson supports and is a part of all the others. As you build your inner experiences with each additional piece, pay attention to how your inner and outer realities shift.

Inner Mastery Touchstones — the 11 Cs

Woman's major inner mastery goals can be summarized in the following touchstones. As you pursue your spiritual practice, cultivate the following experiences and monitor your progress as you go.

Centered — in your spine

Conscious — neutral awareness

Contained — in your body, inside your skin, and in your circle

Continuous — relaxed and flowing in your circle

Constant — stability in your neutral mind

Complete — feel whole, not needy

Content — self-love and gratitude for your life

Caring— kind and compassionate to yourself and others

Connected — to the Divine Mother and Infinite Organizing Power

Coherent — instincts, intuition, and heart say the same thing

Confirmed — I am a sacred woman.

Note, the *Cs do not* include

Critical — of self and others

Complaining — about your circumstances and life challenges

Comparing — yourself to anyone else or a fictitious ideal

Competing — with anyone else or an idea of perfection



Beyond confrontation, there is acceptance.

In acceptance, we find vastness.

In vastness, we are one with the One.

We are complete, and we are content.



Woman's Self-Talk and Self-Affirmation

Woman has acquired the unfortunate habit of self-criticism, sabotaging herself through her negative self-talk. However, with her self-designed affirmations, woman can deliver messages to her psyche that reprogram and support her self-image. By talking to her inner woman, she can build her self-esteem and hold herself in high regard.

Create self-affirmations that shift your attention away from external focus and your need to be right or to get external attention. Engage your attention inside, between your personality and your soul. Listen to your heart for what your soul wishes to hear. Talk to yourself with kindness and caring.

Self-confirmation dissolves duality and doubt and opens your heart. When woman opens her heart to herself, she can be nurtured, feel loved, and be acknowledged. Woman's inner happiness is a byproduct of living in her truth and trusting her spiritual nature.

Woman's power is her spiritual power. Use your self-affirmations to acknowledge your spiritual identity and strength. As you confirm your goddess essence, feel the Mother Force animate your being. When woman feels the Flow of Spirit through her being, she can live life in a joyful relaxed mode.

In addition to self-affirmations, mantras, which you'll learn how to chant in Part II, are powerful affirmations that encode sacred messages in your psyche. Reciting mantras confirms your spiritual identity and power as a woman. Make self-confirmation an enjoyable habit.

Healthy Living Tips

Health is a lifestyle of wise choices to take care of your body, mind, and emotions. The following guidelines will facilitate your path to inner mastery.

Cleansing and a Healthy Diet

The practice of Kundalini Yoga releases toxins into our bloodstream. We notice this especially when we begin our practice. This is good, because the accumulation of toxins causes disease. But sometimes we feel the effects as nausea or other signs of cleansing.

To accommodate the initial and ongoing release of toxins, we need to drink plenty of water, exercise, eat a cleansing diet, and take cleansing herbs. Sometimes fasting is necessary to get rid of the very common condition of Candida. Candida is mold in our digestive system that lives off of unhealthy food (especially carbohydrates and sugar). Candida is one of the main causes of food addictions.

I did a lot of fasting in my early years. Now, I don't even want to think about fasting. It is hard on older bodies to undergo serious fasting. So my method is to avoid eating unhealthy food as much as possible. I am extra careful what I eat so as to not harm my body with toxic-producing junk. And my Kundalini Yoga and Meditation sadhana keeps my body very happy (see Lesson 2).

After the necessary fasting, a healthy diet maintains ongoing cleansing. We each have to find a formula that keeps our body active, nourished, and able to digest and cleanse properly.

The basics of a healthy diet require eliminating from your diet any food with wheat, refined and artificial sweeteners, cow dairy, meat, processed foods, and oils, and eating more fresh fruits and vegetables. With a consistent healthy diet, the body cleanses itself.

Cold Showers

Taking a cold shower in the morning before your sadhana is part of the recommended routine. The body, however, must be prepared so that it is not shocked by the cold water. There are several ways to do this; the choice is yours as long as you end your shower with water cold enough to increase the blood flow in the capillaries in the surface of the skin. It is important *not* to chill your internal organs.

Traditional instructions suggest rubbing the body with oil and massaging briskly to warm up the body. Especially in dry climates, it is very healing to rub the body with almond, olive, or other medicinal oils. Brushing the body before the oil massage is also a powerful activator.

One suggestion is to enter the cold water gradually, warming each limb with brisk massage as it enters the water. Men should wear underwear to protect the sex organs from the cold. Women should wear shorts that cover their thighs, as the calcium-magnesium balance in a woman's body is regulated in the thighs, and cold water disturbs this balance. Therefore, also wear shorts when you swim in cold water.

Some people prefer to wash their body in warm water before the cold shower. There are many points of view on this routine. To get the effects of capillary blood flow, avoid water that is too hot and always end with cold that is stimulating enough to wake you up. The longer the warm shower, the longer the cold shower must be to create the desired effects.

What is cold? In Alaska and northern countries, cold can be about freezing. This is too cold water. Add some hot to not shock your system. In warm climates, it is sometimes hard to find cold enough water to create the desired effect.

Women need to monitor the level of "cold" during their moon cycle and avoid real cold. Ending your shower slightly on the cool side can prevent feeling sluggish during the day.

Also, your body type as set out in Ayurveda determines your body sensitivity to cold showers. Vatta types (delicate, air, super sensitive) need to avoid cold shocks to the system. Pitta (fire) and Kappa (earth) types are more resilient and robust. Kappa types need the stimulation to get going.

Breast Health

There are many clusters of veins running through a woman's breast tissue. When these clusters get restricted through blood restriction, they form lumpiness. Press on them and massage them to release the blood restriction, which will smooth out the lumps, sometimes within minutes. If the lumps remain and do not clear, they need to be checked by a doctor. Fortunately, most of the time, lumps are from stagnated blood restriction.

It is absolutely critical that women massage their breasts to avoid blood stagnation and the formation of lumps. The stagnant blood eventually can form a nest for cancer. When there are no nests, there is no place where cancer cells can grow.

Lymphatic Drainage

Many lymph glands are located in our underarm and groin areas. When they are doing their job to process toxins, they become hard (instead of soft) and painful. Clogged lymph glands are caused by blood restriction, which can cause inflammation. To do their defense job, the lymphatic fluids need to be moving. It is very important for a woman's health to massage her lymph glands until the restricted blood moves and her defense mechanism is restored.

Regular Care

The breasts and the lymph glands under the arms, in the chest, and in the groin need regular massage to keep their fluids flowing and unobstructed. We can do this ourselves; however, it is beneficial to get a regular lymphatic drainage and breast massage by someone else, especially a professional. We do not go deep enough ourselves as we tend to stop to avoid pain.

Deep massage that frees up the blockages is often initially painful. Even with weekly care, we can experience pain. But the pain goes away when the blood flow has been restored. We can have therapeutic massage every week for years and still experience pain, so don't get alarmed. Just go through it and be grateful you know how to take good care of yourself.

There are also infrared lights that disperse the blocked blood flow. These are a great complement to massage and usually make the massage a lot less painful, because the blood is already moving. If they do the trick, great! You will know it has if there is no pain and no hardness in the breasts and in the armpits.

Do NOT Lift Heavy Things

It is absolutely essential that woman avoids straining her lower back muscles, spine, and reproductive organs. Woman's body is not made to lift heavy weights. Whenever you lift something, bend your knees and leverage the weight by pushing your feet into the ground and using your leg muscles. This might not seem like a big thing when you are young, but take care of yourself when you are young so that you can enjoy being older.



When you have a resentment, grievance, feeling hostility towards anyone, or if you have any of the other toxic emotions like guilt, shame, depression or fear, these emotions release (stress) hormones such as adrenaline and cortisol.

– Deepak Chopra



Guidelines for Woman's Kundalini Yoga and Meditation Practice

This book contains selected Kundalini Yoga kriyas and meditations that work to accomplish the many aspects of woman's empowerment. Although the different kriyas and meditations have been selected to go with a specific lesson, their comprehensive nature means that they can be used to cultivate the experiences highlighted in every chapter. Feel free to make your own choices.

The human body is made to do yoga. The postures and angles create certain pressures to stimulate reactions in the brain, awakening our consciousness to higher planes of reality. Yogi Bhajan called Kundalini Yoga the yoga of awareness. Truly, any exercise, kriya, mantra, or meditation activates our human system in a way that we can become more aware and conscious. The trick is that we have to pay attention and cultivate the faculty of awareness and the sensory experience of feeling.

Kundalini Yoga kriyas and meditations are designed to create specific effects by stimulating various parts of our being. To achieve the optimal results, it is recommended to do all the exercises in the order given. If, however, you are unable to do an exercise, it is not the end of the world. Visualize yourself doing it, substitute something else that activates the affected parts of the body, or breathe into that area of your body.

Here are some guidelines for your personal practice:

Awareness Basics

- ♥ Stimulate yourself physically so that you can relax emotionally.
- ♥ Experience the relationship between your physical well-being and mental and emotional balance.
- ♥ Maintain your awareness in your spine as your center.
- ♥ Build your meditative/neutral mind as your stable anchor and support system.
- ♥ Enjoy and nurture your body. Do not beat it up or abuse it.
- ♥ Feel your sensations *inside your skin and inside your circle*.
- ♥ Ground and connect with Mother Earth.

Kindness and Self-Love

Do all moving exercises in a rhythmic manner that is comfortable for your body. Doing them in a loving way generates pleasurable feelings in your body. When we are gentle with ourselves, we become aware of our subtle energies, and stuck energies are liberated and begin to flow.

Building Your Core

All navel and leg exercises build our core. But these exercises can be stressful and hurt the lower back if the abdominal muscles are weak. This is a common problem for women, especially for women who have given birth. It is critical to gradually build the strength of your abdominal muscles. Engage these muscles so that you are using them to perform the navel and

leg exercises. Initially, you may find that you avoid using them because they are so weak. With patience and gentle practice, they will become stronger, and you will automatically engage them to do the exercises. Breath of Fire activates our core at our navel chakra.

Moon Cycle and During Pregnancy

Do stretching exercises during Moon cycle days. Do not avoid exercise completely, as one of the reasons that women have menstrual problems is that the energy in the lower chakras is blocked. Moving the energy in the pelvic region during the rest of the month is very beneficial.

Substitute long deep breathing for Breath of Fire during your Moon cycle and pregnancy. Sat Kriya, Shoulder Stand, Stretch Pose, Breath of Fire, and other heavy navel exercises are best not done during the intense days of your Moon cycle. And they should not be done by women who are over 120 days pregnant. Substitute grounding exercises and contemplative breathing or chanting meditations.

Also during pregnancy, avoid navel pumping exercises. Pregnant women need to do squats to prepare for natural child birth. If there is an exercise that you cannot do, substitute squats. Chant sacred mantras to your child, who is very sensitive to your moods.

How Long? — Tips

The length of time for doing each exercise, as given by Yogi Bhanjan when he first taught the sets many years ago, was often quite long. I've since realized that in the early years we needed to do exercises longer to achieve the same effects that we can achieve in shorter times now. The energy was so dark and dense on the planet then that it often took a Herculean effort to break through to the Light.

Now the times of the exercises can vary according to how much time you have and the current state and needs of your body.

Our goal is to generate and move energy to effect healing and to create lasting structural shifts in consciousness. The amount of time this takes depends on many factors, including

- ◆ Concentration and focus
- ◆ Precision of angles and accuracy of performance
- ◆ Relaxation and ease of movement
- ◆ The power of the breath
- ◆ Applying the internal locks
- ◆ Taking time for silent, still integration

Comfort Level Touchstones

Our goal is to activate and move energy — it is not to exhaust ourselves. The amount of time we do an exercise that is appropriate for our body can be determined by observing three basic criteria: (1) what feels *comfortable*, (2) when a *breakthrough* occurs, and (3) avoiding *overexertion*.

Comfortable

You do the exercise for the amount of time that feels good. There is no overexertion. You enjoy a harmonious rhythm and comfortable pace. Optimally, the time specified will fall in this category, and you will experience the effects of the exercise.

Breakthrough

At a certain point, you realize that you have passed a threshold. Something has happened. The energy has shifted. During the pause after the exercise, or during the deep relaxation at the end of the set, your energy moves to another level of aliveness. You feel refreshed and renewed. Again, optimally, we can do each exercise long enough to cause our glands to secrete so that we experience a shift in awareness and a transformation of energy.

Overexertion

Do not overexert yourself or exercise to the point of exhaustion. When you go way beyond your personal physical limit, your muscles start to tense up, and you create stress in order to complete the exercise. You use up instead of generate energy, sometimes feeling drained or depleted. You then have to recuperate afterwards to get your energy back. You use muscles that are not prepared, and they get sore and ache. Your kidneys are tired. Sometimes you even hurt yourself.

TIP: Our goal is to generate and move energy. Go for a breakthrough, not a breakdown.

Student Story

Here is a story from one student who had a very early morning appointment and so cut the times he did each exercise. This is what he reports:

This morning I did just over half my previous duration for each exercise. I found I was able to spend much less time recovering from my exertions before tackling the next exercise. As a consequence of this, I raised as much energy as I had previously with the extended timings. My idea now is to stay at this level and gradually build up as my fitness and stamina improve. It feels better to exercise at a level that I can manage easily rather than to push myself to the limit and have to spend so much time recovering from each part of the set.

Chanting the Mantras

Listen to and feel the sounds of the mantras. Do not think about them or their meaning. Instead, create sounds that you listen to with your inner-most being — your soul. Ask your soul how it likes the sound. Monitor in your body how your physical and emotional bodies react to the sounds you make. Adjust the way you create the sounds to be pleasing to your physical and emotional bodies and to your mind.

The sounds of the mantras and their rhythm communicate in the language of our soul. They produce definite effects. We access our soul and hear its wisdom by extending and altering our thought patterns.

Do Something Every Day

To achieve inner mastery, woman needs a daily spiritual practice, even it is 10, 20, or 30 minutes. Every exercise creates an effect. Even if you pick one or two exercises and do them for a minute or so each and then sit quietly and go inside, you will make progress. No excuses. Do something every day as a gift to yourself.

Practice the G-O-D Cycle of Creation

To embrace the feminine polarity of our soul, we must train ourselves to be in the feeling flow of the energy of our emotions. It is an ongoing process to get to know, befriend, and love our feelings and our emotional body. An effective way to tune into our feminine faculties is to use the three phases of the G-O-D cycle of creation in our practice. (See Chapter 27 of Part I.)

1. Generate — Cultivate the Feeling

First, we do an exercise to generate and shift our energy through breathing, rhythmic exercises, and chanting. After standing exercises, we can shake our body to release stuck energy and move the energy in our physical and subtle bodies.

2. Organize — Allow the Feeling

Between exercises, we allow alignment and integration by pausing and simply paying attention to the energy in our body. We stay present to what we are feeling and allow the energy to shift, integrate, and move on its own.

We move our consciousness into a clear, available space where we experience connection to the Infinite. We feel the sensations in our body and pay attention to a feeling presence inside our skin. The directives given with each set and lesson focus on how we direct our attention between exercises.

3. Deliver — Enjoy the Feeling

Finally, and often simultaneously with Organize, we enjoy the new experiences in our body. We let go some more and enjoy what we are feeling. At the deliver stage, we consolidate and contain our energy inside our circle.

Yogi Bhajan recommended dancing at the end of our Kundalini Yoga practice to integrate the energy into our personal blueprint. Dancing our own dance liberates us into our own rhythm and flow.

Tuning In

We begin every Kundalini Yoga practice by placing our hands in prayer pose and chanting

**ONG NA MO
GURU DEV NA MO**



To chant, deeply inhale and chant the entire mantra on one breath. It is OK to take a quick breath through the mouth between the two parts, but it is not OK to take a long deep breath through the nose. Chant this mantra three or more times.

Vibrate ONG powerfully, feeling the vibration in the nasal passages, center of head, and third eye. This causes the pituitary gland to secrete, awakening our neutral mind.

ONG is the creative (flowing, feminine) aspect of the Universe. NA MO means we call upon it; we identify with it.

GURU DEV is divine wisdom (stable, masculine) of the Universe. NA MO — again, we align with it; we become one with it.

This sacred mantra opens our spiritual channel and attunes us to the frequency of our higher self or inner master. We become aware of the sacred space within. The sounds of this mantra also link us to the spiritual masters who perfected this sacred technology. By establishing a link with the masters of Kundalini Yoga, we are protected and guided as we do our practice.

The transmission of information and consciousness from master teachers, who have preceded us, to students is referred to as the Golden Chain. Yogi Bhajan, a master of Kundalini Yoga, who was the first to openly share this technology with the world, was a living connection to the Golden Chain.

Connecting with the masters is particularly important to those who are learning and practicing Kundalini Yoga on their own. By chanting ONG NA MO GURU DEV NA MO, you are guided in your practice. The more you are able to receive and pay attention, the more you will be aware of this guidance.

Mantra for Protection

After we tune in, we often chant the Mangala Charn Mantra (below), which gives us protective power. Actually, it is the light frequency created by the mantra in our aura that creates a protective shield. As you chant, feel the vibration in your space. Use this sacred mantra to create a circle around your space and to protect it with Light. You will begin to feel the Flowing Force in and around your circle. We usually chant this mantra three times, but it can be chanted for as many times or as long as you like.

NAMEH translates to “I bow,” which in the context of this mantra also means to honor and surrender to. We acknowledge and humble ourselves before the divine power that *is, was, and will always be* that which we cannot see but wish to have a deeper relationship with. With these two mantras, we state our goal and set our intention to be at one with the Stable Force and the Flowing Force and to live in the consciousness of oneness.

AD GURAY NAMEH	I bow to the primal guru.
JUGAD GURAY NAMEH	I bow to the Truth throughout the ages.
SAT GURAY NAMEH	I bow to true wisdom.
SIRI GURU DAY VAY NAMEH	I bow to the great unseen wisdom.

Lesson 1

Feel Better Fast — Move Your Energy

Lesson 1 goal: *Notice that you can quickly change how you feel emotionally, mentally, and physically!*

Emotional Balance and Physical Well-Being

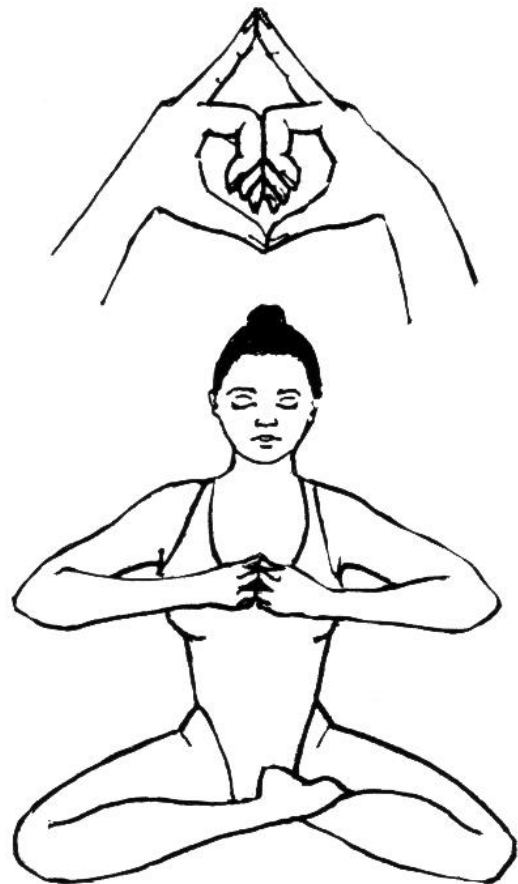
One of the very first things to witness is that you can change your emotional and mental state and improve your physical well-being by doing even 3-11 minutes of Kundalini Yoga and Meditation. Any Kundalini Yoga exercise in this manual will do the trick. Simply do the exercise for 3 or more minutes and then relax, feel, be aware, and enjoy the shift. (Follow the G-O-D cycle above). Start collecting your favorite SOS techniques and practice one or more at least once a day, as needed. Here is a couple to get you started or to add to your SOS collection.

Tranquilize Your Mind in 3 Minutes

Sit in Easy Pose with a straight spine. Bend elbows and bring the hands up and in until they meet before the heart center. The elbows should be held up almost to the level of the hands. Bend the index fingers into the palms. Join them with each other so that they press together from the first to the second joint. The middle fingers extend and meet at the tips, and the other fingers curl into the hands, thumbs meeting at the tips. Hold the mudra about 4 inches from the body, with the extended fingers pointing away from the body. Gaze at the tip of the nose.

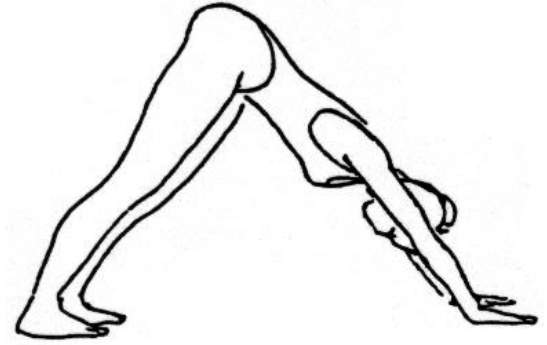
There is no specific mantra given for this meditation. Inhale completely, repeating a mantra of your choice (e.g., SAT NAM, SA TA NA MA, or WAHE GURU) 11-21 times. Exhale, hold the breath out, and repeat the mantra an equal number of times on the held out breath. Continue for 3 minutes.

COMMENTS: This hand position is called “the mudra which pleases the mind.” Buddha gave it to his disciples for control of the mind. It works to tranquilize the mind within 3 minutes.



Strengthening the Nervous System

Triangle Pose: Stand with feet about hip-width apart and bend over, placing the palms flat on the floor, 3-4 feet from the toes, about shoulder width apart, forming a triangle with buttocks at the apex. Stretch the body straight from heels to buttocks and from buttocks to wrists (no bending at knees, shoulders, or elbows), allowing head and neck to relax in a line with the hips. Relax in this position with long deep breathing for 2-5 minutes (deep breathing eliminates discomfort). To end, inhale deeply, hold for 10 seconds, exhale, and relax in a comfortable position with the spine straight, still aware of the breathing and eyes closed to heighten inner attention.



This exercise strengthens and revitalizes the nervous system, aids digestion, and gives extra energy. You will be surprised at the difference if you do it every day for several weeks. It is also good for when one is short tempered or impatient, and it relaxes most of the major muscles, is an outlet for frustration, and builds patience. This is great for the office — just close the door and be revitalized in just 5 minutes.

NOTE: The exercise can also be done on the fingertips, which is very powerful for strengthening the nervous system. Stay on fingertips as long as possible and then return palms to the floor to continue.



Follow with *Gurpranam*: Sit on heels in Rock Pose, bending down to rest forehead on the floor before the knees. Stretch the arms straight out ahead, palms together, and rest there with long deep breathing for 1-2 minutes.

Trusty Warm Ups to Get into the Space of Love

Cosmic Connections

Exercises in which the arms are held over the head awaken your sixth and seventh chakras, making your inner space available for your attention. See exercises in *Pineal Gland Kriya* (Lesson 6).

Meditation Facilitators

All exercises in which the arms are held out to the sides or up in the air at an angle awaken the neutral mind and open the heart. See exercises 1, 2, and 4 in Lesson 7.

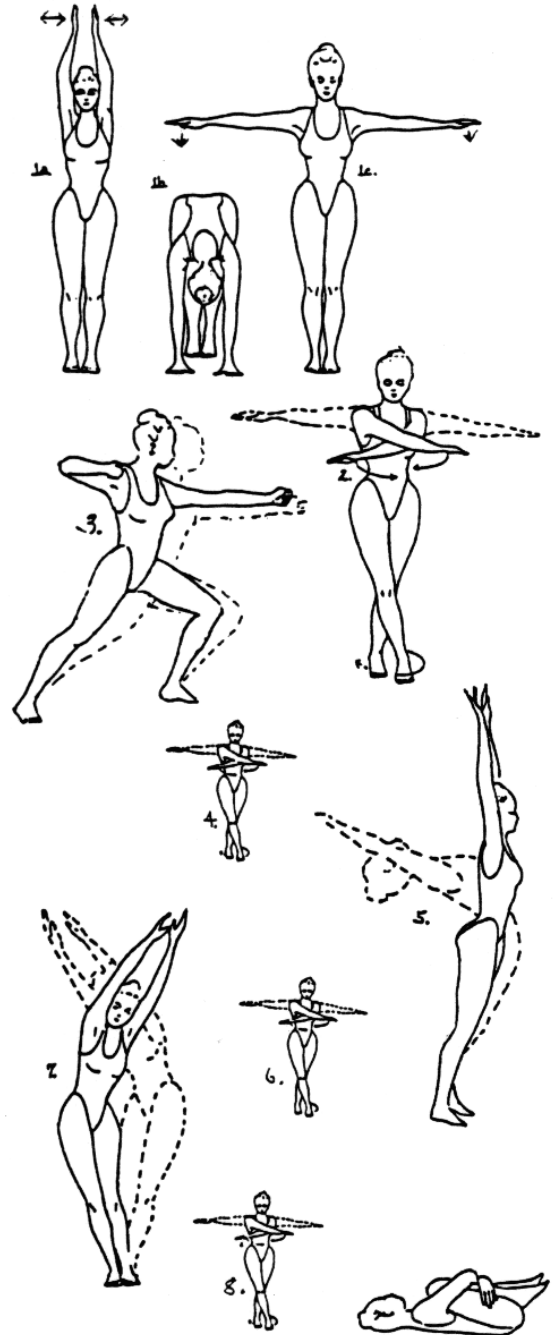
Yogaerobics

All standing exercises are great preparation for meditation and sitting yoga postures. See *Yogaerobics* and *Sun Salutations* (Chapter 2) below for a powerful full-body awakening.

YOGAEROBICS

This active set gets you going in the morning and picks up your energy after sitting all day.

- 1a. Stand with feet together and clap hands overhead 8 times, chanting "Har" with tip of tongue with each clap.
- 1b. Bend over and pat the ground hard with both hands 8 times, chanting "Har," with tip of tongue against the upper palette, with each pat. Knees may bend.
- 1c. Arms straight out to sides, parallel to ground, raise and lower them 1 inch (patting the air) 8 times, chanting "Har."
2. Crisscross arms and legs, chanting "Har" with each movement, 8 times for a total of 8 counts.
3. Archer Pose with left leg forward and bent so knee is over toes, right leg straight back, and foot flat on ground. Left arm is raised parallel to ground, and right arm is bent back as if pulling a bow and arrow. Feel tension across the chest and look over the left arm to fix eyes on horizon, extending the stretch 8 times. Repeat Archer Pose on the other side.
4. Repeat exercise #2.
5. Arms straight up overhead, bend backwards 8 times.
6. Repeat exercise #2.
7. Arms overhead, bend to the left and right 4 times.
8. Repeat exercise #2.



Repeat the cycle as long as you like or for 5-20 minutes. Chanting "Har" accompanies each movement.

To end, relax on the back with arms wrapped around bent legs or come into Baby Pose.

COMMENTS: 5 to 10 minutes a day prevents aging and stimulates all the glands, building stamina and exercising the whole body. Try it on a mini-trampoline.

Lesson 2

Spinal Awakening and Centering

Lesson 2 goal: *Cultivate your spine as your center and monitor how your life changes.*

Woman's Stable Center

By her basic nature as a mother, woman reaches outside herself to take care of others. When woman does not consciously connect with and operate from her stable spinal center, she loses herself and her energy. Woman finds her stability in the center of her circle. To maintain her flowing, ever-moving circle, she must be grounded in her stable center in her spine. Finding, strengthening, and maintaining our center is an ongoing process.

Directives to Be in Your Spinal Center

To build our identity structure from within, we must be able to focus our attention inside ourselves. We need to be able to “be in our center.” The question is “Where do we find our center?” We often think that we find our center at our heart or our third eye. This is true. But we notice that we cannot maintain our focus at either place for very long. Our attention moves somewhere else, and usually we just space out or get distracted by our thoughts.

To maintain self focus, we need to expand our concept and experience of our center to be more inclusive. When we focus on our spine as our center, we are able to maintain our center inside our body. As our attention moves from one chakra, focal point, or experience to another, we activate all aspects of our being and create wholeness. Here are some tips to cultivate your full spine as your center:

1. Cultivate your spinal center by paying attention to any sensation that draws your attention to your spine. Once you feel sensations in your spine, you can expand your center up to include your third eye and crown chakra.
2. We often relate to our spine as the back of our body. But we can be in touch with the front of our body by cultivating an experience of our front center line. We activate sensory awareness of our front center line and our spine with Spinal Flexes, root lock, and most leg lift and abdominal exercises. (See Centerline Stretch #7 under navel exercises below.) Actually, all physical exercises activate spinal awareness. Our job is to pay attention to the sensations along our spine.
3. The chakras that activate our centering faculties are the navel and third eye. While you are doing Breath of Fire, feel the pulse at the navel also pulse the third eye. As the energy at the third and sixth chakras consolidates, feel the two centers connect through your spine.
4. Once you experience the connection between your navel and third eye, include the base of your spine and your heart. This awareness may automatically happen.

Staying in our center produces impressive results: we become more productive, we are able to stay present in the moment and grounded in our body, we feel satisfied and content, it is easier to receive inner guidance and to make decisions, and we become more conscious.

GURU RATTANA'S SADHANA

I designed my personal sadhana to stimulate my body so I feel good for the day. There are five exercise sections, each working on a different part of the body, ending with a mantra meditation to consolidate the effects. The times for each exercise depend on how much time you have available, how long it takes to feel the stimulation, and the ability of your body to do the exercise. For example, Spinal Flexes can be easily done for 2-3 minutes, while Camel Pose is more challenging, and 30 seconds to one minute may be appropriate.

Tune In

ONG NA MO GURU DEV NA MO — awaken neutral channel

Standing Warm Ups

It is always good to warm up with some standing postures, including Sun Salutations or running in place and punching (on mini trampoline is great). Pick any standing exercises in this book.

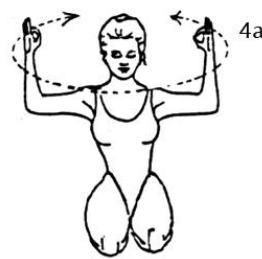
Part 1 — Spinal Awakening and Centering

1. *Spinal Flexes*: In Easy Pose, grasping ankles, inhale, arching the back forward at the waist, and exhale, contracting it back. On the forward movement, pull up slightly on the back of the neck to lengthen the spine. The head does not bob up and down. For first and second chakras.



2. *Spinal Flexes*: Then place hands on knees with elbows straight and continue arching and contracting the spine with the breath. Move from the upper spine.

3. *Spinal Flexes*: Then in Rock Pose, seated on heels, hands on knees, continue with spinal flexes, moving at the heart center.



4. *Heart Twists*: Sitting on heels, (a) with upper arms parallel to the ground and out to the sides, forearms up at 90°, hands in Gyan Mudra (thumb and index fingers joined), inhale, twist left, exhale, twist right. (b) Still sitting on heels, hands on shoulders, fingers in front, thumbs in back. Inhale, twist to the left; exhale to the right. Opens heart chakra. (c) Still on heels, hands in fists, thumb inside, at armpit level, inhale, twist left, exhale right.



5. *Shoulder Shrugs*: Shrug shoulders up reaching toward the ears on the inhale; exhale, relax down. Moves energy from heart to throat, releases shoulder tension, and stimulates heart, thymus, and throat center.

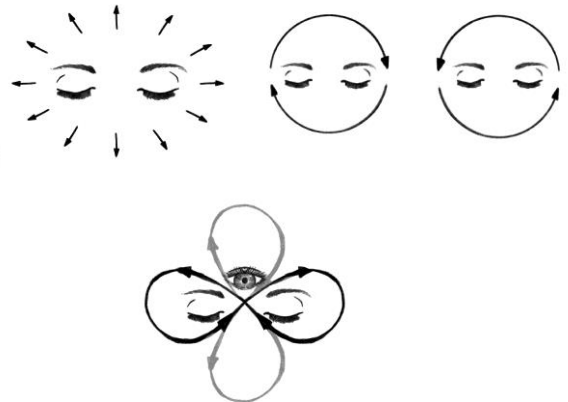
6. *Neck stretches and rolls*: Still on knees or in Easy Pose, first, slowly bend the head from side to side. Then roll the head gently in small circles, ironing out kinks as you go. Then reverse directions and continue. Keep the spine straight. Pull up on the neck and feel the head floating on the spine. For thyroid and releasing tension in the neck.



6

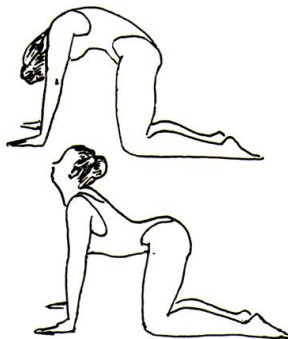
7. *Eye exercises* with the eyes closed. Any sequence is fine, but here is my complete sequence:

- ◆ Look up, down, to the right, to the left, 10 o'clock to 4 o'clock, 11 to 5, 1-7, 2-8.
- ◆ Make counterclockwise circles and then clockwise.
- ◆ Make figure 8s up and down, right to left, 10 o'clock to 4 o'clock, 11 to 5, 1-7, 2-8.
- ◆ Switch directions of figure 8s.



8. Repeat *neck rolls*. Notice the difference.

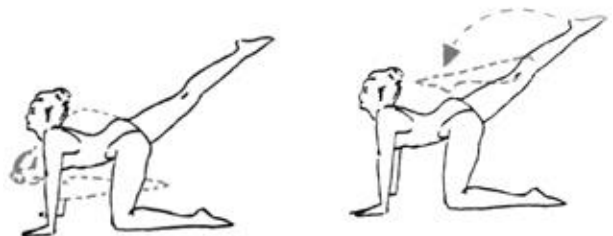
Part Two — Cat Cow, Camel, and Sat Kriya



1. *Cat-Cow*: On hands and knees, flex the spine down and head up (like sagging cow) on the inhale. On the exhale, arch the spine up and drop the head down (like a frightened cat). Start slowly and increase speed with powerful breathing. For heart center, upper spinal flexibility, and the glandular system.
2. *Cat-Cow Leg Stretch*: On hands and knees as in Cat-Cow, extend left leg out (cat) and then bring the knee to forehead (cow), extend leg back out and repeat several times. Then kick the left buttocks with left foot. Repeat sequence with right leg.

3. *Breath of Fire in cow pose*, activating the chakras from the crown down to the base. Spend at least 5 seconds on each chakra.

4. *Breath of Fire in cat pose* starting at the base of the spine and work up the chakras.



5

5. *Camel Pose*: On knees, press the pelvis forward, apply the root lock, raise one arm at a time and swing it back to grab onto feet. While in camel position, bend arms, moving down a bit and then come up a few times. Breath of Fire or long deep breathing. Prevents PMS in women, removes stress from ovaries and pelvis, and adjusts the calcium-magnesium balance.



6

6. *Rest in Baby Pose*, breathe into kidneys, focus at third eye.



7

7. *Sat Kriya* can be done after part 1 or at the end of the exercises. To do Sat Kriya sit on heels, arms are straight overhead with elbows hugging ears, fingers interlocked with index fingers extended straight up. Pull in on the navel with SAT and allow a light root lock. As you chant NAM, relax the navel and the lock. Feel the wave up and down the spine. After 3-5 minutes, inhale and delicately squeeze the energy up with the root lock from the base of the spine to the top of the skull and out the hands. Exhale and repeat 2 more times. Relax down. Focus inside your skin to consolidate and contain your energy. Follow with a deep relax to integrate.

Part 3 — Sun Salutation, Belly Poses

1. *Downward Dog* — see Lesson 1.

2. *Sun Salutations* — see below.

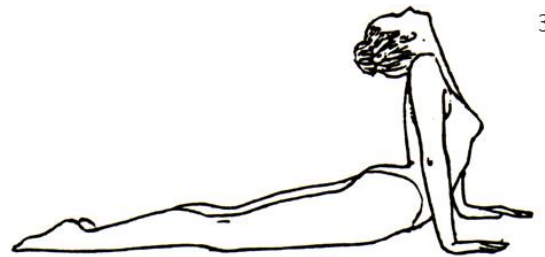
3. *Cobra*: Hands under shoulders, elbows slightly bent, arch back, opening the upper spine and heart. Apply root lock and engage abdominal muscles to not strain at the lower back. Stretch the neck up and slightly back. Come up and down slowly and then do Breath of Fire in Cobra. To end, inhale, exhale, and apply root lock. Feel the energy rise up and out the top of the head. Very slowly relax down, vertebra by vertebra. Relax on your stomach and allow your breath to breathe with Mother Earth.

4. *Locust (variation)*: On stomach, clasp hands behind the back and raise legs and upper torso. Keeping arms and legs straight, hold with Breath of Fire. Then inhale, exhale, and pull root lock. Relax down on your stomach and breathe with Mother Earth.

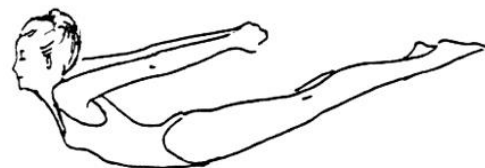
5. *Bow Pose*: Still on stomach, bend knees, grasp ankles, and rock back and forth on the



1



3



4



5

stomach, using the breath to move you. Or do Breath of Fire while you maintain this pose. Good for tension in the upper spine and shoulders, digestion, and elimination.

Relax on stomach between these exercises and enjoy connecting with your breath and Mother Earth. Let your breath breathe naturally and you will feel the synchronization.

Part 4 — Leg Stretches

Before, after, or during the exercises, massage the leg muscles on the inner upper thighs and on the outsides of, backs of, and behind the knees.

1. *Life Nerve Stretch:* (a) With left heel pulled into groin, stretch out over outstretched right leg and hold with powerful Breath of Fire. Grab onto your big toe or where possible on your leg, but keep the leg straight. Flex the heel forward and press the toes back toward the head to stretch the hamstrings up through the sciatic nerve. Keep the spine straight. Do not bend at the heart or bend your head toward your knee. Relieves tension in the small of the back, moves energy up the spine, and prepares legs for sitting.



1



- (b) With right leg extended, grab onto the left knee with the right hand. Bring the left arm over your head as you stretch toward the right leg. Then switch legs and repeat (a) and (b) on the other side.

2. *Alternate Leg Stretches* with legs wide apart: (a) Inhale up at center and exhale as you stretch heart toward alternate knees. Grab onto your big toe or where possible on your leg, but keep the leg straight, stretching from the hips. Keep spine straight. Do not bend at the heart or bend your head toward your knee. Opens the pelvis.



2



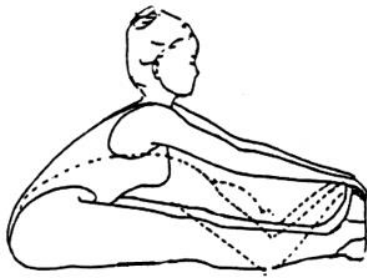
- (b) With legs wide apart, stretch to right side with left arm over the head and right arm reaching toward or holding on to the right foot.

Do both (a) and (b) on the opposite side.

3. *Forward Stretch:* (a) With the legs apart and straight, stretch arms forward, bending from the hips to reach chest toward (may be touching) the floor in front of you. (b) Then place the soles of the feet together, keeping the knees as close to the floor as possible and stretch forward from the hips. Stretch the groin area.



