

The Power of Neutral

A Guide to the Mind and Meditation



Guru Rattana, Ph.D.

***The Power of
Neutral
Soul Alchemy in Meditation***

Guru Rattana, Ph.D.



First Edition

Published by Yoga Technology, LLC

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First Edition

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The Neutral Mind

In our neutral channel, we live in the world without attachment.
We are free of entanglements and practice the blessing of acceptance.

Our neutral mind is like the lotus unaffected by a drop of water.
We look upon all with the same accepting, non-judgmental gaze.
We are like the Sun that shares its warmth with all things equally.

Our awakened mind extends compassion and kindness to all.
Our words rain nectar upon those to whom we speak.
The sweet breeze of our words blows out love for all to enjoy.

Our mind is steady and patient in the channel of Peace and Love.
Silently, we radiate divine qualities and enjoy Oneness with the Infinite.

In our neutral channel, our mind is clear and illumined.
Our awakened mind humbly enjoys the fact that we are never alone.
The Divine Nectar of silence is our food.
The Divine Presence of stillness is the object of our contemplation.

Our trustworthy support is the Imperishable One.
Our discipline is to focus on Imperturbable Stability.
Our task is to love Peace.
Our goal is to seek the One as our ultimate shelter.
Our neutral space is a container for unchallenged Harmony.
May we always remember the Infinite Source of Peace and Love.



Preface

Yogi Bhajan came from India to the United States in 1968 and was the first to teach Kundalini Yoga and Meditation in the West. His openness in publicly sharing this technology initiated a revolution in spiritual teaching. What he taught us had until then always been kept a secret and passed on orally from teacher to only a few select students. There were no written documents hiding in secret libraries. The thousands of kriyas and meditations that Yogi Bhajan shared came from his ability to tune in to and be the conduit of the Cosmic Library. It has been the job of the first generation of students to preserve and share these precious teachings in written form.

I met Yogi Bhajan in 1977 in Boston. I had just returned from studying for eight years in Europe and was teaching Environmental Studies at Dartmouth College. I knew immediately that he was sharing something very special about how to shift global consciousness and began to attend as many of his courses as I could.

Following one of his lectures at the first Woman's Training Camp that I attended, he asked if there were any questions. I enthusiastically raised my hand and asked, "Sir, could you please give us a meditation so we can understand what you are saying?" He leaned back on his pillows and began to laugh. We all joined in. Once the laughter subsided, he responded, "That is the best question I ever got. And the answer is *"no."*

I got it. We can understand only through experience. We have to do the practice to have the experience. There were so many things I didn't understand then. This book is a result of the understanding that I have since gained in over 35 years of practice. What I can tell you for sure is that practicing the technology of Kundalini Yoga as given to us by Yogi Bhajan works.

I do remember one thing I did understand: if I do this practice, I will find what I am looking for. It will give me what I want, even if I don't know who or what that is at this time. So I committed to my daily practice. I made the decision to do daily sadhana.

Yogi Bhajan once told me to write a book on commitment. I have thought a lot about that since. I would like to honor his request. Actually, I have three things to say on the subject:

1. *Make one decision about doing something and keep your word to yourself.* In other words, don't put yourself through the agony of having to decide yes or no each and every day. Just figure out one thing that works for you and your schedule and do something every day.

2. Commit to what works for you even if that is only 5 minutes a day. *Program yourself for success!* Five minutes every day is a success. You will feel so good that you have committed to uplift yourself and serve your soul.

3. *Identify something that motivates you.* If it is not obvious, then listen to your heart. For me, I absolutely want to feel good every day. Kundalini Yoga makes me feel good. You might be curious to find out what you discover about yourself and what you will be like in 10, 20, or 30 years from

now if you practice Kundalini Yoga. I can guarantee you, the results will be better than if you hadn't taken advantage of these powerful techniques that can serve as the foundation or the embellishment of your spiritual practice.

I invite you to commit to the great inner journey — the Alchemy of Your Soul.

Love to all.
Light to all.
Peace to all.

Guru Sawana PhD 😊

August 2013

♥ Part I: Our Spiritual Journey

1. Understanding the Mind

Our Soul Visit to Planet Earth

The soul embodies and visits Mother Earth to grow and evolve. We are here to learn how to wake up, stay awake, and operate from awakened consciousness in the physical dimension of reality.

Our soul arrives on planet Earth with some severe handicaps. We have amnesia, forgetting that we are a soul in a human body. We are wearing blinders, so we cannot see the Light. We are deaf to the universal sound from which all manifestation is born. We have no instruction book to clarify why we are here, what to do, and how to do whatever we're supposed to do. Our only guides are other human beings who are also trying to figure out how to survive in the challenging physical world.

To pierce through the darkness that both hides and embodies the Light, we must become spiritual warriors. To discover and accomplish our mission, we must awaken our consciousness and learn how to listen to the cosmic sound which contains all knowledge. How can this be done? *We* have to figure it out for ourselves.

Although it appears as though we are lost, without guidance or protection, humans have access to a highly sophisticated resource system, which, when activated, provides the support, instruction, and guidance we need. Our innate faculties make it possible for us to wake up, to live conscious lives, and to participate in the interactive dance between Spirit and matter.

The Nature of the Mind

Our mind is a precious gift, given to us to serve our soul in our human incarnations. It is endowed with many extraordinary capacities including the following:

◆ *Self-Organizing Intelligence*

The human mind is a self-organizing intelligence and consciousness that is embedded in every cell and operable in every part of our being.

◆ *Complex Mechanism*

The human mind is a *complex mechanism* with its own process and momentum that makes it possible to be aware and to operate in physical reality.

◆ **Constantly Moving**

The mind is *constantly moving* and always active. It must move to function. It does not stop.

◆ **Many Automatic Thoughts**

The mind *thinks automatically and emits many thoughts*. The yogis say it releases a thousand thoughts in the blink of an eye. Our mind is flooded with thoughts. Some are useful, intentional, and supportive. Some are not.

◆ **Beyond Time and Space**

The human mind is so fast that it operates beyond time and space.

◆ **Vast, Connects to Universal Mind**

The human mind “is vast and extends throughout the totality of the universe. It is involved everywhere.”¹ The human mind connects us with the Universal Mind.

◆ **Both Personal and Impersonal**

The mind is *both personal and impersonal* — both local and non-local. Connected to and one with the Universal Mind, the mind processes information from everywhere. The thoughts it emits are not just coming from us. Like a vast ocean, the mind reflects waves that are generated from far away — from the universe, our environment, and other people. The people and situations we are attached to and attuned to are the subject of many of our thoughts.

◆ **Analytical Mind Operates in Duality**

The analytical mind *operates in duality*. It seeks to contrast polarities — good and bad, positive and negative, relevant and irrelevant.

◆ **Filter, Choice Maker, Director**

The mind filters all our experiences, chooses and directs everything we do, and determines what we do and how we do it according to our belief system, programming, and soul blueprint.

◆ **Always Creating**

The mind is *always creating*. When the mind is undirected and misdirected, it automatically and unintentionally creates fantasies, conflicts, dramas, stories, and pain.

◆ **Light and Consciousness**

Yogi Bhanjan liked to tell us that in the word *human*, *hu* means light and *man* means mind. So to be human is to have light in our mind. The human mind has the capacity for consciousness and awareness.

◆ **Mental and Feeling**

Consciousness and perception are both mental and sensory. Awareness and feeling connect us to all reality.

An Awakened Mind

An awakened mind offers us the possibility of living and creating consciously. Through subtle

sensitivity, attention, and focus, we can adjust our projections into the world and universe and participate in co-creating our reality. We can synchronize our personal electromagnetic field with the universal electromagnetic field. When we establish this interconnection, we have access to guidance and “pathways through every problem.”²

Functional Design of the Mind: The Three Minds

To understand the technology of meditation, we have to understand how the mind works. Our mind has three basic channels: (1) the unconscious and subconscious channel, (2) the dualistic/analytical channel, and (3) the neutral channel.

Subconscious and Unconscious

Subconscious refers to hidden programming that directs our actions, controls our emotional responses, and influences how we think and what we believe. Our subconscious operates below our conscious knowing in our physical and emotional bodies.

Unconscious refers to that which is not conscious, that which we are not aware of. For example, we are unconscious of the neutral channel until we awaken it by paying attention and by using yogic techniques. When we are in an *asleep state of being*, we are also unconscious of how the subconscious runs our reality show. An important goal of meditation is to train ourselves to become conscious of our subconscious programming and to become aware of the subtle energies of our being.

Dualistic/Analytical Channel

In an *unawakened, asleep* state, we humans operate out of our dualistic mind, which is often referred to as the rational mind. Our dualistic mind, by its very nature of being dual, has two aspects and alternates between negative and positive. This dual function makes it possible to *analyze, discriminate, and evaluate information and alternatives*. The negative and positive minds have a practical function to compute in finite reality, in time and space.

Negative/Protective Mind

The *negative/protective mind* is the fastest part of the mind and the first to activate or respond to any stimulus. It operates as an automatic survival reflex and protective mechanism. Its functions are (1) to warn us of negative outcomes and potential danger, (2) to critique what is wrong, harmful, or dangerous, and (3) to identify problems to be solved. If it operates reflexively from fear, it can be overprotective, confused, cynical, and cause us to overreact. When it is grounded in reality, it offers us valuable information and is a good strategist.