3



4

4. *Front Leg Stretch:* Legs and feet together, holding on to the toes or ankles, or wherever you can keep your knees locked and legs straight, inhale up and exhale down. Keep heart open. For spinal flexibility, releasing tension in the pelvis.

5. *Groin Stretch:* Sit with soles of feet together, heels touching groin, hands grasping feet. Slowly move the knees up and down toward the floor, stretching the inner thigh muscles. Then slowly bend forward, stretching the hips to bring the heart toward the floor. Releases tension in the groin, adjusts hips, facilitates sitting in meditation.

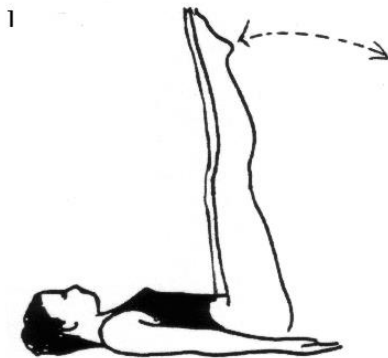


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6

6. *Spinal Twists:* Seated in Easy Pose, cross the left leg over the right knee. Right arm reaches around the outside of the left leg and grabs the left foot or ankle, twisting the spine and neck to look over the left shoulder. Sit evenly on both buttocks, not on the heel, and keep the spine perfectly straight. Hold the pose with Breath of Fire for 6 minutes. Inhale, hold, pull root lock and relax. Reverse arms and legs and repeat. Then relax with long deep breathing for 2-3 minutes. (The longer you remain in the pose, the easier it is to maintain.)



1

Part 5 — Navel, Core, and Hips

After doing navel exercises, you should feel a strong pulse at the navel.

1. *Leg lifts on back:* Raise legs, alternately or together to 90°. Inhale up, exhale down, 5-20 times. Keep small of the back on the ground by engaging your abdominal muscles and applying the root lock. Strengthens abdominal muscles, builds core, and sets navel.

2. *Plow Pose:* Lying on back, raise both legs to 90°, and then bring them over the head in Plow Pose, stretching the spine, toes touching the floor, if possible, above the head. To end, bend the knees and stretch further. Hold for up to 1 minute.



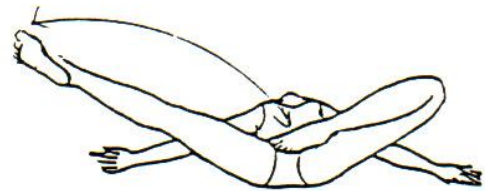
2



3. *Shoulder Stand*: Using the arms for support, elbows on floor, position the rest of the body so it is perpendicular to the floor from shoulders to toes; weight on shoulders, elbows, and neck, with chin pressed into chest. Kick the buttocks for part of the 1-3 minutes.

4. *Alternate leg kicks*: On back with legs wide apart, feet raised about 2 feet off the floor, legs straight. Alternately extend each leg with the inhale, and on the exhale, bring the heel as close to the groin as possible, maintaining the 2 foot elevation, for 1-2 minutes. Relax.

5. *Push Pulls*: Lift both legs 1-2 feet and begin a push-pull motion, alternating between bending one knee toward the chest, moving from hips, and lowering the leg so it is parallel to the ground but still elevated, for 1-2 minutes. Rest 2 minutes and repeat cycle if you wish.



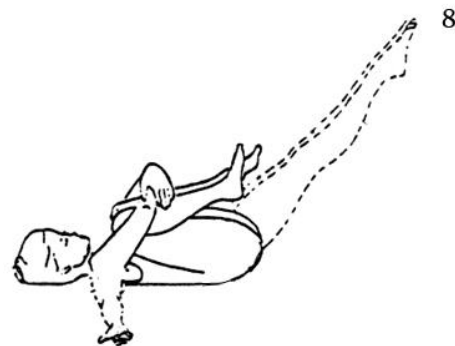
6. *Sit Ups*: Sit with knees bent, feet on the floor, arms folded in front of the chest. Lean back as far as you can, maintaining root lock and keeping the spine straight. Inhale as you lean back and exhale as you come up. First lean straight back and come up, then lean back, twisting to the left; come up, and then back to the right and come up. For strengthening the abdominal muscles, core, and setting the navel point.

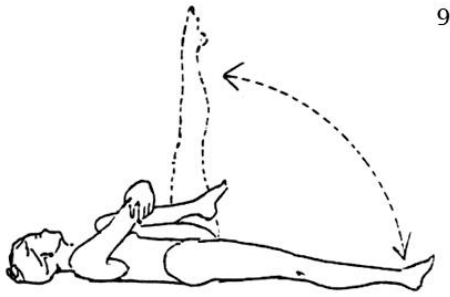


7. Lying on back, bend knees and clasp them to chest with the arms, allowing the head to relax back. Rest in this position for 1-3 minutes.



8. *Centerline Stretch*: From the above position, inhale, open the arms straight out to the sides to the ground, as you extend the legs straight out to 60°. Exhale and return to original position. Repeat and continue for 1-5 minutes or 26 times. Do the same leg movements while also moving your arms above your head.

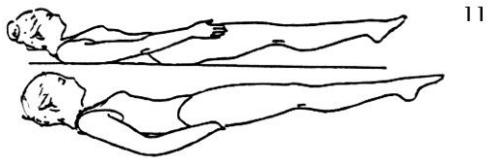




9. *Alternate Leg Lifts*: On back, bring one knee to the chest, hold it there with both hands, and rapidly raise and lower the other leg to 90°, inhaling up, exhaling down for 1 minute or 26 times. Switch legs and repeat for 1 minute or 26 times. Repeat the complete cycle once more.



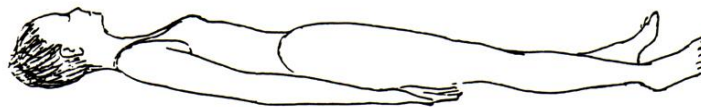
10. *Cross Crawls*: Alternately raise opposite arm and leg (right leg, left arm, then left leg, right arm) for 1-3 minutes.



11. *Stretch Pose*: Lying on back, raise head and feet 6" off the ground and hold with Breath of Fire for 30 seconds to 2 minutes, or as long as possible. Eyes look at big toes. Hands face inward and point toward feet. If the small of the back comes up, place hands beneath hips for support. If held less than a minute, rest and repeat pose, increasing time as core muscles strengthen. Before coming down, apply root lock and set your navel. It's OK to start out by doing one leg at a time.

Part 6 — Deep Relaxation

After exercising, relax completely on your back, enjoying aliveness, flow, and an expansive space.



Rock and Roll on the spine from the base to the neck, knees clasped to chest, nose between knees. Inhale forward, exhale back. Circulates energy in the entire spine.

Part 7 — Meditation

Sitting in meditation pose, chant any divine mantra for 3-11 minutes.

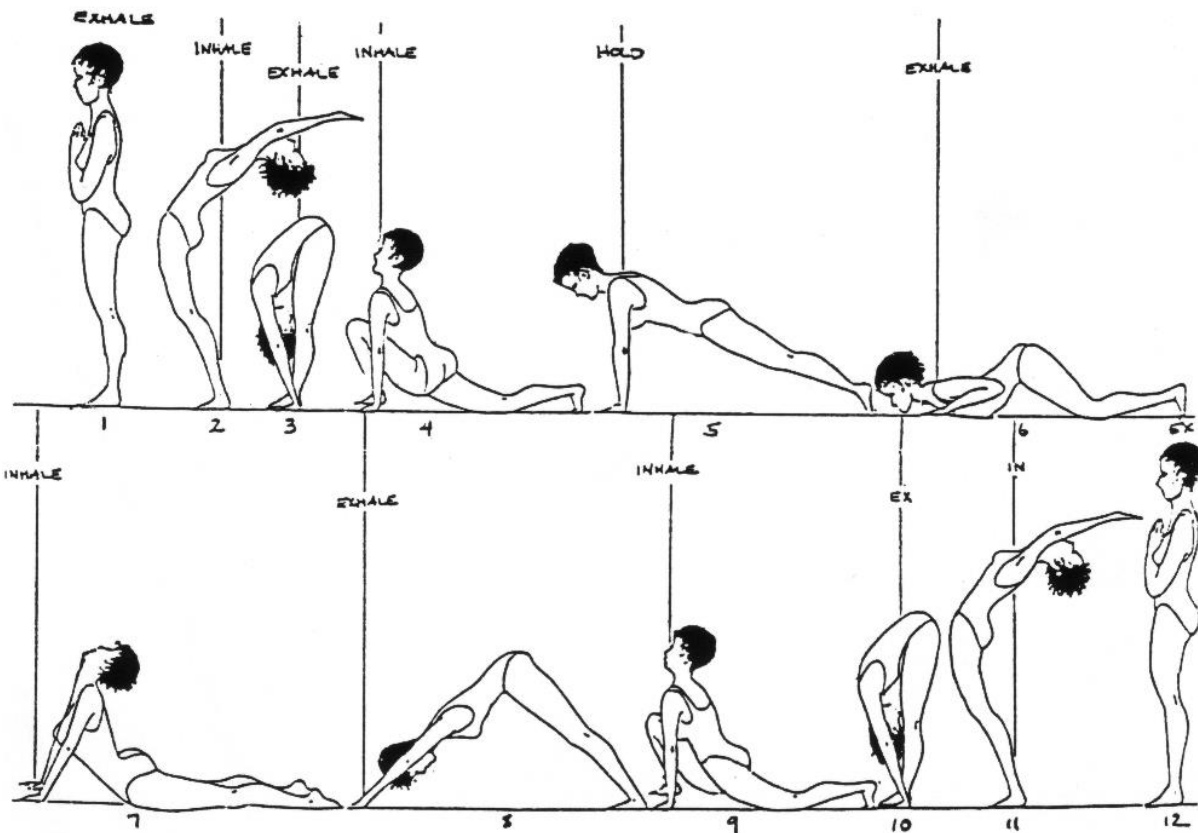
Part 8 — Inspirational Reading, Closing Song, and Prayer

SUN SALUTATIONS

The familiar salute to the Sun is usually done at sunrise and sunset (12 rounds each time). Yogis consider it indispensable to lifelong health and fitness and claim it moves every section of the spine backwards and forwards. It is performed in conjunction with deep breathing in a slow, steady, continuous rhythm, facing the rising or setting sun.

Hands and feet remain in place throughout, except of course when the feet move back, or when standing. Stretch to full extension in each pose, holding for as long as the breath can be held in or out. Visualize the posture before doing it and be sure that the vertebrae are perfectly aligned.

If you are familiar with Sun Salutations, try to do them with excellent form: heels kept together, weight evenly distributed on hands and feet, moving with grace and elegance. Beginners start with 6 rounds and work up to 12.



GURU RAM DAS HEALING MEDITATION

This is a very blissful meditation that activates all your chakras, establishes your spine as your center, and fills your circle with healing energy. When you need help of any kind, chant this mantra. Vibrating this mantra in your spine produces healing, magic, and miracles. I love this meditation! It puts me into a deep connected space. I finish my sadhana with 11 minutes of this meditation, which consolidates “the feeling.”

Sit in Easy Pose, with hands on the lap, right on top of left.
Sit absolutely still for this meditation for the full effects.
Chant very quietly in monotone, almost, but not a whisper.
Enunciate with your lips, so you feel a vibration in the lips:

GURU, GURU, WA HE GURU, GURU RAM DAS GURU

Chant the designated sound in each of the chakras (see below). Bring your attention to the specific chakra, but do not move your body. (Tip: GURU is vibrated in every chakra except 3rd and 6th.) Chant for 11, 22, or 31 minutes.

GURU — 1st chakra, base of spine

GURU — 2nd chakra, sex organ, abdomen

WA HE — 3rd chakra, navel

GURU — 4th chakra, heart

GURU — 5th chakra, throat

RAM DAS — 6th chakra, third eye

GURU — 7th chakra, top of head



Feel your body becoming a golden temple for your soul.

Lesson 3

Happy Hips and Emotional Balance

Lesson 3 goal: *Notice how your mood and physical well-being change when your hips are happy and your navel center is activated.*

However you design your personal practice, be sure to include at least one or two happy hip exercises every day! It is a very good idea to do leg and hip stretching after sitting poses and meditating. Woman's hips must be exercised every day to maintain her physical health and emotional balance.

When the hip bones and joints in the hip area aren't adjusted and set properly, the spine is adversely affected. This can cause backaches, and the body will be off balance as well. The leg stretches and navel exercises work on the entire hip and abdominal area to adjust the hip bones; massage the internal organs; stimulate the reproductive, digestive, and elimination systems; and keep our lower spine healthy. The leg stretches help overcome sciatic nerve pain and keep that nerve in healthy condition. Exercises that move the hips also strengthen the abdominal muscles, align the navel center, and ground you.

If you sit a lot during the day. Get up and walk around, dance, or shake periodically to move your hips. Notice how your mood changes.

Many Kundalini Yoga exercises work on the hips in some way. In *Guru Rattana's Sadhana*, the spinal activation and centering prepare the body for the Happy Hips exercises in parts 4 (leg stretches) and 5 (navels).

The *Kriya for the Navel Center and Elimination* is a good set to accomplish all of the above. Between exercises, feel alive in your body. This is a good set to experience the goals of many lessons in this manual.

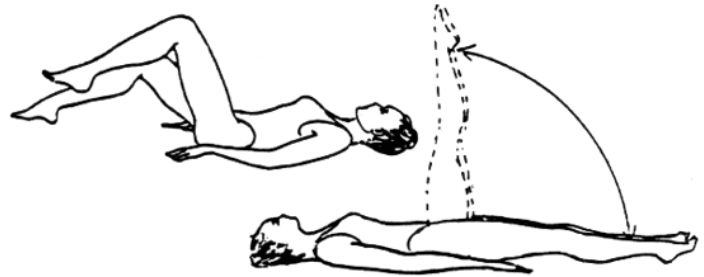


One of the greatest gifts you can give yourself is to take very good care of your physical body. When the sacred vessel of your soul is tuned up with appropriate exercise, nourished with spiritual energy, and fed healthy food, you can feel happy and satisfied.



NAVEL CENTER & ELIMINATION KRIYA

1. On back, bicycle alternate legs 1-1½ feet from the ground. Coordinate powerful breathing with the leg movements. 1-2 minutes.



2. Inhale, raising legs to 90°, and exhale, lowering them, rapidly for 1 minute. Rest for 30 seconds. Repeat two more times. Hands under hips to protect back muscles. 1-2 minutes.



3. On stomach, come up into half Cobra Pose, resting on your forearms. Attempt to kick buttocks with alternate legs, exhaling as you kick one leg, inhaling as you kick the other. 1-2 minutes.



4. In Bow Pose on stomach, rock back and forth, inhale back, exhale forward. 1-2 minutes.



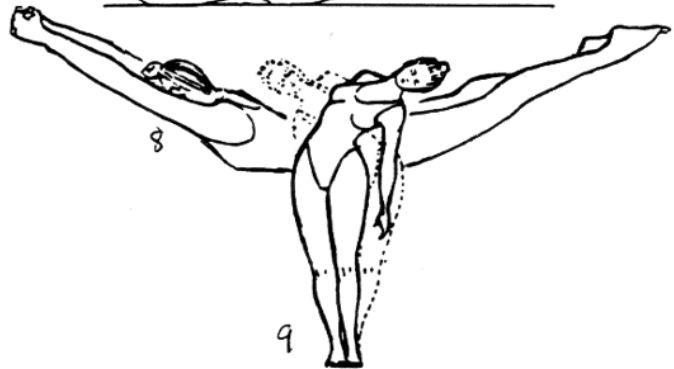
5. On the back, clasp knees to chest and roll back and forth on the spine. 1-2 minutes.



6. In Baby Pose, sitting on heels, grasp heels and bend forward, arms to the sides. Breathe from navel. 1-2 minutes.

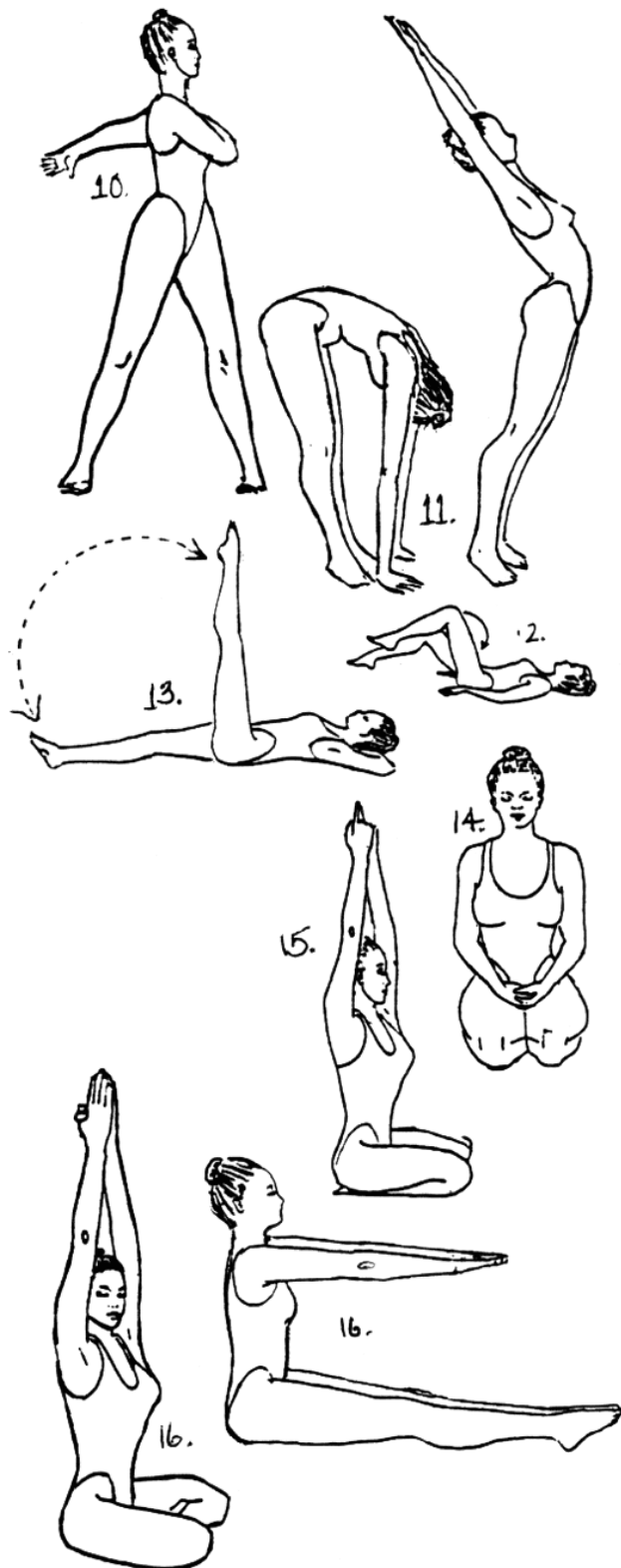


7. In Stretch Pose, raise heels and head 6" off the ground, keeping arms and legs straight, hands pointing to feet, eyes fixed on toes, and hold with Breath of Fire for 1-2 minutes. If the small of your back comes off the ground, place your hands under your hips. Alternatively, do one leg at a time to strengthen abdominal muscles.



8. On stomach, hands in Venus Lock and stretched overhead, arms hugging ears, raise arms, head, chest, and (straight) legs and hold with Breath of Fire for 1-2 minutes.

9. Stand with arms at sides and slowly sway like a pendulum, inhaling as you bend left, exhaling as you bend right for 2 minutes.



10. Still standing, inhale and twist the body to the left, extending the left arm, right hand to the heart, then exhale as you twist right, right hand extended, left hand to the heart. Continue briskly for 1- 2 minutes.
11. Standing, exhale and touch palms flat on the ground in front of feet, thumbs crossed. Then inhaling, straighten up and arch backwards, holding the breath in for 10-20 seconds. Apply the root lock as you lean backwards to protect the spine. Repeat 10-20 times.
12. Repeat bicycle exercise #1 for 1-2 minutes.
13. On back, hands in Venus Lock behind the neck, raise alternate legs to 90° at a fast pace for 2 minutes. Inhale up, exhale down.
14. In Rock Pose, hands in Venus Lock on the lap, inhale SAT, exhale NAM with a soft, rhythmic breath for 1-2 minutes. Focus on your spinal center. Consolidate your energy and attention inside your skin.
15. Then perform Sat Kriya for 2-5 minutes. (Hands in Venus Lock, index fingers extended, or palms together overhead, exhale SAT, pulling in navel, and inhale NAM, relaxing it.)
16. Stretch arms and legs straight out in front with Breath of Fire for 2 minutes.
17. In Easy Pose, hands raised overhead, arms hugging ears, palms together, look to third eye and chant for 3-5 minutes:

EK ONG KAAR
SAT NAM
SIRI WA HE GURU

Lightly pull the root lock rhythmically as you chant to move the energy up your spine, and then relax.

Lesson 4

Sensory Awareness of Subtle Energies

Lesson 4 goal: *Awaken your inner sensory faculties, cultivate sensory awareness of your subtle energies, and monitor what they are doing.*

Inner Sensory Faculties

Humans have three basic sensory faculties: (1) seeing or perceptual awareness, (2) hearing/listening, and (3) feeling. These faculties are generally used to monitor physical reality and activities outside ourselves. Our path of inner mastery redirects our subtle sensory faculties to pay attention to our inner space, where we can tune into higher frequencies and higher sensory pleasure.

Woman has an additional instinctual faculty, which is given to her to perform her motherhood duties. (Men do not have this faculty, so don't expect them to compute the way a woman computes.) To get in touch with this extra-instinctual mechanism, pay attention with your sensory faculties — (1) seeing, (2) listening, and (3) feeling — and monitor the following:

- ◆ What is happening in your mind and physical and emotional bodies?
- ◆ Are you present in feeling awareness in your body?
- ◆ What else is happening?
- ◆ Is your extrasensory faculty engaged in arranging your affairs, preoccupied with something that is bothering you, thinking about the past, or planning what you must do next?

The *Kriya for Instinctual Self* is a good one to get in touch with and balance your subtle energies. Take time between each exercise to

- ◆ Get in touch with your extrasensory faculty.
- ◆ Pay attention to what your energy is doing inside your body and outside. Is it consolidated inside or reaching out?

Sat Kriya

Sat Kriya activates the Kundalini and raises this energy of consciousness up the spine to the third eye and crown chakras. This process awakens our inner light, making it possible to identify and face our issues. Cool detachment and the objectivity of our inner observer bring clarity to our life situations. We can live in the reality of our soul instead of the reality of our issues.

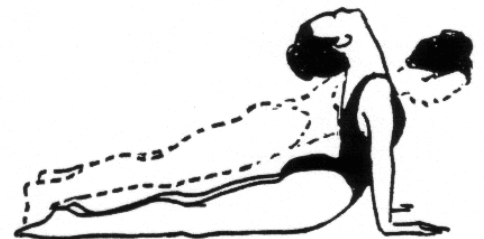
KRIYA FOR THE INSTINCTUAL SELF

As human beings, we have primal instincts that control our behavior until we become conscious and learn to direct, shape, and give meaning to their higher expressions. Many of our strongest instincts find expression through the “lower triangle” (1st, 2nd, & 3rd chakras, corresponding to the rectum, sex organ, and navel point). Energetically, neurotic and self-destructive attitudes and behavior are imbalances in the lower triangle. These imbalances can be corrected by rhythmically moving stuck energy, stimulating our glands to secrete, and then connecting our instinctual awareness to our higher mind, where it is possible to observe and alter learned patterns. For maximum benefit, focus your mind on what you are doing and experiencing during each movement.

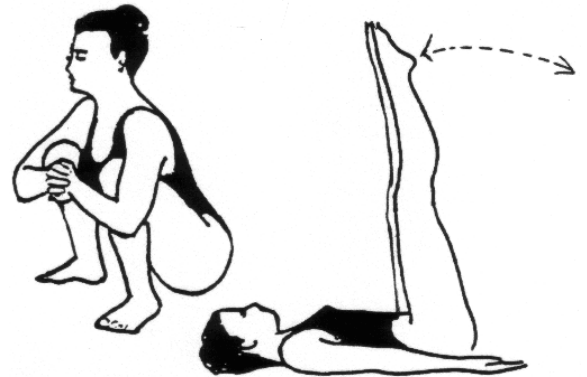
1. Sit and press the soles of the feet together, heels in groin, hands grasping feet, knees as close to the floor as possible. Inhale, flexing spine forward, and exhale, flexing it back, keeping head straight, and continuing rhythmically, coordinating movement and breath, for 1-3 minutes. Inhale, hold briefly, exhale and relax. Loosens lower spine and stimulates flow of sexual energy.



2. On stomach with palms on floor under shoulders, heels together, soles facing up, inhale into Cobra Pose, arching vertebra by vertebra from neck to base of spine until arms are straight, elbows locked. Exhale. Inhale and raise buttocks to Front Platform Pose, body in a straight line head to heels. Exhale into Cobra again and repeat rhythmically with powerful breathing for 1-3 minutes. Inhale into Cobra, hold and apply root lock briefly, exhale, and relax. Strengthens lower back and balances flow of sexual energy with navel energy.



3. Squat in Crow Pose, knees drawn into chest, soles of feet flat on floor, spine straight. Wrap arms around knees, fingers interlocked in Venus Lock with Breath of Fire for 1-3 minutes. Circulates the energy of the lower three chakras and opens up circulation to hips and lower intestines.

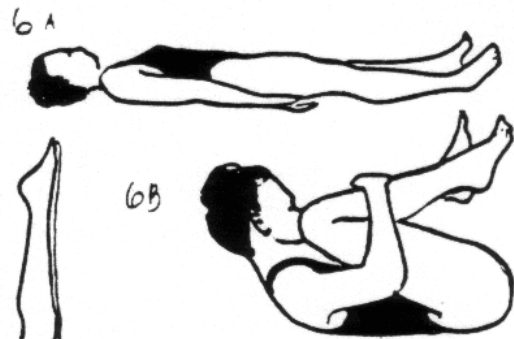


4. On back, inhale and raise legs up 90°; exhale and lower them rhythmically with powerful breathing for 1-3 minutes. Strengthens the abdomen, setting the navel point, balancing prana and apana.

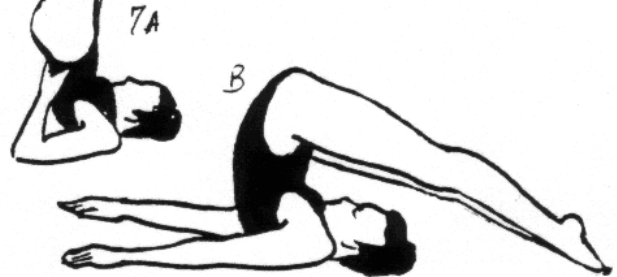


5. On stomach, interlock fingers in Venus Lock on back, and inhale, raising head, legs, and hands as far as possible. Hold with Breath of Fire for 1-3 minutes. Inhale, exhale, and relax. Strengthens lower back, allows energy to flow to mid-spine, and opens nerve channels in the solar plexus.

6. Relax on back, arms at sides, palms up for 1-3 minutes. Then pull knees to chest, arms wrapped around them, nose between knees, and rock back and forth on the spine from base to neck for 1 minute. Relaxes spine and distributes energy from the previous exercises.



7. (A) On back, raise legs in Shoulder Stand, using the arms for support, elbows on floor, so that the body is perpendicular to the floor from shoulders to toes; weight on shoulders, elbows and neck, with chin pressed into chest. Hold with Breath of Fire for 1-3 minutes.



(B) Continuing Breath of Fire, drop legs overhead to rest; tops of toes on the floor, legs straight, with the arms stretched out behind you, pointing away from the back; hold for 1-2 minutes. Slowly and carefully stretch legs farther back for a mild stretch on upper back and neck. Then deeply inhale, exhale, and slowly unflex the back, vertebra by vertebra to relax down on the back. Opens the upper spine and related nerve passages to flow of Kundalini energy and stimulates the thyroid and parathyroid glands.

8. Sat Kriya in Celibate Pose. Spread the knees wide and sit between heels in Celibate Pose, arms stretched overhead and begin chanting for 3-5 minutes:



SAT pulling the navel toward the spine
NAM relaxing navel and pelvic muscles

To end, inhale deeply, pull in the navel, gently squeeze the muscles from the perineum and anus, directing the energy up the spine out the top of the skull. Exhale powerfully and repeat one or two more times. Sit silently and be present to your spine. These last breaths with the locks circulate Kundalini energy and integrate the energy released from the lower three chakras into the system so that the effects are stable and long lasting.

9. Deeply relax for 3-10 minutes. Then meditate on the subtle energies in your body.

Kirtan Kriya Meditation in Lesson 5 is a good meditation to do after this Kriya.

Lesson 5

Sexual and Sensitive Projection and Clearing the Subconscious Mind

Lesson 5 goals: *Pay attention to your sexual projection, clear subconscious programming, and project a soul quality.*

It is critical that woman becomes aware of how she projects her sensual and sexual energy. To project from her divine essence, woman must train herself to project from her soul and her goddess identity. The meditation Kirtan Kriya clears subconscious imprints so that our projection can be clear and elevated. After you practice Kirtan Kriya, sit quietly, beam pure light from your third eye and project a soul quality.

Pay Attention to How You Use Your Sexual Energy

To get in touch with how you project your sexual, sensual energy outside yourself, pay attention to what is happening in your mind and emotional body during your personal interactions and when you are thinking about interacting, especially with a man or men. Watch yourself and be mindful of the following:

- ♥ When you are talking to someone, where is your attention?
- ♥ Are you connecting with yourself and how you feel, or are you monitoring the other person's responses and adjusting your responses accordingly?
- ♥ Is your sexual, sensual energy collaborating with your extrasensory faculty to try to get something or to attract attention?

Project a Soul Quality

Grace can be experienced in many ways. Sit quietly with yourself, go to your heart, and tune into a quality of your soul that feels like *me* — a quality that you identify with and feel comfortable amplifying and sharing. Some examples of qualities you can tune into include kindness, softness or gentleness, aliveness, joy and happiness, peace, brightness or light, purity, calmness, and beauty. ♥ *My special soul quality is* _____. ♥

Experiment with using your sensual energy to experience and project your grace. Radiate your soul quality with your sensual sexual energy. Monitor the results in terms of

- ♥ How you feel about yourself
- ♥ How others react
- ♥ The results that you attract

Exercise — Before shaking hands with, talking to, or embracing someone, project your soul quality of grace into your space. Optimally, do this when you are nine feet away from the person, i.e., before your aura has touched their aura. Watch how your communication, manner, and behavior are affected.

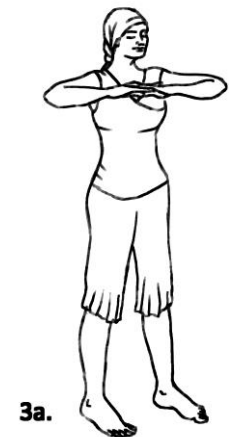
HEALTHY BODY KRIYA

Build your circle with the arm movements. Feel your finger tips as the outer edge of your circle. With each movement, clear and claim the space in your circle as your own. Between exercises stand for a bit and let the energy adjust. Be grounded in your body. Feel connected to the Earth. Then shake your whole body and release stuck energy.

1. Stand with feet shoulder-width apart, weight on the outer edges of the feet. Arms are straight out to the sides, just slightly higher than parallel to the ground. Palms are facing forward. Twist from the waist, swinging the arms to the left, then to the right on the exhale. Inhale left, exhale right. 1-3 minutes.



2. Standing with feet shoulder-width apart, arms straight out to the sides with palms facing down. Slowly bend the body from your hips left, then back up to center, and then right. Arms stay in a straight line. As one goes down to each side, the opposite side of the body moves up toward the sky. 1-2 minutes.

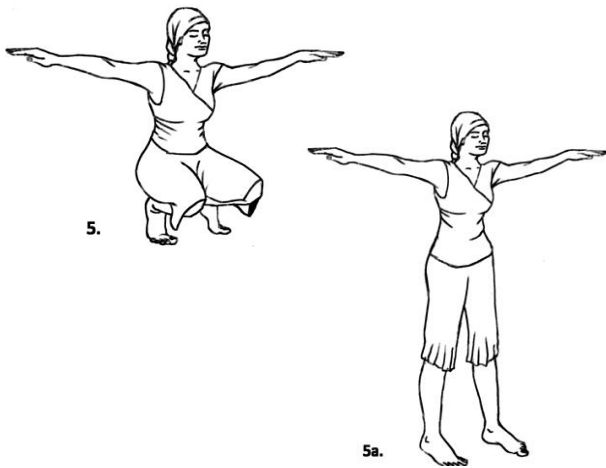


3. Standing with feet apart slightly, interlace fingers, palms down, hands at level of arm pits. Bend forward from the hips, bringing hands toward the ground. Do not bend legs. Stretch at your hips to adjust pelvic region. 26 times.

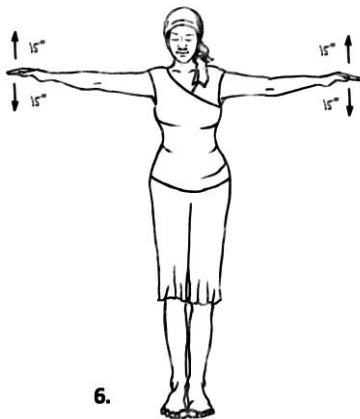


4. Standing with hands on hips, feet about 6" apart. Swing left leg forward and slightly to the left, up to the waist level if you can. Return the leg and do the same movement with the right leg. Repeat rhythmically for 2-3 minutes or 26 times.





5. Standing with the feet shoulder-width apart, up on toes, arms out to the sides slightly higher than parallel to the ground, inhale through the nose and squat down, maintaining a straight spine. Exhale through the mouth and rise up to standing. Repeat 26 times or 1-2 minutes.



6. Standing with heels together, legs straight, arms straight out to the sides parallel to the ground, palms down. Flap the arms up and down without bending elbows 15° from horizontal in both directions. 1-3 minutes.



7. Standing with feet slightly apart, with left hand make a fist with thumb inside at the center of your chest, level of the nipples. Extend right arm straight forward with palm open as if to grab something. Then make the hand into a fist, thumb inside, and snap the right hand back to the center of your chest. (Elbow comes down to the side of the body.) Feel like you are pulling a weight as you snap the hand back. Inhale as the hand snaps in and exhale as the hand extends out. Alternate arms. 1-2 minutes.

8. Standing with feet comfortably apart, arms up to 60°, palms facing forward, fingers spread apart, move hands at the wrists rapidly up and down. Create a meditative rhythm for 1-3 minutes.

9. Relax deeply for 5-10 minutes.

KIRTAN KRIYA **(Sa Ta Na Ma Meditation)**

This is one of the most important meditations for women. Practice it for 40 days at least. When you are ready to commit to a serious practice, 1,000 days is your ticket to inner mastery. It must be done with awareness for 31 minutes a day.

Releasing Imprints and Auric Cleansing

Do you think about an old lover and want to be liberated from the grips of the past and release him or her from your aura? This is the meditation! There is nothing more powerful to release the auric pain (attachment) caused by the pulling apart of intermeshed auras that women (and men) suffer from when they break up with a lover. This meditation *clears subconscious programming* that caused the situation in the first place, *and* it reestablishes your aura as your own.

Primal Sounds of Evolutionary Change

SA TA NA MA incorporates the nuclear sounds of SAT NAM. SA TA NA MA uses primal sounds to connect us to the evolutionary nature of existence itself. It is referred to as the *panch shabd*, which means a mantra with five sound currents. The fifth sound is "A." When we chant SA TA NA MA, we imprint the evolutionary code of the Universe into our human psyche.

SA is the beginning, Infinity, the totality of everything that ever was, is, or will be.

TA is life, existence, and creativity that manifests from Infinity.

NA is death, change, and the transformation of consciousness.

MA is rebirth, regeneration, and resurrection, which allow us to consciously experience the joy of the Infinite.

Sit with a straight spine and meditate at the Brow Point, chanting the five primal sounds with the hands on the knees, elbows straight:

SA TA NA MA



On "Sa," touch the Jupiter (index) finger to the thumb on each hand.

On "Ta," the Saturn (middle) fingers and thumbs touch.





On "Na," the ring fingers and the thumbs touch.

On "Ma," the Mercury (little fingers) and thumbs touch.

The pressure is about 5-10 pounds and should not create stress.



Meditate on these primal sounds in an “L” shape: let each sound, SA - TA - NA – MA, enter through the crown chakra and project it out to Infinity through the third eye.

"SA" Infinity Cosmos Expansion		Gyan Mudra Jupiter ♃ Knowledge
"TA" Life, Substantial Endurance		Shuni Mudra Saturn ♄ Patience, Wisdom
"NA" Death		Surya Mudra Sun ☉ Vitality, Life
"MA" Rebirth		Bhuddi Mudra Mercury ☿ Communication

Readjusting Brain Patterns with Finger Pressure

Jupiter/Gyan: Knowledge, expansion, opportunities

Saturn/Shuni: Wisdom, maturity, grounding, patience

Sun/Surya: Vitality, energy, radiance

Mercury/Budhi: Communication

- ◆ For the first 5 minutes, chant **out loud** (the voice of humans).
- ◆ For the second 5 minutes, chant in an **audible whisper** (the language of lovers).
- ◆ For the next 10 minutes, chant **silently** (the language of the divine). Continue the finger movement. Keep visualizing the mantras moving in an “L” from the top of the head and out the third eye. Use the mouth to make the sounds, even though they are silent.
- ◆ Then 5 minutes **whisper**.
- ◆ End with 5 minutes **out loud**.

During the last, 31st, minute, listen inside and hear the mantra and experience the “L” in the head, but discontinue the finger movements.

Each time you close a mudra by joining the thumb with a finger, your ego “seals” its effect in your consciousness. *It is important to do this meditation properly, using the “L” form so that the sound follows the “Golden Cord,” entering at the 10th Gate (top of the head) and projecting out through the third eye to Infinity. As always, the spine must be straight and the chin lock must be applied. (Pull up on the spine from the back of the neck.)*

COMMENTS: All meditation begins and stops at “Sa Ta Na Ma” — there is nothing beyond it. Kirtan Kriya is the most important meditation in Kundalini Yoga. If you could do only one meditation, this is it! This meditation does everything for you as you need it and in the proper order. It can be your best friend.

Kirtan Kriya has many beneficial effects. It clears the subconscious mind and, as a result, disentangles us from stories and confusion of emotional reactions and attachment. We transcend conflictual duality as our mind goes into a neutral space of clarity and peace.

As a very powerful spiritual cleanser, Kirtan Kriya is a catalyst for change. You may go through a lot when you do it daily because you will be releasing a lot. Be present to what you are experiencing and be willing to let it all go. The process will allow you to give all your garbage back to the Infinite. If you want to maintain the status quo, don’t do this meditation. If you are willing to change and welcome a new dimension of being into your life, this meditation is for you.

Lesson 6

Woman's Stable Polarity: Finding Her Neutral Space

Lesson 6 goal: *Connect with your stable male polarity and neutral space.*

Becoming aware of and staying connected to her stable male polarity is absolutely required for woman's inner mastery and outer mystery. My Kundalini Yoga and Meditation practice finally awakened me to this realization after about 24 years of daily practice! That was about 10 years ago (2002). Woman can change her life the day she experiences stability within herself!

Connect with the Experience of the Universal Stable Male Polarity

Maintain your connection with your stable center in your spine as you connect with your inner space. After tuning in, and during the pauses between exercises in *the Pineal Gland Kriya*, cultivate awareness of the points below. Follow this sequence and stay with one directive until you have that experience:

- ◆ Turn your sensory faculties inward. Look inside your head. Listen inside your head. Pay attention inside the space in your head. Pay attention to whatever you see and/or hear. You will see dark, blackness, cave, nothing, empty. It does not matter. What matters is that you turn your attention inside your head and focus on your experience. If you see colors and images that change, that's not it. What you see must be constant. If it's still there when you open your eyes and come back to it, that is a stable experience.
- ◆ Listen to the sound of silence that usually comes after seeing the space.
- ◆ Build and consolidate your experience by deeply looking and deeply listening.
- ◆ Identify the qualities of your space — *stable, non-movable, non-judgmental, clear, still, quiet, peaceful.*
- ◆ Focus on the quality that pulls you in. They all work. Go into the quality. Go deeper. Keep going. Penetrate into the space of silence, etc.
- ◆ Listen to the quality. Feel it in your body. Absorb the stillness, peace, light, clarity, etc.
- ◆ Feel the stability, security, Light, purity, etc., as a Presence. Let yourself be loved by this accepting Presence.
- ◆ Feel the deep satisfaction that overpowers and transmutes neediness, fear, separation, insecurity, lack of trust, emptiness, and need to control.
- ◆ Enjoy the deep pleasure that you experience. This is made possible by upgrading the vibrational frequency in your body, mind, and aura. At higher frequencies, you vibrate with Light and Love. Light and Love feel good!

PINEAL GLAND KRIYA

Use the instructions above on connecting with your stable male polarity during each exercise and in the meditations between exercises.

1. Clasp hands in Venus Lock about 4 inches above the top of the head, and, holding the lock tightly, try to pull the hands apart with long deep breathing for 2½ minutes.

Then meditate with hands on knees in Gyan Mudra for 5 minutes.

2. In the same mudra, unclasp thumbs and press them straight back and hold with long deep breathing for 2½ minutes.

Meditate with hands on knees in Gyan Mudra for 5 minutes.

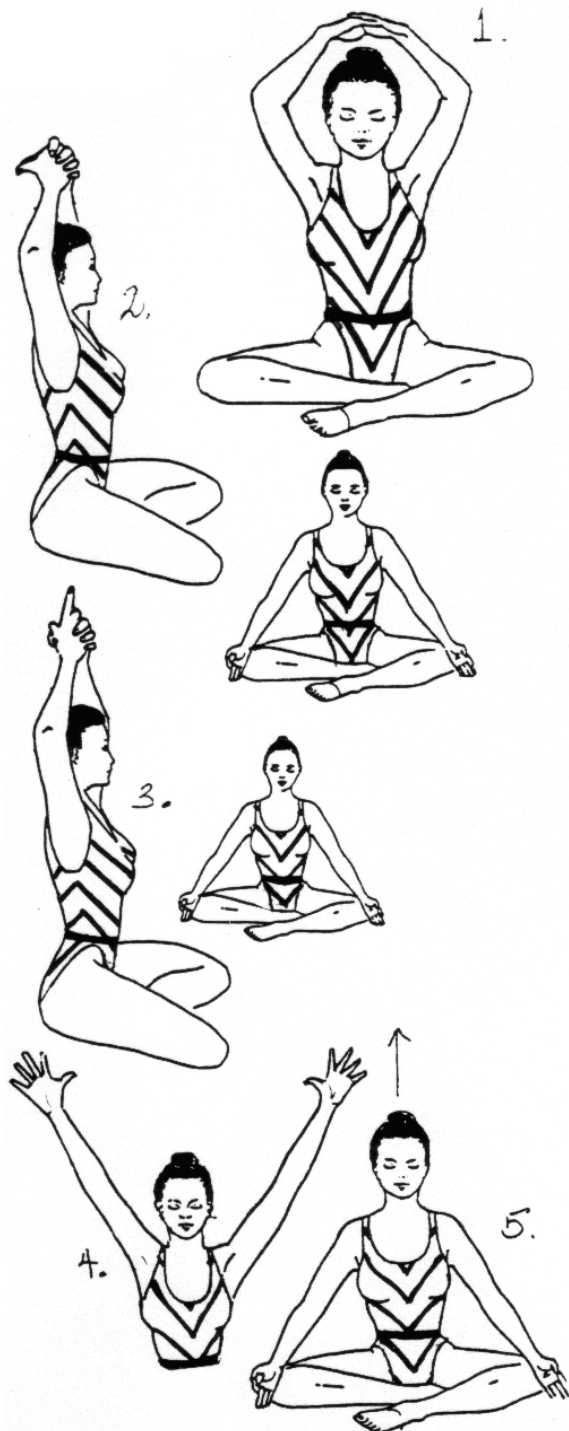
3. In the same position, thumbs clasped again, raise index fingers and point them straight up, pulling on the Venus Lock, resist and hold with long deep breathing for 2½ minutes.

Meditate for 5 minutes.

4. Still sitting, raise arms up to 60°, spread fingers wide apart and hold with Breath of Fire, creating a funnel leading to the 10th Gate (crown chakra) for 3-5 minutes.

Meditate for 5 minutes.

5. Relax arms down in Gyan Mudra on the knees and meditate on the stable space with awareness at the top of your head. Time open.



DHRIB DHRISTI LOCHINA KARMA KRIYA

Silent Meditation to Center and Balance

Sit with a straight spine, hips and shoulders in a line. Lock the tips of the front teeth together. Focus the eyes on the tip of the nose with the tongue touching the upper palate (which should occur automatically within about 1 minute). From the third eye (between the eyebrows) silently project the mantra

SA TA NA MA

Beam it out, creating an internal harmony. Coordinate the mantra with the breath. Usually one or two repetitions of “Sa Ta Na Ma” are used with each inhale and each exhale. Continue for 31 minutes.



Sit quietly and be aware of a light beaming out from your third eye. Even if you don't see it, focus and feel the energy consolidate. You will feel very centered.

COMMENTS: “Dhrib Dhristi Lochina Karma Kriya” means “the action of acquiring insight into the future.” This powerful, simple meditation was first taught on the eve of a full moon when the effects are greatest, as the subconscious mind is then fully open to its vibratory action.

Although most meditations require long periods of practice for mastery, it is possible to master this one in a single or several sittings, because of the wide range of individual differences in practitioners and the uniqueness of the meditation.

Although the meditation should be practiced for at least 31 minutes at a sitting, the minimum (compromise) time is 15 minutes, and to master it you should practice for 1½ hours. Three hours of practice will open up your psychic capacities. But in only 3-11 minutes practice, you can go inside, tune out external distractions, and center yourself. You can do it on the bus or standing in line, or at work when you can't be alone.

Honestly practice it for the longer times and the following things will happen: Your eyes will have the power to heal anyone. Your words will have the power to penetrate deeply. You will learn to talk inspiringly, and your words will always represent the truth of a given situation (“vacsiddhi”). You will be able to project Light sensations for healing and upliftment. Lastly, you will know the consequences of any sequence before you engage in it.

Lesson 7

Healing Father Wounds of Abandonment and Separation

Lesson 7 goal: *Use your stable male polarity to heal your father, abandonment, and separation wounds.*

The Powerful Role of Our Male Polarity

Woman's stable male polarity offers her many experiences that help her achieve healing and inner mastery. Use the following gifts of your neutral polarity to cultivate your relationship between your stable male energy and the feelings and emotions that you experience in your body:

1. A Stable Anchor
2. Safety and Non-Judgment
3. The Light to Face Our Darkness
4. Objectivity of the Observer
5. Finding Solutions in Neutral — Transcending Duality
6. Transformative Power of Light and Love
7. Non-Judgment and Acceptance of Our Emotions, Feelings, and the Feminine
8. Results — Inner Alchemy and Our Heart Opens

ONG NA MO and Arm Exercises

Tuning in and arm exercises help us access our neutral mind — our heroic male channel, where we (1) create a stable anchor inside ourselves; (2) experience acceptance — not judged, blamed, shamed; and (3) feel safe enough to feel feelings.

We use our subtle sensitivity to experience the transformative power of Light and Love, which transmutes stuck emotional energy to flowing, rhythmic frequencies.

Use the power of your mind to pay attention without stories to accept what you are feeling in your body. Feel the power of non-judgment heal your body and create a pleasurable space of Love!

Between Exercises — Enjoy the Inner Alchemy of Love

Between exercises, pay attention to your neutral space as the Father and stable male that allows all feelings without judgment. As your inner male embraces your inner female, experience the Love that is being shared between your body and mind. Experience the availability of your Divine Father. You are no longer abandoned or separated from Him.

After the last exercise

- ♥ Feel whole, satisfied, and content.
- ♥ Feel loved and love the feeling.
- ♥ Love your inner male with your emotional body, creating the alchemy by mutual love.
- ♥ Open your heart to yourself and simply be Love and allow yourself to be loved.

The first exercises in the *Set for State of Mind and Paranoia* open up your neutral mind and heart space. From this space, be present to and allow healing of your emotions, and waken to your inner alchemy of love. The *Kundalini Meditation for Beauty and Relaxation* builds the arc line between the nipples and consolidates the alchemy in the heart.

♥♥♥

Reaction, rudeness, insecurity, paranoia, fear — when you have these five in your behavior you don't need an enemy. You can destroy yourself. — Yogi Bhanjan

♥♥♥

A woman's ace card is her ability to not react. A woman's grace is to not lower her frequency to someone else's insanity. A woman's power is her constant connection with the flow of Infinity.

♥♥♥

SET FOR STATE OF MIND AND PARANOIA

After exercises 1, 2, and 4, connect with your inner space and stable polarity.

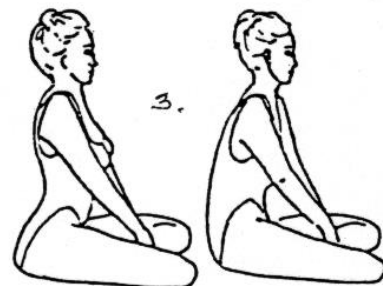
1. In Easy Pose, extend arms straight out to the sides and close the fingertips to the base of the palms, pointing the thumbs straight up. Apply chin lock and rotate the hands at the wrists so that thumbs point back, then up, straight ahead, down, and back, continuing with powerful breathing for 7-8 minutes. This works on the pituitary and breaks through paranoia.



2. Bend elbows and arc the hands up to almost touch thumbs to shoulders on the inhale, and extend straight out again on the exhale, one cycle per second with powerful breathing for 2 minutes to stimulate the pituitary gland.



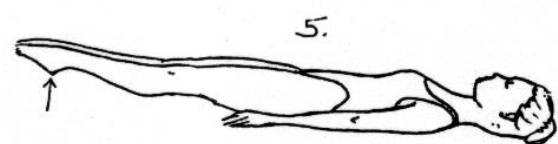
3. Spinal Flex in Easy Pose. Inhale, arching the spine (belly and chest forward), and pull the neck, chin tucked tightly in and up; then exhale, contracting the back, pushing the chin out slightly, slowly (1-2 seconds per cycle) for 4 minutes. Stimulates thyroid/parathyroid balance and promotes weight loss. Done correctly it will keep one looking young. *Focus on your spinal center.*



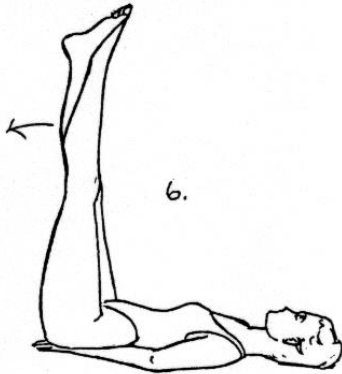
4. Still in Easy Pose, extend hands out to the sides again, palms facing up, and on the exhale bring the hands to the shoulders. Inhale and lift the elbows up as far as possible, lifting the shoulders and the entire spine. Exhale and lower elbows; inhale, extend hands out to sides, etc. One cycle takes 2 seconds. Continue for 3-4 minutes, chanting and coordinating with powerful breathing: HAR, HAR, HAR.



5. Lie flat on back with arms relaxed at the sides. Heels together, raise legs 6 inches off the floor, keeping the knees straight and toes forward, and begin long, deep, and powerful breathing from the navel point for 2-3 minutes. Works on lower abdomen and navel.

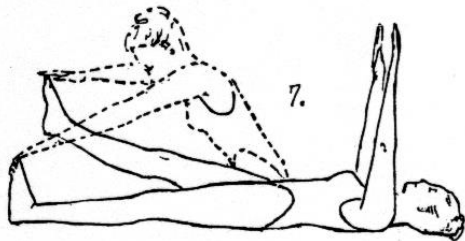


6. Still on back, place hands under buttocks, palms down, and cross legs at the ankles, keeping them straight. Inhale and raise legs up to 90°; exhale and lower them rhythmically with powerful breathing for 3 minutes, reversing the cross of the ankles as needed. Removes excess water from the body.



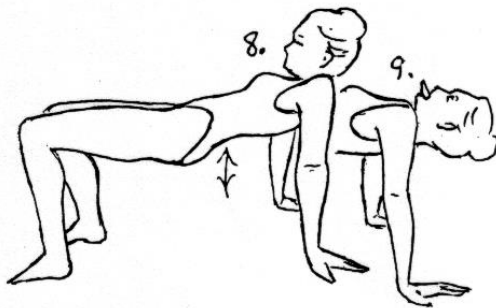
7. Lying flat, spread legs apart and raise both arms to 90°, palms facing the feet. Inhale and sit up, touching the toes with the hands as you exhale. Then inhale and lie down again, coordinating the movement with the breath for 6 minutes. This works on the pelvic bone and removes feelings of paranoia.

Cultivate your core in exercises 6 and 7 and feel the moving energy in your abdominal area.



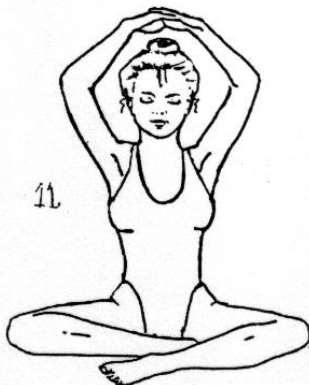
8. Bridge Pose. Hands under the shoulders, elbows locked, raise torso so that the body from the knees to shoulders forms a straight line parallel to the ground, with the arms and lower legs at right angles. With the chin tucked into the chest, move the body up and down for 3-4 minutes. Works on buttocks and hips and keeps you young.

This is a rebirthing exercise. Powerfully pant and let go of stuck emotions.



9. Same posture as above, but with the head back and parallel to the rest of the body. Open the mouth and stick the tongue out with heavy breathing. This is Reverse Lion Pose. Continue for 1-2 minutes. Then begin purring like a lion, allowing the back of the tongue to vibrate as though gargling. Continue powerfully for 1 minute as a preventative against the common cold.

Soothe your wounds and love yourself.



10. In Easy Pose, sing Adi Shakti mantra (see Lesson 10) for 4-5 minutes or breathe long and gently for the same period.

11. Interlace fingers into open Venus Lock, with thumb tips touching and pointing back, and raise arms over the head forming a halo with your hand. Focus eyes at the tip of the nose and breathe through the navel point. Breathe long, deep, and gently for 5-11 minutes.

KUNDALINI MEDITATION FOR BEAUTY & RELAXATION

In Easy Pose, with a straight spine, raise hands to throat level beside the body, and press the fingertips and thumb tip of each hand together, pointing them towards the head.

Inhale powerfully and quickly and exhale completely as you chant 1, 2, or 3 times per breath, keeping the number you choose consistent:

Hari Nam
Sat Nam
Hari Nam
Hari
Hari Nam
Sat Nam
Sat Nam
Hari



For 11 minutes, building to 31.

To end, inhale deeply, stretch the hands as high as possible overhead, hold the breath in for about 1 minute, still stretching to the maximum; exhale and relax the arms down. Repeat twice more, holding 10-20 seconds each time.

COMMENTS: This is a very relaxing meditation, but as the meditator relaxes, the hands may become painful. After 40 days, the body metabolism will adjust and the pain will go away. This meditation gives the faculty of endurance, takes care of the nervous and glandular systems, and makes the meditator beautiful and relaxed.



With the most corrupt person, you can be honest; with the most angry person, you can be cool; and with the most insulting person, you can be graceful. If the balance of your personality and your sensitivity can remain under your control and your projection, you have learned the art of living.

– Yogi Bhajan



Lesson 8

ME in Relationships

Lesson 8 goals: *Stay conscious in your neutral space, be present to your feelings in your body, and maintain your circle of love when you are in relationships.*

“ME in relationship” is a life-long lesson. Since we are always in relationship with others, our interactions give us ongoing opportunities to monitor our progress in maintaining the integrity of our circle of love.

Staying focused on herself and what she is feeling is one of the most difficult tasks for a woman. To be able to connect in relationships from our own identity, we must be able to stay in our own center and circle. Separation and individuality are prerequisites for building relationships where we experience oneness in the heart.

A critical test along our path toward inner mastery is our ability to stay centered within ourselves, no matter what the distractions and enticements are. With practice, you can do it! Every bit of progress that you make will unleash incredible freedom, passion, and joy within you, and make you more magnetic and beautiful!

As we awaken to our inner reality and become aware of our hidden agendas, we notice that fear-based programming distances us from both giving and receiving love. Each of the lessons will help you hone your ability to self-focus and release fear-based agendas.

Upgrading any relationship requires a transformation of consciousness. The *Meditation to Make the Impossible Possible* can be our savior. Practice this meditation to clear the illusions, fantasies, and negative imprints that prevent you from relating soul to soul with your partner.

Practice any kriya or exercises and this *Meditation to Make the Impossible Possible* to first cultivate your personal space and self-focus. Then, in the partner exercises, practice maintaining your space and self-awareness. Stay present to your spinal center and what you are feeling in your body. As one young woman expressed to me after this lesson, “I can hold my space while I am by myself, but when I am in relationship, I totally lose it.” Dear sisters, this is our life challenge! Remind yourself:

I am me. You are you.

I honor me and I honor you.

I am living in my universe. You are living in your universe.

I see the world through my eyes. You see the world through your eyes.

May we both see the world through the eyes of Love.

Through the eyes of Love may we see each other's soul.

MEDITATION TO MAKE THE IMPOSSIBLE POSSIBLE

This meditation eliminates blocks and patterns in the subconscious mind that compel us to engage in destructive and neurotic thoughts and behaviors.

Sit in a comfortable position with a straight spine. Rest the backs of your hands, palms up, on your knees. Eyes are 1/10th open looking forward into your dark inner space, focused at the third eye. Beam each sound out from the third eye.

Chant out loud in a relaxed, steady, monotone:

SA TA NA MA RA MA DA SA SA SAY SO HUNG

As you chant, use the same finger movements as in Kirtan Kriya. Touch the thumbs of each hand to the corresponding fingers with a light touch (2-3 pounds) about one second per sound in the following sequence for 11-31 minutes:

SA — index finger
TA — middle finger
NA — ring finger
MA — little finger
RA — index finger
MA — middle finger
DA — ring finger
SA — little finger
SA — index finger
SAY — middle finger
SO — ring finger
HUNG — little finger

☼☼☼

RA — Radiance of the Sun
MA — Tenderness of Mother
DA — Security of Earth
SA — Expansiveness of Infinite
SAY — Integrative totality experience
SO HUNG — Identifying with the Infinite

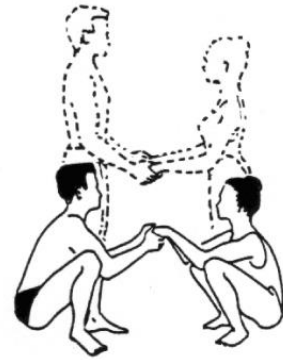
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Each sound impacts both the conscious and subconscious minds. The qualities cleanse and restructure the subconscious mind, releasing traumatic imprints and liberating our mind to shine the light of our soul.

To end, inhale deeply, hold the breath 20-30 seconds while you shake every part of your body. Exhale and repeat the shaking motion two more times. Move and circulate the energy in your body. Then focus eyes down to the tip of the nose and breathe slowly and deeply for 1-3 minutes. Then relax and be with yourself inside your space, inside your circle.

PARTNER EXERCISES

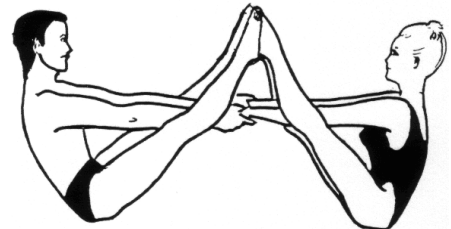
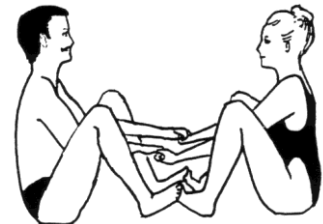
1. Stand facing a partner, far enough apart so that when you join hands, your arms are straight. Pull on each other's arms as you inhale up, exhale down in squats. 26 times.



2. Both partners come into triangle pose with heels touching. Look at each other from this position. This is guaranteed to give you a new perspective on any issues you may have. Use as couples therapy whenever needed.



3. Venus Lotus: Sit far enough away from your partner that you can grab onto each others' wrists and keep your arms straight. Balance on your buttocks and put the soles of your feet together. Lift and strengthen your legs up outside your hands. Breath of Fire for 1-2 minutes. Inhale, pull root lock and then relax down.



♥♥♥

Conflicts can only exist if you do not understand the elementary nature of a male and the elementary nature of a female. It's very essential. – Yogi Bhajan

♥♥♥

Lesson 9

Passive/Receptive Skills

Lesson 9 goals: *Be conscious, allow, accept, let go of control, and patiently wait.*

Cultivating Passive/Receptive Skills for Inner Mastery

Passive receptive skills are the domain of the Shakti goddess. Acquiring these skills gives woman *inner mastery and outer mystery*.

The following steps can help us cultivate our passive/receptive skill set:

1. First, we connect with the Infinite in our neutral mind. We meditate (consciously pay attention to) the infinite space in our mind and focus on and immerse ourselves in the attributes of Infinity — *stability, peace, stillness, silence, vastness, and awareness*.
2. Then, as an experiment, try to change any one of these attributes. We discover that there is nothing we can do to change IT. IT IS the way IT IS and nothing we do alters it in any way. Stable remains stable. Neutral remains neutral. This is very good news.
3. So we go back to meditating on the space and its qualities exactly the way IT IS. The more we allow ourselves to be absorbed in ITS permanence, ITS stability, ITS imperturbability, and ITS inclusiveness, the more we feel connected to, supported by and comforted by these qualities of the Infinite Force. We become one with these qualities.
4. We relax into “do nothing,” meaning we do not try to control, change, or influence this Space, the Force, or ITS qualities. *“Mastery” is not about control. Mastery is about being at one with the qualities of that which we wish to know.*
5. It is critical that we stay conscious. In conscious awareness, we are in our neutral channel; we are not in our dualistic mind. Consciousness and thinking distinguish the two channels of our mind. *When we stay conscious, we can avoid spacing out and forgetting our divine connection. We stay conscious by focusing our attention on the essence qualities of the Space/Force.*
6. Surrendering to this Force is an ongoing and progressive process. Our connection must be very real for our body and mind to let go. We practice, and we continue to practice, every day. Even a moment of letting go and trusting can transport us into a relaxed feeling of freedom. Our experience of life and ourselves is expanded, creative ideas are unleashed, and opportunities become available. And sometimes our circumstances are miraculously changed.
7. Shift happens. We know not how. And we do not search for an explanation. A miracle is not to be explained. It is to be appreciated and acknowledged through humble gratitude.
8. The most beautiful thing is that we acquire our passive/receptive gifts and skills for inner mastery:
 - ◆ We can patiently wait.
 - ◆ We can accept things the way they are.

- ◆ We are available and receptive for support, magic, and miracles.
- ◆ We can let go of control and allow ourselves to relax into the cosmic flow.
- ◆ We can trust and surrender to the unknown Infinite Force.
- ◆ We expand into greater experiences of peace, freedom, and happiness.

Pranayama Meditation to Attune to and *Trust* Our Natural Rhythms

Let go and surrender — sounds like a great idea. The question is how is it possible to let go and surrender to the Unknown? The reality is that the human psyche will not let go unless it has an experience of what it is surrendering to. A belief, a good idea, or even the truth is not sufficient to convince our primal reflexes to let go of control. We can nurture the possibility of letting go by getting in touch with the innate flow of energies within our body. We can begin by attuning to the cycle of our own breath.

1. Watch and feel the flow of your breath in your body. Note where your inhale and exhale stop and start. Allow the pause between your inhale and exhale. Notice that your pranic body automatically initiates each inhale and exhale. Your intervention is not required.
2. Do any sitting Kundalini Yoga exercise that incorporates Breath of Fire or powerful breathing for 1-2 minutes, for example, Spinal Flex. Then *passively* be with your breath in your body as it slows down and eventually comes back to its own pace and rhythm.
3. Notice the relationship between the rhythm of your breath and the state of relaxation or stress in your body. When our body is relaxed, we can attune ourselves to deeper levels of the rhythm of our breath through our physical vessel.
4. For 3 to 5 minutes, consciously slow your breath down to four or fewer complete cycles per minute. Then be with your breath as it breathes through your body. Be very attentive and note the difference between consciously controlling your breath and simply being with your pranic body as it breathes. This is the difference between control and letting go.

Our breath is our primal connection with the cycles of our soul, nature, and the Universe. As we return to the natural rhythm of our breath and the pulse in our body, we awaken to deeper levels of connection with our own soul and our truth.

The goals of this passive pranayama exercise are

- ◆ To release the need to control, using your breath as a practice tool
- ◆ To surrender to the natural cycle of your breath
- ◆ To experience that there is a natural rhythm within yourself that you can trust
- ◆ To experience that you will not die if you release control of your breath
- ◆ To monitor your resistance, to allow it, to feel how it feels in your body, and, through acceptance, to allow your body to let go and relax (even a little bit)

For a few precious moments, enjoy letting go and relaxing into your own flow.

This exercise, and your own personal variations, can be used between the exercises of any Kundalini Yoga set. Be especially attentive to letting go and surrendering at the end of the set and after any mantra or breathing meditation.

Directives to Let Go of Control

Cultivate the following inner experiences between the simple, but very stimulating, exercises in the *Body Shake Kriya*, during the *Pranic Meditation*, and at the end in silent meditation. Obviously, you can't do all of them in one session. Choose what feels appropriate and build your ability to let go of control and relax into the Infinite Space of Love.

- ◆ Stay conscious in your neutral channel.
- ◆ Be in the experience of your favorite infinite quality: neutrality, stability, peace, stillness, silence, vastness, and awareness.
- ◆ Try to change this space and any one of its attributes.
- ◆ Relax. Go back to being with your space exactly the way it is.
- ◆ Accept IT exactly the way IT IS.
- ◆ Let go of what you cannot control.
- ◆ Do nothing but pay attention, listen, and feel deeply. Stay awake and attentive.
- ◆ Allow yourself to *be absorbed* in its permanence, its stability, its imperturbability, and its inclusiveness. Feel connected to, supported by, and comforted by these qualities. Immerse yourself in the peace and stillness.
- ◆ Find inside your heart space what is true, what can never be taken away, what really matters, what is eternal.
- ◆ Feel that you are moving out of fear into love by strengthening and trusting your inner connection with the Divine.
- ◆ Trust that the Universal Organizing Power knows exactly what it is doing.
- ◆ Trust and surrender to the Infinite Force of Love.
- ◆ Allow yourself to be transported into a relaxed mode of freedom and joy.
- ◆ Let your experience of life, reality, and yourself expand.
- ◆ Be available and receptive. Allow yourself to *relax* and *receive*.
- ◆ Be in humble gratitude.
- ◆ Love the Force/Infinite with all your heart.

BODY SHAKE KRIYA — A SUBTLE EXPERIENCE

Warm ups: Spinal Flexes and leg stretches (e.g., from *Guru Rattana's Sadhana*) are always good.

1. Lie on your back, arms by your sides, raise left leg to 60°. Keep your body relaxed while you shake your leg vigorously. Keep knee straight. This movement stimulates your glands to secrete. 3 minutes.

Relax, let go, and be aware of what you are feeling.

2. Do the same with the right leg, but shake even harder. 3 minutes.

Relax, let go, and be aware of what you are feeling.

3. Raise both legs and shake them vigorously for 3 minutes.

Relax, let go, and be aware of what you are feeling.

4. Sitting in Easy Pose, raise both arms straight up and shake your hands vigorously moving from your wrists. Both wrists and hands move. Elbows are straight. With closed eyes, concentrate on your pineal gland by looking up to the center top of your head. Listen deeply inside. 3-7 minutes.

5. Sitting with hands in lap, meditate inside your space inside your head. Breathe slowly, long and deeply, keeping your eyes closed. Then passively be with your breath as it breathes through your body. Let go to the rhythm of your breath. 5-11 minutes.

To end, inhale deeply, suspend your breath as long as you can (up to one minute), and then exhale a cannon breath. Hold the breath out for up to 30 seconds, pull in your navel, and apply root lock. Inhale and relax.

This set helps the sciatic nerve and opens your awareness to subtle experiences — if you pay attention.



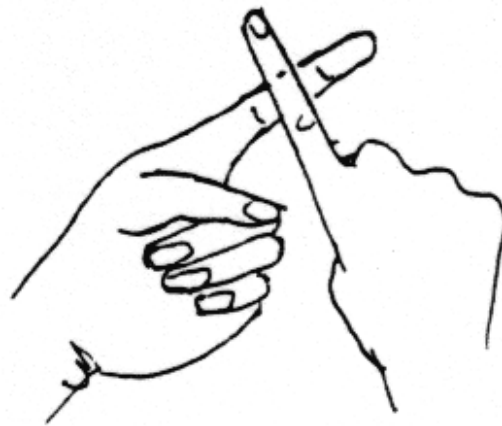
PRANIC MEDITATION

In Easy Pose, with straight spine, make fists, thumb on top of tucked fingers. Index (Jupiter) fingers are straight, crossing at the middle section, right finger on top, with palm facing down. Left finger is underneath with palm facing up. Fingers are straight and flat, crossing at a 90° angle. Hands are at diaphragm level.

Inhale slowly and deeply through your nose, and exhale slowly, completely, and forcefully through puckered mouth (not whistling) so that you feel your breath on the tips of index fingers. The entire cycle lasts about 15 seconds. Fingers will feel cold. Never do this with a quick breath. Meditate on your own prana carried by the breath, for 11 minutes maximum.

You may yawn or stretch, but continue with the breathing.

To end, inhale deeply, interlock index fingers and stretch across your heart. Exhale and meditate on the flow of your breath.



COMMENTS: This pranayama helps maintain youthfulness of mind and body despite age. It brings health, cultivates the ability to heal, and feeds the brain so there is no depression. It eliminates fatigue, and gives a constant flow of energy. You'll become intuitive and instinctually sensitive to your subtle soul self and to natural phenomena like earthquakes, etc.

My Soul Is an Ocean of Waves

Oh my soul, you are an ocean of waves

How can I know your secrets?

“Let go, and you can experience that I am indestructible.

Accept every wave and you can feel my power.

Allow every wave and you can feel my kindness.

Love every wave and you will experience my depth.

Ride every wave in the boat of trust, and you can flow with my grand design.

Relax, have faith in every wave, and the unknown will become known to you.”

*I can feel your kindness, know your power, and experience your depth
when I ride every wave of love.*

I can know you when I love you.



Lesson 10

Divine Feminine Mother Principle: Integrating Matter and Spirit

Lesson 10 goal: *Awaken and be in oneness with the Sacred Feminine in your body.*

By working with the first, second, and seventh chakras and strengthening our nervous system, we can hold higher frequencies in our body, i.e., integrate matter and Spirit. Standing exercises and chanting the Adi Shakti mantra awaken us to the primal mother energy.

Directives to Integrate Matter and Spirit

Gold is grounding. *White* is ungrounding. Focus on gold, not white, to ground in higher frequencies.

Both first and seventh chakras help us develop a deep sense of security and trust, which makes it possible to relax enough to integrate higher frequencies in our body.

Seventh, crown chakra — Focus on the top of your head to open your crown chakra. As you feel the sensations on the top of your head, allow yourself to experience the comforting and supportive energy and essence of the Flowing Force as it permeates your body.

- ◆ Witness the non-physical aspect of the Divine in your neutral mind.
- ◆ Experience stability, silence, and peace in your mind.

First chakra — Focus at the base of your spine to experience the Divine in your body. Stillness at the first chakra makes us feel safe and secure in physical reality.

- ◆ Feel gravity and the solid existence of physical reality. Feel peace and stillness.

Both the first and the seventh chakra

As you focus on both the first and seventh chakras (top of head and base of spine)

- ◆ Feel that both resonate with peace and stillness.
- ◆ Feel them integrate in your body and in your spine.
- ◆ Feel that you can hold the higher frequencies in your body.
- ◆ Feel the sensory pleasure of the higher vibrations.
- ◆ Feel that both allow you to trust and surrender to natural and universal forces.
- ◆ Feel the simultaneous presence of the Divine Mother and Father.

Second chakra — Allow the spiral, flowing movement at the second chakra and let it vibrate in and flow through your whole body.

- ◆ Relax into the natural rhythms in your body.
- ◆ Enjoy the flow of natural forces and prana through your body.

In the second chakra, we feel alive and creative.

Spinal Rotations connect us with the spiral, flow energy in the second chakra.

Experience of Oneness

Allow the Divine Flow to move through your emotional and physical bodies. Experience the flowing, comforting presence of the Mother.

Allow the Flowing Presence to merge and be at one with the stable stillness in your neutral mind. You are at peace, loved, and in love.

The kriya *Self-Adjustment of the Spine* works on grounding and balance so you can stay in your body and be a vessel for Infinite Love.

The Adi Shakti mantra and meditations awaken the Divine Feminine in every cell of your body.

All of you sitting here, if you tell me that you are living in some pain, some unhappiness, I will give you one common answer: You are using your past to bring pain into your future — that is the only answer. Then the question arises, why do you do it? Because you are out of balance. — Yogi Bhanjan



Every woman can cultivate inner balance and find happiness inside herself.

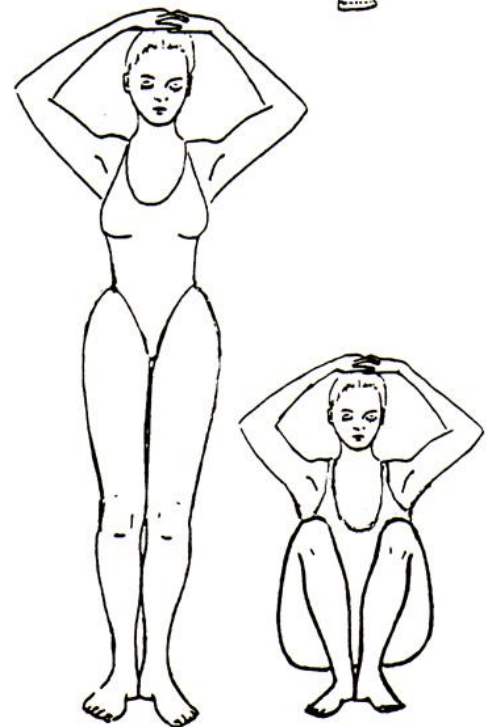
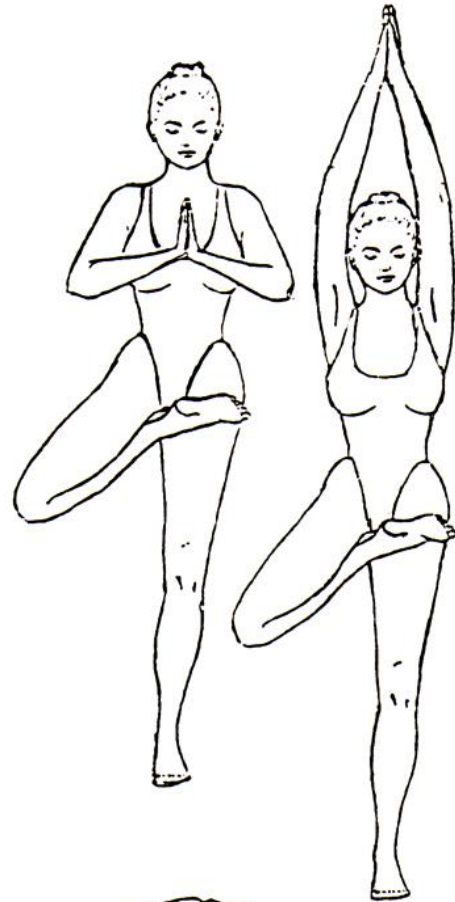
SELF-ADJUSTMENT OF THE SPINE

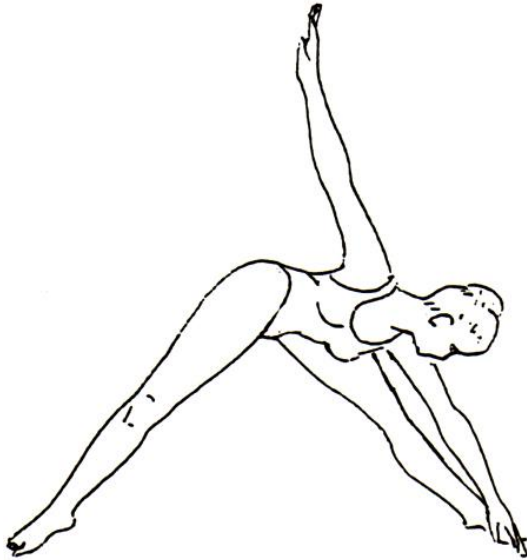
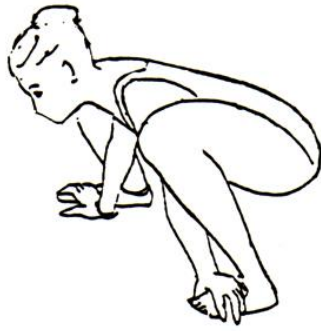
1. Stand with the palms together in Prayer Pose at the heart center. Raise the left leg and place the sole of the foot on the inside of the right thigh so that the heel touches the groin, or place the foot on the thigh in Lotus Pose in Tree Posture, breathing long and deep for 1-2 minutes.
2. Then bring the palms together overhead, stretching the arms up and keeping the elbows straight for 1-2 more minutes. Switch legs and repeat for 1-2 more minutes in each position.

COMMENTS: Ideally the heel of the raised foot should be resting on the pelvic bone. The body should be balanced, with the spine firm. There will be pressure at the base of the spine and all the vertebrae will automatically be adjusted. Especially effective for women and good for menstrual problems.

3. Stand straight with heels together, toes pointing out at 60° from each other. Interlace fingers and place palms on top of the head. Bend knees and squat all the way down, keeping heels on the ground (buttocks 2-3 inches above the ground). Spine should be kept straight, but the lower back will bend slightly in order to balance the body. Eyes look straight ahead to balance; inhale down and exhale up, taking 5 seconds to arise and 5 seconds to descend. 21 repetitions.

COMMENTS: The angle of the back will allow the discs of the lower spine to adjust and balance themselves.