Positive/Expansive Mind

Once we have been placed on guard by the protective mind, the positive/expansive mind identifies opportunities and rewarding possibilities. It is results-oriented and looks for pleasure, benefits, and satisfaction. It wants to create and use resources and is willing to take risks. Off in its own orbit, it generates fantasies and indulges in lottery-winning thinking. Under the

supervision of the neutral mind, it can help us enjoy the moment and guide us to the future.

No Peace in Duality

It is important to realize that the dual mind does not have a built-in arbitrator or the capacity to make choices. Limited to the negative and positive functions, the dualistic mind always fluctuates and can become confused and conflicted. This inner war can cause us much stress and grief. We cannot escape inner conflict by trying to be positive, because every positive thought is balanced by a negative thought, which means that there is no resolution, just an endless discussion. It is *not* possible to experience peace, stillness, or stability in our dualistic mind.

An Exit Strategy — The Neutral Mind

The good news is that there is a way out of this mental and emotional turmoil. We can tune in to another channel, the neutral channel, where we exit our internal battleground. We can find peace in our neutral channel because it is non-dual — it has only one voice. Instead of discussion, analysis, and judgment, there is wise knowing and vast space that is peaceful, stable, still, and harmonious.

The neutral mind is non-reactive and unattached. It observes and gathers information from both positive and negative minds. It sees the implications of the different alternatives and selects the best choice. It looks below the surface and gives an intuitive assessment that aligns us with our soul, mission, purpose, and the highest good. In the neutral mind, we get a reality check that is processed beyond time and space.

Meditation: Clear Your Mind

“Clear your mind of all thoughts” is a common meditation directive. If you have tried this without success, it is important to know that in the dual channel, “clearing your mind” is not possible. It is normal that the dual mind will keep producing thoughts. This is why we have to access the non-dual channel, where there is only one thought — one sound — the sound of silence and one voice — the voice of the soul.

Status of the Three Minds

When the neutral mind is not yet activated and only the positive and negative minds are available, one or the other is usually stronger and supersedes the other. Both operate at less-than-optimal levels.

In duality, the negative mind is judgmental, angry, fearful, skeptical, argumentative, and controlling by default. Our positive mind is opportunistic, delusional, naive, and spaced out in fantasyland. When the neutral mind is inactive, there is a gap in consciousness that our negative and positive minds fill with stories, dramas, and conflicts.

Dualistic/Analytical Mind

- ◆ Computes negative and positive options in finite reality.
- ◆ In duality we are conflicted, confused, anxious, preoccupied with our thoughts, and ego-centric.

Non-Dual/Neutral Mind

- ◆ Computes unity with intuition in infinite and soul reality.
- ◆ In neutral we are able to be consistent, coherent, humble, flexible, open, and heart-centered.

The Mind's Swings and Balance

Swings between negative and positive are a natural function of the dualistic mind. Opposites make it possible to be aware of, contrast, and compare alternatives.

Opposites also give us experiences that help us discover who we are and what works for us. They confront us with tests and challenge us to find our depth, our authenticity, and truth. We train the mind to find and live in neutral so we have a stable base to support us during the ever-present fluctuations and challenges of life.

Neutral Center or Dual Collaboration with Our Subconscious

Our non-dual neutral mind has the capacity to regulate and balance both our negative and positive minds and to evaluate and make choices from a soul perspective. Optimally, our negative and positive minds feed their respective information to our neutral mind. However, if we are not consciously operating from an awake neutral center and the dual mind is in charge, our negative and positive minds link up and create a negative feedback loop between themselves and our subconscious. The negative mind tries to protect us from pain and the positive mind expands and supports our pain. It is the unwitting collaboration of our negative and positive minds that magnifies and projects our fears, stories, judgments, and vulnerabilities, and undermines our identity and effectiveness.

When neutral is not a moderating force, we only hear the pros and cons and selectively choose to see what our limited ego wants to see. When the dualistic mind thus dominates our inner conversation and distorts the truth, we do not accurately see things the way they are. Without access to the clarity of an unbiased perspective, we suffer from self-doubt and lack self-trust.

A Conscious Mind

When the neutral mind is awakened, all three minds can be strong and balanced and collaborate for our highest good. From neutral consciousness, we can compute intuitively (not robotically) and receive immediate feedback about what to do (or not do) with current information.

With neutral consciousness, we can pay attention to how we use our three minds and be alert

to receive information from our negative and positive minds. When the neutral mind is in charge, we do not react or take action from either positive or negative. We act from neutral after we have processed relevant information and determined what response is the most appropriate for us in current time.

In neutral, we intuitively know that our responses cause certain effects. We see the possible effects and choose actions that will have an elevating effect, serve our soul and not the ego, and lead to fulfillment and inner peace.

Optimally, all three minds are strong and available and work together to process information. When they are alert and synchronized, they (1) choose the most appropriate responses and solutions to our problems, (2) create with originality and integrity, (3) project a supportive vibration into the world and universe, (4) optimize our life choices, and (5) deliver our gifts.

We Have Been Given Everything We Need

The wonders of the mind make it possible to become unshakeable, wise, creative, and happy. *We have been given everything we need for our special human journey, namely*

- ◆ A body that is the vessel for our soul on planet Earth
- ◆ A sensory system that gives us subtle yet sophisticated sensitivities for clarity and discernment
- ◆ A mind that is designed to serve our soul through consciousness and instant intuitive understanding. Our mind can always tune in to and experience God, while maintaining connection with Earth in time and space.

Our three minds are given to us to serve us, but we must train them to be supportive and strong. In sum, we are well equipped, but we have to activate, use, test, and refine our equipment.

Perceptions and Projections

Our being is one big receptor mechanism, which creates endless waves of impressions, sensations, thoughts, feelings, and emotions. Our three minds are the process mechanisms, which create *perceptions* (how we think, feel, believe) and *projections* (the vibrations or messages that we send out into the world and universe).

When our focus is scattered and not consolidated at the center of our being, there is a gap in consciousness, which distances us from our soul. Without centered self-focus, our energies and mind interlock with internal and external distractions.

In asleep consciousness, we get caught in the web of perceptions and projections formed by fear, anger, subconscious programming, unresolved emotions, and hidden motivations. We use meditation to train and direct our mind to operate from elevated soul consciousness, where we

are able to perceive and project from purity and love.

The Need to Train and Direct the Mind

Our three minds are not supposed to do things *to* us. They are supposed to do things *for* us and to support our human journey. We each have the innate capacity to direct our minds to elevate ourselves and to liberate ourselves from self-inflicted pain and suffering. The faculty of choice (free will) gives us the opportunity to determine the projection, direction, and involvement of the mind.

Humans were designed to operate in finite reality with connection to infinite reality. In the neutral mind, we can connect with Infinity and our soul to find clarity, peace, and divine guidance.

The Window of the Mind

Our neutral mind serves as a mirror in which we see Infinity and our soul.

The mind is our window to life, love, and many dimensions of reality. How we perceive everything depends upon the clarity, purity, and openness of the window of our mind.

Ego Window

When we see through the dualistic mind, there is a blind spot, which limits and distorts our perceptions. The schemes/scenarios of our negative emotions blind us.

In duality, we fall prey to mental distortions and emotional dependencies that interlock us into external attachments and fantasies. Flattery pumps us up. Criticism deflates us. Good things make us happy. Bad things make us sad. Yogi Bhanan called us yoyos. Up and down, inflated and deflated by our reactions because we are dependent on external input, recognition, and stimulation.

In addition, we lose energy and get burned out when our mind and emotions intermingle and interlock with our subconscious and with someone else's mind and emotions. If we do not know how to contain and manage our energy, this tendency can increase as our sensitivity increases.

Soul and Infinite Window

In meditation, we open the window of our neutral mind so we can perceive with a minimum of distortion. The strength of our mind is gauged by its clarity, purity, and ability to be in oneness with divine and soul qualities. In neutral, we can stop giving away our energy by staying centered in a neutral space inside our body and by focusing on and engaging our sensitivities with universal qualities (neutrality, stillness, silence, peace, stability, clarity, purity, etc.), which are discussed in more detail later.

In neutral, we can observe and allow feelings and thoughts without reacting or creating anxiety and conflict. We can feel, sense, and view everything as part of an unfolding creative process. In neutral, what we need to learn becomes clear, and we can define our direction. In that way, the light of our soul carries us through life's challenges and pain.

Neutral transforms through (1) perspective, (2) non-attachment, (3) allowing, (4) acceptance, and (5) love.

First and always, establish your base in neutral, where a higher perspective, resolution, and love are always available.

Let Neutral Direct Your Life

The mind is a practical tool. When we understand and experience its basic structure and functions, we can use it to stop playing games, doubting, and sabotaging ourselves. We can then appreciate, believe in, and support ourselves, which enables us to free ourselves from unconscious existence and take responsibility for living conscious lives. In short, the mind supports us when we direct it to our soul and Infinity.

Duality and Limited Ego

In every life situation (1) our negative and positive minds emit a stream of thoughts, (2) our subtle sensitivities register a stream of impressions, and (3) our emotional body constantly reacts. If we are not conscious of what is going on and know how to respond (or not respond) appropriately, we are subject to our subconscious programming and the whims of fate. When we do not have access to our neutral mind, a web of conditioning and habits rules our psyche and controls our reality.