4. Stand and spread the legs as wide as possible. Bend forward from the waist and grasp toes, keeping the knees outside of the arms. Bring the back parallel to the ground and keep the head up in Table Pose. Then bounce the lower back and buttocks up and down 11 times, inhaling up and exhaling down, head remaining in place throughout. Stand up and breathe normally for 5 seconds, and then repeat bouncing 11 more times, 11 bounces per 7-8 seconds. Continue for 1-3 minutes.

COMMENTS: This exercise corrects the sciatic nerve in the thighs. There is no other system that can make this correction as well. The sciatic nerve only hurts if it is out of place. This exercise will relieve pain.

5. Standing, spread the legs as far apart as possible. Stretch sideways to the right, bringing the left arm up and over the head, and stretch the right arm down to the right foot, both arms straight. Hold for 10 seconds and slowly switch sides, stretching to the left foot and holding for 10 seconds. Continue without pause for 2-3 minutes.

COMMENTS: Very helpful in correcting the balance of the muscular-skeletal systems of the back.

♥♥♥

In my spine, I am the center of my own universe.

♥♥♥

ADI SHAKTI MANTRA

This mantra invokes the Universal Creative Power, which expresses as the Universal Mother, the Kundalini, and the Divine Feminine.

ADI SHAKTI — the primal power

SARAB SHAKTI — all power

PRITHUM BHAGAWATI — creative power

KUNDALINI MATA SHAKTI — Kundalini, the Mother Power

NAMO — I bow down to, recognize, call upon, connect with

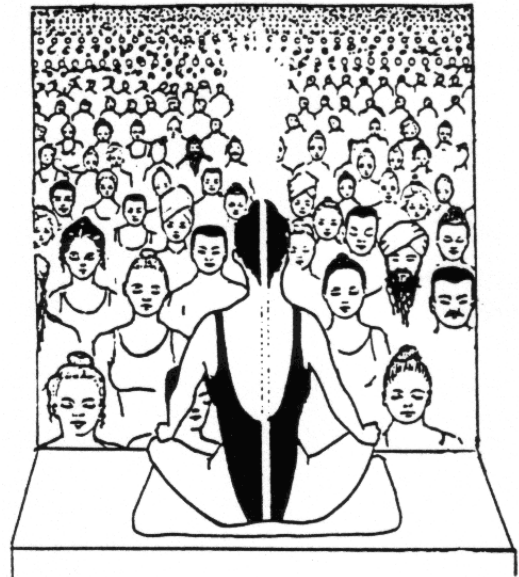
When a woman chants this mantra, she connects with her essence as the embodiment of Universal Mother Energy, which is always available to serve her. When a man chants it, he can connect directly with the Divine Mother and release his earthly mother wounds and attachments.

Chanting this mantra breaks the barrier of intellect/mind and connects your heart to the Divine Mother and your body to the Mother Earth. Nothing can come between your soul and Universal Mother when there is Love.

Silent Meditation to Evoke Support, Protection, and Nurturing

When you must chant silently and wish to evoke the support, protection, and nurturing of the Universal Mother and all your Shakti sisters, visualize yourself sitting with millions upon millions of women and men chanting this mantra. You, yourself, are not chanting, but the whole being should chant, and you should hear/feel the mantra as a vast cosmic flow and a vibrating force that transcends personalities. Experience a current of energy from the base of the spine to the top of the head, like a brilliant beam of flowing, spiral, golden light. Feel supported, nurtured, and uplifted into the Space of Love.

The *Adi Shakti Meditation* and the *Meditation on the Divine Mother* below add powerful heart-opening mudras (hand positions).



*Inner mastery is a silent statement.
Inner mastery finds resolution in stillness.
Inner mastery creates solutions from a peaceful center.*



ADI SHAKTI MEDITATION

In Easy Pose, with chest out and chin pulled in, press fingers together from base to tips without touching palms. Press thumbs together, pointing them straight up; fingers point straight out away from the body at diaphragm level, eyes looking straight ahead.

Inhale deeply; chant two repetitions of the mantra on one breath, as you exhale. Then inhale again and begin another cycle. You can begin with one repetition per breath. Continue for 11 minutes, building to 31.

**ADI SHAKTI, ADI SHAKTI, ADI SHAKTI
NAMO, NAMO.
SARAB SHAKTI, SARAB SHAKTI
NAMO, NAMO.
PRITHUM BHAGAWATI
PRITHUM BHAGAWATI
PRITHUM BHAGAWATI
NAMO, NAMO.
KUNDALINI,
MATA SHAKTI, MATA SHAKTI
NAMO, NAMO.**



Meditation on the primal, creative universal power magnifies one's pranic potency power and radiance.



Woman gradually awakens her intuitive, instinctual capacities. Once woman can consciously trust and follow her inner woman, she transforms her life forever. She can call upon her soul and the Divine and receive the help she needs.



MEDITATION ON THE DIVINE MOTHER

Mind Curing — Fulfills Desires

In Easy Pose, meditate on Infinite Energy coming out of the primal womb in an unending spiral without beginning or end, going on to Infinity.

1. Cup your hands at the level of the third eye, palms facing each other 4-5 inches apart. Cupped hands are 4-6 inches in front of the face. With eyes closed, beam a light from your third eye through your hands to the Infinite Light. See a beam of light going to Infinity. Do it! It will start happening. You'll be shocked. You'll fall in love with it. It is very mind-curing. Meditate with long deep breathing.
2. Then chant

SAA TAAAAA NAAAA MAAA

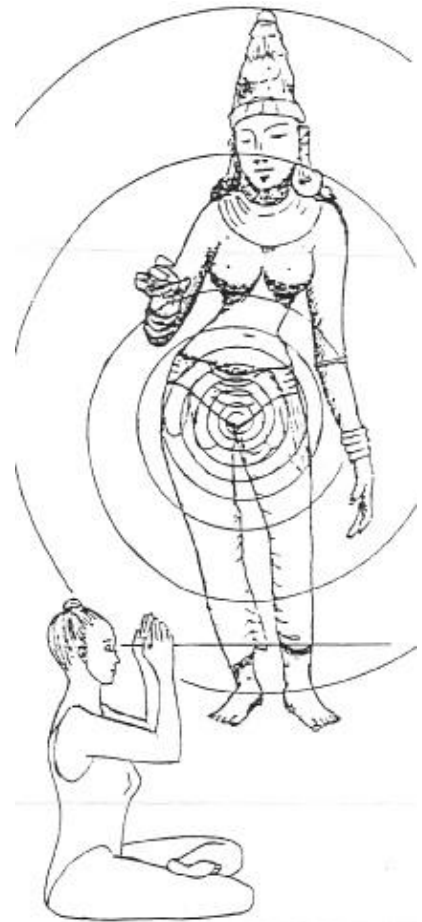
using the sound as guru. Go deeper into meditation. Guide your reason to go through the powerful imaginative circle you've created with your hands, like a huge beam of light from a torch. Keep the hands fixed in place.

3. Put your mind into that Infinite Light of its own ecstasy and chant

**ADI SHAKTI, ADI SHAKTI, ADI SHAKTI,
NAMO, NAMO.
SARAB SHAKTI, SARAB SHAKTI, SARAB SHAKTI,
NAMO, NAMO.
PRITHUM BHAGAWATI, PRITHUM BHAGAWATI, PRITHUM BHAGAWATI,
NAMO, NAMO.
KUNDALINI,
MATA SHAKTI, MATA SHAKTI,
NAMO, NAMO.**

The hands remain in the cupped position in front of the face during the whole meditation. This hand position may be challenging, and your arms might hurt, but the results are liberating. When you are ready, go for the experience! The effect is transformational!

Times were not given by Yogi Bhajan. It is suggested to do parts 1 and 2 for 3-5 minutes each and part 3 for 5-31 minutes. Although your arms may hurt, you will experience the powerful effects of this practice.



Lesson 11

Woman's Identity, Feminine Strategies, Set Yourself Free

Lesson 11 goals: *Use feminine passive/receptive strategies to experience your flowing rhythmic essence, to tune into your identity as a unique expression of the Sacred Feminine, and to set yourself free.*

Woman's happiness and self-love begins when she experiences her sacred identity as a woman. Woman's essential nature is rhythmic. A woman must find and flow with her own rhythm to set herself free to witness and to enjoy her unique expression of the Divine Feminine. We can use every Kundalini Yoga kriya to awaken to our feminine essence.

Woman's Rhythmic Flowing Essence

Rhythmic Exercises

Do rhythmic exercises and breathing to release stuck energy and to bring your emotional body into a rhythmic flow. Shaking and dancing also help loosen up the stuck energy so it can flow.

- ◆ As you do Spinal Flexes, generate the feeling of rocking yourself like a child.
- ◆ Do the moving exercises with a rhythm that soothes your body.
- ◆ Spinal Rotations and Heart Twists are also easy and effective rhythmic exercises.
- ◆ Do all exercises in a loving way that generates pleasurable feelings in your body.
- ◆ Experience your emotional body as a rhythmic, flowing, alive, pleasurable feeling moving through your body.
- ◆ Do any active exercise to open the flow of energy. Then sit in Easy Pose or lie down; enjoy the release and relax into your own rhythm in your body.

Rhythmic Breathing in Our Body

Our breath is naturally rhythmic: inhale, exhale, inhale, exhale.

- We connect with our own rhythm simply by being present to and feeling the rhythm of our breath as it breathes through our body.

This is a passive and allowing experience. We do not alter our breath. We simply immerse ourselves in its flow.

Relate to the wave of your breath as your emotions swimming in your body.

- We can also participate in slowing down our breath so that the waves are even, smooth, and flowing.

This active intervention should always be followed by allowing the breath to stabilize in its natural flow.

- All this is happening in our body. Our body is the vessel for our breath and the container of the waves of the creative flowing energy of our emotional body.

The following two exercises help us attune to the rhythmic movement in our body.

Whistle Breath Pranayama

Inhale with a deep whistle through the mouth.

Exhale through the nose.

Concentrate on the sound at the crown.

Listen to the pure sound inside your head. (5 minutes)

Mentally hear SAT on the inhale. Mentally hear NAM on the exhale. (2 minutes)

Abdominal Breathing

Place your hands on your ovaries and belly.

Inhale, expand belly. Exhale, contract. Feel the flow of in and out.

Feel that your breath is contained in your body.

Expand your breath to expand the space in your body.

Each breath can expand the boundaries of your space and increase what you can contain.

Rhythm and Flow Directives for Kriya

The following directives can be used with any active kriya, including the *Thymus and Immunity Set* (below). Use them to direct your feeling awareness to your personal rhythm during and after each exercise.

- ◆ Shake — release and set yourself free. You can begin any kriya with shaking.
- ◆ Hip Dance — connect to your first chakra and Mother Earth and recalibrate your energy with the Earth Mother.
- ◆ Pay attention to what you feel. *Attention* is a step toward loving.
- ◆ Relax. Let go so your energy can flow.
- ◆ Change will happen automatically because your inner woman has her own intelligence.
- ◆ Use acceptance, allowing, letting go, and surrender to unblock any stuck energy.
- ◆ You aren't getting rid of or trying to control your goddess energy.
- ◆ You are transforming it with acceptance, allowing, surrender, and love.
- ◆ Unleash and enjoy your feminine nature, which is dynamic, fluid, flowing, active, moving, rhythmic, vortex/spiral energy.
- ◆ Notice what is happening: expansion, creation, regeneration, and evolution.
- ◆ Be aware that you are always in creation.
- ◆ Your energy is deep/vital/alive, ever-changing, and recalibrating.
- ◆ Honor your inner woman's desire for freedom, creative expression, and evolution.

- ◆ Awaken to your instinctual consciousness, which makes it possible to be aware of and to participate in your own evolutionary process, and to connect and flow with natural forces.
- ◆ Feel the flow, rhythm, and creativity of your soul in your pulse, breath, and spine.
- ◆ Feel the dynamic, purposeful spiral vortex energy of your emotional energy — the evolutionary polarity of your soul.
- ◆ Be aware that you are *both* impacted by and aligned with natural forces and universal energies.
- ◆ Deeply experience this dynamic power in your body, unleash it, and set it free.
- ◆ *Love* the feminine creative aspect of your soul.
- ◆ Hold this energy in high esteem; honor it as your power to be, to live, to manifest, and to attract Love.
- ◆ *Trust* the evolutionary polarity of your soul. It is taking you where you need to go. It is a force with its own intelligence and timing. It is always moving forward. Allow it to take you the distance you must travel.

Stages of Energetic Awakening

1. Numb, mental, stuck, unconscious
2. Feeling alive and creative
3. Relax, let go
4. Flow, rhythm
5. One with natural and universal forces and my soul
6. Ecstatic awakening to your sacred feminine identity

Practice the *Mother Principle Meditation* for this awakening.

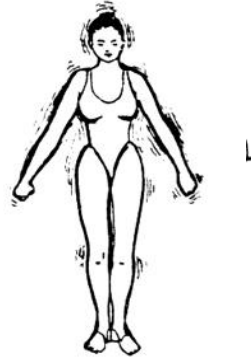


*I fearlessly surrender to the ever-changing dance of life and
love flowing through my being.*

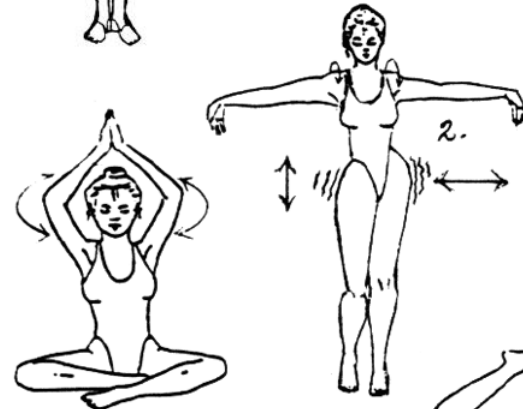


THYMUS & IMMUNITY SET

1. Standing, start with hands before chest, palms facing each other 12-18" apart, and just shake the whole body, creating a body rhythm, especially in the trunk, but giving the entire body a shake-massage like heavenly hell! Get wild! It starts to happen after you don't want to shake anymore. Every tissue has to sweat. 5-10 minutes.



2. Stand straight and move hips up and down by lifting alternate heels and bending knees. Shimmy, twist, hip dance! Extend arms out to the sides, hands limply hanging from wrists, continue shaking, and roll the shoulders in unison with hips. Every pore in the thighs has to sweat to get the toxins out and adjust the pelvic bones. 5-10 minutes.



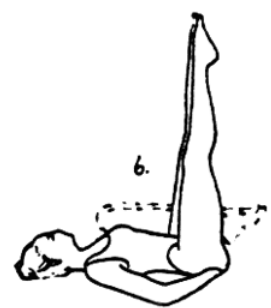
3. In Easy Pose, palms pressed together overhead, elbows slightly bent, twist forcefully and fast from side to side for 2-5 minutes.



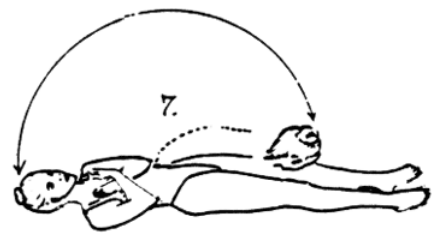
4. In Cow Pose, lift left leg straight up as far as possible and keep it up as you bend elbows and touch forehead to the ground between hands, 26-52 times. Repeat with the opposite leg up, 26-52 times.



5. Kneeling, on the count of 1, thrust pelvis forward, arch back and touch heels into Camel Pose, and on 2, straighten body, counting to 26-54 repetitions.



6. Lie down, hands under hips, palms down and bring knees to chest. On 1, straighten legs to 90°, on 2, quickly, strike heels on buttocks as knees bend. 26 to 108 times.



7. Lying flat on back, both hands on heart, relax for 1-2 minutes. Then on 1, hands still on heart, sit up and touch head to knees. On 2, lie back down again, and continue at a moderate to slow pace. 26-52 times.



8. Relax on back with Gong Meditation.

MOTHER PRINCIPLE MEDITATION

Sit in Easy Pose. Make fists of both hands at heart level, the left palm facing up and the right down. Extend the Mercury (pinkie) finger of the left hand and hook it under and around the thumb of the right hand, pulling to create a slight tension. Close the eyes and focus at the brow point. Inhale deeply and chant the “bij” mantra



A-I-MA

(Pronounced Ah-ee-mah)

in monotone for 11 minutes. With practice, extend the time to 31 minutes.

COMMENTS: The Mother Principle is primal power, coziness, care, and protection. A woman who experiences her oneness with this cosmic presence is without fear and has courage in all circumstances, even at the darkest times. When you serve the cosmos as the Mother, you know it is responsive to everything. Your anxiety is reduced because you feel connected and supported. This meditation will take you beyond belief into your personal experience of the Cosmic Mother.



Grace determines the state of our presence and our projection.

Grace is a state of the heart.

Grace is a state of Love.



Lesson 12

Awakening Woman's Spiral Shakti

Lesson 12 goals: *Activate your Sacred Shakti — the circular, spiral, vortex energy in your body and spine. Create your circle and contain your space with your spiral energy.*

Once woman activates her circular energy and witnesses that it is always moving in a spiral flow in and around her body and spine, she can consciously use this spiral energy to create and protect her circle. This experience is the foundation for woman to be able to relax into her personal rhythm and flow inside her space.

Spinal Rotations activate the circular flow. The kriya given below aligns the spine from the skull to the pelvic bones so the energy can flow. The *Laya Yoga Meditation* in this lesson is a classic that spirals Kundalini Shakti up the spine.

Spinal Rotation Exercise

To begin this exercise, pulse your navel with Breath of Fire or long deep breathing. Once you feel the pulse at your navel center, move your navel back toward your spine and then begin making very small circles inside your belly. Gradually allow this internal movement to include more and more of your body.

At first, the movement will be a conscious act of rotating the torso. At some point, you will experience that this spiral, vortex energy has a life and momentum of its own. Allow it to take over the movement in your body.

Once your circular energy is flowing, feel that it is creating a circle around you. It is defining energetic boundaries to protect and consolidate your circle.

Allow the spiral movement to continue as long as you wish, maybe 5-10 minutes. When it is time to move on, let the movement become internal. You will feel that it does not stop. Don't stop it. It will continue to do its job to define and contain your sacred space.

Practice the kriya for *Cleansing, Creating Your Circle and Boundaries* to further awaken your spiral Shakti flow. You will get a deep and very pleasurable experience with *Laya Yoga — Spiral Mantra Meditation*.



CLEANSING, CREATING YOUR CIRCLE AND BOUNDARIES

1. In Easy Pose, with arms out to the side, parallel to the ground, hands in fists with middle finger extended, circle the arms backward. Keep the elbows straight with no looseness. 2-5 minutes and then increase the speed for 1-2 minutes more. Awakens the neutral mind and clears the aura. *Claim your space between your fingers that draw the boundary of your circle.*



2. In Easy Pose, fingers interlaced with hands behind the head. Make a deep grinding motion moving the whole spine from the hips. Work the whole abdominal region down to the base of the spine. 2-3 minutes. Works the abdominal area and awakens circular energy.



3. In Easy Pose, thumbs on the mounds of the little fingers, arms parallel to the ground with the palms facing down, alternately raise one arm up to 60° as the other arm goes down 60°. Continue at a fast pace for 1-3 minutes. Awakens the neutral mind and clears the aura. *Claim your space between your fingers that draw the boundary of your circle.*



4. In Camel Pose, bend the elbows to lower the body and then come up. Continue the up and down movement for 1-3 minutes. Regulates calcium balance in the thigh bone, massages reproductive organs. (4b is an alternate pose.)



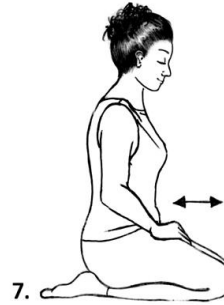
5. From Camel Pose, come forward; bring the forehead to the ground and arms above the head with palms on the ground. Alternate between Camel and forward bowing. 1-2 minutes.



6. In Easy Pose, arms parallel to the ground, hands in fists with thumbs pointing up. Twist left and then right. When done correctly, you will feel pressure on your forearms. 1-2 minutes. Awakens the neutral mind and clears the aura. *Claim your space between your fingers that draw the boundary of your circle.* Opens the heart and works on lymph glands.



7. Sitting on heels, inhale deeply, hold the breath and pump stomach in and out as many times as you can while holding the breath in. Then exhale and pump the stomach in and out as many times as you can while holding the breath out. 1-3 minutes or up to 50 times. Works on digestion, elimination, and navel center.



8. Sitting on your heels, make a circular movement with your lower body, 52 times to the left and 52 times to the right. Or 1-2 minutes each direction. Works on digestion, elimination, navel center, and circular flow.



9. Sitting on your heels, hands in fists with the thumbs inside. Powerfully pull one arm back while the other extends forward. As arms come forward, open the fingers as if you were grabbing something. Close them quickly as you pull them back powerfully toward the body. Continue for 1-3 minutes. *Claim your space in front of your body.* Moves the lymph glands.



10. Standing, feet about shoulder-width apart, arms to the sides, parallel to the ground, palms down, very slowly tilt one arm up as the other comes down; arms stay in a straight line with each other. 2-7 minutes. *Claim your space with the arms, fingertips defining the boundaries of your circle.* For mental and physical equilibrium. Awakens the neutral mind and clears the aura.



11. Sitting, extend the left leg forward, heel pressed out and toe toward the body to maximize the stretch. Put the right foot to the inside of the left leg, up to the groin if possible. With a straight spine, bend from your hips, keeping your heart open, grab onto your big toe or wherever you can and do Breath of Fire or long deep breathing. Repeat with the other side. 1-2 minutes each side. Opens hips and strengthens sciatic nerve.



12. In Lotus or Easy Pose, clasp hands behind the back, index fingers together and pointing up. Bend forward and raise the arms up as high as possible as you bring forehead toward the floor. Inhale up, exhale, bend toward the right knee; inhale up, exhale, bend to the center; inhale up, exhale as you bend toward the left knee. Continue right, center, left, right, center, left, for 1-3 minutes. Works on colon, liver, third eye, and ability to surrender. *Deeply relax on your back. Be cozy in your space inside your skin.*



LAYA YOGA — SPIRAL MANTRA MEDITATION

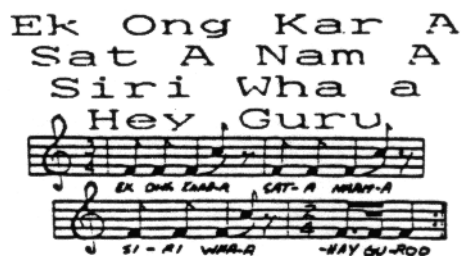
This Laya Yoga meditation activates and spirals vortex energy in and up your spine.

Sit in a meditative posture, with spine straight. Place hands in lap, left on top for women, right on top for men.

Pull the muscles at the rectum, focusing at the base of the spine.

Chant the three-cycle spin chant, spinning the sound up the spine all on one breath. Let go and get lost in the spin.

**Ek Ong Kar A
Sat A Nam A
Siri Wha A
Hey Guru**



On “EK,” sharply contract the navel, allow navel energy to descend to the rectum and sex organs. On the first “A” (after “Kar”), pull root lock (anus and sex organs).

On the second “A” (after “Nam”), pull diaphragm in and up, feeling energy spiraling up the spine and through the chakras.

On the “A” after “Wha,” pull the chin lock (pull up and elongate spine from back of neck). Feel the energy spiraling up through the neck.

On “He,” relax the locks and allow the spinning energy to leave through the crown chakra.

The full cycle is chanted in one breath. Continue for 11 to 31 minutes.

COMMENTS: This meditation awakens us to the unseen creative Universal Force that animates all life. The moment we relate to the unseen in what we see, we are energized and uplifted to a higher vibratory level. This meditation merges us in oneness with the ever-changing movement of the creative process of life. *We begin to relate to the ever-changing dynamic of the universe and the flowing polarity of our soul.*

Lesson 13

Healing Mother Wounds

Lesson 13 goals: *Heal your mother wounds by connecting with and calling upon the Divine Mother. Experience your oneness with the Divine Mother in your circle.*

Mantras are sounds that connect us with levels of intelligence beyond our rational mind. Mantras are the sounds of the language of the universe and tuning instruments. If we want to tune into and access a particular universal frequency, we chant a mantra that vibrates that frequency.

Chanting MAAA tunes us into the frequency of the Divine Mother and the Flowing Force. At first we connect at the personal level and think of our own mother. As we continue to vibrate with MAAA, we tune into our own essence as a mother, and then we experience the universal Mother Force.

The *Mother Power Meditation* helps us connect with the Universal Mother and use this energy to heal our inner child and cultivate self-love. As we chant this mantra, we experience the primal Mother energy that heals our mother wounds.

Begin by doing spinal rotations as directed in Lesson 12. Be aware of the spiral movement making a circle around your body. Experience your circle as a container and then as the womb of the Universal Mother. The *Skull and Pelvic Bone Adjustment Set* below brings the Universal Mother energy, as manifested in the Earth Mother, into your feeling awareness.

MOTHER POWER MEDITATION

In Easy Pose and Gyan Mudra, with a straight spine, chant

MAAAAA

8 times per breath for 3-11 minutes.

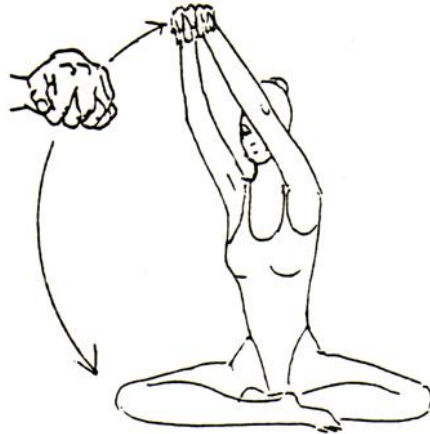
As you chant, call upon and become one with the Divine Mother. Fill your, body, aura, and inner space with the Love of the Mother. In our oneness, our mother wounds and our mothers are healed.

Then sit quietly and feel the nurturing energy in and around your body and the warmth in your heart. Go through your life, starting with what you first remember and bless your inner child in each situation.

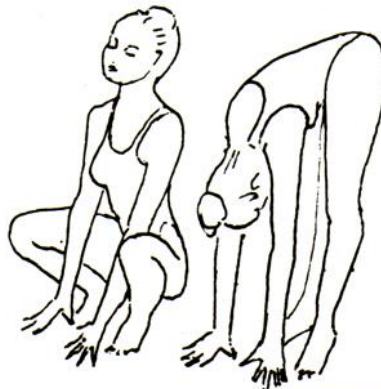


SKULL AND PELVIC BONE ADJUSTMENT, SET TWO

1. In Easy Pose, place right hand over left, fingers of both hands pointing away from body, with both palms facing down. Then pass right fingers between left fingers and press pads into the left palm, locking left fingers over them. (Similar to Venus Lock except palms both face down.) Stretch arms up to the right, keeping elbows straight, and swing them down to the right; return them up, right again, and continue swinging for 1 minute. Reverse hand position and with left hand on top, repeat on the left side for 1 minute. Change sides again and continue 1 minute, and again on the other side for another minute. Move from the base of the spine and swing vigorously, using the weight of the hands like a hammer.



2. Starting in regular Frog Pose, keeping fingertips on the floor, arms straight between legs, raise buttocks, dropping head, and repeat with the heels raised and touching each other. Be quick, but don't be crazy, for 1½ minutes.



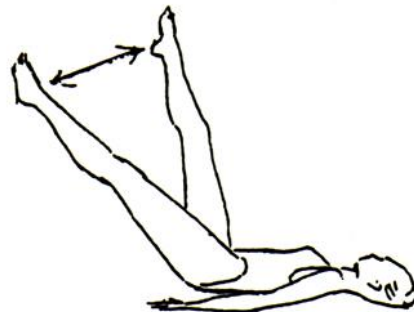
3. Lie on back, feet flat on the floor close to buttocks and catch ankles and raise hips in Inverted Bow. Lower and raise the hips very fast with Breath of Fire, and this time, go crazy! (Go all the way up.) Continue for 1-2 minutes.

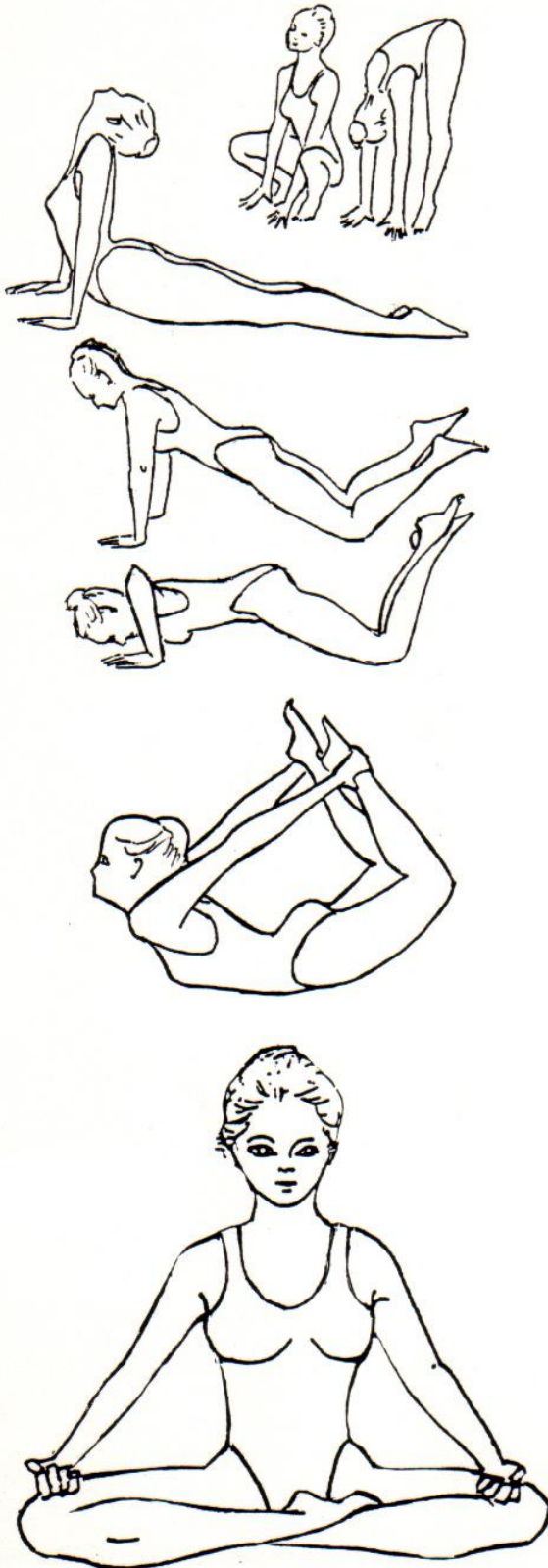


4. Lie down on back and lock hands under head with heels close together. Sit up quickly and touch nose to knees and return to original position for 1-2 minutes. Do not put pressure on your neck. If this is too difficult, put your hands under your hips.



5. Still on back, raise legs to 60°, and alternately open and close them with a crisscrossing motion for 30-60 seconds, separating them wide apart. Without a break, incorporate the arms, raising them straight up shoulder-width apart, perpendicular to the ground, when the legs are apart, bringing them down to the floor behind the head as the legs cross for 1-2 more minutes.





6. Do 26-52 Frogs again and immediately proceed to the next exercise.
7. Assume Cobra Pose and come up into Platform Pose on knees (with body straight from head to knees), inhaling. From Platform on knees, exhale into Lady's Pushup (bending elbows and keeping the body straight, bring the nose to the floor). Alternate Platform and Pushup position 26-52 times.
8. Bow Pose. Lie on stomach, catch ankles, arching the spine and raising hands and feet as if trying to bring the toes to the head. Rock back and forth like a rocking chair, using the breath to rock you. "Whoever shall rock like this for 15-20 minutes will never see old age!" according to Yogi Bhajan. Keep up for 1-2 minutes.
9. In Easy Pose, absolutely straight like a yogi, hands in Gyan Mudra, chant the Ardas Bhayee Mantra for 3 or more minutes. This is a sacred prayer to call upon the Infinite in all its expressions to unite us and to fill our circle with this healing vibration of infinite Love.

**ARDAS BHAYEE
AMAR DAS GURU
AMAR DAS GURU,
ARDAS BHAYEE**

**RAM DAS GURU
RAM DAS GURU
RAM DAS GURU
SACHEE, SAHEE**

This is a mantra of prayer. We call upon the Infinite to guide and help us in our current life situation. This is a good mantra to chant before **MAAAA**.

Lesson 14

Surrender to the Flowing Force

Lesson 14 goal: *Experience oneness with the Infinite Flowing Force in your body. Then align your flow (will) with the Cosmic Flow and be in oneness with the Flowing Force.*

All aliveness in your body is your personal connection and expression of the Flowing Force. Between each exercise, simply pay attention with sensitive awareness to this energy. Allow, feel, and enjoy the presence of the Flowing River of the Universe moving through your being. As you align your flow with the Cosmic Flow, be present to the gifts of aliveness, vitality, and movement.

Directives to Experience and Be at One with the Flowing Force

During your practice, simply be present in sensitive feeling awareness to the Primal Force that sustains and animates your being.

The Breath

Sit quietly before and after tuning in and relax into the flow of your breath. Inhale, receive; exhale, give back.

Watch the flow of your breath. Feel it in your body. How does it flow? When and how does it start and stop?

Feel where your energy is stuck, stressed, and not flowing.

Between Exercises

Below are suggestions on how to direct your feeling awareness between exercises. It is best to focus on only one experience at a time. Move on to another experience when you are ready.

After each exercise, do nothing except pay attention and feel what is happening.

- ◆ Be aware of and feel the flow of the Universal Current/Force in your body.
Feel the Force as warmth in your body.
Feel the Force make it possible for your body, heart, and blood to move.
Feel the circulation of your blood and the pulse of your heart.
Feel the life-giving energy of the Force flow through your body.
Let it wash away all stress, thoughts, and resistance as it flows through you.
- ◆ Relax and release any thoughts or feelings of stress, fear, anxiety that are rocks in the river of your life.
- ◆ Be willing to become one with the Flowing River.
- ◆ Feel yourself synchronizing with the Cosmic Flow and let it effortlessly move through you.
- ◆ Witness that you express the Cosmic Force in your own unique way.
- ◆ You are one with the Cosmic Force. You are one with all beings and forms.

- ◆ Witness that the Force is the current, the doer.
Enjoy the flow of Love of the Big River through your being and beyond.
- ◆ Feel the nurturing and healing Love of the Flowing River.
- ◆ Feel that you can surrender to the flow because you *are* part of the flow.
Your flow (will) is one with the Cosmic Flow (Will).
- ◆ Enjoy the pleasure, peace, and satisfaction of being one with the Flowing River.

Pick any kriya, depending on the time available, your mood, and energy level to practice this lesson. Or choose a few warm ups. It is important to take time between the exercises to feel and surrender to the Flowing Force. *The Body Shake* kriya in Chapter 9 is easy and stimulating. *Laya Yoga Meditation with Pranayama* is a powerful practice within itself.

My Relationship with the Flowing River

I ask myself

What is my relationship with the Flowing River?

How can I quit being a rock in the middle of the stream of my life?

How can I become One with the Universal River?

I already know the answers to my questions:

I can let go of my resistance — opinions, expectations, judgments, confining beliefs.

I can relax and allow my boat to flow with the current of the Cosmic River.

I can love and trust that my will/my flow is already in sync with the Flowing Force.

I experience alignment and oneness

When I feel supported by the current of the Flowing River.

When I can feel and enjoy my emotions flow with the rhythms of life.

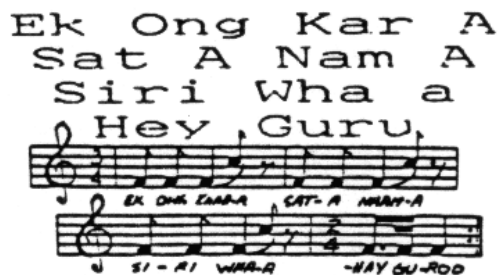
When my relaxed state allows the Flowing Force to move effortlessly through my body.

I experience ecstasy when my flow and the flow of the Cosmic River merge as one.



LAYA YOGA MEDITATION WITH PRANAYAMA

1. In Easy Pose with a straight spine, eyes closed, block the right nostril and breathe 10 long deep breaths through the left nostril; then block the left nostril and breathe through the right 10 long deep breaths. Repeat and continue for 2 minutes.
2. Place palms together at heart level, applying a slight pressure to the center of the chest, and do long deep breathing for 2 minutes and then Breath of Fire for 1 minute.
3. With hands in Gyan Mudra, raise the arms to 60° and hold with long deep breathing for 2 minutes.
4. Lower the arms, hands still in Gyan Mudra, resting wrists on knees with elbows straight, and chant the three-cycle spin chant, spinning the sound up the spine with the breath. Let go and get lost in the spin.



On “EK,” sharply contract the navel, allowing navel energy to descend to the rectum and sex organs. On the first “A” (after “Kar”), pull root lock (anus and sex organs).

On the second “A” (after “Nam”), pull diaphragm in and up, feeling energy spiraling up the spine and through the chakras.

On the “A” after “Wha,” pull the chin lock (pull up and elongate spine from back of neck). Feel the energy spiraling up through the neck.

On “He,” relax the locks and allow the spinning energy to leave through the crown chakra. The full cycle is chanted in one breath. Continue for 11 to 31 minutes.

COMMENT: There are two voices within us: One is the voice of the ego that experiences separation from the Flowing Force. The other is the voice of our soul, which is always aligned and at one with the Flowing Force. Woman experiences her identity as she becomes one with the Flowing Force. This meditation helps you shift your attention away from negativity (ego thoughts of separation) and to get lost (and found!) in the sound current. Meditate and experience your Goddess essence for 40 days and you will be free, happy, and very attractive!

Lesson 15

I Am a Feeling

Lesson 15 goal: *Relax into sensory awareness of “I am a feeling.” Feeling is inside my space.*

We do Kundalini Yoga to unwind and release stuck energy, to be in feeling sensitivity in our body, and to experience oneness with the Eternal Flow. We use rhythmic movement, breathing, and chanting to nurture, relax, and calm our emotional body. Through a combination of techniques, our emotional energy gets freed up and we begin to feel more vibrant and alive.

We gradually experience our liberated emotional and sensitive bodies as rhythmic, flowing, alive, and pleasurable sensations moving through our body. At some point all our sensations merge, and we experience one all-pervading feeling. We vibrate and enjoy the feeling essence of our feminine identity.

In feeling awareness, we reconnect with the missing part of ourselves that expresses our feminine essence. We get in touch with previously dormant feelings of tenderness, contentment, peace, and joy. We experience these pleasurable sensations because we have increased our physical frequency to match our soul. These experiences are not dependent upon relationships; they are our own.

Steps to Contain and Ground Energy in Our Body, in Our Circle

To experience ourselves as a feeling vibration, we must consolidate and contain our subtle and emotional energy inside our circle. To do so, we need to establish a focus in our mind and feeling sensitivity inside our body. Our emotions need a home. Here are some steps that pull your attention inside your space and consolidate your energy inside your circle:

- ◆ Look and listen inside your head. Identify and focus on the stable space inside your head.
- ◆ Gradually expand this space to be inside your whole body.
- ◆ Feel your space inside your skin, which creates a boundary for your space.
- ◆ Feel the sensations in your body and include them in your space inside your skin.
- ◆ Experience your body as the home of your emotions.
- ◆ Feel cozy inside your skin. Your sensations will begin to feel soft and comforting.
- ◆ Claim and contain all your sensations inside your skin/body/circle.
- ◆ Be aware that you feel more substance in your body as you include more sensations in your awareness, inside your skin/circle.
- ◆ Be aware that the more you feel your sensations in your body, the more solid you feel. Keep pulling your attention back to the sensations as you contain them inside your skin/circle. Guard all the energy and the sensations for yourself.
- ◆ Enjoy feeling complete and comfortable with yourself in your body, inside your circle.