Isolated in our dualistic mind, the limited ego interferes instead of allowing us to listen to inner guidance. A mind that cannot listen creates fear, emptiness, depression, illusions, and false identities. Duality seeds complications by linking into our subconscious programming, which reacts with habitual emotional responses. Both the dualistic mind and our subconscious emotions operate from fear and try to be in control to avoid pain. We feel like a victim, powerless, abused, and try to get attention and sympathy to attenuate our pain.

Soul Solutions Require Neutral

When we are in an unawakened state, we are the source of our own pain and insensitive to our own intuitive powers. The good news is that we can liberate ourselves by cultivating a relationship with our neutral mind, where we have the innate intuitive capacity of (1) subtle sensitivity, (2) deep understanding, and (3) instantaneous knowing. The neutral mind can collaborate with the dualistic mind without getting trapped in its endless activity.

In the neutral mind, we can

- ◆ Use our sensory awareness to wake up to our soul identity.
- ◆ Understand, use, and direct our mind to serve our soul, not our ego.
- ◆ Recognize thoughts that are useful, regulate our reactions, and choose beneficial actions.
- ◆ Transform and liberate energy consumed by reactive conditioning into aliveness and creativity.
- ◆ Make choices based on reality and our unique identity and basic nature.
- ◆ Trust and rely on the clarity and wisdom of our Soul Self.
- ◆ Step back, not interfere, and allow things to progress at their own pace.

The neutral mind is our power, our servant, our projection, our compass, our guide, and our connection with the Divine.

Neutral is not optional. Neutral is the foundation of meditation, happiness, and life. In neutral we become vast and dwell in God.

Our mind was given to us to be our servant, but we must awaken and use its faculties and train it to serve us. We must train our mind to pay attention, to focus, to operate in neutral and to be aware and sensitive beyond time and space.



From Finite Mental Games to an Infinite One

The human mechanism is a complex and automatic signal station. We receive information from an infinite number of sources without knowing or trying. When our sensory receptors — our mind and emotions get overloaded, we space out and get numb to protect ourselves. We have to meditate in our neutral channel to *clear our mind and emotions* of excess and overwhelm caused by the constant bombardment of thoughts and subconscious intrusions, which together create mental intrigues and self-defeating habits.³

Why Do We Engage in Mental Games?

Why do we play games and indulge in dramas? The answer is simple. We need something to do with our energies. We seek internal and external stimulation because we don't know how to use energy constructively.

Mental games and intrigues are a natural result of an untrained mind, which is constantly in motion and very creative. Independent of our efforts, our mind automatically produces thoughts, fantasies, stories, and dramas, which in turn produce feelings that carry an emotional charge, including anxiety, stress, fear, anger, and sadness, from perceptions of doubt, blame, guilt, superiority, inferiority, limitedness, inadequacy, lack of worth, etc.

When our neutral channel is not available, our mind looks to our subconscious for support. It accesses our memory bank and digs up uncompleted feelings and emotions. Engrossed in the past and possessed by hidden agendas, we lose touch with the present. We are unable to intuitively compute in the present or for the future. Without neutral direction, our mind spins out of control and works against us. When the mind is on automatic pilot, our thoughts and feelings create scenarios that sabotage our self-trust and self-love and prevent us from experiencing, relaxing, and enjoying our life.

Above Time and Space Game

On planet Earth, we live in time and space, where we are confronted with many tests. When we are exclusively absorbed in time and space, we feel limited, fearful, needy, and victimized.

Yogi Bhanjan often invited his students to play a different game — one of being vast and infinite. Although this may initially seem far out or airy fairy, the goal of every spiritual path is to connect us with Spirit. Yogi Bhanjan reassured us that we are focusing our efforts in the right direction and that our mind has the capacity to tune in beyond time and space and direct its focus to the Infinite. In fact, our mind can be simultaneously above time and space and be present in time and space. This extraordinary capacity makes it possible for our creative mind to use infinite powers in the finite world. Fortunately, we have a built-in spiritual longing that supports us in changing direction from finite games to an infinite game.

Free Will — Choice in How We Use Our Mind

Fear, anger, stress, and attachments confine the mind to time and space, where our perceptions and vision of what is possible are limited and our intuitive intelligence is eclipsed. We can feel restrained, small, and depressed. It is understandable that we try to transcend our thoughts and feelings of limitation by eating, drinking, taking drugs, or engaging in some extreme experience, grandiose effort, or surreal encounter. However, any external, palliative approach always has a counter effect, an equal or greater downer to the temporary artificially created high. The good news is we have another choice that delivers us to a permanent high.

Our mind has the capacity to select and direct our thoughts and choose what we dwell on. The essence of free will starts with choosing how we direct our mind and how we communicate with ourselves, others, and the universe. We can focus on thoughts that create weakness and limitations, or we can select thoughts that create strength and expand us into vastness.

Neutral Liberates Us from Duality Stress

The mind is a tool that we can use to succeed in life. Specifically, we can use the neutral mind to liberate the dual mind from trying to perform functions that it is not designed to perform. First, let's understand how and why the dual mind creates mental and emotional pain and stress.

1. The mind's polarity mechanism (negative and positive minds) gives us information about choices. But if we allow this function to confront us and create internal conflict, it will create suffering instead of happiness.
2. The dual mind also creates anxiety by trying to create *stability* by holding on to material things and finite situations. But stability in duality and finite reality is not possible because everything is always changing.

Only the neutral mind has the capacity to maintain a stable, consistent mental focus, which also connects us above time and space. In the neutral mind, we are able to hold on to something that is infinite and dependable, never changes, and just gets deeper and stronger. We are supported by our deepest soul instincts, which long to experience oneness with the Infinite. It is our experience of this ever-present, always-available, stable Presence that takes us out of our mental pain and suffering.

Neutral Connects Us to the Infinite

By its innate nature, the mind is always doing something. Free will gives us the possibility of choosing what we want our mind to do. Fortunately, we can train it to connect with the Infinite by engaging it in experiences of infinite qualities.

In the neutral mind, we connect with the subtle, spiritual dimension of timelessness and oneness with the Divine. When our projections are timeless and infinite, the Infinite works for us. This is how we train our mind to serve us so that we can depend upon the Infinite within us.

The Power of Neutral

When the mind is absorbed in and projects infinite qualities (see below), it is effective, impactful, and intelligent beyond our human efforts. When we can dwell in the qualities of our Soul and the Infinite, they work for us “where no logic, reason, or mental intrigue can.”⁴

In meditation, we train and elevate our mind to be aware, conscious, and illumined with the qualities of the Infinite. Then our presence, projection, and radiance automatically call upon resources that are not available through effort, control, or manipulation. Our guiding touchstone is to use our mind to project peace and love, not to confront with fear and anger.

Yogi Bhanan summarizes it all:

The cosmos is set up so that it is possible for an individual’s magnetic field and mental projection to imprint and prevail on the universal magnetic field. When you know this experience, integrity and innocence replace your intrigues.... Many great people have found this secret of the mind. They put aside the intrigues. They penetrated the cosmos with a simple, singular projection and never varied regardless of what circumstances, time, and space brought to them. Our culture records their accomplishments.⁵

Direct the Mind Toward Infinite Qualities

We awaken and become one with the Infinite by tuning in to and focusing on the divine qualities of *neutral, peace, calmness, stillness, silence, stability, clarity, light, vastness, and imperturbability* in our neutral mind. In this way, we develop our relationship with the Infinite and pierce the veil of subconscious and dualistic projections. We create an open pathway to our Soul and the Infinite.

With love and attention, we let these roots sprout into the gifts of *patience, acceptance, grace, humility, radiance, compassion, kindness, reverence, and blessings*, which give us touchstones for our behavior.

As we internalize these qualities, we project these uplifting vibrations into the world and universe. Aligned with the Divine, our presence heals, inspires, elevates, and creates inner and outer peace.

♥ The lessons in Part III, *Our Relationship with the Infinite*, teach us how cultivate this elevated consciousness.

When we are able to establish and maintain our conscious connection with the Infinite in finite reality, we can embrace life and feel the ecstasy of creation with clarity, humility, and happiness.



2. The Power of the Neutral Mind

Beauty in Neutral

Both scientists and sages are guided to the most aesthetic solution or experience. Both intuitively know that we aren't looking for an explanation. We are questing for a sublime experience.

As author Jeanette Winterson explained, "Perhaps it seems surprising that physicists seek beauty, but in fact they have no choice. As yet there has not been an exception to the rule that the demonstrable solution to any problem will turn out to an aesthetic solution." A theory's aesthetic superiority is always compelling.⁶

Scientists seek mathematical elegance. Mystics and sages have always searched for, and indeed found and enjoyed, the universal beauty in the deep inner dimensions of their beings. It is the experience of universal elegance that commands the committed engagement of mystics and yogis to a spiritual life that is available only in the elevated neutral mind.

Skepticism, suspicion, cynicism, despair, ennui, separation, and doubt are products of an isolated mind disconnected from the Source of our being. Trust, truth, beauty, harmony, faith, peace, connection, and wholeness are available when the neutral channel is awakened and connected to the Universal Mind. The goal of all spiritual practices is to wake up and stay awake to the Presence of the Infinite.⁷

Our Inner Life

The quality of our inner life — our mental/emotional states — is the prime determinant that shapes our outer life. Our mental state includes (1) our belief systems, (2) our thoughts, (3) our attitudes, (4) and the mind channel within which we operate. Our emotional states include (1) our feelings and (2) our subconscious.

In the asleep state, we operate in the dual-mind channel, where our obsessive, habitual thoughts continually re-create the same stories that are animated from subconscious programming. To release ourselves from the grip of our sabotaging habits, we have to become conscious of what is going on within our psyche. For many reasons, it is not a simple task to honestly examine how we create our reality. This is because

- ◆ We look out at the world through our own filters, biases, interests, and desires. It takes time and patience to clear our filters, neutralize our biases, and bring our desires more in line with our soul.
- ◆ The subtle energies of our mind and emotions constantly slip away from our conscious awareness and control. When we feel discomfort, we have the habit spacing out and avoiding feeling awareness of our body.

To deal with both issues, we need access to our neutral channel where expanded awareness is

possible. From the vantage point of our neutral mind, we become aware of another level of power, guidance, and experience of self.

Neutral Access to the Soul and the Divine

Something deep within drives us to connect with our soul essence and the Divine and to experience satisfaction and inner peace. Although it tries very hard, the dual mind is not adequate for the job!

- ◆ The neutral mind offers us guidance, sustenance, protection, and a secure inner environment.
- ◆ In our neutral mind we access the sacred, spiritual, non-physical dimension of reality, which exists beyond thought.
- ◆ The neutral mind is our bridge to an expanded sense of Self and point of access to our soul and the Divine. It is where we experience, enjoy, and call upon our Soul and the Infinite.
- ◆ In our neutral channel, we experience a neutral, peaceful space as the context or stage of our life. This space is both a witness and a soul-based overview of what is happening moment to moment in our human life. This space is also an all-encompassing presence that protects and nurtures our being.

Neutral Is Our Power Base

In our usual asleep state, awareness is very limited and often monopolized by random thoughts or spaced out. There is a vast reality within that we are unaware of — our soul, the Infinite, inner peace, universal wisdom, and Divine Love.

As multidimensional beings living in a multidimensional world and universe, we need more than our dualistic mind to experience and compute what is going on. We need our neutral mind, which has access to subtle information from our Soul and the Infinite.

Neutral is not nothing. Neutral is the container for everything. Neutral is the ability to see and perceive reality the way it is, not the way we want it to be.

Our neutral mind is our base. It is our observer station. But rather than being a passive instrument, it is an active witness to our thoughts, emotions, and reactions. Its job is to keep our faculties of consciousness and awareness active and our inner space receptive and expansive.

The Powers of Neutral

- ◆ The neutral mind creates a safe inner environment to feel our emotions because it allows and accepts without criticism or judgment.
- ◆ As our neutral mind awakens, we become aware of previously unseen patterns and

connections and gain invaluable insights.

- ◆ In neutral, we can see and clear our subconscious programming and the pain of the past, without blame or regrets.
- ◆ In neutral, we unburden ourselves from conflict, attachments, fear, illusions, patterns, conditioning, and neuroses.
- ◆ In neutral, we are more at choice. The pendulum of duality will swing, but we can maintain a position of stability, a detached perspective, and an unattached position.
- ◆ In neutral, we can use our faculty of consciousness to observe, to see, to discern, to make choices and live from a soul perspective. We gain the power to see the truth and to consciously compute consequences.
- ◆ Our intuitive intelligence awakens in neutral, where we can answer our own questions.
- ◆ In neutral, we can attune to and stay aligned with our soul and infinite essence during changes and challenges.
- ◆ In neutral, we transcend confusion and project and create with more focus, clarity, purity, and love.
- ◆ In neutral, we can be our own authority. We can be authentic and honest. We can listen to, trust, and follow our heart.

Neutral Shifts Our Inner Reality

As we learn to access and pay attention to the neutral channel, our mental, emotional, and physical states begin to shift and harmonize.

- ◆ In our neutral channel, we experience a dependable, stable place inside ourselves, where we can relax, let go, and trust.
- ◆ When we have access to the neutral channel, the dual mind can finally be relieved of the stress caused by thinking it has to figure everything out. In the neutral channel we can listen to the wise counsel of our intuition and hear our soul's voice direct our decisions.
- ◆ The neutral mind is our access route to higher love, peace, harmony, and oneness, all of which are not available in the dualistic mind. From the lighthouse of our neutral mind, we look at life differently.
- ◆ We discover that our identity and our reality extend beyond our current personalities into a non-physical presence and being.
- ◆ As we let go of mental ideas of who we are and how life should be, we begin to experience peace, satisfaction, and fulfillment.

Recognize and Choose Your Reality

Short-Term Gratification or Long-Term Spirituality?

Why do we choose ego games and short-term gains over spirituality? The mind has the capacity to live in the present. When we have access to our neutral mind and consciousness, this is a good thing. However, when our limited ego and dualistic mind are in control, our mind reacts to, is influenced by, and attaches to short-term gratification. Our dualistic mind is not enticed by long-term effects.

According to Yogi Bhanan, our dual mind and emotions actually enjoy “the entanglement, the struggle for control, and the intensity and drama — regardless of whether the sensation is pleasant or painful.”⁸ In a neurotic way, we crave the physical and emotional stimulation of traumas, upsets, and stories. No consciousness or effort is required. Our sensitivity is diverted and consumed, and we become heavy with negative emotions.

On the other hand, spiritual progress is not immediate and involves entering unknown territory. Connecting to Spirit and our soul requires subtle, refined, and long-term effort and sensitivity. We must focus our attention to penetrate through the dualistic mind to reach our soul, our light, and the Infinite. This takes practice, patience, and time.

Life Tests Us: Mental and Emotional Pain

It is a total fantasy to believe that we can avoid being tested on a spiritual path. In Earth School, there is no free ride on any path. On the physical plane, we are always tempted to have, to possess, to control, to impress. We always have to choose between temptation and consciousness. When we can act with consciousness, we receive gifts. We are expanded, elevated, and uplifted.

Every life challenge gives us an opportunity to test our grit, to find our courage, and to act from consciousness and our heart. Do we have the humility to surrender? Do we have the courage to proceed in life? Can we bow our head and make an impact with our heart? We succeed when we make our consciousness the ruler.

We experience mental and emotional pain because we are stranded in duality and strangled by our entanglements, fears, and programming. A certain amount of pain is inevitable in physical reality. Pain serves as a motivation to make an effort to change. The fundamental causes of our pain are (1) our attachments to illusions about who we think we are and what makes us happy, (2) our inability to connect with and operate from neutral, and (3) our disconnection from the Infinite and our soul.

The spiritual path requires that we learn that we cannot hold on to anything external. Every spiritual test is to see if we can maintain our center and connection with our Soul and the Infinite. In our neutral space, this is possible.

3. *Worldviews and the Evolution of Consciousness*

Awakening our neutral mind is part of the evolution of consciousness needed to adapt to the shift from the Piscean to the Aquarian Age. The shift in ages not only installs a new energetic context within which we live, it offers us another way of relating to ourselves and each other. To optimally navigate in the new planetary energies, we need an expanded worldview and heart-centered consciousness.

Aquarius is known as the Water Bearer. The water pouring out from the Water Bearer's pitcher is consciousness. Aquarius thus represents the higher mind, which is connected to the Universal Mind. We connect with the Universal Mind through our neutral mind, where we gain an elevated perspective of the world and our oneness and are able to each be an instrument of change and peace.



Humankind is being offered an opportunity to awaken after a deep, dark, unconscious sleep. Our individual and collective challenge is to be born again in a higher heart-centered frequency. This chapter gives an overview of the nature of our internal shift.

The Influence of Culture and Mass Consciousness

As we proceed, it is important to keep in mind the basic neutrality of universal energies and archetypes, none of which are inherently good or bad. The only question is how we use these energies, which depends upon our level of consciousness.

Our experience of universal energies (discussed in detail in the next chapter) is also influenced by how they are expressed in our culture and mass consciousness. For example, the social and cultural values related to the unconscious Pisces energy find expression in drugs, alcohol, other addictive habits, and fundamentalist religions. Conscious expressions relate to our connection with Spirit, trust, surrender, and an experience of oneness with the Divine.

Aquarian energy is inventive and innovative in many areas, including mass communication through electronic multimedia and technological advances. We can either get lost in a cold technical maze or we can use our connectedness to work together to make changes that support the higher good of all and be channels for innovative solutions to our global problems. It is up to us whether we remain a slave to lower consciousness or make the effort to wake up and upgrade our participation.

There are many factors and circumstances that both undermine and serve to impel individual empowerment. These include religious dogma, traditional values, the mechanistic worldview,

materialism and consumerism; and political, economic, and corporate powers that manipulate and subvert personal power. Next we examine the scientific and spiritual worldviews from which we operate and how they influence our psyche.

Science and Spirituality

Inner/Outer Separation Worldview

It is critical that we understand that our psyche is molded by the predominant scientific and philosophical worldviews that are accepted, not as one possible view of reality, but as the single basic truth that “unquestionably” explains the way things are. The Newtonian mechanistic worldview and Cartesian philosophy have dominated our view of ourselves, the world, and the universe for several hundred years.