Directives to Experience “I Am a Feeling”

Containment inside our circle consolidates our energy so that we can experience our feeling presence. With the above experiences as a base, relax and let go between exercises. Be present in sensitive feeling awareness to the dynamic life force that dances your unique dance. Feel and vibrate the aliveness of the flowing polarity of your soul inside your circle.

You will notice that it becomes easier to stay present to what you are feeling. This is because the exercises are raising your vibration out of fear into love. The more you vibrate with Love, the more pleasurable your sensations.

What You Feel Is YOU.

Love the feeling.

Love yourself.

Love your womanhood.

Love your soul.

Let all your feelings merge into one all-pervasive feeling of Love.

The kriya *Skull & Pelvic Bone Adjustment* will ground you in your body so that you fully feel your emotional body and “I am a feeling” awareness. The *Maha Shakti Pranayam (Whistle Kriya)* awakens your feeling sensitivity, and much more, with dedicated practice.



The greatest power of a woman is her sensitivity — not complaining! You think your power is in complaining: “You didn’t ask me, you don’t love me, you don’t take care of me, you don’t pay attention to me.” That is the polarity of sensitivity. If you give up the right to complain, you get the right to be sensitive and intuitive. If you switch off one side, the other side will go on.

– Yogi Bajan

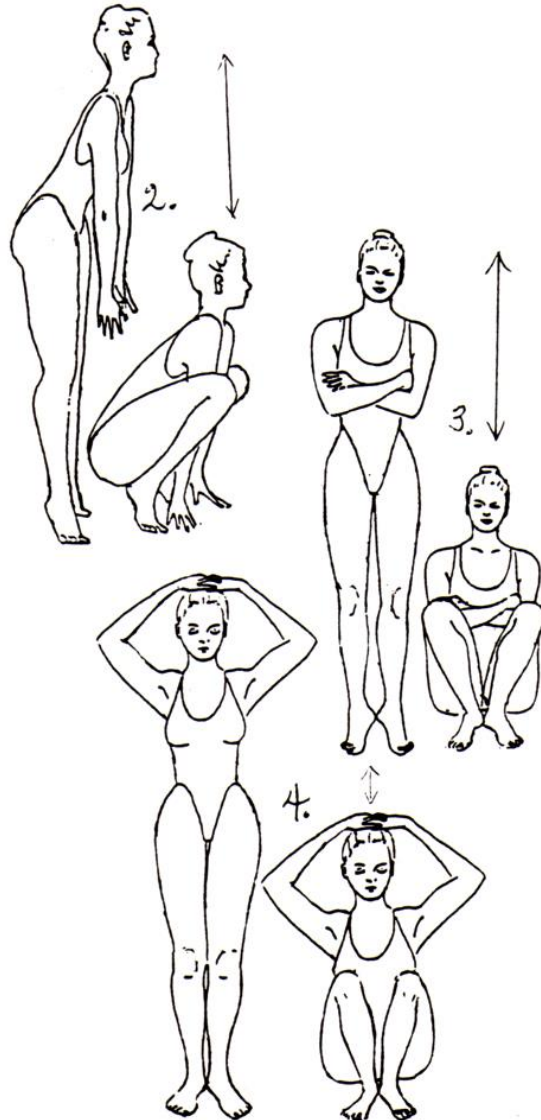
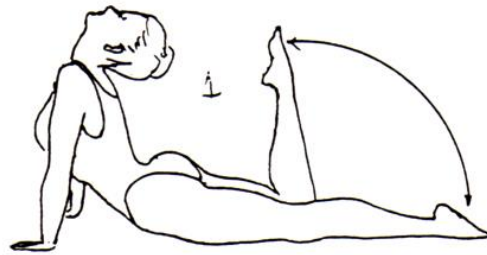


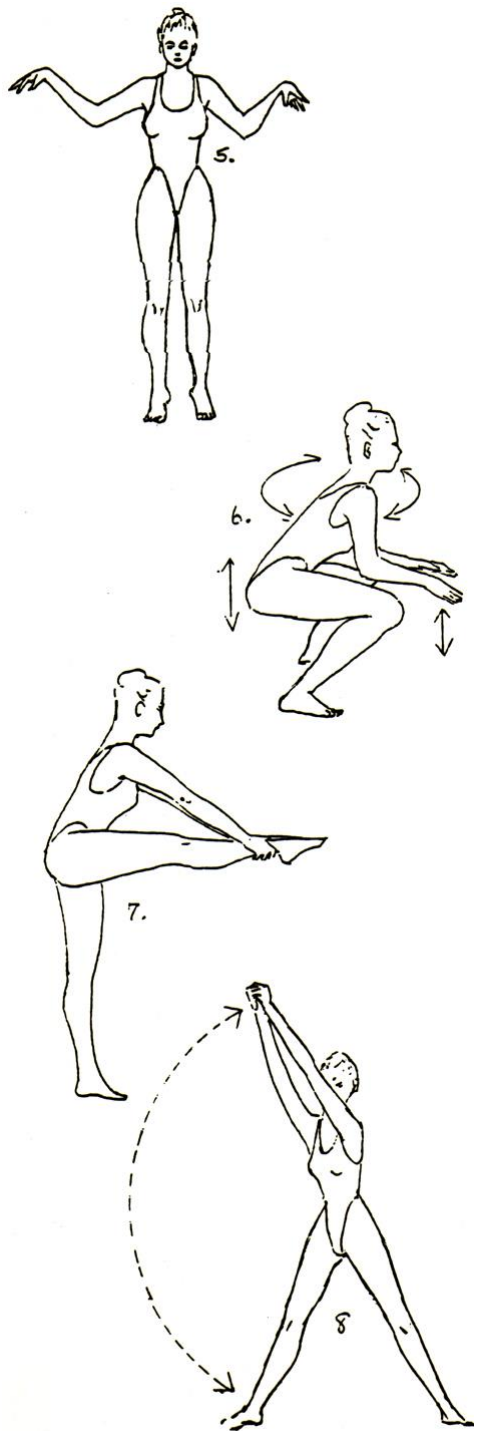
SKULL & PELVIC BONE ADJUSTMENT, SET ONE

You can shake between exercises to release energy.

This challenging set adjusts the skull bones through the pelvic bone system, where the breath of life is triggered. (The breath of life is triggered anywhere the breathing power of the pranic body is located.) The lungs are cleansing processors, the diaphragm is a helper, and it is through the spinal column that energy flows.

1. On your stomach, place your hands beneath shoulders and push up into Cobra Pose (elbows can bend, or rest on your forearms). Kick the buttocks with alternate heels as fast as you can for 1 minute. Relax for 1 minute.
2. Squat into Frog Pose, heels raised and touching each other, arms between legs directly under shoulders, fingertips on floor. Do not alter position of arms during exercise. Inhale into standing position, hands coming off the floor, the straight, tight arms maintaining the same angle with the body, and exhale as you squat down. Continue at a constant, strong pace for 1-2 minutes (for digestion), and proceed immediately to the next exercise.
3. With the arms crossed over the chest do Crow Squats for 1-2 minutes.
4. Continue with Squats but with the hands in Venus Lock (fingers interlocked, palms facing down) on top of head for 1-2 more minutes (for the nervous system).





5. Standing straight, feet a few inches apart, extend both arms out to the sides and angled slightly forward. The left hand is held just below shoulder level, and the right is just above shoulder level and a little farther from the body than the left. Relax the hands and let the balance come, feeling poised and strong. Rise onto the balls of the feet and, keeping them in place, pivot to the right (twisting from the waist) with five bounces and lower heels to the floor. Then pivot with five bounces to return to center. Then twist/pivot 5 times to the left side and 5 times back to center. Repeat right, center, left center keeping the magnetic balance of the hands, moving slowly with control and a meditative mind as a worship that becomes a dance, going from side to side, with the eyes closed, for 4-5 minutes.

6. Squat with feet 2-3 feet apart, so that thighs are about parallel to the ground, as if you are seated in a chair. Bending forward from the waist slightly, extend arms down and out at the same angle as the legs, elbows above knees, forearms 120° to upper arms, with palms facing down. Begin bouncing up and down from the knees as you twist from the waist side to side, taking several bounces to twist to each side, arms moving along with upper body with eyes focused at the third eye for 2-3 minutes. Bless and connect with the Earth.

7. Stand on left foot, without bending either knee, extend the right leg straight out in front and parallel to the floor. Holding on to the right ankle with both hands by bending forward a little from the waist, but keeping the spine straight, try to hold it for 2-3 minutes, concentrating at the third eye point. Use a wall or chair if needed for support.

8. Feet 3 feet apart, clasp hands in Venus Lock, stretch arms up to the right and swing them down powerfully as if swinging an ax, and follow through stretching the arms up to the left and down. Continue swinging and striking with force on alternate sides for 2-3 minutes. Then relax 10-15 minutes in Corpse Pose or Easy Pose.

MAHA SHAKTI PRANAYAM (Whistle Kriya)

In this pranayama, feel the breath go up the central channel of the spine as you inhale. As you exhale, feel the breath go down the spine to the base.

1. Seated in Easy Pose, hands in Gyan Mudra, focusing at the third eye, inhale through the nose and exhale with a whistle for 5-11 minutes. Listen to the whistle sound within at the back of the neck (for the lower brain).
2. Now reverse the breathing: inhale with a whistle and exhale through the nose, focusing at the third eye for 5-11 minutes. (Brings clear consciousness, strong mindedness, unfolds closed cavities, and takes you to unknown limits; for the upper brain.)
3. Inhale, hold the breath and meditate on the rectum, visualizing the four red petals of the first chakra connected to the Earth, while rhythmically contracting and relaxing the rectum in root lock for 5 minutes.
4. Meditating on the rectum and base of spine, chant



MAAAAAAAAAA

for 5-11 minute, to connect with Mother Earth and your physical embodiment of the Divine Feminine.

COMMENTS: This pranayama massages the brain, stimulating certain brain cells, which produces tolerance and eliminates tension. Practice morning and evening for 40 days or as long as needed and you will never be disturbed. By meditating on the breath, we connect with the eternal flow of life!

Mind is governed by breath, and breath is the physical method of controlling the mind. Negativity is insanity or conscious loss of mental control. This pranayama works to clear the subconscious so that we can operate above right and wrong and have a confirmed positive/neutral attitude.

The root chakra at the rectum has four red petals representing the four magnetic fields. The animal associated with the first chakra is the elephant, which represents wisdom and tolerance. The ring of the rectum is the base of the Silver Chord. When the Silver Chord is awakened in the spine, it connects with and massages the crown chakra, and woman experiences her goddess identity. This meditation produces a positive magnetic field or aura, which attracts friends, virtues, and high vibrations. By meditating on Goddess, woman activates Her powers.

Lesson 16

Safe in My Body and in My Circle: Grounding with Mother Earth

Lesson 16 goal: *Nurture your body as the home of your emotions and the container of your space. With kindness, welcome your soul into your body.*

We can build a “big ship” to ride the waves of life by cultivating awareness of stability in our neutral mind and a feeling of stability in our body at the base of our spine where we connect with Mother Earth.

When our mental and physical ships are stable, we can allow and feel the flow of our emotions in our body. Our flowing energy can relax instead of us trying to hold on in a desperate attempt to create a sense of stability.

Directives to Create a Safe Home inside Your Body and Circle

Include and deepen your experiences from Lesson 15, as summarized below. These are the critical elements of embodying your circle of Love! Bookmark these pages!

Anchor Stability in Your Neutral Mind

Look and listen inside your head to connect with the neutral, stable space within. Then expand your neutral space throughout your body. This is the space of your “big boat” that is always available to carry you across the ocean of emotions/life.

Your Body Is Your Home and Container

Establish feeling awareness in your body. Your body is the home, the container of our emotions and the flowing polarity of your soul. When your emotions have a cozy home, they are free to flow and dance.

When we reach inside our skin/circle, we can satisfy our own emotional needs, and our neediness is transmuted to charisma.

Create Boundaries inside Your Skin

Our home needs boundaries to contain our energy. Create boundaries by feeling your energy inside your skin.

Feel that all your sensations have a cozy home, safe inside your skin.
Feel more grounded as you develop more feeling awareness inside your skin.
Focus all your attention on feeling what is happening inside your skin/circle.
You are containing your goddess soul.

Skin and Aura as Your Energetic Boundary

Feel your skin as the boundary between you and the world.
Your skin and aura define your space that no one can enter but you.

In standing exercises, create energetic boundaries with your feet and the tips of your fingers as they reach out to define the circumference of your circle.

Your job is to pay attention only to your space/circle.

Every sensation is sacred and must be included and protected inside your skin and circle.

Feel your skin as a soft but strong armor for your feelings.

Feel safe in your body. Affirm, “My body is my home on Earth.”

Always maintain your center and the integrity of your circle. Reach out only through inner expansion. *Perfect this as the foundation for your inner mastery and outer mystery!*

Standing and Grounding Exercises

Feel and Trust Gravity

In standing exercises, work with the grounding faculty and stable energy of the first chakra. Feel gravity connect you to your body and the Earth.

Root Lock — Connection with Earth

Use root lock to activate a cord or root connecting the base of your spine with the center of the Earth. As you gently pull and then relax the muscles at your perineum and coccyx, feel your root connect deep into the Earth.

Your Feet Connect You to Mother Earth

- ◆ While walking, standing, and sitting with your feet on the ground, feel your feet connect with Mother Earth.
- ◆ Feel your feet, legs, and base of spine as your anchor.
- ◆ While standing, press your feet into the ground and feel the immediate rebound response send energy from Earth into your body.
- ◆ With your breath, send energy down your spine into the Earth. With root lock, receive energy from the Mother.
- ◆ Communicate with Earth with your hands; then listen and receive through your hands.
- ◆ Use your breath to connect the Earth and the Infinite: inhale up your spine from the Earth and exhaling down your spine from your crown.

Grounding Test

Feel a double of your body extend down into the Earth by visualizing a mirror that reflects into the Earth below your feet. This is very grounding. You can monitor how grounded and stable you actually are by first centering yourself at your navel, and then feeling your connection with the Earth. Then have someone push on your sternum. If you don't budge, you are grounded.

Emotional, Mental, and Physical Balance

The two sets, *Healthy Belly and Hips* and *Emotional and Mental Balance*, given below can be done together or separately. They work on the hips and digestive, elimination, and reproductive systems to promote emotional, mental, and physical balance and to reduce the negative symptoms of menstrual cycles and menopause.

As with the *General Maintenance Kriya* in Lesson 5, build your circle with the arm movements. Feel your finger tips as the outer edge of your circle. With each movement, clear and claim the space in your circle as your own.

Between exercises, stand for a bit and let your breath and energy adjust. Be grounded in your body. Feel connected to the Earth. Then shake your whole body and release stuck energy.

Fill your circle with Love and enjoy the results as you practice the *Splendid Experience Meditation*.



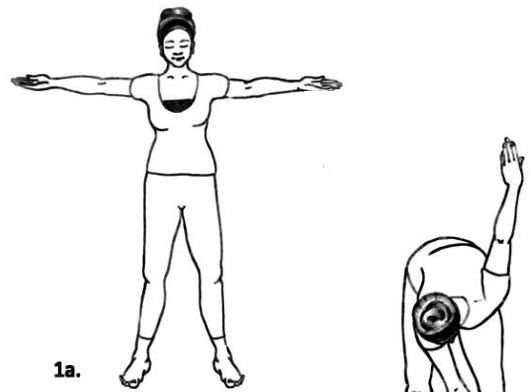
It's no miracle. An ordinary psyche of an ordinary woman can reach out in every direction and become a protective seal. How can anybody damage you? You can protect a person across the world because you have the capacity to beam the aura. Your aura can beam. That's a God-given gift to you as a woman.

– Yogi Bhanjan

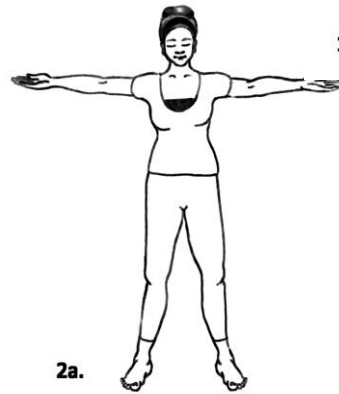


HEALTHY BELLY AND HIPS

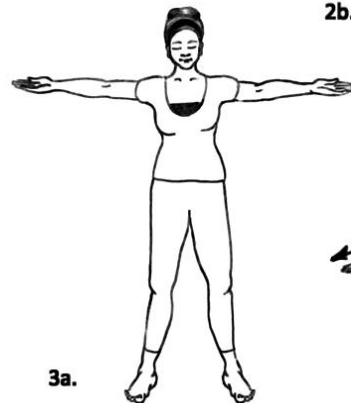
1. Alternate toe touching: (a) Stand with feet slightly wider than shoulder width apart. Arms are straight out to the sides parallel to the ground, palms facing down. Bend and twist from the hips, bringing the left hand to the right foot and the right hand straight up and back. Alternately touch opposite toes. Pause and breathe for 5 seconds as the fingers touch the foot. Breathe powerfully. Continue for 1-3 minutes. (b) Continue with the same motion but pause 25 seconds as the fingers touch the foot. Breathe deeply. 1-2 minutes. (c) Hold the downward stretching position for 1-2 minutes on each side. (d) Relax 2-3 minutes.



2. Stand with feet shoulder-width apart, arms straight out to the sides with palms facing down. Slowly bend left, then back up to center, and then right. Arms stay in a straight line, as one goes down the side of the body and the other moves up toward the sky. Bend from your hips. 1-2 minutes.

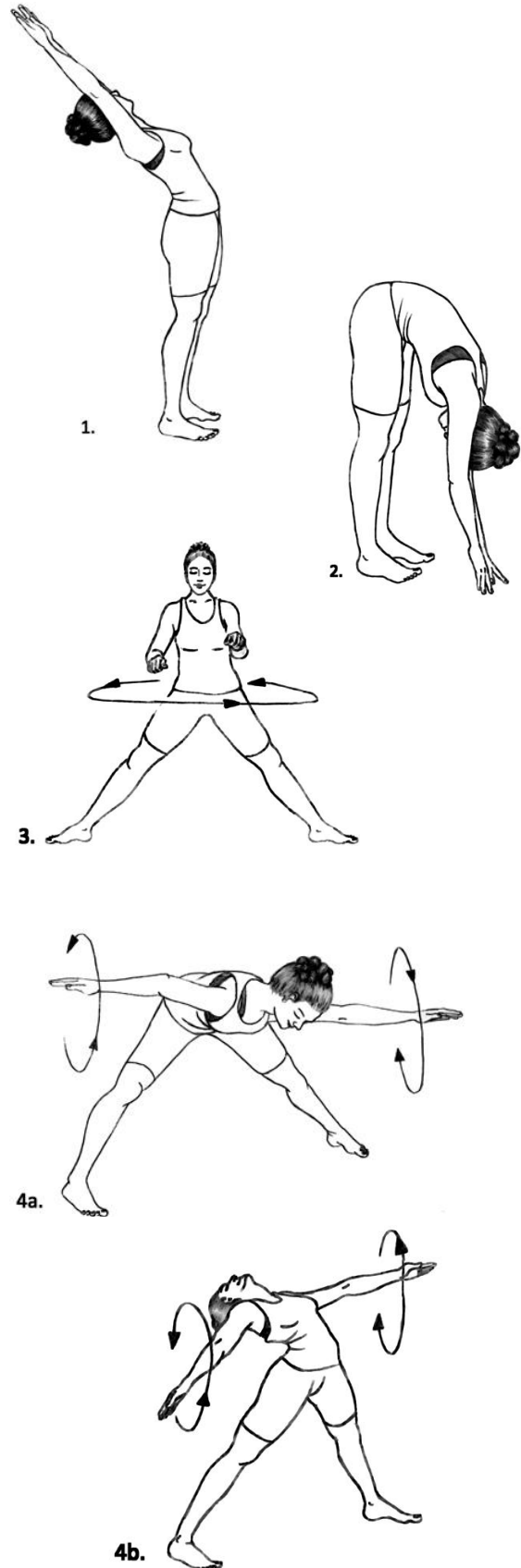


3. Stand with feet shoulder-width apart, weight on the outer edges of the feet. Arms are straight out to the sides, parallel to the ground. Palms are facing down. Twist from the waist, swinging the arms to the left, then back to center, and then to the right on the exhale. Inhale on each twist, exhale in the center. 1 minute, then relax.



EMOTIONAL AND MENTAL BALANCE

1. Stand with knees and heels together, feet angle out for balance, legs straight. Interlock thumbs to keep hands together, palms facing forward. Pull the root lock and navel as you bend backward from the base of the spine, forming a backward arch, arms hugging the ears. Hold the posture and breathe long and deep. You may begin to shake. This is the nervous system adjusting. Hold for 1-2 minutes. This posture calms the emotional angry person.
2. From the previous posture, very slowly bend forward, releasing the root lock. Keep the arms close to the ears. Bend forward from the hips, bringing hands toward the ground. Do not bend legs. Stretch at your hips to adjust pelvic region. In the downward position, inhale and, with the breath held out, pump the navel center. Exhale, hold the breath and pump the navel center. 1-2 minutes.
3. Standing with the legs spread as wide as possible without losing your balance, bend the elbows so the forearms are parallel to the floor, extending forward in a relaxed position. Rotate the hips in a large complete circle at a moderate pace. 2 minutes. This movement massages the back of the spine.
4. In the same standing position, move the arms in a backward rotation, keeping the arms away from the body. While rotating the arms, bend forward half way from the waist and hips, then come up, and then bend backwards as comfortable, applying the root lock. 1 minute.
5. Relax completely for 10 minutes.



A SPLENDID EXPERIENCE



Sit in Easy Pose with a straight spine and press the palms together in Prayer Mudra. Fingers are placed exactly against corresponding opposite fingers, and palms are perfectly fitted against each other. Eyes are one-tenth open, the line of vision parallel to the nose. Inhale, hold the breath in and mentally vibrate

**WAHE GURU, WAHE GURU
WAHE GURU, WAHE GURU
WAHE GURU, WAHE GURU
WAHE GURU, WAHE GURU**

Then completely exhale, and with the breath *held out*, repeat the mantra at the same rhythm and rate. Continue for 11 to 31 minutes.

Be attentive to maintaining the connection between the palms. Do not let the fingers or palms separate.

COMMENTS: By chanting this mantra of ecstasy, you awaken to your natural happiness within. This meditation elevates the tattvas/elements to neutrality, giving you a splendid experience! The pranayama, mudra, and mantra create an interlock with your own magnetic field, making it possible to experience your unique soul vibration. The beautiful experience helps you remember/feel your authentic identity.

Make this meditation “my meditation,” and commit to doing it every night before going to bed, even for 3-5 minutes, come what may. You will experience a tremendous change in your destiny. Each dawn shall bring a message of freshness and opportunities. Offer this meditation to your soul and to the Divine, and receive opportunities and grace in return. When you purify yourself with this meditation, you can experience your purity of essence and thereby eliminate drama and become healthy, happy, and sacred!

Lesson 17

Liberating Woman's Flowing Creative Energies: Water and Second Chakra

Lesson 17 goals: *I feel safe in my body and connected to Mother Earth. My skin and circle define the boundaries of my space.*

We must be kind to our body to create a safe home for our emotions. Woman's spiritual path includes loving and caring for her body as the sacred vessel of her goddess soul. With kindness, we create a foundation in our body (first chakra) for our emotional energy (second chakra) to feel secure and at home.

It is critical that while doing all the physical exercises, we stay connected in feeling awareness in our body. Feeling awareness, as opposed to thinking, keeps us from falling into the sabotaging tactic of escaping into our mind with stories. In feeling awareness, our body communicates what works for it and what does not. Pay attention to and honor your body's messages.

Our experiential goal is to feel comfortable, relaxed, and at peace in our body so that our emotional energy can relax, let go, and flow. As we do so, we are able to achieve emotional freedom, embody the flowing vibration of our soul, and express and create from our goddess essence.

Be Attentive to and Monitor Your Body Language

Our body language and how we treat our body tells us a lot about how we are dealing with our emotions and our relationship with our emotional body.

How do you hold your body while sitting, driving, doing activities, and speaking?

Watch your body language and how you breathe or hold your breath. Do you stop breathing by holding your breath in or out during certain activities? The movement of both physical and emotional energy is impeded when we hold our breath.

Based on your observations, what is your relationship with your emotional body? This awareness in itself can be profound and life changing.

Directives to Liberate Your Flowing Energy

Woman's emotional body needs (1) movement, (2) rhythm, (3) kindness, (4) and a non-judgmental attitude.

We must train ourselves to be kind to our physical and emotional bodies. *How* we do Kundalini yoga effects our relationship with our emotional body.

Feel yourself making each move with your hands, arms, hips, feet, and legs. Make each breath, each movement, a sensual experience.

Do every exercise in the set below and any set that you practice with gentle caring kindness. Breathe every breath with loving gratitude.

Vigorous exercise is not meant to be harsh. Active is also respectful of your body's capabilities.

The emotional body feels soothed by rhythmic movement, sacred sounds, and the breath — all of which liberate stuck emotional energy.

Watch the effects of doing the exercises with different intensities. Experiment for yourself how different degrees of vigorous and gentle make you feel. This can shift with your moods. Your goal is to feel more alive, relaxed, present, and at peace within yourself.

Between Exercises

Slow down, relax, let go of control.

Feel yourself simply being alive in your body.

Let go of thinking. Just be with what you feel in your body.

Feel the pleasure of being alive and breathing in your body.

Welcome home!

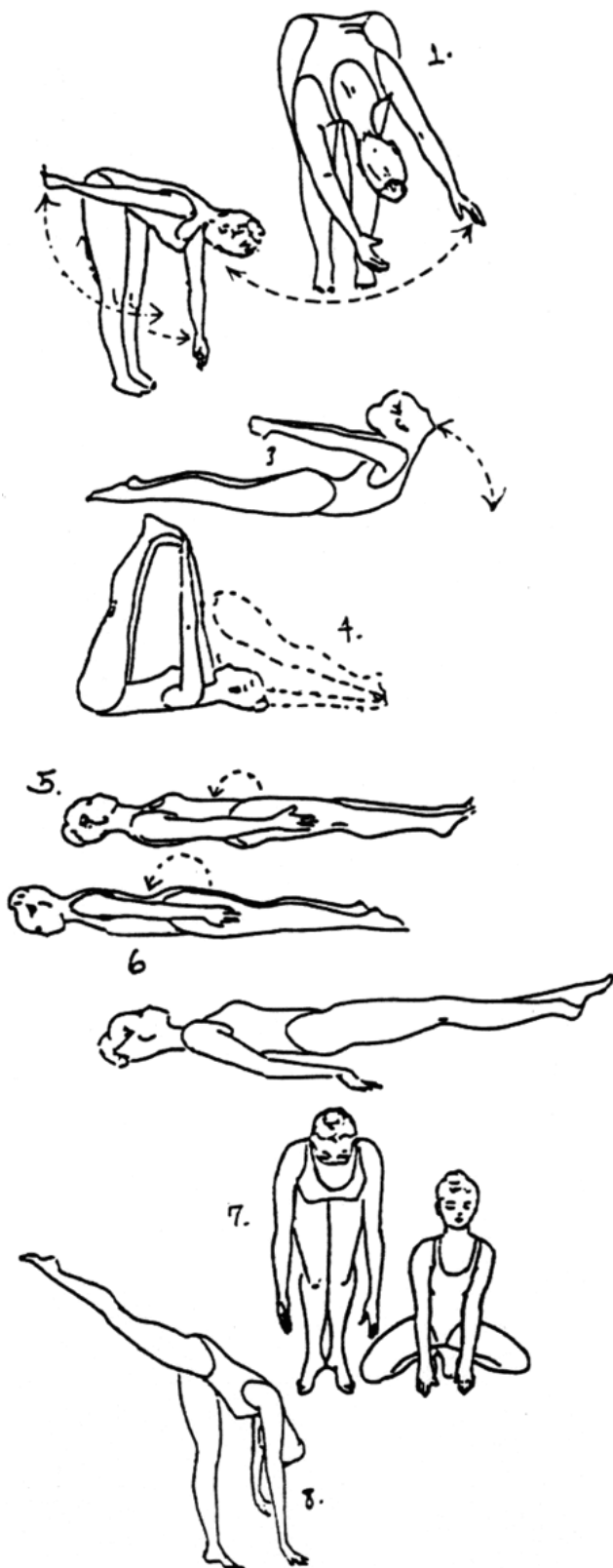


You have to grow gradually to develop your intuition and your consciousness, and you have to do it consciously. Once you consciously reach your intuition, you will be a totally different person. Then you will say: "I call on myself and my psyche. I call upon my soul!" Human strength lies in human intuitive experience.

— Yogi Bajan



BALANCING THE DEPOSITORY SYSTEM **For the Thymus & Immune System**



1. Stand up, bend forward, letting the arms hang, and swing them from side to side. 2-3 minutes.
2. Still bending over, swing alternate arms up to the sides and down again. 2-3 minutes.
3. Lie down on stomach, lock hands behind the lower back, and inhaling, lift upper body and arms, and exhaling, lower them. 2-3 minutes.
4. Turn over onto back and raise both legs to 90°, catching the toes with the hands. Pull legs over the head into Plow Pose, and raise them back to 90°. 2-3 minutes.
5. On stomach again, Bundle Roll with arms tightly at sides, across the floor and reverse, rolling back to original position.
6. On back, cross legs at ankles, and raise them 1 foot, reverse ankles, and lower them. Repeat for 2-3 minutes.
7. Sit in Frog Pose. Slowly arise, letting the hands hang as in #1, and then squat to Frog Pose again. 2-3 minutes.
8. Put both hands on ground and raise alternate legs and high and as fast as possible. 2-3 minutes.

9. Sit in Easy Pose, hands in Venus Lock, and circle the upper body in each direction 15 times.



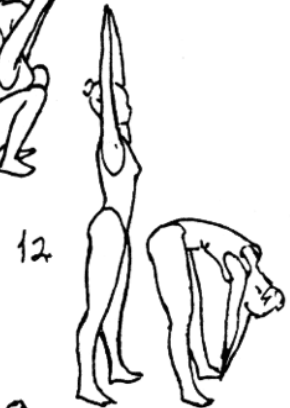
10. Standing up straight, arms over head, bend down and touch the floor 26 times.



11. Still standing, arms overhead, squat into Crow Pose and arise again, 26 times.



12. Still standing, arms up with one hand on top of the other, legs wide apart, bend over and touch alternate toes, coming all the way up in between, 26 times.



13. Sitting, raise the right arm out to the side and circle it. Then change arms and circle the left one. Then circle both arms in alternate circles. (Make circles 1' or 2' diameter.) 1 minute each.



14. In Easy Pose, bend forward resting on the elbows and strike the ground with alternate hands. 1-2 minutes.



15. Standing, drop head back with chin up and hold with normal breathing for 1-2 minutes.



16. In Easy Pose, with hands on shoulders, fingers in front, thumbs in back, twist from left to right for 2-3 minutes.



MANTRA TO RELEASE CREATIVITY

The mantra described below has two forms. Both align our energy with the Truth.

The first form with the BEE sound in the last two lines puts us into an accepting and surrender mode. The entire mantra is the last four lines of the Mul Mantra. Chant this mantra in a soft monotone when you need to cultivate an attitude of allowing.

Ad Such
Jugad Such
He BEE (like bee) Such
Nanak Hose BEE Such

The second form with the BAY sound is more active. This version breaks through energy blocks to make something happen. This is the mantra to use when you feel blocked. This includes writers block and creative blocks. It also aligns your energy field so that your day can attract more opportunities, and you are able to take advantage of them. Yogi Bhajan gave me this mantra to chant 31 minutes a day for one year. I have been writing books ever since! I highly recommend this mantra.

Ad Such
Jugad Such
He BAY Such
Nanak Hose BAY Such

Chant the *Such* like the hiss of a snake and feel it in your spine. This is an emphatic mantra. It is recited in a monotone with emphasis.

Sit in any comfortable pose for meditation.

Chant this mantra 11 or 31 minutes for 40 days to be able to call upon it at any time.

Repeat it 3 to 11 times, or as needed, during the day.

Enjoy the vibration of the sacred sounds in your body.

You won't want to jump up right after 31 minutes of this meditation. You might wish to follow it with silent meditation or deep relaxation.



Love and accept your little girl with all your heart.



Lesson 18

Transmuting Inner Anger: The Shakti Fire of My Soul

Lesson 18 goals: *Transmute anger into the Shakti fire of your soul and use it to love yourself and take action for yourself. Fill your space/circle with Shakti Light.*

Anger is a normal human emotion. However, habitual anger poisons woman's circle of love and consumes the light of her soul. Immature woman's default emotional scenario is (1) insecure, (2) frustrated, (3) angry, and (4) outburst or explosion. Events that engage this neurotic scenario are triggered by subconscious programming, wounded feelings of our little girl, and fantasies in our psyche.

An essential part of woman's empowerment is learning how to transmute anger into usable energy. This piece of woman's path involves training ourselves to feel, enjoy, and use the Shakti fire of our soul. The activation and alignment of the navel center or third chakra is the key to (1) awakening our Shakti fire power, (2) reclaiming our will, (3) supporting physical health, (4) breaking habits and creating new ones, and (5) taking action to support ourselves.

The kriya to repair the damage to our system caused by self-directed anger makes it possible to unleash and embrace our Shakti fire, which cleanses our subconscious programming and liberates wounded feelings by upgrading our emotional vibration from darkness to light. The rebirthing meditation that follows clears the subconscious and the past and awakens us to the light of our soul.

Fire Needs Earth

During and in the pauses between the exercises, experience how fire and earth need each other and how you can use your fire energy to open your third eye and heart.

- ◆ With each exercise, ignite your fire at your navel.
Feel your fire/heat radiating out from your navel through your whole body.
- ◆ Use your breath to activate, move, and distribute your fire.
Breathe into your anger so that it will get unstuck and transmute to light.
- ◆ Fire burns out the old and ignites the new. Feel the increased radiance in your being as the released fire distributes through your body and aura.
- ◆ The *ascent* takes fire up the spine to the third eye and awakens your intuition.
Bow to the light of your soul. Awaken your intuition by listening.
Feel the connection between your navel and third eye.
Feel the centeredness and the consolidation in your body and spine.
- ◆ Our soul needs a vessel from which it can express.

Feel that your body is the container of your Shakti fire.

Enjoy containing your Shakti fire in your body.

- ◆ The more we feel the warmth of our fire in our body, the less our fire dissipates and burns out and the more alive we feel.
- ◆ The *descent* down your spine into your body makes it possible to embody your soul/Spirit.
Integrate your fire into your body by feeling the heat and radiance in your body.
My fire is for my body, my healing, and my life!
- ◆ Feel your inner strength, fearlessness, and courage that emanate from your Shakti power.
Experience your will power and will to live.
- ◆ With feeling and your breath, unleash your Shakti essence into your body.
Feeling my Shakti fire in my body makes me happy and satisfied for no external reason!
- ◆ Feel the fire as the light of your authentic Shakti identity.
- ◆ Bring the fire from your navel up to your heart. Open your heart to yourself.
Love yourself!

Self-Assessment

1. What are the major sources of your inner anger?
2. What gifts are you discovering as you relate to the fire of your soul?
3. What techniques work best for you to transmute your anger into radiance and inner strength and resolve?
4. How can you use your fire energy to take action for yourself and to move out of disempowering situations?
5. What is the relationship between your food/eating habits and activating your inner fire?
How can you adjust your food/eating habits to generate more fire or to more wisely use your fire energy?

In addition to the *Inner Anger Set* below, the *Navel and Elimination Set* in Lesson 3 and *The Rebirthing Meditation* are very effective in transmuting anger to Light.

INNER ANGER SET

Repairing Damage to the System from Ill-Placed Anger

This set helps deal with major stress on the glands, brain, and pituitary by balancing the glandular system.

1. Press the nerve in the middle finger of the left hand above the knuckle with the right thumb and hold for 3 minutes.



2. Arms parallel to the ground, hands in fists with thumbs pointing up, press arms back, bring the shoulder blades toward each other, tuck chin slightly to elongate the spine. Do Breath of Fire for 1-3 minutes.

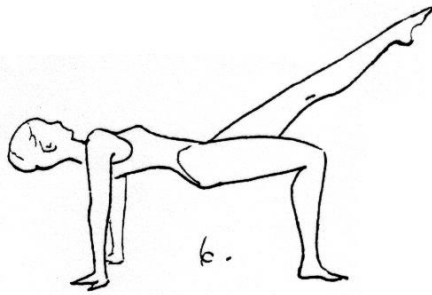


3. Roll shoulders for 1 minute.

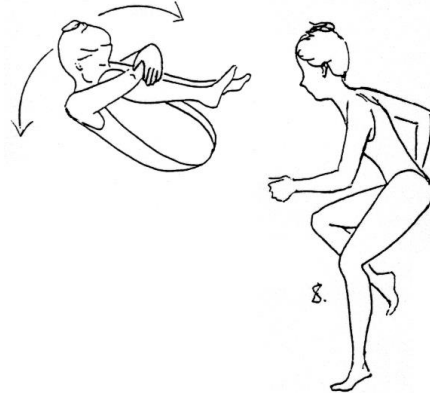
4. Forearms parallel to the ground and out at 45°, palms up, stick the tongue out as far as possible and pant from upper chest. After anger this adjusts the nervous system. 3-5 minutes. To end, inhale and exhale deeply several times.

5. Press palms together at heart center. Breathe long and deep from the navel for 3-6 minutes. To end, inhale, press palms hard and pull in the navel.

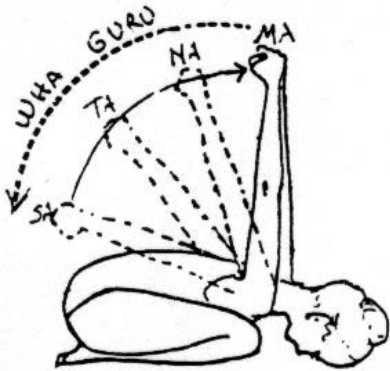




6. Bridge Pose with left leg lifted to 60°, toe pointed, chin on chest, with Breath of Fire for 1-2 minutes. For liver and heart.



7. Rock and roll on the spine for 2 minutes.
8. Run in place with Breath of Fire for 3-5 minutes. Good to do on a mini-trampoline.



9. Sit on heels, bring forehead to the floor, hands behind back in Venus Lock. Inhale, lifting hands one-quarter of the way up and with each quarter of the breath, mentally chant SA TA NA MA at each position, respectively. Exhale down smoothly, mentally chanting WAHE GURU. This breaks the aura and strengthens the adrenals and gets someone off your back. 3-5 minutes.

10. Inhale and sit up, and exhale into Easy Pose. Block alternate nostrils with left thumb and ring finger, inhaling right, exhaling left, with long and deep breathing for 11 minutes.



11. Inhale, stretch, and open and close the fists.
12. Relax on your back and let go.



REBIRTHING MEDITATION

Part 1: Sit in Easy Pose with a straight spine. Bring the hands up until they meet at the diaphragm level and interlace the fingers, pressing the palms into the body over the heart. Forearms are parallel to the ground, sticking out like wings.

Purse the lips and breathe through the mouth. Inhale powerfully and fast with such a force that the cheeks are sucked into the teeth. Put all the power into the inhale, but keep the exhale short too, allowing for about 20 breaths a minute. Continue for 2-3 minutes. To end, inhale and hold the breath, then exhale.

Part 2: Concentrate on the third eye and see a candle flame burning away your pain, wounds, the past, the present, and all negativity. Just be neutral and keep the intention of the light of your soul burning away all the negativity through the candlelight. Continue for 3-5 minutes.

To end, inhale, hold the breath and look deeply into yourself. See a pure, positive image of the light and beauty of your soul. Exhale and repeat two more times, and then sit quietly and enjoy the Light shining in and around you. Enjoy the vibration of Light.

Allow everything that comes up. You are clearing the subconscious and the past and awakening the light of your soul.



In her unconscious state, woman follows a predictable emotional cycle — woman becomes insecure, then she becomes frustrated, then she is angry, then she has an outburst. Conscious woman can change the pattern by staying committed to directing herself, her relationships, and her circumstances toward the Infinite: I am me. You are you. I am you. You are me. I hold the space of love for you to be you and for me to be me. Sat Nam! There is no frustration.



Lesson 19

The Secret Life of My Emotional Body: Breaking Emotional Habits

Lesson 19 goals: *Monitor your mental and emotional programming and break sabotaging mental and emotional habits. Upgrade the content of your circle.*

Monitor Your Mental and Emotional Energy

Bad habits demand and divert our attention and consume our mental, physical, and emotional energy. We may not even know why and how this is happening because the control center of our habits is hidden in our subconscious.

Here are a few questions to monitor your thoughts and emotional energy during the day. These can also serve as awareness guidelines in the spaces between the exercises in your Kundalini Yoga and Meditation practice. The main questions to ask yourself are

- ◆ Are you thinking or feeling? How are you breathing?
- ◆ What am I thinking? What habitual thoughts dominate my mental space?
- ◆ What is the effect of my thoughts on my emotional body and how I feel?
Bring your attention to how you are feeling in your body and how you are breathing.
- ◆ *Where* is my emotional energy? Inside my skin? In my body? Or outside myself?

After starting the process of focusing your awareness on your mental and emotional states with the above questions,

- ◆ Pay attention to (a) the emotional feelings in your body during various daily activities, (b) how you react to external stimuli, (c) how you breathe, and (d) the relationship between your thoughts, feelings, and breath.
- ◆ Notice when your emotional energy is engaged outside yourself. Bring your attention and energy back into your body, into your circle.
- ◆ Notice when your emotional energy is engaged in a habitual thought or emotion. Bring your attention and energy back to your neutral space inside your body.
- ◆ Make moment-by-moment decisions about what you choose to do with your emotional energy.
- ◆ Choose supportive thoughts and chant mantras to release negative patterns.
- ◆ Feel your liberated energy move and flow inside your circle.
- ◆ Relax into the flow of your breath — the silk thread that weaves your life inside your circle.

Directives to Build Your Inner Core and Confidence

All kriyas and meditations taught by Yogi Bhajan create internal awakening, which makes it possible to do the self-investigation required to (1) observe our mental activity, (2) feel our emotional body, and (3) break emotional and mental habits. Aligning our navel center and strengthening our nervous system are important ingredients for breaking habits. Lesson 18 is a prerequisite for breaking habits. Negative and angry responses are also habits.

As you do each exercise in *The 4 U's Kriya*, establish your root and your spinal center as an internal support for every posture.

Do not struggle to persevere longer than is appropriate for your body or attempt to create perfection in the appearance of the “outer” posture. Pressuring yourself is a negative habit.

1. Be with your breath and feel how you can change your mood by altering your breath.
2. Activate your fire at your navel and feel the pulse at both your navel and third eye.
3. Feel the connection in your spine between your navel and third eye.
4. Feel centered in your body and being.
5. Loosen up. Let go. Release control.
6. Contain the fire and heat in your body.
7. Feel the vitality in your body and enjoy the radiance in your space.
8. Relate to the fire as your soul that animates your body.
9. Feel a sense of authentic self expand and consolidate in your body.
10. Feel your will as a peaceful, dynamic, and unquestioned resolve.
11. Notice how your mood changes and your confidence and belief in yourself increase.
12. Discover your inner resources: grit, determination, motivation, commitment.
13. Note how your experience of yourself and the world changes.
14. Feel confidence become self-love.
15. Feel the desire and drive of the passion of your soul.
16. Get in touch with your soul purpose and your personal truth.
17. Experience that you are in the center of your own being.
18. Feel that you are able to be honest, direct, and speak and act from your truth and your heart.

Relaxation and Completion

During the relaxation, after the meditation, and before getting up and running to your next activity, consolidate by feeling the power of your passion in your body.

Attach yourself to your most pleasurable feelings in your body and enjoy feeling good.

Feel the aliveness and strength of your soul fill you up with confidence and courage.

Know deeply that you can use your will to do what you need to do — to thrive and to meet both your inner and outer life challenges.

Enjoy the fact that your unique existence itself is the source of your happiness.

Live as a Spiritual Woman

Woman is not a person. Woman is a goddess. Woman is a spiritual being.

A spiritual woman has a purpose and lives by her principles.

She finds her security and happiness in her own completeness.

Woman finds and expresses her beauty when she is

physically alive

mentally stable

emotionally flowing

spiritually uplifting

graceful within and without

contained and content.

Woman has the capacity to manifest Goddess through her presence.

No miracle is required. Woman herself is the miracle.

Woman embodies the Divine Flow, which gives her life and creative powers.

A spiritual woman aligns with, trusts, and surrenders to the Flowing Force.

Give the Divine Mother Goddess a chance to work through you.

Let the presence of the Divine Flow sustain you through life.

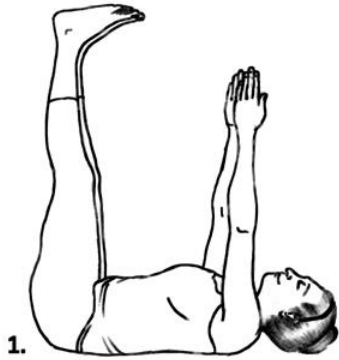
Feel the soothing aliveness and enjoy the Cosmic Current in your body.

Make this life an opportunity for the presence of Goddess to be felt through your womanhood.

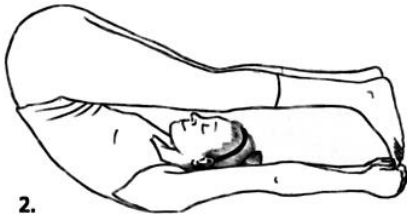
4 U's KRIYA

This kriya activates and strengthens the navel center. When our navel center is weak, our will is weak and our habits control us. When our navel center is strong, we have the capacity to break and make habits.

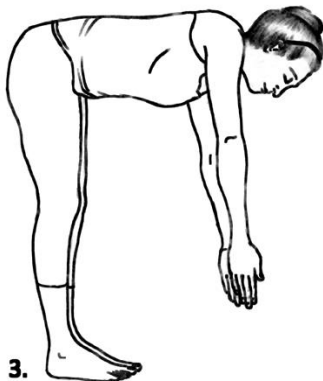
You may wish to start with some warm ups like Spinal Flexes and Heart Twists.



1. Lie on your back, legs and arms up in the air 90° to the floor, palms facing each other. Hold for 1-11 minutes with Breath of Fire or long deep breathing.



2. Lie on your back, arms overhead on the floor, palms facing up. Legs extend over the head parallel to the arms on the floor, as in Plow Pose. Hold for 1-11 minutes with Breath of Fire or long deep breathing.



3. Stand, bend at the waist, back straight and parallel to the floor, arms hanging down parallel to the legs with palms facing each other. Hold for 1-11 minutes with Breath of Fire or long deep breathing.



4. Sit with legs together straight out in front on the floor, back straight, arms extended parallel to the legs, palms down. Hold for 1-11 minutes with Breath of Fire or long deep breathing.

KRIYA TO BREAK DRUG AND OTHER HABITS

This short pranayama kriya was originally given by Yogi Bhajan to those seeking to break a cocaine or other drug habit and to alleviate withdrawal symptoms. By balancing the nervous system and creating a shift in the brain through the exercises in this kriya, we are able to break mental, physical, and emotional habits of any kind.

In order to hold the breath out in this kriya, it is important to do warm ups that increase the capacity of the pranic body. Any exercises with Breath of Fire are good. Also, inhale deeply and exhale deeply several times to increase your ability to hold out the breath.

1. MUDRA: Sit with the elbows bent, forearms up and at the sides, palms facing forward, thumb and forefinger touching in Gyan Mudra. Arms are relaxed. Palms will be about shoulder level. Press your shoulder blades together so you press your heart open from the back. Eyes are closed.



Inhale and hold the breath for 1 minute or as long as you can. Exhale powerfully. Do this 3 times.

2. Relax the arms down and let your breath come back to its normal rhythm.

Notice any internal shifts. Make a conscious choice to be in your neutral channel and to bring your attention from outside yourself and distractive thoughts to what you are feeling inside your body. Don't think. Feel in your body, 1-3 minutes or more if you wish.

3. Resume the mudra with the arms at the sides. Inhale deeply, hold, press the tongue to the roof of the mouth with all your strength. Apply the root and neck locks. Hold for at least 30 seconds. Exhale. Do Breath of Fire for 20 seconds to 1 minute.
4. Repeat #1, inhaling and holding the breath for 1 minute 3 times.
5. Inhale, hold and press the tongue against the roof of the mouth for 1 minute. Exhale and relax.

Take advantage of the internal shifts to move your attention to your neutral channel and to feel what you are feeling in your body. Stay with your feeling awareness as long as you can. You are shifting the habit of escaping into your mind to avoid feeling in your body.

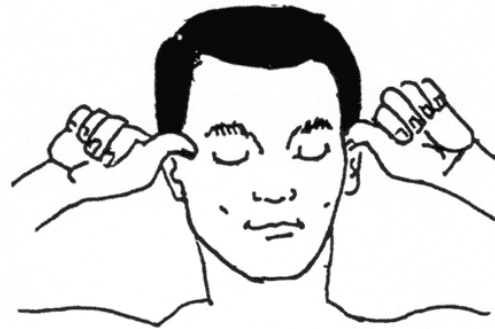
You can repeat this whole series one or more times. Each time you will experience deeper awareness and transformation. Practice daily for at least 40 days or longer for permanent results.

MEDITATION TO BREAK HABITS

The Meditation to Break Habits activates the part of the brain that makes it possible to break emotional, drug, tobacco, coffee, sugar, and alcohol habits.

It is the imbalance in the stem of the pineal gland that makes physical and mental addictions seem unbreakable. This meditation corrects this problem by creating radiance in the stem of the pineal gland. Start with 3-7 minutes. Gradually increase to 31 minutes a day.

Sit with a straight spine, especially pushing the lower 6 vertebrae forward. Make fists; extend thumbs straight out and place them on the temples. Lock molars and rhythmically press them together, feeling the facial muscle movements on the thumb tips, and chant



SA TA NA MA

Looking to the third eye and feeling the mantra there. Continue for 3-7 minutes, gradually extending the time to 20-31 minutes.

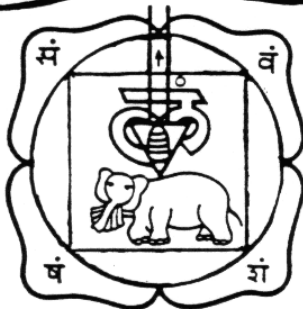


Then place hands in Gyan Mudra and follow with 3 or more repetitions of

**AD GUREY NAMEH
JUGAD GUREY NAMEH
SAT GUREY NAMEH
SIRI GURU DE VEY NAMEH**

This mantra is for comfort and protection.

C
a
ir
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temples triggers a reflex current into the central brain and stem of the pineal gland. As mentioned above, it is in physical and mental addictions seem unbreakable. This gland, which regulates the pituitary gland. Particularly in illness, and phobic conditions, this meditation is also effective for alcohol habits.

Lesson 20

Loving Our Emotions Opens Our Heart

Lesson 20 goals: *Love the three lions of fear, anger, and sadness to open your heart. Infuse love into your circle.*

We must awaken both our upper and lower chakras to open our heart and to keep it open. Finding a neutral space in our upper chakras is the easiest part. To access our heart from our lower chakras, we must pass through the gates of the three lions (fear, anger, and sadness) at our solar plexus. The diaphragm breathing exercise and the pranayama meditation at the solar plexus below are powerful tools to embrace our three lions.

After Tuning In

Anchor yourself in your neutral channel — the stable, big boat that can carry you across the sea of your emotions. Feel your stable center that remains constant as you surf emotional waves. Feel protected inside and know that no one else can enter your sacred space/circle.

Diaphragm Breathing — Awaken Your Pranic Body

Breathe long and deep at your solar plexus.
Engage your navel and your heart.
Be with the rising and falling in your diaphragm.
Expand, fill, and empty the kidneys and stomach.

- ◆ Go deep within.
- ◆ Jump into the void, discomfort, and aliveness at your solar plexus.
- ◆ Feel the energy. This space is not empty. It is alive.
- ◆ Be vulnerable with yourself. Be honest with yourself. Be non-judgmental.

What you feel is the energy of your three lions asking to be loved. Their energy got tied up in knots. But you can untie it with the breath and acceptance. You can liberate your lions and set them free by loving them.



Woman is by her very nature a sensitive being. Kundalini Yoga makes it possible to become conscious of her sensitivity and to consciously use her sensitivity to live as a sacred woman.



PRANAYAMA MEDITATION AT SOLAR PLEXUS

This pranayama opens up psychic abilities. In this sensitive state see the truth that your fear, anger and sadness lions are begging to be loved. Feed them with your breath and love them as your dear friends. When they are loved, they become protectors, not saboteurs.

With tips of fingers and thumbs touching, fingers spread slightly form a pyramid in front of the solar plexus (see image below),
Inhale 8 parts through the mouth.
Exhale 8 parts through the nose.
Pump the navel, focusing at the chin.

Practice for a minimum of 5 minutes, optimally for 11 -31 minutes.

ANTI-HYPERTENSION MEDITATION



In Easy Pose, place fingertips together forming a tepee at the heart level. Apply reasonable pressure to fingers and thumbs.

Inhale through the mouth to the maximum, and exhale through the nose. Breathe affectionately and beautifully as though you were drinking honey. If available, listen to a music track of "Rakhe Rakankaar," and feel the rhythm in your heart and in every cell in the body. Or listen to your heartbeat pulse in every cell of your body. Keep the eyes 1/10 open, and focus at the tip of the nose or at the third eye for 11-31 minutes. (If for 31 minutes, sleep afterwards.)

To end, sit quietly and listen to the sound chant back to you. Feel protection and victory.

Through attention and intention, we experience our soul in our body.



The moment you feel you are part of Infinity and that Infinity is part of you, your limitations will cease and happiness will flow.

– Yogi Bhajan



Directives during Kriya

The *Set for the Liver, Colon, and Stomach* is an active set that is facilitated by the following:

- ◆ Loosen up with rhythmic movements. Nurture your energy with mantras.
- ◆ Open the gate to your heart with your breath and by elongating your spine. Pull up on your spine from the back of your neck and lift your diaphragm.
- ◆ Be inside your solar plexus and feel how the energy changes from shut down to aliveness.
- ◆ As your solar plexus awakens, experience how it shifts your posture and opens your heart.
- ◆ Pay attention to what you are feeling in your midnight world.
- ◆ Feel and listen to your deep emotions — fear, anger, sadness. Acknowledge, accept, and love these emotions.
- ◆ Let go. Release resistance.
- ◆ You are allowed two verbal communications:
I am sorry and *I love you* — and mean it.
Inhale SAT. Exhale NAM. Keep calling on and affirming your truth.
- ◆ Love the sensations of fear, anger, and sadness — the lions that guard your heart. Nourish them with your breath and any mantra you wish to infuse in your consciousness.
- ◆ Feel that your emotional energy is substantive, powerful, and purposeful. What you experience is deep/vital/alive, ever-changing, creative, and flowing.
- ◆ *Love* the aliveness. Feel compassion and empathy for your lions.
- ◆ Rock yourself like a child.
Develop a relationship with your emotions, body, inner child, wild woman.
- ◆ Every exercise recalibrates your emotional energy to match your soul. Simply be present to the transformation.
- ◆ Reclaim and embrace all the energy of your soul.

Follow with the *Anti-Hypertension Meditation* and you will be able to relax into your heart space.

Prayer at End with Hands at Heart

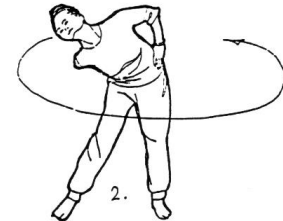
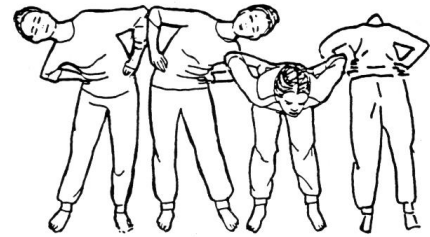
I pray in humility, innocence, honest, purity, sincerity to connect with my soul in my heart.

Self-Assessment

Beliefs about our past and who we are change as our energy changes. Through deep sensitive awareness, we let go of old beliefs by feeling (understanding) them in a different way. As we embrace our three lions, understanding becomes compassion. After each session and during your daily life, notice changes in what you think, believe, and feel about yourself and your life.

SET FOR THE LIVER, COLON, AND STOMACH

1. With feet 2 feet apart, hands on hips, bend from the waist to the right chanting "Sa," to the left chanting "Ta," to the front chanting "Na," and to the back chanting "Ma." Hold each position 1 second and continue for 3-5 minutes. Opens up the hip area and prepares you for the next exercise.
2. Legs 2 feet apart, hands on hips, roll the upper torso in big circles to the maximum extent in each direction for 2-3 minutes, one roll per second. Then chant "Har Hari" with each roll and continue for 2 more minutes. Stimulates gonads.



3. With legs apart (a) bring arms up and cross them parallel to the ground and grasp opposite upper arms; (b) lean back and raise arms up and back pulling the pectoral muscle; (c) return crossed arms to parallel to ground; (d) relax arms down to sides. Coordinate the movements with "Sa Ta Na Ma" for 2-4 minutes, 2-3 seconds for each cycle. Relieves lower back pain and pressurizes the lymph area.

4. Arms crossed and raised parallel to the ground as above, squat into Crow Pose, knees drawn into chest, soles of feet flat on the floor, and come up, chanting "Sa Ta Na Ma" powerfully with each 2 squats for 1-2 minutes or 26 times. Balances body energy and relieves pain in the lower back.
5. Place thumbs on Mercury mounds below the little fingers and make hands into fists, arms out to sides. Swing the arms back in large circles, moving the shoulders, chanting "Har Har Har Har Har Hari" with each 2-3 circles for 2-3 minutes. Balances the psyche and enhances communication skills.



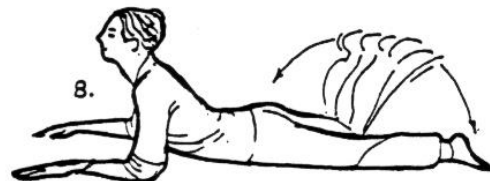
6. Stand on the balls of the feet with hands on hips and alternately kick feet forward in a fast jogging, shuffling motion, chanting aloud, "Hum Dum Har Har, Har Har Hum Dum" once every 3-4 seconds, coordinating movement with mantra for 2-3 minutes. Balances the metals in the body.



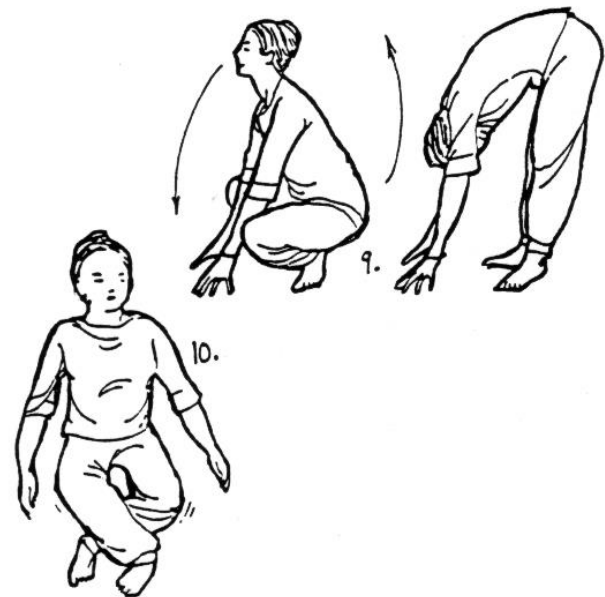
7. Immediately lie down on back and perform Cat Stretch to each side: Keeping shoulders on the ground bend one knee over the straight leg and touch it to the ground, and repeat on alternate sides, powerfully, for 1-2 minutes. Pressures the liver and removes toxins. It also consolidates the effects of the previous exercises.



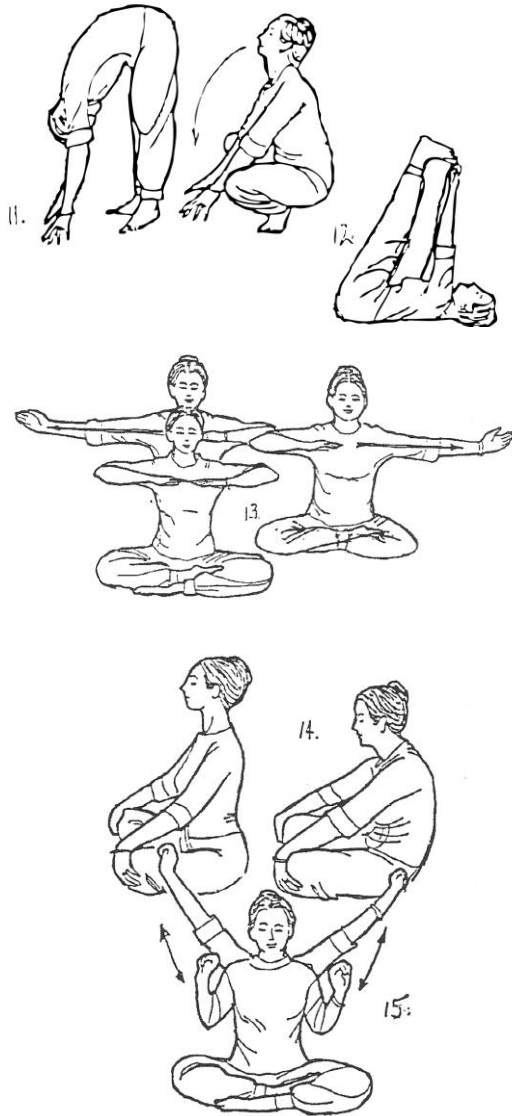
8. In one-half Cobra Pose on forearms with chin out, palms and forearms flat, elbows under shoulders, heels together, inhale and kick buttocks with alternate heels at a moderate pace for 2-3 minutes and at a rapid pace for another minute. For regulating magnesium-calcium balance in the blood and body (which is controlled in thighbone, which also controls sexuality). Also applies maximum pressure to thyroid and parathyroid when neck is up and chin is out.



9. Squat in Frog Pose with heels raised and touching each other, arms straight between legs, fingertips on ground, head up. Raise buttocks, dropping head as you inhale, and return to squat, allowing buttocks to strike heels as you strongly exhale and chant "Sa Ta Na Ma" every 2-3 seconds for 2 minutes. Works on the knees.



10. Stand, cross legs, and sit down in Easy Pose; rise to a standing position again and repeat movement 4 times, balancing prana and apana.



11. Repeat Frogs for 30 seconds.

12. On back, raise straight legs, grab toes, and for 1-2 minutes inhale through a rolled tongue, exhale through the nose to cool the body.

13. In Easy Pose, arms at shoulder level, meet fingertips at center of chest, palms facing down. Then straighten alternate arms out to the sides, palms facing out, with a jerk to the elbow and return to center for 1-3 minutes. Works on the forearm, which regulates the colon.

14. Spinal Flex in Easy Pose with hands on knees, inhaling as spine is arched forward, exhaling as it contracts back, shoulders relaxed, head straight for 2-4 minutes. For lymph area, and it is reported to prevent breast cancer. If done correctly, it will create sweat on the face and unusual pressure on the neck behind the ears, ensuring that the entire nervous system and Shushmana is being stimulated.

15. Make loose fists of hands with thumbs inside and place them at shoulder level. Inhale and rapidly extend arms up, exhale and return fists to shoulder level for 2-3 minutes. For spine and sciatic nerve.

16. In Easy Pose, raise crossed arms to heart level, and as you chant "Sa Ta Na Ma," bend the head right, center, left, center, completing one cycle every 2-3 seconds for 1-2 minutes to adjust the neck.

17. In Easy Pose, chant *Adi Shakti Mantra* (see chapter 10) for 3-5 minutes, or meditatively breathe long and gently, being with the rise and fall of the chest at the heart.



Lesson 21

From Fear to Love in Mind and Emotions

Lesson 21 goals: *Practice shifting your mind and emotions from fear to love.*

When our mind is conscious in our neutral channel, it is connected to the universal space of Love. And when our emotions are relaxed and flowing, they are synchronized with the Love of the Universal Mother. The shift from fear into Love requires

1. Accessing the conscious state of the stable polarity of our soul in our neutral mind
2. Experiencing the alive feeling state of the flowing polarity of our soul in our body and emotions.
3. It also requires on the part of our mind/awareness polarity a non-judgmental, attentive, relationship with our body, emotions, and feelings. We use the elevated expression of our stable polarity to support the awakening of the elevated expression of our flowing polarity.

The Process of Releasing Fear and Moving into Love

We can use any Kundalini Yoga exercises, pranayama, and meditation to release ourselves from the matrix of fear and to connect with the space of Love. The critical pieces are (1) increasing our vibrational frequency, (2) awakening conscious awareness, and (3) cultivating feeling sensitivity. As we upgrade our consciousness, we refine our sensory system so that it computes Light and Love instead of fear.

Self-Therapy Process

The practice of Kundalini Yoga and Meditation transforms our energy, awakens our mind, and, in so many ways, facilitates our awakening process. Equally important is self-training to stay conscious and to act consciously. Our personal process includes *self-therapy*. Building on what we learned in previous lessons, the following directives summarize major points of our self-therapy process. Keep these touchstones handy to use in your ongoing journey to connect at deeper and deeper levels with your soul and the frequency of Love.

1. Neutral Mind

Move into your neutral mind. Connect with your awareness of pure consciousness — the clear, open space in your mind. Tune into and focus on the qualities of neutrality, non-judgment, stillness, and stability.

2. Listen Deeply

Listen deeply to your breath. Isolate and identify each sound that you hear.
Listen to the sounds within the sounds.
Feel the vibration of the sounds in your body.

Listen deeply to your feelings. Listen to the voice in the feelings.

Listening opens up feeling awareness and awakens instinctual faculties.

3. Observer Pays Attention

Use the observer faculty of your neutral mind to pay attention to what you are feeling in your belly and solar plexus, without judging. Remember, lack of attention and judging are the two main ways that our inner female feels abandoned.

Be very attentive to the state of your emotional body. You may notice painful feelings, which indicates some form of trapped negative emotion, i.e., fear in your emotional body.

Our emotional body will not go away, either by ignoring it or by escaping into our dualistic or neutral minds. Our mental stories and thoughts feed and perpetuate our pain. So no stories! Stories, analysis, judgment all take you back to your dualistic mind. And then you are thinking and no longer paying attention to your feelings. Our female polarity does not like that!

4. Identify Your Fear

There are many forms of fear. The pain of fear can be felt as impatience, anxiety, restlessness, irritation, unease, dread, depression, annoyance, hurt, anger, rage, defensiveness, need to be right, aggressiveness, lack, incompleteness, neediness, and possessiveness.

Sometimes it is useful to identify our fear or to label our feelings so we can identify what is going on in our emotional body. This is especially useful in the beginning to move us out of the denial of our primal emotions — fear, anxiety, sadness, anger.

5. Acknowledge — Pay Attention to Your Feelings

However, be very careful not to judge, explain, or rationalize how you feel. Our goal is simply to recognize and be honest about the nature of our feelings and to acknowledge how we are currently expressing fear.

In the initial phases of connecting with our feelings, rarely do we feel comfortable with what we feel in our body. We all feel some form of fear.

The good news is that our feelings are always changing. Stay with them and watch how they shift. Simply by paying attention, the discomfort can disappear.

6. Allow and Trust Your Feelings

To watch, acknowledge, and accept is an essential step. We must also learn to relax, release resistance, let go of control, and trust the innate intelligence of our body and our emotions. Trusting the flowing polarity of our soul requires moving out of our mind and into a feeling connection with our emotional body. This is a major breakthrough.

7. Rhythmic Breathing and Exercises

Our breath and pulse are naturally rhythmic. Listen to your pulse and feel the wave of your breath. Tune into and relax into your own rhythm.

Do rhythmic exercises and breathing to bring your emotional body into a rhythmic flow.

Our liberated feminine polarity is rhythmic and flowing. Our emotional energy gets unstuck and releases into aliveness through moving in a rhythmic, flowing manner. Spinal Flexes are a good exercise to generate the feeling of rocking yourself like a child. Shaking and dancing also help loosen up stuck energy.

Spinal Rotations and Heart Twists are also easy and effective rhythmic exercises. Do every moving exercise (and walking) with a rhythm that soothes your body. Do moving exercises in a loving way that generates pleasurable feelings in your body.

8. Kindness and Self-Love

Befriending our emotional body requires being kind to ourselves. The most effective and absolutely necessary emotional work that we can do is to be *kind, gentle, and loving* with ourselves. In self-kindness, we become aware of our subtle energies, and they begin to relax and flow.

9. FEEL and EXPERIENCE

In an allowing mode, FEEL and EXPERIENCE the energy that is your emotional body. The pain we feel in our emotional body is our resistance (non-allowing) and our life force that is bound up in fear.

- Allow every feeling. Some feelings will be uncomfortable. Feel them anyway.
Turn your awareness to the feelings that you avoid.
Feel and listen attentively to those feelings.

Notice how you block certain feelings and how you escape into your mind and exit your body. When your mind wanders, simply return your attention to feeling various parts of your body.

- Go deeply into each sensation.
Go back to sensations and feel their subtle attributes.
Feel the feelings within the feelings.

Continue isolating, allowing, and being with every feeling/sensation for as long as your attention permits, or until you notice a shift. Then move to another feeling.

10. Bring Light into Your Feelings

Bring the light of consciousness to your emotional body. Do so by being present to the Light in your mind and expanding this Light to include your physical and emotional bodies. Do so also by going deeply into neutral, stillness, stability, and silence and feeling these essence energies embrace your body and feelings.

11. Engage Your Emotional Body to Love Your Feelings

Emotional energy releases in a very profound way by engaging the feeling function of our emotional body to love it. This is self-love in action!

Even when we are experiencing negative emotions, we can embrace ourselves. Engaging our emotional body in the act of self-love upgrades the use of our emotional energy. Our own self-love shifts our negative emotions and envelops our energy field with a feeling of compassion — a self-embrace.

12. I Feel Love in and around Me

As we let go, we experience our emotional body as a rhythmic, flowing, alive, and pleasurable feeling moving through our body.

Our whole energy field (physical body, emotional body, and aura) transforms into a loving, cozy environment — our personal circle of love in which we can dwell.

At some point, all our feelings merge with into the space of Love. Our sensory system vibrates with love instead of fear. We experience one all-pervading feeling of love in and around us.

We vibrate and enjoy the loving essence of our own soul as it synchronizes with the Universal Field of Love.

Take time to love the feeling. Love yourself and your soul. Experience that you are *Love*. Experience that you can love. Experience that you are loved.

Consciously Build Your Experience and Circle of Love

You can choose any Kundalini Yoga set to stimulate your body vessel to awaken the possibility of the above experiences. Obviously you won't be focusing on all 12 points at once, but work on gradually building each experience in your awareness.

The exercises in the *Kriya Preparation for Deep Meditation* start by opening the crown chakra, making it possible to connect deeply with our inner space. Then we open our heart chakra and move down our spine. Many Kundalini Yoga kriyas begin at the lower chakras and move up the spine. This kriya moves down the chakras and is thus a great set to practice to integrate our sacred space into our body and feeling awareness. This is also a good set to experience how we can integrate spirit into matter (Lesson 10).

After this kriya, go into silent meditation and pay attention to the silence and peace in and around you. This is your circle of love. Enjoy the pleasurable sensory feelings in and around your body.

Two appropriate meditations to practice after this kriya are *Guru Ram Das up the Chakras* (Lesson 2) and *Dhrib Dhristi Silent Meditation* (Lesson 6). You can go much deeper in those meditations after doing this kriya.



If your presence cannot command respect, your orders won't. – Yogi Bhajan

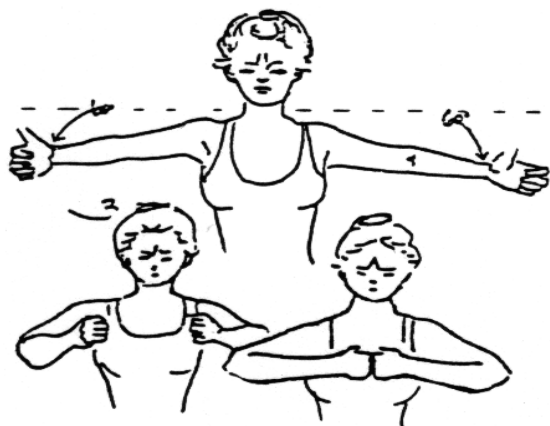


PREPARATION FOR DEEP MEDITATION

1. In Easy Pose, stretch arms straight overhead with palms together, arch the spine as far up and back as possible, and begin long deep breathing through the mouth with a whistle on both the inhale and the exhale for 5 minutes. Relax.

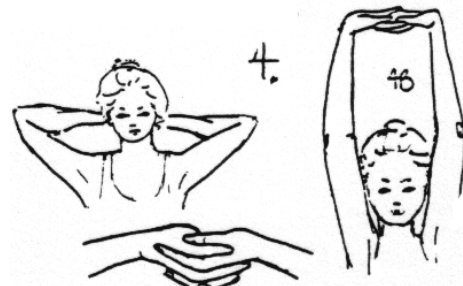


2. (A) Inhale, stretch arms straight out in front with fingers interlaced, palms facing out. (B) Exhale and bring hands in towards chest. Repeat the in-and-out movement for 2 minutes, fairly rapidly. (C) Then inhale and stretch arms out in front again. (D) Hold the breath and bring the arms straight up overhead. Continue to hold the breath and bring hands out in front, as in A. In this position, exhale and inhale, hold the breath, and repeat the entire sequence for 2 minutes.



3. Stretch the arms out in front at a 60° angle to each other, inhale and slowly clench fists, holding the breath and with tension bring the fists to the chest, bending arms at elbows. Exhale, release the tension, maintaining an angry face throughout the exercise. Repeat and continue for 3 minutes.

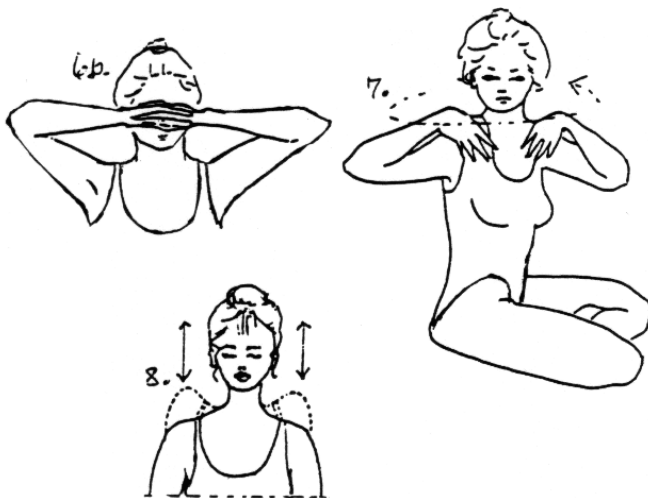
4. Interlace the fingers as before with palms facing up and place them behind the neck. Inhale and stretch arms up overhead, exhale down behind the neck for 2 minutes.



5. Stretch arms straight overhead, palms together, thumbs crossed, inhale and twist to the left, exhale and twist right for 2 minutes.



6. (a) Interlock fingers at chest level with palms facing down. (b) Inhale and bring hands up to eye level; exhale back down to chest level for 2 minutes.



7. Place hands on shoulders, fingers in front, thumbs in back, and keeping elbows at shoulder level, inhale twisting left, exhale twisting right for 2 minutes.

8. In Easy Pose, place hands on knees, inhale and flex shoulders up, exhale and relax them down for 2 minutes.



9. With hands on knees, flex the spine, inhaling forward and exhaling back for 2 minutes.

10. Roll the eyes up as far as possible and concentrate at the top of the head. Meditate for 11 or more minutes.

COMMENTS: This series purifies the blood, expands lung capacity, stimulates the circulatory system, causes the thyroid and parathyroid glands to secrete, and strengthens the magnetic field around the body. This is an excellent preparation for deep meditation.

For 40 days offer all actions, all thoughts, to serve Love and see what happens! Move into your neutral heart space and surrender to the Infinite Organizing Power.

Lesson 22

Our Inner-Guidance System: Intuition, Instincts, and Heart

Lesson 22 goal: *Access your inner guidance system by listening to your intuition, feeling your instincts, and resolving inner conflict in your heart.*

Accessing and using our inner guidance system makes it possible to resolve our inner conflict and to experience inner peace, strength, and joy.

It is always good to begin each yoga session with standing poses and leg exercises as warm ups, unless they are included in the set or kriya. They connect us to Earth energy, which calms our mind and emotions and helps us be grounded and aware in our body.

Directives to Develop Intuitive, Instinctual, and Heart Synergy

- ♥ Slow down your breath to four breaths or less per minute to calm your mind and to access your neutral channel.
- ♥ Enter your inner space by looking inside your head until you see space. Once you see a space, your seeing becomes perception, i.e., awareness without using your physical eyes.
- ♥ Cultivate awareness in your mind, in your inner space, by paying attention. First pay attention to anything that grabs your attention in your space.
- ♥ Then pay attention to one of the qualities of your neutral mind, i.e., peace, stillness, non-duality, silence, and non-judgment.

- ◆ Experience the quality of peace or other quality (stillness, silence, clarity) in your space. Cultivate awareness of the experience of peace. Pay attention.
- ◆ Deeply listen to silence in your space. Train yourself to listen with your inner ear.
- ◆ Develop intuitive awareness by listening without expectations. Simply be available to hear by deeply listening.
- ◆ As you deeply listen, witness that your ability to feel in your body awakens.
- ◆ Witness that listening activates feeling and connects you to your gut feelings and feeling awareness in your belly.
- ◆ Experience that you are aware and can feel at the same time.
- ◆ Awareness and feeling become intuition and instincts.
- ◆ Experience the connection and communication between your awareness and feelings: your mind and body/emotions.