The Newtonian worldview defines the physical world in terms of what we can objectively measure, see, predict, and control. The Earth is considered to be mindless matter and thus denuded of any intrinsic soul or consciousness. Reductionist analysis can be myopic, fragmented, and not necessarily rational, as it excludes and dismisses anything that does not fit into its viewpoint. It labels anything it can't explain as absurdity or dismisses it as irrational. True rationality recognizes the limits of logic and embraces the mystery of life, as well as subjectivity, emotions, and feelings.⁹

In his early twenties, Descartes pronounced, “I think therefore I am” (referring solely to our rational mind), not “I *feel* therefore I am” (referring to our emotions and body). The Cartesian revolution therefore espoused a radical separation between the human subjective inner world and the external physical world of matter. Furthermore, our inner world became defined in terms of mind and thoughts only. This view of reality has resulted in the alienation of human beings from Spirit, Mother Earth, and our own soul.

These worldviews thus instruct us to believe that our inner and outer worlds are not only separate and exist independent of one another, but that they are devoid of the feeling, flowing component of existence. In this scenario, our internal world is dominated by our mind and thoughts (feelings are ignored). Meanwhile, the external world (our planet and the rest of the universe) is considered to be an inert mass or empty space, devoid of sacred meaning and spiritual value.

Disconnection from Spirit

The denuding of our internal reality, the physical world, and the universe of aliveness and feeling has resulted in serious psychological dysfunctions and the near destruction of the Earth's ecosystem. We have been led to believe that we live in a soulless universe, which has fostered our disconnection from Spirit and distanced us from the sacred component of life.

We experience a deep ennui when we are not only unaware, but deny the fact that human life is rooted in a transcendental reality that is imbued with Spirit and meaning. Thus, the root

cause of our malaise is feeling alone and separate from the spiritual dimension of life that sustains our being.

New Sciences

The deep probing of modern physics into the quantum world of the atom now reveals that the dynamics of reality are antithetical to the mechanistic worldview. Under this level of scrutiny, our previous view of the basic concepts and our relationship with (1) time and space, (2) cause and effect, and (3) subject and object totally break down. The former presuppositions of an inherent dichotomy and separation of (1) mind and matter, (2) physical and non-physical, and (3) nature and Spirit are no longer deemed tenable.

Moreover, recognizing that the universe does not exist in a static state, modern physics has accepted probability as the basis of reality. The belief system through which we view ourselves and the world determines (1) what we see, (2) what we pay attention to, (3) what we consider important, and (4) how we choose to act. Therefore, what we observe is not reality itself, but our interpretation of what we perceive through our personally tinted glasses. Something is lost and missing in our mental and emotional filtering process.

New Science and Spirituality

New scientific discoveries are leading to the same conclusions that mystics have experienced for eons — that the human psyche, the quantum realm, and infinite space are interconnected by the same operating principles and energies, which means that the cosmic macrocosm and the human microcosm exist in a state of oneness.

In order to know and be ourselves, we must therefore have a way to guide and awaken our relationship with the cosmic forces that are the animating energies and creative potential of our being. In unawakened states, when we deny or repress these energies, they express as illusions, stress, neuroses, and pathologies. In awakened states we can experience these same energies as health, vitality, peace, and love (see chapter 4).

Our Spiritual Instinct

Over many years of research, Carl Jung discovered that “the absence of a spiritual approach to life was in many cases the root cause of the psychological and existential problems that his patients were experiencing,”¹⁰ as explained by Keiron Le Grice in *The Archetypal Cosmos*. Similarly, Yogi Bhañan said that 100% of our problems are rooted in our disconnection from our soul. In our secular world filled up with practical survival concerns, our loss of a spiritual perspective haunts us with a nagging sense of meaninglessness.

The good news is that our innate spiritual instinct for merging, desire for cosmic connection, and need for inspiration sooner or later lead us on a spiritual quest. There comes a time when our beliefs about how the world “is” and our fantasies about how the world “should be” create excessive inner conflict and tension. Our psychological discomfort serves as a motivating factor to reconcile our inner world to be more in tune with reality. We then set out on a journey that leads us to (1) expand our awareness, (2) drop our illusions, (3) accept what IS, and (4) open

ourselves to a transcendental experience.

From Alienation to Acceptance

Achieving individual autonomy and freedom is a fundamental component of our spiritual advancement. However, the dogmatic assertions from the mechanistic worldview “that we are rational self-determining beings, masters of our own destiny, armed with free will and with the power to shape our life in the image of our choosing,”¹¹ as Le Grice put it, further attach us to our egotistical mindset that believes that we can control everything. The “I am in charge” posture leaves no room for Spirit and impedes our ability to relax into the cosmic flow. This mental/mind dominant view of who we are reinforces our isolation and alienation by cutting us off from the living dynamics of universal energies.

It is obvious that there is more to personal empowerment than being in control. Despite our “well-meaning pretensions” to act rationally and be autonomous empowered beings, we are still very much slaves to the “unconscious influence” of repressed emotions that surface as inexplicable impulses and feelings that cause us to act and react irrationally.¹²

When we deny or attempt to transcend, instead of experience and integrate, universal forces into our psyche, they express in destructive and dangerous ways as “obsessions, compulsions, neuroses, manias and depressions, drives and complexes, symptoms of disease and illness, idiosyncrasies and eccentricities.”¹³ These undesirable expressions subvert our good intentions and conscious goals.

Moreover, the approaches that deny our emotions and feelings and attempt to control, correct, prevent, and disregard what we judge as bad have the side-effects of making us feel guilty, shamed, inadequate, and even worthless. We need another strategy that is open to recognize, accept, respect, embrace, love, and work with the powerful unconscious forces of our soul. So how do we overcome the sense of alienation from ourselves, the cosmos, and Mother Earth?

From Illusion to Reality

To overcome our naive attitudes, superficial relationship to our being, self-deception, and illusory ideas about the nature of human life, we must experience the primal universal forces free of belief systems, dogma, morality, mental fantasies, and philosophical interpretation. We must experience what IS, not what we make up, hope is true, or believe is righteous.

To penetrate our soul reality, we have to be honest with ourselves and not hide behind denial strategies that attempt to protect us from the initial, and often inevitable, pain. This requires an inner awakening, not just thinking it is a good idea. Awakening is not just about changing our belief system. It is about transcending the need for beliefs that are merely psychological support systems. If one system can be replaced by another, then beliefs are only a superficial and tenuous rope (at best) to the Divine.

We must actually experience our oneness with the universal forces that live within us and build

an authentic relationship that we can count on to support and nurture us. As Nietzsche realized, what we need is “an actual metamorphosis in the psychological structure of the human being ... who (can) fully assimilate the lost power and dynamism of the instincts in a new form of creative individual spirituality.”¹⁴ It is our inner emancipation that makes it possible to experience our personal relationship with the Divine and our Soul.

We will return to this topic after a discussion of the basic universal energies, which are the source and roots of our human life.

Want peace? This is how you get it.

Go inside to your neutral channel and stick with it.

Want to be strong, stable, and maintain your own balance?

Neutral is your best friend.

Want to be decisive, centered, and free?

Don't look for approval, appreciation, or alignment outside yourself.

Want contentment and satisfaction?

Find the above in your own heart and love yourself.



4. The 10 Archetypical Universal Energies

Our attempts to meditate, i.e., quiet our mind, make us acutely aware of the fact that there is a lot going on inside. What do we do with all these thoughts and feelings? In this chapter, we identify the basic universal energies that are dancing (or fighting) in our being and generating or feeding these thoughts and feelings. In subsequent chapters, we learn how to embrace and use the energies in productive, creative, and empowering ways.

There are 10 archetypical universal forces that (1) supply the dynamic energy for life, (2) contain the wisdom of the creative process, and (3) determine the universal laws of manifestation. These exquisitely complex and elegant forces that command the dance of the universe also permeate and command our being and our earthly experience. As we investigate their nature, we gain a better understanding of how to navigate our soul's human journey.

Defining Archetypical Energies

Energy archetypes are alive universal forces of which all life is composed. Inherent in the structure of reality, they shape both the human psyche and the cosmos.¹⁵ Archetypical energies are multidimensional organizing and creative forces that shape both universal and personal reality. They are the dynamic powers that work together to create a sense of self and wholeness in the human psyche.

Archetypical energies are imbued with their own qualities, expressions, attributes, challenges, capacities, meaning, and purpose. In our human experience, the dynamics of their specific combinations and interactions conspire to produce evolutionary change and growth.¹⁶ Each archetypical energy has many facets and ways of manifesting, and each individual has his/her own personal perspective and expressions. Yet beyond our individual life stories, there are purposeful dynamics that lead us toward the awakening of our soul.

With subtle sensitive awareness in our neutral mind (not through inventions in our dualistic mind), we discover our personal living experience of (1) the universal energies, (2) the forces of nature, and (3) the rhythm and cycles of creation. We awaken to their autonomous existence, beyond our control, which is purposeful, alive, and universal. These forces, which emanate from the universal matrix, or the creative Source, organize, condition, and animate human life.¹⁷ They shape and form our experiences, drive our impulses, pervade our mind, inspire our imagination, are the substance of our emotions, and are the hidden power in our unconscious. In sum, they generate every thought, action, feeling, and impulse.¹⁸

Our human personality is thus a unique expression of the interplay of the rich dynamics of these archetypical universal energies as they play out in psychological and transpersonal themes, qualities, meanings, and patterns. In the human psyche, they can appear as images, myths, behavior patterns, and recurrent themes.¹⁹

The 10 Universal Energies

Identifying the 10 basic universal energies offers us an inclusive system for understanding what we are dealing with in our life experiences and in meditation, i.e., in both our inner and outer realities. We use this conceptual framework to identify the formative patterns of the many factors that (1) influence our human experience, (2) shape our personality, and (3) direct, animate, and give meaning to our life challenges. This method also gives us a way to guide our meditation experience to universal oneness — for we are each a unique manifestation of the same unitary reality from which both the human psyche and the Universe are created.

The 10 archetypal universal energies, which are outlined below and discussed in detail in subsequent chapters, are

- ◆ **Two polarities** (stable and flowing)

The two polarities express the dynamic dance between stability and flow, mind and emotions.

- ◆ **Five elements** — earth, air, water, fire, and ether

The five elements, which interweave to create the tapestry of our life, are the building blocks of our being.

- ◆ **Three phases of creation G-O-D** (Generating, Organizing, and Deliver/Destroy)

The three modalities are the stages and methods we use to create, activate, align, and balance.

The Two Polarities: The Oneness and Creative Principles

The Universe is woven together by two fundamentally different, yet totally complementary and intertwined, energies. One energy, the male polarity, is stable and serves as a foundation for the other energy, the female polarity, which constantly changes and evolves. The dance between permanence and change weaves the tapestry of the Universe. The energy that remains the same can be referred to as the ***oneness principle***. The energy that moves can be referred to as the ***creative principle***. These two energies peacefully interact in perfect harmony with each other. Their merger is so complete that there is no separation, simply the presence of dynamic oneness and aliveness.

All human beings are created from these two basic energies. Men embody more of the male energy; women embody more of the female energy. Despite their predominant polarity, both men and women are wired to experience and express both energies. To achieve the same harmony and peace exhibited by the Universe, both men and women must learn to consciously use the faculties of consciousness and feeling to express the higher qualities of both energies.

The transition to the Aquarian Age challenges humanity with a dynamic state of flux and

dysfunction in our expression of the two polarities. In order to identify what is not working and why, and to re-establish balance in our conflicted and chaotic inner and outer worlds, we will examine how we are expressing and interacting with the two basic universal energies.

Specifically, our evolutionary journey toward the spiritual expression of both the oneness and the creative principles requires (1) learning how to experience and work with both energies, and (2) developing an integrated, functional relationship between the two. The Evolutionary Path of the Male Polarity and Oneness Principle is the subject of Chapter Five.

Manifesting with the Elements

Life is composed of four basic elements or energies, which manifest in physical reality from the unmanifest ether element. The four elements provide the energies needed to create and manifest in the physical plane. Below is a summary outline of the nature, function, challenges, and goals of the four elements.

Fire – Light

Nature: energizing, motivating, radiating, magnetic, warmth

Function: How we express our aliveness

Challenge: Fire can be impulsive, egocentric, angry, and frustrated.

Goal: Learn to creatively use our life force instead of dissipating it in random outbursts and activities.

Air – Space

Nature: perception, thinking, observation, analysis

Function: How we use our mind

Challenge: Air can indulge in mental escapism, excessive ideas, unrealistic schemes, and rationalizations, i.e., over-preoccupied with information and thoughts.

Goal: Learn to direct our mind to our neutral channel and listen to our intuition.

Water – Fluidity

Nature: cooling, soothing, sensitive, feeling, flowing

Function: How we express our emotions

Challenge: Deep feelings can be repressed, resulting in moodiness and unpredictable reactions.

Goal: Develop the ability to allow our emotional energy to flow in a contained self, i.e., protect ourselves from overstimulation and influence by outside forces, and enjoy (not shut off) our sensitivity.

Earth – Solidity

Nature: sensitivity to physical world, practical

Function: How we relate to physical reality and our body

Challenge: Earth can be obsessive about sensual satisfaction, worldly attachments, material

possessions, and monetary security.

Goal: Find satisfaction, security, and joy by being present in our body and connected to Mother Earth.

The G-O-D Creative Process

The all-inclusive universal reality has its own (1) self-organization and inherent order — stable polarity, and (2) is a dynamic flow of ever-creating energy — flowing polarity. In other words, (1) beneath the surface of our physical perception is an invisible, autonomous, and self-defining pattern that maintains the integrity of the system, as (2) the dynamic self-generating process of transformation continues — ever-changing, in constant flux, and ever-evolving.

To put it another way, the creative unfoldment of all life continually passes through the phases of G — generating and initiating, O — organizing, and D — delivering and destroying. G-O-D is thus the dynamic process of birth, life, death, and rebirth. The self-perpetuating momentum operates in both physical and non-physical worlds.

The insights of modern physics and systems theory demonstrate that oneness is an obvious and fundamental fact. Our unity and interdependence with the G-O-D dynamic help us understand the nature and content of our evolutionary process.

Energetic Anatomy of Zodiac Archetypes

Each sign of the zodiac — the 12 astrological archetypes — embodies its own combination of energies. And there are only 12 possible unique combinations. For example, Aries expresses the stable polarity, the Generating phase of creation, and the fire element. See chart below for the energetic make-up of all the signs.

Polarities	STABLE		FLOWING	
Elements	FIRE	AIR	WATER	EARTH
Modalities				
G—GENERATE	Aries	Libra	Cancer	Capricorn
O—ORGANIZE	Sagittarius	Gemini	Pisces	Virgo
D—DELIVER	Leo	Aquarius	Scorpio	Taurus

In astrology we compute only the four elements — earth, air, water, and fire — all of which are manifested in physical reality from the universal non-physical ether element. Ether is the unifying force that makes it possible for us to experience oneness with everything — when all the energies are balanced, aligned, and integrated.

Our Soul Blueprint

We are both animated and influenced by the universal powers that flow from the same universal source and operate beyond human control. Their qualities, characteristics, and meanings order and express through the human psyche. These energies are rich expressions of dynamic ordering principles that can be expressed in an infinite number of ways. They are not static and unchanging, but creative and dynamic in nature. And thus our human expression of these energies is also creative, evolutionary, and transformative.²⁰

Every individual is an independent entity with his or her own blueprint, composed of a unique combination of every one of the 10 basic energies, which dynamically interact and are mutually supportive. Our personal blueprint, although individual, embodies all the autonomous powers and guiding laws and principles that are present throughout the cosmos.

Our individual lives express in physical reality the archetypical cosmic dynamics that were present the moment of our birth. Our composite pattern (as seen in our birth chart) defines our individual configuration of universal energies and patterns, which determines our character, life experiences, lessons, and path. There are of course many ways that the 10 universal energies, the 12 zodiac archetypes, and our unique combinations can be expressed, but our personality and life experiences will reflect the underlying themes and qualities during our entire lifetime.²¹ (For a worksheet that will help you identify your personal energetic blueprint, see Annex I)

Our birth chart thus gives us information about our personal self-organizing structure and informs us of the creative forces that drive our evolutionary growth in this lifetime. Understanding how the universal energies define and guide our awakening makes it possible to probe deeper into the inner dynamics of our evolutionary individualization process. Our level of consciousness determines how we enact and embody the various archetypical principles. Our job is to raise our consciousness and to learn to express and create from a soul perspective.

Who Am I?

Yogi Bhanan told us: “God made me, me, and nothing else. So I must commit and go through it.” One day, we too realize the obvious: I am me and ME is what I have to understand, deal with, and express in this lifetime. The sooner we identify “the way we are,” the better chance we have of “becoming *who* we are.”

Understanding the nature of archetypical energies and their interactions are pivotal in identifying “the way we are.” These energies and how they express in our subconscious predispose us to certain types of experiences and provoke predictable archetypical challenges and lessons that we are designed to learn this lifetime. In our unconscious state, our subconscious impulses drive us to repeatedly engage in specific patterns of compulsive behavior, luring us into traps that oblige us to learn, transform, and evolve. The archetypical powers actually direct us to become more conscious and to upgrade our expression of their energies.

We instinctually know our unique dynamic of energy. For example, if we have a lot of water, we know we are emotional and wonder why others don't feel what we do. If we are a mental air type, we love to think about and share ideas and information, and we wonder why others are so emotional.

We can also get more precise information by looking at our energetic blueprint. It is useful and self-confirming to see how our energy is configured. Understanding the 10 universal energies and how they manifest in our life helps us identify the nature, causes, and solutions for our particular brand of stress, anxiety, depression, distractions, anger, and fear. It gives us a map that directs us in how to tap into and cultivate our gifts and enjoy being authentically ourselves!

The Energies of Life

Everything Is Energy

Everything in the universe is made up of energy. We are energy. Whatever we do takes energy. Everything has energy. If we want to change something, we transform energy. To understand ourselves, our behavior, instincts, emotions, thoughts, and motivations, we have to understand energy. If we want to grow, learn, change, we must *experience* our energy.