- ◆ Experience that awareness and feeling, intuition and instincts, operate simultaneously and communicate with you. They are telling you your truth. They are your inner guidance system.
- ◆ When you get an intuitive message, ask, “How does that feel in my body?” Feel if you are getting and affirmation or a no.
- ◆ Witness that your body starts to relax when you listen to it, and your emotions start to calm down when you pay attention and feel them. You experience less stress, anxiety, conflict, and confusion. You feel calmer and more present in your body.
- ◆ Distinguish between authentic messages and fear or anger-based conditioning and programming. This is tricky. Only your heart knows for sure. Pay attention to your heart.
- ◆ Experience that your mind and body are working together in your heart. In your heart, intuition and instincts integrate. You feel whole and at peace.
- ◆ Honor the power and wisdom of your intuitive/instinctual message system that synergizes at your heart. Know that you can trust your soul to wisely guide you. Know that your soul knows.
- ◆ At your heart, call upon your soul. It has something very special to tell you. Listen, feel, be aware, wait, trust.
- ◆ Something profound shifts inside you.
Your personality connects with your soul.
Your body and mind communicate and synergize at your heart.
You have awakened to the power, peace, and joy of your soul.

You know. You know that you know. You trust that you know. You are at peace with your soul.

Practice the *Thyroid and Throat Center Kriya* or any kriya of your choice and the *Ad Nad Meditation* to awaken your intuition and instincts and to synergize them in your heart.

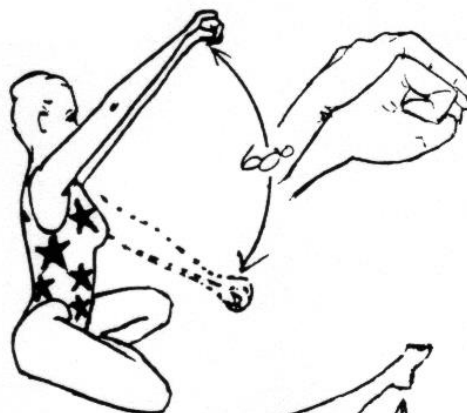


Whenever you have a problem, if you put your problem at the touchstone of the spirit, the consciousness and the soul, you will be surprised how easy it is for you to solve that problem. But whenever you take a problem and look at it from the ego's point of view, it will not only bring you confusion, but it will also bring you destruction. — Yogi Bhajan

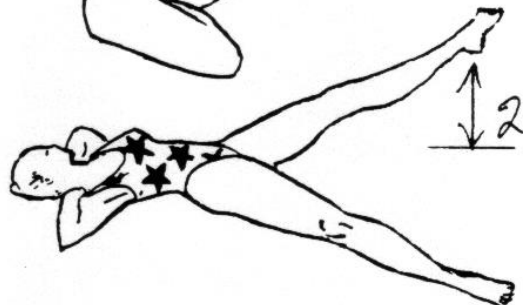


THYROID & THROAT CENTER

1. Hammer: Left hand in fist, right hand cupping it; raise them on the inhale and lower on the exhale with straight arms creating a 60° angle directly in front of you for 2-3 minutes.



2. Lying on back, legs spread far apart, hands in Venus Lock under neck, raise one leg 2 feet, with long deep breathing for 1 minute. Switch legs and repeat. Repeat entire exercise one more time.



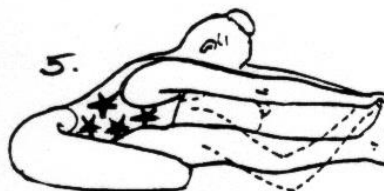
3. Blocking off your right nostril with your thumb, breathe naturally through the left nostril for 2-3 minutes. Then, blocking off the left nostril, breathe through the right nostril for 2-3 minutes. Then inhale through left, exhale through the right rapidly for 2-3 minutes, blocking off alternating nostrils.



4. Stretch Pose: head and feet raised 6 inches, hands pointing at feet, eyes on big toes, with Breath of Fire for 1-3 minutes. Or, start out one leg at a time to build strength.

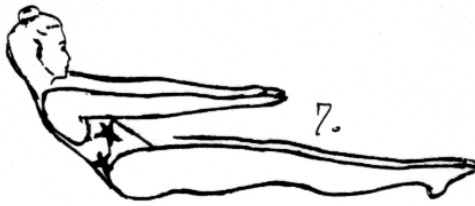


5. Life Nerve Stretch: bring left heel into perineum and bend over outstretched right leg, grasping right foot with hands, inhaling up, exhaling down, touching nose to right knee for 1½ minutes. Switch legs and repeat for 1½ minutes.



6. Gas Pose, on back, knees bent, legs clasped by arms, with Breath of Fire for 2 minutes.





7. On back, raise upper torso, stretching arms out parallel to floor and hold with Breath of Fire for 2 minutes.



8. In Easy Pose, lower chin into collar bone notch with long deep breathing for 6 minutes.

9. On knees, arch pelvis up into Camel Pose, dropping head back, hands on heels for support and hold with normal breathing for 1-3 minutes. Rest a moment in Baby Pose and repeat 2 more times.



10. Breath of Fire in Easy Pose for 2 minutes. Relax for 1 minute and repeat.

11. In Easy Pose, place hands in Venus Lock behind the neck, stretching the elbows back as you inhale and collapsing elbows forward as you exhale for 2-3 minutes.



Shorten times to accommodate the time you have and your physical condition. Be sure to leave time between exercises to relax into a state of trust and surrender.

AD NAD KRIYA

Sit in Easy Pose with a straight spine and interlock fingers with right index finger on top and thumbs joined, stretching them back so they point straight up. Hold the hands in front of the chest between the solar plexus and the heart. Heels of hands are joined and arms are relaxed. Allow the eyes to close. Focus on the breath and on the sound of the mantra as you chant.

Inhale deeply and completely exhale as the entire mantra is chanted once:

**RA RA RA RA
MA MA MA MA,
SA SA SA SAT,
HARI HAR HARI HAR**



(Another version gave “Sat” on the same pitch as “Sa.”)

COMMENTS: This naad, or secret language or technique, existed with a very powerful sect of yogis called Al Panthis. Very few still exist today. The mantra will clear your speech even if you mumble words. If you practice for a long time and perfect it, you will be capable of Gupt Gian Shakti, the secret power of knowledge, a form of communication in which you need not speak out loud — you can just send a thought, mentally, and the other person will know about it. You send a feeling and the other person understands. This meditation develops heart-to-heart communication. When we can speak heart to ourselves, we can speak heart to heart to others.

Lesson 23

Healing and Manifesting with Feeling

Lesson 23 goal: *Generate a magnetic, pleasurable feeling in and around your body/circle and use this power to heal, attract, and manifest.*

As our electromagnetic frequency increases and vibrates with the dimension of Love, we can use our feeling sensitivity to heal ourselves and others. It is at this elevated frequency that we are able to create and manifest through our magnetic presence.

We use Kundalini Yoga and chanting meditations to raise our vibration. As our sensory system tunes into and vibrates with the frequency of Love, we experience very pleasurable feelings. We willingly use our refined sensory awareness to embody the Love feeling that allows and creates healing.

Monitor the progress you have made since Lesson 15 — *I Am a Feeling*. The more clear, consolidated, and comfortable you feel in your circle, the more your energetic presence aligns to support you and those around you.

Healing Your Heart with Feeling

The heart is the connector between our upper and lower chakras.
Our heart chakra has the qualities of both the upper and lower chakras.

- Our heart is a space like the upper chakras.
- Our heart has feelings like our lower chakras.
- Our heart is the center and generator of our space of love.

Our goal is to experience the space and feeling of love that is unleashed in our heart and to tune into the power of healing with feeling. To have these experiences, we must move beyond thoughts into the space of pure awareness and into feeling sensitivity.

The feeling of love can create miraculous healings. The electrical strength of the heart is up to 60 times greater than the brain. The magnetic vibration, or field, of the heart is up to 5,000 times stronger than the brain, according to Gregg Braden. In other words, there is much more power in our feelings than in our thoughts. So think less and feel more. And feel from your heart.

It is the destiny of your soul to experience the power and pleasure of Love.

Directives for Healing and Manifesting with Feeling

Our goal is to generate a powerful, magnetic, and pleasurable *feeling* from which to create and manifest. To do so, we turn our attention and sensory awareness inside our body and circle. A strong aura, or electromagnetic field, is the energetic substance that creates the feeling. Any active Kundalini Yoga set works, especially those that include standing postures and arm movements.

The key is to pay attention to the sensations in and around your body. Use all your senses and feel as many sensations as you can in your body. Remember, we are *generating* a feeling by creating more aliveness, balance, and integration in our physical, mental, emotional, and subtle energy bodies.

- ◆ First access and anchor in your neutral channel, where you can be non-judgmental, accepting, and trusting.
- ◆ Then, anchor in your *feeling* of Love by paying attention to all your pleasurable sensations in your body. Attention and focus strengthen our healing presence.
- ◆ Go deep into your heart, solar plexus, and belly.
- ◆ Accept, be with (without wishing to change), and love whatever you feel.
- ◆ Notice how your experience shifts in the process of gentle, non-judgmental attention.
- ◆ Whatever you feel, use your refined sensory system to *Love it! Love it with all your heart!*
- ◆ Relax into our body, let go for a moment, and feel what it feels like to be healthy, to have more energy, to be more prosperous, or to be in a situation that you wish to manifest.
- ◆ Take your special feeling with you wherever you go.

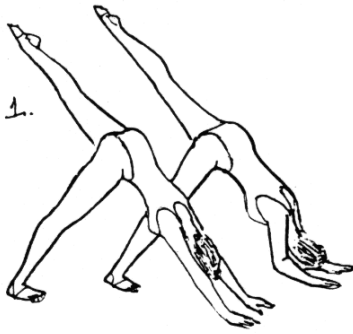
Always start with self-healing. The more you are able to hold your space of love for yourself, the more healing energy you generate, and the more you have to share. Actually, your presence is healing more than you can ever know.

To direct healing to others, always maintain your space of love. Focus on your heart inside your circle — this is key. Don't project outside yourself. Hold those whom you wish to bless inside your heart and circle of love. Feel the feeling of Love and love them with this feeling.

Focus on the Light within you. Use the gift of inner light to flow Love and Light into the world. *Share Light with the passion and feeling of Love.*

Cultivate your projection, radiance, and healing powers with the kriya *Strengthening the Aura*. The *Meditation to Unlock the Heart Center* gives you the power to heal yourself and others from the heart, and much more.

STRENGTHENING THE AURA



1. Stand up and bend forward so the palms are on the ground and the body forms a triangle. Raise the right leg up with knee straight. Exhale, bend the arms and bring the head near the ground. Inhale, resume Triangle Pose. Continue this Triangle Push-up for 1½ minutes. Switch legs and continue for another 1½ minutes.

Sit quietly in Easy Pose and consolidate your circle.



2. This exercise can be done in Easy Pose or standing. Extend the left hand forward as if grasping a pole so the palm faces right. Cross the right hand under the left, palm facing right and thumb pointing down, and wrap the fingers over the left hand so that both palms face right and fingers lock. Inhale, raise arms 60°, and exhale them down for 2-3 minutes. To end, inhale and stretch arms above your head and shake.

Sit or stand and feel the radiance in your aura.

3. Bring both arms forward, parallel to the ground, palms facing each other about 6" apart in front of the heart. As you inhale, let the arms drop back and stretch them toward each other behind your back. Open the eyes briefly to look at the space between the hands when they are in front of your heart. Exhale in forward position. As you inhale and bring the arms back again, eyes are closed. Continue 2-3 minutes with deep, rhythmic breathing. To end, bring the hands forward and focus on the space and energy between your hands.

Sit and consolidate your heart space.

COMMENTS: This is a great kriya for keeping disease away and developing your aura. The time can be built up to 7½ minutes for each side in #1, and 15 minutes each for exercises 2 and 3. Exercises 2 and 3 can be done standing in Horse Stance (a martial arts pose), with the feet wide apart, toes pointing out, knees bent, hips tucked in, lowering yourself as much as possible (as though seated in a chair). Breathe powerfully from the navel. You will achieve incredible physical, auric, and projective strength from this posture.

Done vigorously, this kriya induces profuse sweat. It will cure almost any digestive problem. It strengthens the arms, opens our heart space, and extends the power of protection and projection in our aura.

MEDITATION TO UNLOCK THE HEART CENTER

Sit in a comfortable way with a straight spine. Bring hands 6-8 inches in front of your upper chest. Hands are at about the level of the throat. Palms are facing each other, fingers pointed up. Elbows are bent and relaxed down.



b.

With a quick powerful jerk, bring the hands out to the sides so there is about 36 inches of space between the hands. Abruptly stop the movement, causing the hands and body to jerk a bit. The shock of the jerk is felt in the chest cavity at the level of the sternum (solar plexus gate to the heart), stimulating the thymus gland to secrete. The beneficial “shock” to the central nervous system unlocks the heart center.

Chant **HAR** with each jerk.
2-5 minutes.

To end, inhale; suspend the breath as you continue the motion. Exhale. Then inhale; suspend the breath and hold the outward position. Exhale. Inhale; hold the inward position as you concentrate on the space between your hands and your heart chakra. Sit quietly and feel the heat and the pulse in your heart. This is a great moment to love your three lions (anger, fear, sadness) as they open your heart to love.



a.



c.

Lesson 24

Creating with the Elements

Lesson 24 goal: *Create your personal vibration and dance by cultivating the powers and gifts of the elements — air, earth, water, and fire.*

The practice of Kundalini Yoga balances our tattvas or elements. The *Exercise Set for Relaxation and Releasing Fear* offers us many experiences that we can pay attention to in order to feel the different elemental energies in our body and discover our own unique dance of them.

Meditations that focus on the lower three chakras and use various versions of the mantra *Har* facilitate the manifestation process. The meditation *Seraba Sud Meditation for Setting the Physical Plane in Order* aligns all the elements to set the physical plane in order. Follow your practice by dancing to your favorite music!

Directives for Creating with the Elements

The following directives are listed by element to use with any set you choose. Create your own experiences of the elements. Be selective. Don't try to do everything at once. It is important to both (1) isolate each element to deepen your experience of its attributes and gifts, and (2) experience how the elements complement and synergize with each other. It is through their integration that we achieve wholeness.

Air/Mind

The invaluable resources of the mind include awareness, divine connection, neutrality, clarity, detachment, and acceptance.

Be aware in your mind of a stable, still presence. With *awareness*, establish your *connection* with the Divine. Feel that you can trust this universal power to always be present within you.

What are you thinking and why are you having these thoughts? Listen to what you are saying to yourself. Is this what you want to say to your soul? If not, change your thought or have no thought.

For one moment, free yourself from all expectations and ideas of what is right and best and let the Universe decide and serve you.

Know that in your neutral channel, you can be detached and simply be with life as it unfolds. *Acceptance is sweet.*

Be in your neutral mind: (1) hold the space for good things to happen, (2) see clarity and Light, and (3) know that there is a pathway through every problem.

Follow your breath. Be devoted to your breath and the breath of life will free you and carry you to God.

Earth/Body

The resources of the earth element include our body, the Mother Earth and all her gifts, grounding, calmness, relaxation, patience, containment, instinctual feeling, and awareness.

To be grounded in your body, feel the sensations of your physical and emotional bodies inside your skin.

Be with your body as the container of all your sensations, aliveness, and breath.

Feel what happens inside your skin. As you let go, you feel happy, satisfied, and relaxed.

Feel secure and at home in your body.

Feel the quiet power and strength of patient presence. Patiently feel every spark of aliveness animate your body.

In your relaxed calmness, let your energy work for you. Contain and claim your energy and use it to enjoy this precious life.

With loving kindness toward your body and Mother Earth, allow yourself to be a vessel to bring Love into physical form.

Water/Emotions

The resources of the water element include letting go, allowing, going with the flow, kindness, empathy, compassion, and love.

Relax, let go, and allow yourself to be willing to receive assistance and vibrate with abundance. Feel that from your center you can flow with life and your emotions.

Feel that you can be in the middle of the stream of life and flow with love.

Feel and allow both comfortable and uncomfortable feelings.

Gently let go. Feel that the more you simply flow with the energies in your body, the more relaxed, satisfied, and happy you feel.

Make your anchors in life be love, compassion, and kindness.

Fire/Spirit

The resources of the element of fire include the light of your soul, deep soul desire, motivation, devotion, and the energy to take action and move.

Relate to your inner fire as the light and love of your soul.

Your soul is a fiery sun that burns off the past and all negativity. Nothing but purity remains in the flaming presence of the sun of your soul.

Get in touch with your center at the navel by activating your fire with your breath. Move your fire energy at your navel up your spine to awaken your heart and third eye.

Stand at the spinal center of your being. Feel that when you are in your center, you cannot be pulled away by external forces or by unconscious programs, drives, and desires.

With desire and devotion solidify and embody your connection with the Divine.

With the fire of the light of your soul, witness your power to move forward, take action, evolve, and enjoy being alive.

Mantra Meditation Directives

Allow the vibrations of the mantra to resonate in your heart, navel, and spine and then to fill your circle.

Call upon and link up with the energy of the Infinite through the power of your thought wave.

Feel, know, and experience that the Infinite is in and around you.

My Heart and My Dance

With kindness, compassion, devotion, desire, and detachment, continually create your own dance with your unique blend of the four elements.

Feel your heart at the center of your own dance.

Allow the flow of your dance. Dance with the fire and passion of your soul. Love your body as it choreographs your dance.

♥♥♥

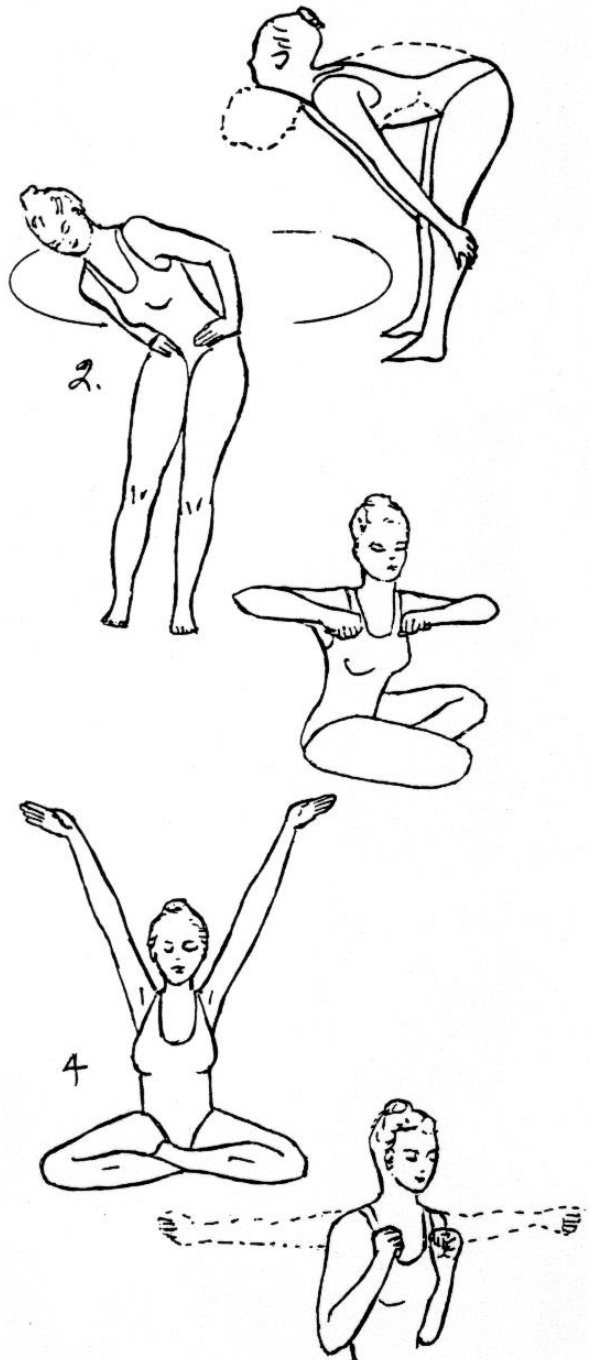
Only two things will work — your presence and your unlimited projection.

– Yogi Bhajan

♥♥♥

EXERCISE SET FOR RELAXATION & RELEASING FEAR

1. Stand and bend forward from the waist, keeping the back parallel to the ground. Reach behind you and hold on to your calves to maintain balance and flex the spine as in Cat/Cow. Inhale and flex the spine down as if someone were sitting on your back, neck arching up; then exhale, arching spine up, tucking chin to chest. Use hands, knees, and feet as a firm base of support, legs remaining straight. Rhythmically coordinate movement with breath for 2-7 minutes. Works on kidney and liver.
2. Still standing, place hands on hips and rapidly rotate torso from the waist in large circles powerfully for 2-9 minutes. Rejuvenates spleen and liver. (You may feel nauseous as liver releases toxins.)
3. In Easy Pose, make fists with hands and place them in front of you as if grasping a steering wheel, and twist the body from side to side to the maximum extent, keeping elbows level and allowing the neck to move with the body for 2-4 minutes. Works on the kidneys. The neck must move to release blood to the brain.
4. In Easy Pose, extend arms up at 60°, palms facing up, and fingers straight, thumbs extended. Rapidly open and close hands, bringing fingertips to base of palms for 2-7 minutes. Breaks up deposits in fingers and prevents/removes arthritis.
5. In Easy Pose, extend arms out to the sides parallel to ground and make fists with thumbs tucked inside on the mounds of the little fingers. Inhale through the mouth and flex elbows bringing fists to shoulders; then exhale through the mouth as arms are straightened out to the sides, moving rapidly and breathing powerfully, coordinating movement with breath for 2-6 minutes. Removes tension from neck and purifies blood. Fears will leave when you powerfully project out on exhale.





6. Same hand position as #5, palm side of fist facing down, stretch arms straight out in front and rotate fists in small circles, left fist counter-clockwise, right fist clockwise, at heart level, elbows straight, fists tight, moving shoulder blades and muscles under shoulders for 2 minutes. Adjusts muscles under breasts — if they are tight, you are uptight.
7. Crow Squats with straight spine, feet flat on floor, fists with thumbs out at neck level, inhale up and exhale down for 1-3 minutes.
8. Sitali Pranayam: In Easy Pose, hands on knees, spine straight, curl the tongue protruding it slightly past lips. Inhale smoothly and deeply through mouth, exhale through nose for 4-5 minutes. Meditate on the healing vibrations of the Golden Temple and the Divine Mother. Listen to the sound current and feel the flow. Effective against anger, bad moods, and temperament.
9. Put on some spiritually uplifting music as you raise and curve the arms upwards. Close the eyes and rhythmically move your body to the music with feeling. Stop thinking and move with the beat. If you can bring your body into exact rhythm with the music, you can go into a state of ecstasy. Continue 5-10 minutes. This can be done standing.
10. In Rock Pose, place hands on thighs, rhythmically bow the forehead to the floor. Continue for 2-8 minutes. This exercise has been known to heal any rock formations in the body, such as kidney and gall-bladder stones.
11. In Meditative Pose, calm and collect yourself and feel that you are going to realize the Divine Light in you. Totally remove all difference between yourself and the Infinite. Lock hands behind the head, elbows out to the sides, and apply pressure, keeping spine straight. Close the eyes, and out loud or silently chant a divine mantra, feeling the vibrations go through your hands to the back of your head. Or breathe long and gently in that position. Continue for 5-8 minutes and relax.

SERABA SUD MEDITATION

For Setting the Physical Plane in Order



To begin, stretch the body well and feel good all over. Then, sit with a straight spine and place the right hand on top of the left hand, pressing the thumbs together. Hold this mudra at diaphragm level, take a deep breath, and chant:

**HA RI, HA RI,
HA RI, HA RI,
HA RI, HA RI,
HAAAAAAAAARRR**



The chanting is long and slow. The final “Har” is chanted until the breath is out. “Ha” and “ri” are two separate sounds.

Focus the closed eyes on the brow point, looking out through the third eye. As the mind settles, you may see various colors flash onto your mental screen — at first some black, then a little red. Finally you will start seeing green. When you do, meditate on that color, letting it fill the entire consciousness with a vibration of health, well-being, creativity, and productivity.



COMMENTS: This meditation is particularly effective for those who want to practice self-healing and for those who deal with other people’s mental problems. It is good for anyone who wishes to heal a troubled relationship, because its main effect is to set the physical plane in order. Stress is the product of practical concerns, and this meditation works on the problem and imparts the peace of mind that comes with doing something positive about a situation. Meditating on the color green is good for those who want divine green energy in their home. Gold is good for grounding and manifesting. White is not recommended as it takes us out of the body. With practice you will understand the power of this meditation, and it will lift your spirit in a real and practical way.

Lesson 25

Self-Love and Happiness: Opening Your Heart to ME and ME

Lesson 25 goal: *Create a relationship between personality/woman ME and soul ME, and experience self-love.*

Self-Love and ME and ME Directives

1. Belief — before tuning in

Get clear and accept that it is your birthright to be happy and that your essence is Love and lovable.

2. Self-awareness — after tuning in

Direct your attention and energy to your physical and emotional bodies and be present to all your sensations inside your skin/circle. Be aware of your ability to both give and receive love.

3. ME and ME — personal me and soul me

Identify your inner conversation.

Identify if you are in your dual mind and whether your negative and positive minds are talking.

Awaken and be consciously aware in your neutral mind.

Switch your conversation between your dual mind and your neutral mind — between your personality and your soul.

Listen, feel — no opinion, pure energy, non-verbal.

4. When you are in negative self-talk, respond by saying

“I am sorry. I love you.”

You can also add, “I forgive you. Please forgive me. Thank you. Sat Nam.”

Say these phrases from your heart to your wounded little girl. Put your hands on your heart so you really feel you are communicating ME to ME. Deeply listen and feel your heart until you experience resolution, peace, and self-love.

5. Find the experience of love inside yourself

Don't reach out. Instead, reach inside yourself for guidance, approval, acceptance, comfort, and love!

Find the love you need inside. Let your soul experience reassure and love you.

Find silence, peace, sweetness inside. *Identify with it.* My soul is love!

Feel safe being inside with yourself (and having your own opinions and needs).

Feel happy being inside with yourself.

Find happiness by loving the love that you find deep in your own core.

Both the kriya *Cleansing the Lymph Glands* and the *Heart Shield Meditation* build woman's special arc line between the breasts. This energetic healing reduces the chances of breast cancer and opens the heart to self-love.



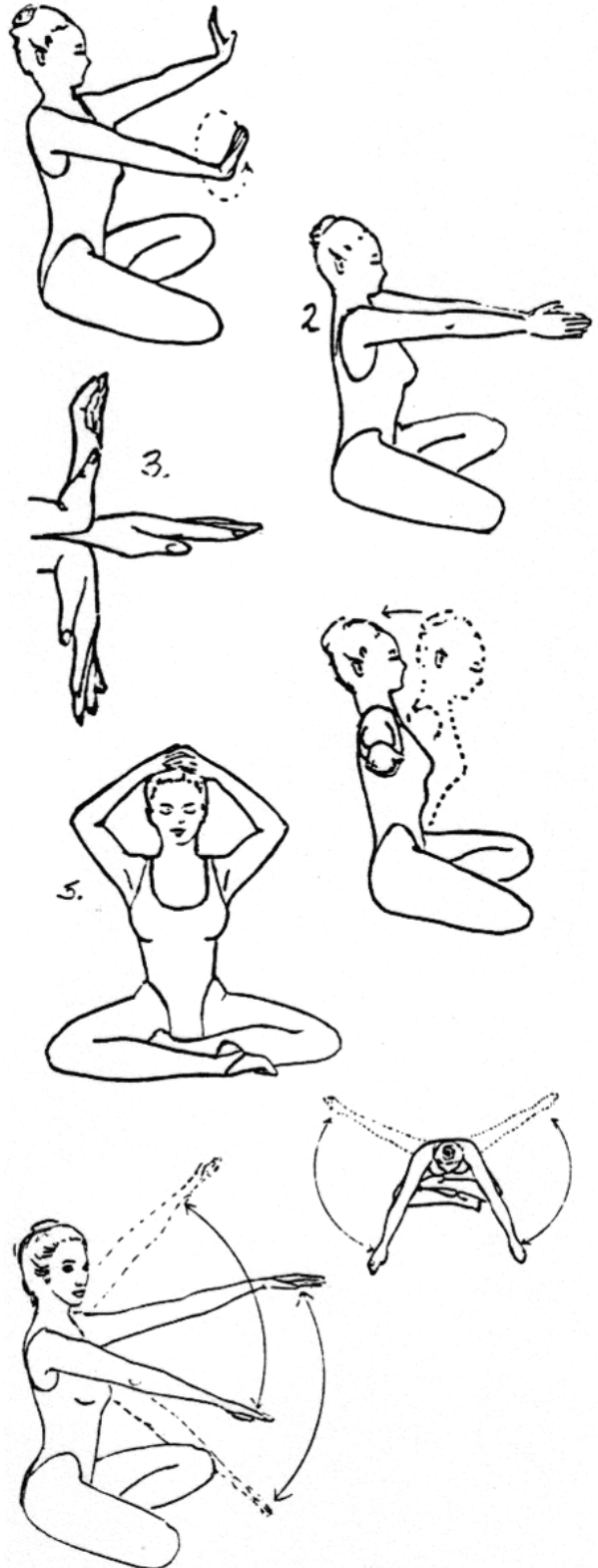
Authentic happiness happens in our neutral feeling heart space, where we are not reactive or negative. We are simply available to witness, to participate in, and to enjoy life. If you want to be happy, do not react to anything negative, do not say anything negative, do not do anything negative. Stay neutral.



CLEANSING THE LYMPH GLANDS & ENERGY BALANCING

Chin lock must be applied during all exercises. Pull up on the back of the neck to keep the spine straight and the heart open.

1. In Easy Pose, stretch arms up parallel to the floor and out 60° from each other. Bend hands up at wrists (palms facing forward), and circle the right hand at the wrist, keeping the left hand perpendicular to the arm, for 2 minutes. Then repeat, changing hands. This affects the thyroid and parathyroid very powerfully and moves the Chi energy.
2. Now clap the hands out in front of the body for 2 minutes. Arms need not be extended.
3. Arms still straight out in front, 9" apart, palms down, move the hands so that the fingers point up, then parallel to the ground, then point them down, jerking them in three stages forcefully. It will be soothing and annoying at the same time. Continue for 2-3 minutes.
4. Moving from the hips with arms stretched out to the sides, palms down, lean back slightly, then forward slightly, back and forth to build the muscles that save you from old age and back trouble. Keep the spine straight and move the arms along with the body like a fulcrum for 2-3 minutes.
5. Interlace the hands in Venus Lock on top of the head and twist the body rapidly from right to left for 2-3 minutes to move all the energy you have created.
6. Stretch arms out in front, parallel to the floor and 60° from each other, as in #1, but with the palms down. Slowly raise one arm to 60° up, lowering the other, and continue as arms move slowly from front to back, about 60° from the starting position, and back to front to balance the energy for 2-3 minutes.





7. Sit straight and at peace with arms folded at chest, right over left, and chant

HAR HAREE
HAR HAREE

concentrating between the eyebrows and the root of the nose. Pull the energy up between the navel and the third eye. Feel the “Hh” sound at the heart. Continue for 2-5 minutes.



8. Sit on the heels and bend forward, resting the forehead on the ground in Baby Pose, arms at the sides. This should be done at least once a day to balance your energy with the spinal serum and to rejuvenate the nerves in the spinal column. Relax for 2 minutes.

9. Kneel on forelegs, fingers interlaced behind the neck, and lean back as far as possible, keeping balanced. Think of one God, one unit of Earth, peace to all, and happiness. Hold for 1-2 minutes.

10. Relax deeply on your back.



On one hand you flirt, you live in lies, and you are miserable. On the other hand, you want security, you want grace, you want to be respected, and you want to be honored. You better decide what you really want. Don't ask me what I can do for you. Ask yourself what you can do for yourself.

– Yogi Bhajan



HEART SHIELD MEDITATION

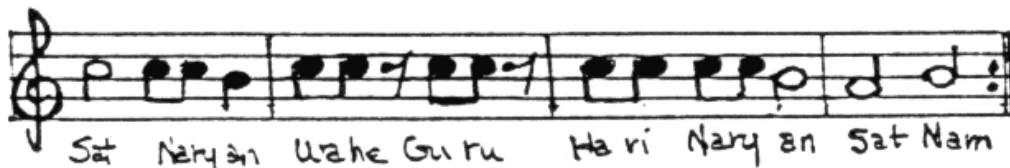
Sit in Easy Pose with a straight spine. Place right hand in active Gyan Mudra (index finger curled under the thumb, the other fingers straight and joined), wrist resting on the right knee. Left arm is bent and relaxed, left hand about 6" from heart center with palm facing the body, thumbs and fingers straight, tense, and joined. Concentrate on the hand as a shield to the heart. For the magnetic field to correspond, the "antennae" must be tense.



Inhale deeply and exhale completely. Repeat twice more. Then inhale and begin chanting the mantra with the usual melody:

SAT NARAYAN WAHE GURU
HARI NARAYAN SAT NAM
SAT NARAYAN WAHE GURU
HARI NARAYAN SAT NAM

SAT NARAYAN — True Sustainer
WAHE GURU — Indescribable Wisdom
HARI NARAYAN — Creative sustenance
SAT NAM — True Identity



Continue for 3-11 minutes. If you are around other people, you may just whisper it. As you concentrate on the shield of the hand, you will feel a heat of powerful energy going through the hand to the heart center. (Do not concentrate on your head.) Bow your head to your heart.

COMMENTS: When you feel very tired and need to be replenished, this is a great tool. This mantra is very sacred and was kept a secret and should be done for only 3-11 minutes in absolute calmness. Chanting this mantra gives inner peace, happiness, and good fortune. In addition, this mantra (1) produces a clear mind and heart and awakens us to pure consciousness, (2) increases our self-love, (3) cultivates our ability to heal with our hands and our presence, and (4) by invoking the names of God, creates an aura that attracts prosperity and abundance, and (5) opens us up to experience the Infinite and peace of mind and heart.

Lesson 26

Make Myself Beautiful: My Radiant Presence

Lesson 26 goal: *Make yourself beautiful with your radiant presence.*

For Radiance, Beauty, and Presence

Woman's outer mystery is established in her radiant presence, which she builds as she (1) establishes her neutral center and (2) contains her flowing energy inside her circle. From within, woman expands and embellishes her circle and creates a powerful presence that works for her. Her clear, radiant, authentic, contained energy makes her mysteriously beautiful and serves as an attractor mechanism to bring to her what she needs.

To make yourself beautiful and magical by aligning with the cosmic dance

- ◆ Feel the sensations in your body activate your radiance.
- ◆ Be in non-verbal feeling awareness. Feel the vibration of your glow.
- ◆ With each exercise and breath, strengthen and shine your light.
- ◆ Feel the sensations and light in your body as your energetic presence.
- ◆ Contain all your experiences inside your skin/circle and radiate from your spine and heart.
- ◆ Love yourself to make yourself even more beautiful.

Your Fragrance

Choose a quality for the fragrance of your presence. As you radiate this quality, enjoy your mysterious beauty. Choose your special fragrance. Some to choose from include

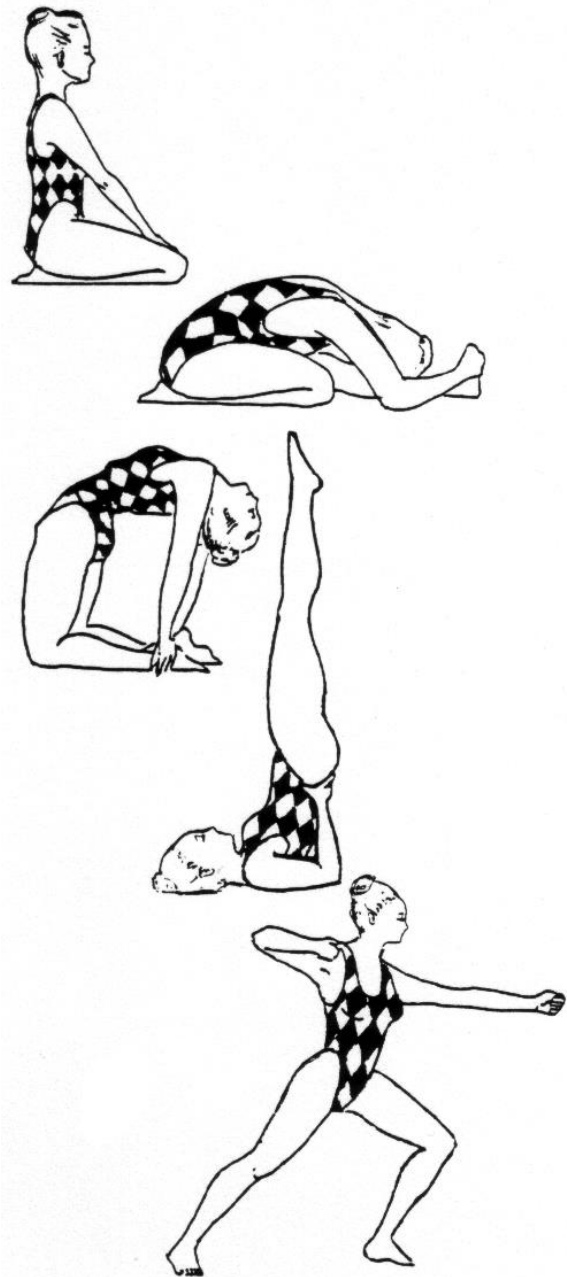
purity, love	flowing	peace
trust	safe, secure	protected, grounded, present
strong	invincible	joyful
happy	aware	

Make yourself beautiful by practicing *Women's Daily Exercises for Beauty, Radiance & Grace*. Experience and project happiness as you chant WAHE GURU (ecstasy) in the *Happy "Last" Meditation*.

WOMEN'S DAILY EXERCISES FOR BEAUTY, RADIANCE, & GRACE

It is important and very beneficial for every woman to exercise daily. It is this conscious act of working on ourselves that gives us beauty, radiance, and grace. The following exercises should be done regularly to keep the spine, organs, and nervous system strong and healthy. Times vary according to how much time you have and the current state and needs of your body. Breath of Fire is activating, but long deep breathing is preferable during your Moon cycle. Save Sat Kriya, Shoulder Stand, and Stretch Pose for non-Moon cycle days. Substitute grounding exercises and contemplative breathing or chanting meditation.

1. Sit on heels in Rock Pose, do Spinal Flexes and then with palms on thighs or relaxed on the lap, spine straight and relaxed, breathe long and deep, meditating at the brow point for 2 minutes.
2. Sit on right heel, left leg extended straight out and draw heart toward the left knee. Do not collapse the chest! Keep your heart open! Breath of Fire or long deep breathing for 2-3 minutes. Change sides and repeat. Then do the same with both legs straight out in front and proceed as above for 2-3 minutes.
3. Kneel and arch the back, pressing pelvis forward, head dropping back, hands grasping heels in Camel Pose with long deep breathing or Breath of Fire for 2-3 minutes. Adjusts the reproductive organs.
4. On back, raise legs and then torso to 90° (forming a straight line from shoulders to toes), supporting the back with the hands, weight on neck, shoulders, and elbows, chin pressed into chest in Shoulder Stand, for 2-3 minutes. Stimulates the thyroid gland and releases pressure on 11 organs.
5. Archer Pose: Stand firmly with left leg forward and supporting weight of body, knee bent, and stretch right leg straight out behind, planting foot firmly. Left arm extends out in front as if holding a bow, and right arm is pulled back as if pulling an arrow, eyes staring straight ahead. Feel stretch across the chest and hold with long deep breathing for 2-3 minutes.