Energy never goes away. We can waste it, use it, create with it, and enjoy it, but we can't get rid of it. In the lessons that follow, we will learn how to use each of the primal energies more consciously, effectively, and productively. For example, when a lot of earth energy makes us feel depressed and stuck, we can connect with Mother Earth and be nurtured by her vital energy. We will also learn how to use fire energy to feel more alive, to shine our light, and to radiate joy.

The Energies of Life

Each energy has its own way of knowing, healing, connecting, changing, experiencing, influencing, being, relating, and creating. Although we each have our own unique blueprint, as noted above, we are composed of all the same 10 universal energies. Our individualization process leads us to integrate our own complexity into a sense of wholeness. Every energy needs to be expressed in our being. But integration and harmonization require an expanded awareness of the nature of the basic energies and how they operate in our being. In higher consciousness, we are able to use the dynamic interplay creatively and to achieve inner peace.

In addition, each energy has its own (1) attachments, (2) desires, (3) attunements, (4) entanglements, and (5) strengths. Gradually optimizing how we experience, express, and use each energy is a critical part of our self-empowerment process.

As we become attuned to and conscious of their unconscious expressions and how they shape our inner and outer realities, we can let go of dysfunctional patterns and expand our identity from ego to Soul Self. Our inner journey leads us to a direct encounter with our unconscious, subconscious, and dynamics of existence. Our specific energetic pattern is our map to soul

alchemy and cosmic attunement. Refer to the charts above as you pursue your energetic journey.

We Are Invited to Participate

Systems theory teaches us that evolution is not random. It is empowered “by the universe’s self-organizational dynamics.”²² Similarly, we each have our own self-organizing dynamic. However, the exact nature of the unfolding is not pre-determined, i.e., we are not condemned by fate. Free will and the evolutionary impulse of our soul invite and propel our participation. Our individual input and state of consciousness affect how and what we create, thus the importance of our spiritual path and meditation to awaken us to who we really are.

Personal and Universal Alignment

It is through our inner experience of our relationship with the dynamic, vital universal energies that we can heal our separation wounds, alleviate our psychological pain, and experience unity with cosmic forces.

As we become aware of and integrate the higher expressions of the archetypical energies in our psyche, our consciousness becomes one with these divine qualities and we are able to live from their higher principles. Our being, thoughts, and feelings then align with the Universal Flow. Our motivations, desires, and actions also synchronize with Universal Love and can be directed to serve a higher purpose.

Meditation as an Archetypical Exploration

Awakening our neutral mind and meditation help us explore how universal energies manifest in our being. We gain an archetypical perspective of our life experiences, thoughts, feelings, motivations, drives, passions, and behavior. We discover the hidden dynamic forces that shape our life.

Soul Alchemy in Meditation

Achieving the alchemy of our soul, aligning with and balancing all the energies within us to create a coherent and empowered whole, involves opening ourselves to experience (1) the basic nature of each energy, (2) how they work together, (3) the impact of their various combinations, (4) how each has its own demands and mode of transformation, and (5) the role and challenges of each in our quest for wholeness. Soul alchemy is about experiencing the defining powers that animate our human existence, transcending our submission to their conflictual expressions, and empowering their higher expressions of strength, freedom, truth, authenticity, wisdom, soulful will, compassion, security, contentment, and happiness. Soul alchemy is made possible by acknowledging these forces with acceptance, reverence, humility, compassion, and love.

Our inner process leads us to a deeper understanding of the nature, purpose, and dynamics of

our human life, which makes it possible to embrace a vaster view of ourselves and our relationship with the universe. We experience that there is something that pervades all reality and that we are part of it and it is part of us.

Cosmic Perspective and Oneness

Our inner exploration leads us to perceive the universe, the world, and ourselves through the lens of interrelatedness and interdependence. We feel empowered to participate in our personal unfoldment as part of the cosmic dance. Specifically,

- ◆ We experience and develop our personal relationship with the basic energies as they manifest, structure, and sustain our life.
- ◆ We overcome feelings of isolation and separateness and experience our oneness with the Universal Whole, of which we are an integral part.
- ◆ We get in touch with our common humanity and shared experiences on planet Earth, and free ourselves of partisan beliefs, absolutist ideologies, and dogmatic religions.
- ◆ We experience a sense of order and wholeness, as the different aspects of our being are integrated into a sense of Self and awaken to the powers, gifts, and motivating forces of our being.
- ◆ We discover our inner richness and witness what is real and authentic in our psyche, not what we make up, believe, and wish were true.
- ◆ We experience how the dynamic cycles of change affect our personal experiences and transformation because we are one with these universal energies. We are continually recreated, transformed, and sustained through the process.
- ◆ We witness a-causal causality, where there is no obvious physical cause or quantifiable influences. Synchronicity, which happens because an *a priori* connection exists between us and the Universe, makes us realize that the inner world of the human psyche and cosmos are intimately related. Coherence and resonance are powerful tuning instruments that underlie magic and miracles.

♥ The lesson chapters later in this book discuss how to work with the universal energies. See, for example, the lessons in chapter 32, *Inner Alchemy: The Two Polarities of Our Soul*, and chapter 33, *Transmuting Elemental Energies*.

Our ego, fears, and neuroses are a cocoon that prevents us from hatching into the beautiful butterfly of our soul. This cocoon is woven from our habits and mental patterns. Our spiritual journey is about freeing ourselves to express and enjoy the magnificence of our soul.



Fear and Love Expressions of the Basic Universal Energies

Our awakening journey is about evolving from conditioning and fear-based expressions of the basic universal energies to the higher love expressions.

	Conditioning-Fear Expressions	Evolution — Love Expressions
Male Polarity — Will	Limited ego identity Dualistic thinking Separate	Soul identity Pure awareness, consciousness Connected, oneness
Female Polarity — Willingness	Emotional body subject to negative conditioning creates pain Overwhelm	Accepted emotions create pleasurable feelings Flow and relaxation
G	We must do everything, no help	We are always creating.
O	Need to control and be in charge	God is the doer. We allow assistance.
D	Life is a struggle. Resist Stuck, attached	Life is an evolutionary flow. Adapt Relax and enjoy, gratitude
Elements:		
Fire	Angry, defensive, offensive	Radiance, light of soul, magnetism
Air	Confusion, interference	Neutral, space, purity, awareness
Water	Tension, anxiety, pain	Effortlessly flowing, feeling pleasure
Earth	Heavy, depressed	Present now in my body Lovingly hold all as it is

5. Evolution of the Male Polarity: Self and Oneness Principle

We begin our exploration of the universal energies by investigating the evolutionary path of the male polarity, or oneness principle, which is about (1) individualization and the Self and (2) establishing and living from our divine connection.

1. Individualization and Self

Primary aspects of developing and empowering our individuality include

- ◆ Self-awareness of our soul and divine identity
- ◆ Inner authority, inner strength, and will
- ◆ Self-confidence, self-trust, and self-love
- ◆ Autonomy and freedom to be authentic

2. Divine Connection

Our human aspiration to experience inner peace, love, and unity with the Universal One are possible when our inner experience of universal forces leads us to identify with, embody, and establish a relationship with the Divine. Our inner awareness and enlightenment process includes

- ◆ Experiencing our oneness with the Divine
- ◆ Humility, devotion, and gratitude
- ◆ Surrender to and Trust of a higher power

Oneness with Soul and the Divine

Awakening to our soul identity and divine connection both require the awakening and elevation of consciousness, i.e., a transformation in how we use and direct our mind. In our neutral mind, we can cease externalizing God, overcome the illusion of separation, and experience the Divine within.

Perceiving that we are separate from universal forces creates two serious problems in our psyche: (1) in our aloneness, we feel helpless, victimized, and out of control, and (2) ignorant of a power greater than ourselves, we are prone to superiority complexes, self-importance, glorifying our ego, and seeking control and domination. Internalizing our awareness of universal forces is necessary to counteract both our submissive and our egotistical tendencies.

When our awareness is limited, God remains an external concept and not an internalized reality. (And we often view ourselves as powerless, subservient, and unworthy.) We must have a direct experience of the Divine within to realize how we embody and interact with universal energies. In-the-body awareness makes the experience of oneness and unity possible.

Individualization is part of our evolutionary journey to embody, identify with, and have a personal relationship with the Divine. Authentic individuality and autonomy require that we go inward and awaken our neutral mind, where we find the stable polarity of our soul and connect in oneness with the Divine. Awakening to our soul identity and cultivating an experience of oneness with the Universe are part of the same journey. Our experience of Soul Self and the Divine within are inseparable — we are one!

The Evolution of Consciousness

Status of the Two Polarities

It is understandable that the current state of planetary affairs has contributed to a distrustful attitude toward the male polarity due to the unfortunate outcomes over the centuries caused by men (and women) running patriarchal institutions. For example, the domination of the patriarchy, the pervasive influence of the rational scientific method, and the glorification of the capacity of the human mind (all part of the male/mind-dominated paradigm) have led to justified social and personal irresponsibility, legalized exploitation of natural resources, destruction of the viability of the biosphere, greedy concentration of wealth alongside inexcusable widespread poverty, and the disempowered status of most citizens, but particularly women, in the world.

However, to understand the causes of such systemic dysfunctions, we must keep in mind that the two polarities are inseparable and work together at both the universal and human levels. The unevolved and out-of-balance expressions of both the male and female polarities (in both men and women) have contributed to our global crisis, to disorientation within both genders, and to a misunderstanding of the appropriate role and contribution of both the male and female principles. To blame one polarity is not a fair evaluation, workable assumption, or realistic observation of reality.