6. On heels, bring forehead to floor, arms relaxed at sides, palms up in Baby Pose, and relax with long deep breathing for 1-2 minutes. Be cozy inside yourself.
7. On stomach, grasp ankles and pull hands and feet up, raising thighs, head as high as possible in Bow Pose, and hold with long deep breathing or Breath of Fire for 2-3 minutes.
8. On stomach, make fists and place them under hips just above leg joints. With heels together and chin on floor, deeply inhale, raise legs, and hold in Locust Pose with long deep breathing or Breath of Fire for as long as possible.
9. On hands and knees, raise head, allowing spine to relax down, arms straight and parallel to thighs, and relax there in Cow Pose with long deep breathing for 2-3 minutes.
10. On hands and knees as above, allow head to fall forward, chin to chest, and arch the spine up and hold in Cat Pose with long deep breathing for 2-3 minutes.
11. On back, raise head, heels and hands 6" from floor, heels together, eyes looking at toes, fingers pointing to them too, and hold in Stretch Pose with Breath of Fire for 1-3 minutes. Place hands in fists to support the lower back. Develop your core by doing one leg at a time, until your abdominal muscles can hold both legs in this position with the small of the back on the ground. If the small of your back comes off the ground, you need to strengthen the abdominal muscles.
12. Relax on back, arms beside body, palms up in Corpse Pose for several minutes.
13. End with 5 minutes of Sat Kriya, followed by deep relaxation and silent meditation.

HAPPY “LAST” MEDITATION



In Easy Pose with a straight spine, relax the arms with the hands in the lap, palms up, right hand resting in left, thumb tips touching.

Close the eyes and, focusing on the tongue and lip movement, chant the following mantra 4-8 times per breath.

**WAHE GURU,
WAHE GURU,
WAHE GURU,
WAHE JEE-O.**

Yogi Bhajan said that “Wahe Guru” should never be chanted too fast, as in our mumbling we can miss the naad, or the vibration, that creates a state of ecstasy. Given that advice, I suggest chanting four rounds per breath, making sure that you enunciate the sounds and feel the impact of their vibration. Start with 11 minutes maximum and then increase to 22 minutes, gradually increasing to 31 minutes.

COMMENTS: When you feel that life is not working for you, you can be your own therapist and practice this meditation. The mantra means, “You are beloved of my Soul, oh God.” It causes a very subtle rub against the center of the palate and stimulates the 32nd meridian, known in the West as the Christ Meridian and in the East as Sattvica Buddha Bindu. The tongue and lips correspond to the Sun and Moon in their movement. The practice of this kriya will enable you to think right, act right, see right, look at yourself, imagine, and meditate. Everything else follows. You will wipe out a lot of negativity and awaken to the happiness inside.

♥ ♥ ♥

Nobility and victory come from the consciousness of our psyche, the clarity of our projection, and the radiance of our presence.

♥ ♥ ♥

Lesson 27

Woman Is a Living Prayer and the Attraction Mode of Living

Lesson 27 goal: *Perfect your essence as a living prayer and relax into the attraction mode of living.*

Every aspect of our inner mastery empowers our prayers. The basics include

- ◆ Creating a stable infinite inner space
- ◆ Focusing on and allowing our flowing feelings in our body
- ◆ Containing our energy inside our skin and circle
- ◆ Discovering and enjoying our goddess soul inside our circle
- ◆ Filling our circle with love and the Flowing Force
- ◆ Cultivating a grounded magnetic presence

Meditations to open our heart help us find inner peace and attract opportunities and prosperity through self-love.

Align with the G-O-D Modalities of Creation

As you practice the kriya and meditation in this lesson, align with the G-O-D modalities of creation:

G — Generate includes action, implementation, and co-creation.

O — Organize includes align, allow, trust, surrender, relax and accept.

D — Deliver includes contain, enjoy, be grateful, hold in not hold on.

For specific guidelines, see Chapter 27. The sequence below, *Projection in the Light*, is a G — Generate exercise.

One-Pointed Mind — Projection in the Light

Here is a sequence to project your intentions with the one-pointed clarity and light from your third eye. Practice this sequence before or after tuning in or any time you wish to project from your soul.

- ◆ Turn your attention to your third eye.
- ◆ Find and focus on one point. Move into one-pointedness.
- ◆ Concentrate at the one point until it comes into focus as a stable place.
- ◆ A beam of light will appear. Even if you don't see the light, be aware/feel that there is a beam of light emitted from your third eye.
- ◆ In this beam of light, focus on the light and the clarity until these qualities are stable.
- ◆ Be aware that this beam of light projects out to Infinity.
- ◆ Place your goal or intention in the beam of light.
- ◆ See the light clearing the way.
- ◆ See, know, and perceive that there is an answer, that there is resolution.
- ◆ Everything is resolved in the Light.
- ◆ Project that there is a pathway through your situation or problem.
- ◆ Anything that comes up — situations, doubts, people, fears, things you must do — place them in the Light.
- ◆ Notice that the issues that come up change, but the Light does not change.
- ◆ The Light remains consistent, bright, energized, calm, and coherent.
- ◆ Notice that the thought in the beam of light is clear and there is no discussion.
- ◆ Keep adding all the elements that come up until you reach your destination, find the solution, or feel resolved. At some point, everything will merge in the Light, and you will know your prayer is complete.

Directives for Kriyas — Be a Humble Prayer

Before Tuning In

Ask, invoke, mobilize assistance.

Offer thanks for assistance.

Hold the space of love.

Hold your angels and helpers in the space of love.

Hold others in your heart, in the space of love.

Tune In

Activate third eye with ONG and mantras.

Tune in mantras are prayers: bow to primal guru, wisdom of ages, true, unseen wisdom, and presence of the Infinite.

After Tune In

We are always at one with the One. Be receptive and awake so that you can allow and feel the presence of the Divine working for and through you all the time.

Our Divine Connection is always offering us comfort, love, and support. We are always receiving gifts and blessings. Our job is to be available and receptive to receive ITs gifts and blessings. Our job is to be awake and to strengthen our faith, resolve, and ability to live uncompromisingly in our own truth.

As we cultivate our Divine Connection, we acknowledge in gratitude every message from the Universe that we are supported, connected, and not alone.

Warm Up

Bow to the Infinite; open the third eye.

Directives during Kriya for Immunity

Practice the *Kriya for Immunity* as a prayer.

Numbers correspond to the exercise numbers in the *Kriya for Immunity* set below.

♥ Heart — Hold the Space for Good Things to Happen

#1 — In your heart there is no discussion or judgment, just warmth and clarity. Feel oneness in your heart. You are one with your soul and with the Infinite.

#2 — Be in your heart and humbly hold the space of love for good things to happen. Trust that your prayer has been received. Let go and allow the Infinite Organizing Power to organize a response.

#3 — Let go of control and your ideas of the way things should be. Relax a little more.

- ◆ Become a living prayer of Light and Love. Simply enjoy holding the space of Love and being held by Love.
- ◆ Surrender to the highest priorities of your soul: “May I always enjoy being one with the ONE.”

Surrender is sweet. It is an experience of the heart.

Comfort, connection, and counsel are gifts when we open our heart.

- ◆ Hold yourself and anyone else needing healing love in your heart.

♥ Navel and Third Eye

#4-6 — Feel the pulse of the Breath of Fire at the third eye.

On the root lock, pull the energy up to the third eye, empowering the light and focus at your third eye.

♥ **Mantras**

We can always empower our projection with mantras.
“Thank you” is our default mantra — and “Sat Nam.”

#7 — As you chant, become the sounds. Feel the resonance of the sounds in your body.

Call on Guru Ram Das — archetype of miracles.
Ad Such — bow to oneness.

♥ **Mind — One-Pointed Beam of Light and Love**

#8 — Project consistently; practice seeing clarity. See the Light clearing the way. See that there is an answer and a pathway.

#8 — See the one-pointed infinite beam of your mind send a totally clear signal to the Universal Mind. The signal is peace and love.

Relax and allow the Universal Mind to respond to your beam. Your thought/feeling of peace and love links up with the universal thought of peace and love.

Simply become a living prayer of peace and love.

♥ **SOUL — Prayer Is Devotion**

During meditation, make falling into prayer like falling into love. Fall in love with the Infinite One — with the sound of love, with the feeling of peace, with the presence of stillness.

Keep it simple.

1. Be with the feeling, the experience, or the quality that never changes that makes you feel happy, at peace, and relaxed.
2. Focus on, pay attention to your feeling experience.
3. Go deeply into your feeling. Fill your mind and heart with that experience.
4. Let your whole body be infused and vibrate with your favorite experience of oneness.

Fall in love with the embrace of the Divine. Surrender is sweet.

My sincere prayer is to be infused with Light and Love, to live in the ecstasy of constant and conscious connection and oneness with the Divine.

My humble prayer is “May I never forget the One and that I am one with the One.”

Mantras in Kriya for Immunity

As you chant the mantras, feel their vibration in your mind, heart, and body, and allow the sound current to make adjustments to your frequency.

GOBINDE — Go bin day, Sustainer
MUKUNDE — Mu kun day, Liberator
UDARE — Uoo dar ay, Enlightener
APARE — A par ay, Infinite
HARING — Har e ung, Destroyer
KARING — Kar e ung, Creator
NIRNAME — Nir na may, Nameless
AKAME — A ka may, Desireless



**ARDAS BHAYEE, AMAR DAS GURU, AMAR DAS GURU, ARDAS BHAYEE
RAM DAS GURU, RAM DAS GURU, RAM DAS GURU, SACHEE SAHEE**

This mantra humbly asks for help, support, compassion, and kindness.
ARDAS means “prayer.” SACHEE SAHEE is a humble supplication.



**AD SUCH, JUGAD SUCH
HE BAY SUCH, NANAK HOSE (HO SEA) BAY SUCH**

True in the beginning. True throughout all the ages.
True even now. The pure One, the truth will always be true, will always be One.

Prayer Directives during Any Kriya

The following “living prayer” directives can be used with any kriya and meditation.

1. Align with the Divine.

Relax and let your energy align with universal energies.
Open your heart so that you are able to receive.
Plug in at your heart.

2. Go into your place of faith.

Go into your heart. Let this place grow by loving it and thanking it.
Go to a place of support and comfort. You can always go there and not be in fear.
IT is always with you. You always have your inner refuge.

3. Be with the feeling of how you wish to interact with the Universal Field.

Bless any anger, anxiety, fear, or feelings of insecurity.

Feel the stillness, calm, and peace of your neutral meditative mind.
Let your mind relax into the Universal Mind.

4. *Feel that you are part of Infinity and that Infinity is part of you.*

Infinity is limitless and happy, and so are you.

5. *Be available to receive and let the universal energies work with you and support you.*

6. *Keep the flow going.*

Don't push a little more; relax a little more. Control less. Let go of your ideas of the way things should be.

7. *Trust that your soul is linked up to the Infinite.*

Trust that your connection is more powerful than any external circumstances.
Trust that there is a solution.

8. *Let go of the fight so you can align and cooperate.*

Accept things as they are.
Be in gratitude.

9. *Infinite Organizing Power (IOP) is always at work.*

Let all the other factors, energies, and people be aligned by the IOP.
Trust the IOP to create the best possible solution.
Surrender to the highest priorities of your soul.

10. *Listen calmly and quietly to yourself and be aware of the nature of your prayer.*

The power of your prayer is how calmly, quietly, patiently, and peacefully you interact with the Universe, everyone around you, yourself, and life.

Closing Songs — Prayers of Devotion

Our discussion of prayer helps us understand the meaning and reason for chanting closing songs after doing a Kundalini Yoga kriya and meditation. Our Kundalini Yoga practice is an active prayer (*G*) to move us into oneness with our soul and the Infinite One. To consolidate the effects, we must end in gratitude and humble prayer. The closing songs are prayers of devotion.

Long Time Sun

The song “May the Long Time Sun” reminds us that “Everything is Light.” May the Light of Love shine on everyone and surround and protect us. May the pure light of our soul guide us on our journey.

Adi Shakti — The Primal Power

I end my daily practice with “May I be a woman of love that others may feel Infinite Love in my presence.” If I carry this energy with me through the day, I realize that my presence makes a difference and that I am surrounded by men and women of love.

It is interesting to note that the Sikh prayer *Ardas* starts out with the words “After first worshiping the Adi Shakti, the Primal Power.” The Mother, the feminine creative ONG power, is thus honored and invoked *first!* It then goes on to invoke the “worship” of the ten Sikh Gurus, which I interpret as invoking the consciousness of the ten Sikh Gurus who each embodied a divine aspect. Each in turn demonstrated that human life could be lived in the consciousness of humility, obedience, equality, service, self-sacrifice, justice, mercy, purity, calmness, and royal courage (all male polarity qualities).

I repeat, *the Mother, the feminine creative ONG power is honored and invoked first!* The message is clear. If we really experience the primal power, which is the most exquisite blending of stable and flowing energies, that is all we need. The rest is to teach us how to live in this consciousness.



Sacred woman lets her presence speak. Sacred woman lets her projection arrange her affairs.



KRIYA FOR IMMUNITY

1. Sit in Easy Pose and join the hands in Venus Lock behind the back, raising the arms as high as possible behind you. Begin twisting, using a powerful breath, building a good momentum. This is called Vayu Manthna Kriya, and it is regenerating, making you young and beautiful. It takes care of the complexion and banishes negativity. Continue for 2-3 minutes.



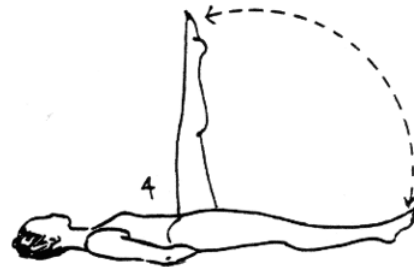
2. Immediately place the hands inside the armpits, with elbows out to the sides. Inhale and raise the elbows high; then exhale, bringing them down to the sides very fast, like flapping wings. The breath will be like a steam engine. Continue for 2-3 minutes.



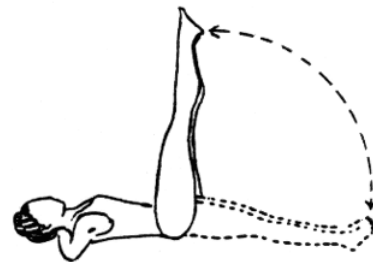
3. Extend the arms straight out to the sides, with palms facing down, and begin flapping them like wings, up and down within 60° without bending the elbows. Inhale up and exhale down through an open mouth. Go faster and faster for 1-2 minutes. Inhale deeply, exhale, and go right on to the next exercise.



4. Lie flat on the back and place the hands, palms down, beneath the lower back. Keep the legs straight and alternately raise them to 90° with a slow Breath of Fire. (It should take 2-3 breaths for the legs to go up and down). Continue 3-4 minutes. Then inhale deeply, stretching both legs straight up to 90° and hold for 5 seconds. Exhale, inhale deeply, exhale, and relax down.



5. Remaining on the back, clasp hands in Venus Lock behind the neck, inhale, and raise both legs up to 90°, heels together. Exhale and lower them to floor. Continue for 2-3 minutes. Without pause, proceed to next exercise.





6. Keeping the legs straight, heels together, hands in place, raise the legs to 90° and the upper body to form a “U” shape. Inhale up, exhale down. Jump to raise legs and upper body. Continue for 2 minutes. Inhale deeply and quickly, come into Easy Pose.

7. Cross hands over heart center. Concentrate all your energy into it as you chant, in monotone:

**ARDAS BHAYEE,
AMAR DAS GURU,
AMAR DAS GURU,
ARDAS BHAYEE.**

**RAM DAS GURU,
RAM DAS GURU,
RAM DAS BURU,
SACHEE SAHEE.**

Continue for 5-10 minutes, then inhale deeply.

8. Archer Pose, with left leg in front taking most of the weight, right leg extended straight behind, left arm extended out in front parallel to the floor, as if holding a bow. Pull the right arm back, bending the elbow, so that the hand is near the armpit, as if pulling an arrow. A stretch should be felt across the chest and navel. Eyes open, focus straight ahead into Infinity; chant aloud for 8 minutes to a fast melody:

**GOBINDE, MUKUNDE,
UDARE, APARE,
HARING, KARING,
NIRNAME, AKAME.**

9. Still standing, feet together, extend both arms straight out in front, making a cup with the hands. Stretch the arms out from the shoulder and chant:

**AD SUCH, JUGAD SUCH, HE BHAY (BAY) SUCH,
NANAK HOSE (HO SEA) BHAY (BAY) SUCH.**

for 5-11 minutes, then relax.

Lesson 28

Surrender and Trust the Infinite

Lesson 28 goal: *Let go, trust, and surrender to the Infinite Organizing Power.*

The Three Aspects of Creation

Now it is time to perfect your relationship with the G-O-D aspects of creation: *G* = generate; *O* = organize; and *D* = deliver or destroy. To cultivate our ability to surrender and trust, we need to upgrade both the *O* and the *D* aspects of how we interact with the creative process. It is in allowing and enjoying that we cultivate our ability to trust and surrender to Infinite Forces and our soul.

Directives — Trust Is Being Able to Turn to Infinity at All Times

What is your default program when you are challenged, afraid, and don't know what to do?

Normal fear responses: doubt, fear, worry, mental intrigues, tell yourself stories, try to figure things out, self-belittlement, feel like a victim, try to be in control.

Or ...

Alternative trust response: turn to the Infinite Organizing Power for support and solutions.

We experience, and thus can trust that we are part of the Infinite Flow and are always in relationship with IT. Our Divine Connection makes it possible to access a pathway through every problem.

Directives to Become a Part of Infinity

To trust the Infinite, we *elevate our inner reality* by moving out of our dualistic mental chatter into our neutral channel. We stop listening to our stories. *We listen to and become one with the silence and relax into the flow.*

Practice the *Electromagnetic Field Set* and the *Meditation for Gurprasad* with the intention and consciousness to be at one with and trust the Infinite.

- ◆ Feel the presence of a greater force — the Divine Mother Flowing Force.
- ◆ Feel supported, comforted by the Stable Force and the Flowing Force that are always present.
- ◆ Relax into this feeling of a supportive and nurturing presence.

- ◆ Allow what you are experiencing exactly the way it is.
- ◆ Let go a little bit. Wait. Be patient. Let go a little more. Wait. Let go some more.
- ◆ Accept what is happening without trying to change it or control it.
- ◆ Feel and even enjoy your sensations.
- ◆ Feel the deep satisfaction, peace, contentment.
- ◆ Get in touch with your own rhythm and energy and let it flow.
- ◆ Feel at a core level that something lives no matter what — your consciousness and your soul cannot die.
- ◆ Hold on to your expanded soul identity.
- ◆ Maintain your connection with the Infinite, the Divine.
- ◆ Feel your invulnerable power to retain oneness with the ONE.
- ◆ Expand this pleasurable and peaceful connection by simply paying attention.
- ◆ Focus your attention of “what IS, was, and always will be.”

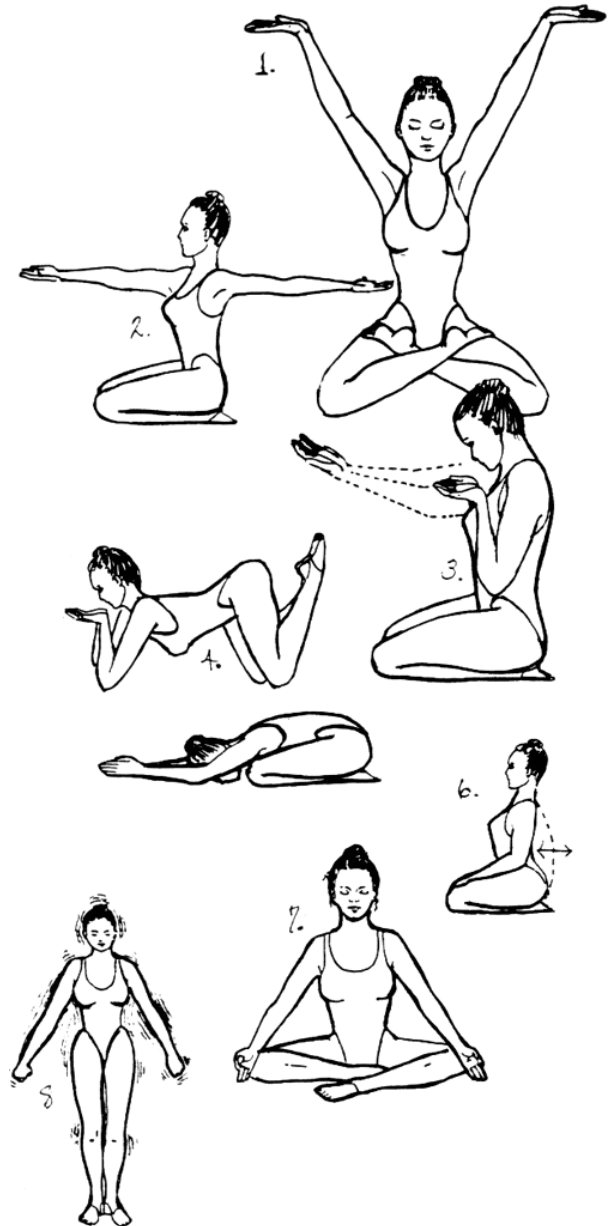
Directives for Acceptance and Gratitude

- ◆ Adopt an attitude of acceptance.
- ◆ Accept what you are feeling, experiencing.
- ◆ Allow the alignment to happen.
- ◆ Be grateful.
- ◆ Know you are doing your best.
- ◆ Trust yourself, trust the Universe, trust your relationship with IT.
- ◆ Continually surrender to the Unknown within and around you.

ELECTROMAGNETIC FIELD SET

This kriya purifies and strengthens our aura, which makes it possible to feel a radiant light around us. When our aura is bright and clear, there is no resistance between our energy field and the Infinite Field. Before starting the kriya, shake your entire body while standing.

1. In Easy Pose, raise arms up to 60° and to the side and hold with Breath of Fire for 3-5 minutes. *This opens our heart and creates a bright arc line around our head.*
2. In Rock Pose, right arm straight out in front, palm up, left arm straight back, palm up, do Breath of Fire for 1-2 minutes. Then reverse arms and repeat. *We expand and clear our circle around our heart.*
3. In Rock Pose, cup hands at heart center and, with head bowed, stare into the palms. As you inhale, stretch arms out in front, edges of palms touching, and as you exhale, bring them back to heart center. Continue for 5 minutes. *Reach out and receive from your heart.*
4. On elbows and knees, feet together and raised, palms up and together, back arched (like Cow Pose), stare into palms with long deep breathing for 5 minutes. If you stare to the horizon, your breath will synchronize with the breath of the Mother Earth. Try it!
5. Gurpranam: In Rock Pose, bend down stretching arms straight out ahead, palms together, and relax with forehead on the ground for 3 minutes. *Surrender.*
6. Spinal Flexes in Rock Pose for 3 minutes.
7. Meditate for 3-11 minutes.
8. End by shaking entire body.



MEDITATION FOR GURPRASAD

Sit comfortably in meditation pose and cup the hands together at heart level, palms up, upper arms pressed against rib cage, eyes one-tenth open and allowed to close. Feel that you are asking for a blessing from God. Keep making your spine straighter (an s-crooked spine will make one crooked, even in prayer).

Feel that something is dripping to you from the heavens: light of God, flow of life, supreme energy — whatever you believe in. Jesus Christ — or Moses, or Santa Claus — is sending you cookies! It doesn't matter. Feel something is dropping from above into the cup of your hands. Lower yourself into this hallucination until you start feeling it as a reality. Get into your very simplicity — just ask for simple grace.



Do it for just 3 minutes — it cannot be done for a long time. But do it as best you can.

COMMENTS: Gurprasad means “gift of the Guru.” As you practice this meditation, feel yourself showered by all the blessings of heaven: health, wealth, happiness, your ultimate caliber, and capacity. Just let it happen. Fill your heart and soul with all the bounties of nature. Simply meditate on the boundless flow of the Universal Force and feel a deep inflow of spirit. This is a very restful posture. The subtle pressure against the meridian points in the rib cage gives immediate relaxation.



In our mind, everything remains in the realm of imagination. When we start feeling, we have an experience, which becomes reality. When we relax into feeling awareness, we can manifest ideas into physical reality.



Lesson 29

To Be in Your Space of Love, Magic, and Miracles

Lesson 29 goal: *Enjoy being a woman in your space/circle of love, and embrace the magic and miracles that happen in your presence.*

Guidelines to Create Your Space/Circle of Love and Magic and Miracles

Woman's power of prayer comes from her ability to hold a space of love inside her circle. The basic guidelines to operate from the space of love and magic and miracles include the following:

1. Shift to your neutral channel. Go into your own sacred space. Disconnect from outside influences by holding all your sensations and awareness inside your circle.
2. Focus on a neutral, stable, non-judgmental quality in your mental space so that you can plug into the Universal Mind. No attachment, no expectations — only an open, clear space is required.
3. Once you have established your circle, you can put your question or your problem in the field of infinite possibilities and ask and let Universal Wisdom find the best answer. Then let go and be available.
4. Sit in clear receptivity. Feel your crown chakra as an antenna (open channel) to receive messages, healing, and any assistance that wants to come to you and through you into your body.
5. Open yourself up to possibilities by focusing on the space, purity, emptiness, neutrality, openness, and expansiveness in your mind and heart. (Choose your touchstones.)
6. Remember, you don't have to do anything or find the answers yourself. This is the job of the Infinite Field. But you do have to make yourself available. Keep your channels open.
7. Be awake and aware. Be clear. Don't space out. Be attentive and conscious.
8. Be present in your body so you are home when the postman comes.
9. Feel the sensations in your body. Let your sensory space be filled with loving feelings of contentment, satisfaction, warmth, and coziness. Be happy being with your soul in your woman's body.
10. Trust that the right solution, answer, information, or guidance will appear. Be without attachment or expectations as to what it might be.
11. Let others come forward into this clear, loving space if they choose to join you or not. Their choice is their choice, not yours. This is detachment.

12. Your job is to create an open, loving space inside your circle. Don't fill up your space with stories, negativity, fear, expectations, or the need to be right. Use your emotional energy to fill your space with love, kindness, compassion, forgiveness, and gratitude — the essence qualities of the Divine Mother.
13. Take care of yourself. Where do you want to be? Create the feeling inside your circle that nurtures you. Be at peace within yourself, relaxed, happy, enjoying the moment, autonomous, and free. You are engaged in a miracle called life.

Touchstones to Create Your Circle of Love

The above guidelines for opening the space of love, magic, and miracles inside your circle are summarized below as touchstones to guide your awareness. Make them part of your sadhana and daily attitude for 40 days and watch how your consciousness shifts and your life transforms. Wahe Guru!

- ◆ Look, listen, feel inside your head, heart, and body.
- ◆ Be totally inside yourself, in your own space inside your skin and your circle.
- ◆ Disconnect from outside influences, i.e., focus only inside your circle.
- ◆ Bless and then release all negativity, expectations, attachments, fear, the need to be right.
- ◆ Direct your attention to *open, clear, pure, available, neutral, expansive space*.
- ◆ Move your awareness into your clear space where you connect with the Infinite, infinite possibilities, and the creativity of the Divine Feminine.
- ◆ You do not do anything but make yourself available inside your circle. Let the Infinite Field and the Divine Mother do their job.
- ◆ Be awake and aware and attentive. Pay attention. Be conscious.
- ◆ Be present in your body and enjoy your human experience as a sacred woman.
- ◆ Relax into the flow and rhythm of your breath and the sensations in your body.
- ◆ Use your emotional energy to fill your space with love, kindness, compassion, forgiveness, and gratitude. Feel these feelings of the Flowing Feminine Force! If you think or verbalize them, you are in your head and they disappear.
- ◆ Be with the feeling of flowing peace within your circle. Be with the feeling of being yourself: relaxed, happy, enjoying the moment, autonomous, and free.
- ◆ Your circle of love is a clear space that is rich with feelings.

Your Essence Energies/Qualities

Train yourself to experience what is always there within you — the Infinite and your soul.

Discover, liberate, and love your essence energies. (Don't try to control, analyze, or understand.)

Infinite and soul essence qualities are experienced in *space, sound, feeling*.

Be conscious and aware in your space inside your circle.

Find strength, stability, *and your goddess self* inside your circle.

Listen deeply.

Let go for even a short time, allow and enjoy the aliveness of your being.

Be at peace in both space and aliveness.

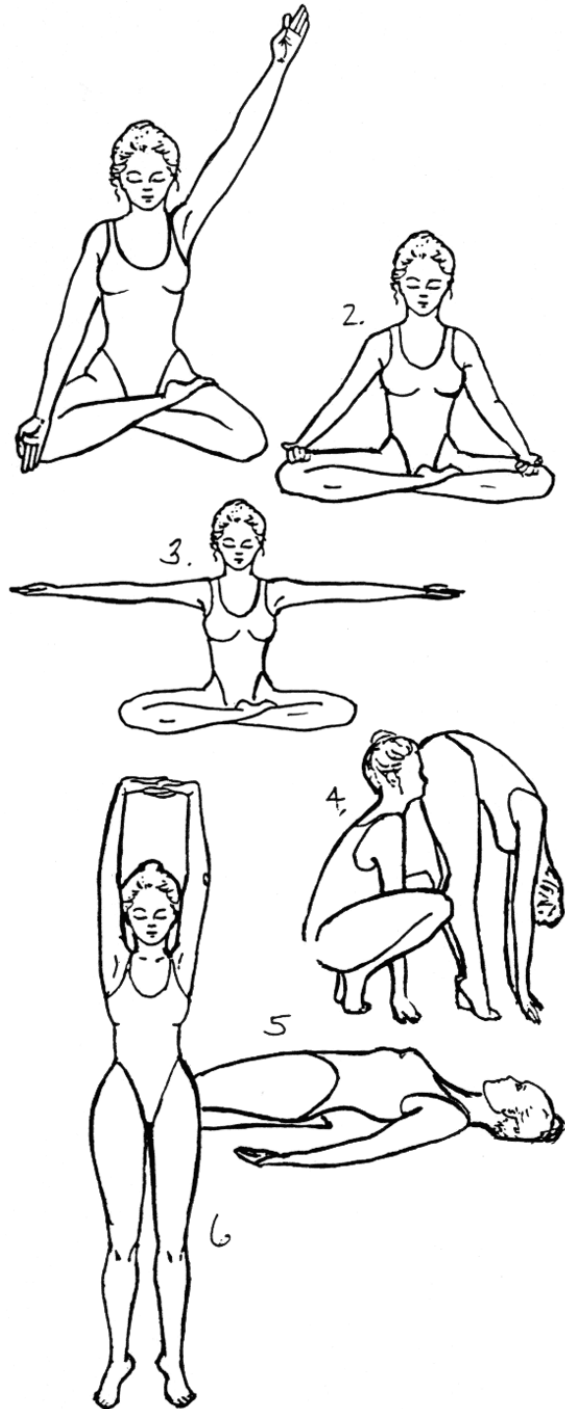
You can shift your space and projection to magic and miracles with the kriya *From Negativity to Space of Love* and the *Magic Mantra Meditation*.

Keep It Simple

1. Identify the feeling, the experience, or the quality that makes you feel happy, at peace, and relaxed.
2. Focus on, pay attention to that experience and feeling.
3. Go deeply into that experience and feeling. Fill your mind and heart with that feeling.
4. Let your whole body be infused with and vibrate with your favorite experience of Oneness.

FROM NEGATIVITY TO SPACE OF LOVE

1. In Easy Pose, hands in Gyan Mudra, raise left arm up 60° and hold with long deep breathing for 2 minutes. Then switch arms and repeat.
2. Release arms down and meditate at the 10th Gate (the crown chakra at the top of the head) for 3 minutes.
3. Arms out to sides, palms up, hold with Breath of Fire for 3 minutes and then relax.
4. Perform 15 Frogs: Heels together and raised, fingertips on floor between knees, head raised. Inhale and straighten knees, lifting buttocks while dropping head to knees; arms and legs straight, hands and feet remaining in place. Inhale up and exhale down.
5. In Rock Pose, lie back on the heels with long deep breathing, pulling root lock on each exhale for 2-3 minutes.
6. Standing on tiptoes, straighten arms overhead, fingers entwined in inverted Venus Lock, palms facing ceiling. Hold with long deep breathing for 3 minutes.



MAGIC MANTRA MEDITATION

Sit in a comfortable meditation posture and lift hands to heart level, palms up, elbows relaxed at the sides, and form a shallow cup of the hands, sides of palms and Mercury fingers comfortably together, thumbs out and away from hands, edges of the “cup” about 30° up from ground parallel. The important thing is to keep the line of Mercury connected at the edges of the palms and little fingers. Normally there would be no opening whatsoever; however, some people will have a gap between their little fingers — keep it to a minimum. Look into the hands but keep the eyes closed and chant



**EK ONG KAR
SAT GUR PRASAD
SAT GUR PRASAD
EK ONG KAR**

in a monotone, letting the breath naturally find itself. One cycle lasts 4-5 seconds. Continue for 31 minutes.

COMMENTS: 31 minutes of this can get you very high. A couple of days practice can give you a certain stimulation, which is beyond explanation. It is very rare that the Mercury fingers are joined in this way, but that is what makes the difference. (Remember to keep any gap to a minimum).

EK ONG KAR, SAT GUR PRASAD is the most powerful of all mantras. It is so strong that it elevates the self beyond duality and establishes the flow of spirit. It will make the mind so powerful that it will remove all obstacles. We call it the magic mantra because its positive effect happens quickly and lasts a long time.

*But it has to be chanted with reverence, in a place of reverence. When you meditate on this mantra, be sure that your surroundings are serene and reverent and that you practice it with reverence. You can mock any mantra you like except this one because it is known to have a backlash. Mantras normally have no backlash — when you chant them well, they benefit you, and when you chant them wrong, they don't have any ill effect. So if they don't do any good, at least they don't hurt you. But if you chant EK ONG KAR, SAT GUR PRASAD wrong, it can finish you. I must give you this basic warning: *This mantra is not secret, but it is very sacred. So chant it with reverence, write it with reverence, and use it in reverence.**

Lesson 30

Celebrate Your Womanhood Every Day

Lesson 30 goals: *Every day do something to take care of and nurture your essence as a sacred woman. Cultivate your space of love with your own spiritual practice. Love yourself and your life with all your heart.*

As you pursue your path of womanhood, use the following points to monitor your progress:

1. Woman accesses neutral infinite space.
2. Woman unleashes her spiral energy.
3. Woman creates her circle with her spiral energy to contain her space.
4. Woman consolidates and contains her space inside her skin.
5. Woman continually maintains the flow in her space.
6. Woman is in charge of the contents of her space.
7. Woman builds her space of love to serve herself and the world.
8. Woman discovers her goddess soul inside her circle of love.
9. Woman experiences her oneness with the Universal Flowing Force.
10. Woman trusts and surrenders to the Universal Flowing Force.
11. Woman enjoys the inner mastery and outer mystery of her womanhood.

♥ Blessings on your path of womanhood! ♥

Guru Rattana, Ph.D.

Groundbreaking author, teacher, and teacher of teachers, Guru Rattana, Ph.D., has followed a committed spiritual path since the age of 25. She studied Hatha Yoga for eight years, trained in Kundalini Yoga with Yogi Bhajan since the age of 32 and has studied astrology, Tai Chi, Kung Fu, and Chi Gong, all of which have contributed to her spiritual awakening and life as a writer and teacher.



Her annual International Teaching Tours have taken her to 17 countries throughout Europe. She is lead trainer and co-creator of KRIYA Inner Awareness Kundalini Yoga Teacher Training Courses, registered with Yoga Alliance.

She is author of four of the original, and still best-selling, Kundalini Yoga and Meditation manuals, based on lecture notes taken during Yogi Bhajan's early classes. *Transitions to a Heart-Centered World*, *Relax & Renew*, *Sexuality & Spirituality*, and *Introduction to Kundalini Yoga* contain hundreds of beautifully illustrated Kundalini Yoga sets and meditations.

She writes regularly on Facebook and in her Guru Rattana Blog — articles about Kundalini Yoga, spiritual awakening, and astrology. Now you can also enjoy her profound and captivating teaching style in the comfort and privacy of your own home, thanks to her Guru Rattana Online video service at <http://www.yogatech.com/grol>.

Following receipt of her MA from Johns Hopkins School of Advanced International Studies, Guru Rattana earned a Doctorate in Political Science from the University of Geneva, Switzerland, and went on to pursue an academic career, teaching at Dartmouth College, MIT, New Hampshire College, US International University, and Stanford University, and the Institute for Transpersonal Psychology. Her spiritual path has inspired her to write and teach about awakened heart consciousness to create the foundation for real political, social, and personal transformation.

Guru Rattana now lives in San Diego, devoting her life to helping people move beyond ego and fear to an experience of their Soul Self and the Divine in all life so they can each make their unique contribution to creating a heart-centered world.

Books by Guru Rattana, Ph.D.

Transitions to a Heart-Centered World (2nd edition, 2014)

Comprehensive resource of early Kundalini Yoga sets and meditations of Yogi Bhajan, offering powerful techniques to help you open your heart to unconditional love.

Relax and Renew (2nd edition, 2017)

Takes stress reduction to the level of holistic resolution. The techniques offered in this book don't just cover up the symptoms — they help cure the problem!

Sexuality and Spirituality (1989)

Revolutionary guide to spiritualize sexual energy to enjoy more depth and pleasure in sacred sex and relationships.

Introduction to Kundalini Yoga Vol. I - Begin and Deepen Your Practice; and Vol. II - Inner Awareness and Self-Initiation (2nd edition, 2015) The fundamentals and benefits of Kundalini Yoga and Meditation.

The Destiny of Women Is the Destiny of the World (2006)

An inspiring and invaluable handbook for woman to elevate her consciousness and celebrate her womanhood.

The Inner Art of Love — Awaken Your Heart with Kundalini Yoga (2011)

Learn to use the sacred technology of Kundalini Yoga and Meditation to connect with your inner reality, awaken your heart, and become a conscious soul-directed human being.

The Gift of Womanhood — Inner Mastery, Outer Mystery (2012)

Reveals woman's mysterious design and guides you to find your authentic identity as a sacred woman, using Kundalini Yoga techniques that awaken your soul.

The Power of Neutral — Soul Alchemy in Meditation (2013)

How the mind works, practical ways to direct your meditation practice, keys to awakening and your inner journey.

Your Life Is in Your Chakras (greatly expanded 2nd edition, 2014)

Unique collection of information, techniques, and teachings to develop the faculties and gifts of your chakras.

Sing to Your Soul — Awaken to Oneness: Jap-ji Explains the Spiritual Path (2016)

Decodes in poetic simplicity the essence of the spiritual journey.

How to Order Your Manuals, Books, DVDs, and CDs

Guru Rattana's manuals and a huge selection of Kundalini Yoga books, DVDs and CDs are available from the Yoga Technology Online Store, <http://www.yogatech.com>. There you will enjoy very competitive prices and rapid order fulfillment. Special wholesale terms are available for teachers who sign up for our Teachers' Forum.

You can also check out a sample streaming video and sign up for *Guru Rattana Online Classes*, discover a wealth of information about Kundalini Yoga, and read and subscribe to the *Guru Rattana Blog*.