The root problem is that both the male and female polarities have been expressed (by both men and women) in unconscious and dysfunctional ways. To find peace within ourselves, to empower both men and women, to create satisfying and respectful relationships, and to contribute to making this world a more loving, equitable, and safe place, we must understand the nature of both the male and female polarities and endeavor to embody their highest expressions.

Beyond Both Helpless and Arrogant

Up until the Age of Reason and the Industrial Revolution, the worldview of those living in agricultural societies was based on the reality that their survival depended upon cooperating with and respecting natural forces, which were totally out of human control. The belief in the power and glory of the human intellect and reason spearheaded another worldview based on the belief that humans no longer had to live at the mercy of natural forces. However, as described above, the “rational and reasonable” human mind has led to some serious

problems, which we must now deal with.

Fortunately, the shift into the Aquarian Age invites us to elevate ourselves out of unconscious expressions of the arrogant, controlling male polarity and the submissive feminine polarity so that we can move out of destructive domination into constructive co-creation.

Extricating Ourselves from Collective/Tribal Consciousness

For eons, human will has been controlled by the collective will. For example, the will of the tribe has dictated the will of its tribe members, i.e., “my will and tribal will are one.” However, the individualization process requires that we develop a sense of our own will. Only when we can make decisions based on our inner guidance can we liberate ourselves from the dictates of the collective will, external authorities, as well as the manipulative and exploitative political and economic systems.

From an energetic perspective, when our electromagnetic field and psyche are merged with mass consciousness, the tribal mind controls our mind and emotions. We are at the mercy of the directives of our tribe. We thus make ourselves available to be manipulated and exploited by the prevailing social and economic system. In fact, we are not only dependent upon external authorities, we are open targets for their abuse. If we are a slave to external forces, our will is not free. Our individualization process and separation from group consciousness requires that we focus on ourselves and become masters of our own energy.

Fortunately, we can participate in shifting the global paradigm by extricating ourselves from the prevailing matrix and by reclaiming our will. Connecting with the power and truth of universal forces within is the only way to reclaim our authentic will. When we embody the strength of the Divine and our soul, we can be released from the web of mass consciousness. Our tribal affiliation is replaced by our oneness with universal Spirit. The right use of will is then possible. As we become able and willing to listen to and follow our inner guidance, we cease to listen to and follow the directives of social, religious, parental, and other authority figures. Ultimately, we experience that our will and Divine Will are one.

Next Steps in our Evolutionary Journey

Viewed from an evolutionary perspective, the predominance of the male polarity has resulted in progress toward individualization. Men and women are acquiring attitudes of self-esteem and individual worth, pulling themselves away from tribal consciousness and learning how to make decisions for themselves. However, without the balancing force of the empowered feminine polarity, the unfoldment of the power and potential of the individual leads to the glorification of the ego.

Because both polarities have been expressed unconsciously, we have remained disconnected from our soul and universal forces. Our self-centeredness, without the connection with natural forces, has resulted in a dominating, controlling attitude toward nature, which has resulted in the systemized and legitimized destruction of our Mother Earth. As we begin to express the polarities consciously, we realize that it is our responsibility to honor and care for our Mother Earth.

Yet our task at this time is not to regret the dysfunctions that we have created in our evolutionary process, but to understand the bigger picture so that we can move forward with more effective results and pursue our evolutionary goals at a higher level.

The next level requires that both men and women embrace both the masculine and feminine polarities of their soul. To do so, we have to access the functional faculties of both our lower and higher chakras. The upper chakras give us access to our neutral mind, connect us with Spirit, and make it possible to expand our sense of Self to include our infinite identity. The lower chakras balance both our body and our emotions and help us achieve and maintain our humanness, a grounded physical presence and our connection with Mother Earth.

Men and Women and the Polarities

Elevation of the Male Polarity

When our mind is dominated by our dualistic mind, we have a tendency to focus outside ourselves and lose our conscious connection with Spirit. The apparent separation from Spirit disconnects us from our higher identity, direction, and purpose. When soul and universal guidance is not available, we make up rules and codify them into law. Ideas become ideology. Ideologies become God substitutes. We then worship theories and concepts, devote ourselves to dramas, and become servants of dogmas.

The highest function of the male polarity is to liberate our mind from external and mentally constructed concepts, beliefs, and ideologies and to become conscious of the eternal and the universal wisdom that is ever available to inspire us and to direct our life.

The Destiny of Men

Men have a very special role to play in correcting the dysfunctions of the patriarchy and the Piscean Age and to build a just and equitable world in the Aquarian Age. Man's job is not complicated. Men just need to become aware of their specific job and not be lead astray by the healing and empowerment process that women must go through. (And women should not impose their process on men and simply support men on their own path.)

To create systemic change, men must use their minds to reawaken to Spirit. More specifically, man's greatest task at this time is to reconnect with the Divine and to hold this transcendent awareness in their consciousness at all times. Men possess the powerful capacity to be one-pointed and focused. With unwavering awareness of the Presence of the Universal One, men bring Light to the mind. Light in the mind expands consciousness. Connection with the higher reality of oneness makes men fearless, gives them the ability to know and tell the truth, and enables them to trust forces greater than the human ego and the current system. Therefore, man's job is to be a solid anchor for Spirit on Earth and to courageously act from this knowing.

Ultimately, the purpose of the male archetype is to overcome the impulse to control and

destroy, and to deliver us to the Divine and higher Truth. It is thus man's assignment to elevate the masculine archetype to its rightful and honorable place in the world, to activate and work toward achieving the highest expression of the oneness principle — peace, love, and justice on Earth.

Awakening the Flowing Polarity of Our Soul — Both Men and Women

As noted above, the two polarities are inseparable, work together, and support each other. A strong male polarity makes it possible to liberate our female polarity. However, we must be present in feeling awareness in our body for this to happen. If we escape into our mind and leave our body, our feminine polarity experiences abandonment and expresses through our subconscious. Disconnected from our body, both polarities express their dysfunctions instead of their higher qualities.

The first step then is for both men and women to establish their relationship with their male polarity because it is needed to liberate their flowing polarity. The Light of the male polarity is the seed for awakening the feminine polarity of our soul. Our stable polarity is our foundation. Unconsciously our psyche seeks stability and something to attach itself too. It is the role of our male polarity to provide this experience of permanence and unquestionable support. When stability is not available because we are fluctuating in our dualistic mind, we try to create stability using our flowing energy, but in the process we block our flow, we stifle our creativity, and we create stress and tension.

Our neutral space is our base. What we discover is that it is not empty. It is alive with the dance of our flowing polarity, which is creating at every moment.

Man's Relationship with His Flowing Polarity

Once men establish a solid relationship with their male polarity, where they connect with the essence energy of their manhood, they feel strong, confident, and safe to connect to their emotional body and flowing polarity.

However, there is a special dynamic that happens with men when they are very young. Being unfamiliar with the nature of their emotional energy, they are unable to distinguish between their emotional body and that of their mother. When their mother projects her neediness, chaos, fear, and anger onto her young son, he feels her pain. He shuts down his feeling faculty in an attempt to protect himself. It is only when he becomes conscious of his own male polarity that he is able to disconnect himself from his mother's emotional dysfunctions and abuse.

Separated from his mother's emotional imprint, man is then free to feel his own feelings and to enjoy his own expressions of his flowing polarity. He no longer feels threatened by his mother's projection or the projection of other women in his life. He knows he can protect himself from any needy woman's emotional intrusions. With his male polarity strong, he acquires the self-confidence that empowers him to connect with his emotional body. He realizes that embodying his flowing polarity will further empower his identity as a man and establish his wholeness.

Establishing Our Relationship with the Male Polarity

As described earlier, the basic attribute of the male polarity is singularity and one-pointed focus. The lower expressions of this attribute can devolve into believing that one's belief system or ideology is the only right one, followed by attempts to impose it on others. When we do not have an experience of oneness, our actions and thoughts are created out of an experience of disconnection, separation, and fear. Blinded by ideology, we can't see reality. Other misrepresentations include the need to be right, egocentric behavior, and self-righteousness.

On the other hand, the highest expressions of singularity are to be found in our personal oneness with cosmic forces and the realization of oneness of all creation. *The highest purpose of the male polarity is thus to hold the experience of cosmic oneness in the mind and heart and act from this knowingness.*

Training Our Mind to Become Conscious

The mind is the primary instrument of the male polarity. We seek purity of mind not to escape physical reality, but to create a safe place to discover life. We awaken our mind so we can live as empowered and functional human beings who help make the world a better place for all.

We also train our mind to develop the capacity to recognize and embrace the Divine. By cultivating discernment and attentiveness, we make ourselves available to engage in our spiritual unfoldment. By awakening our inner space, we create the inward openness to receive higher knowledge and experience expanded realities. Ultimately, we train our mind to consciously connect with the Infinite and the Truth so we can eventually fall in love with and surrender to the Infinite that pulses in every cell of our being.

♥ In Part III, we learn how to develop our relationship with the Infinite. Chapters 18, *Oneness with Infinite Qualities*, 19, *Finding Now in Neutral*, 20, *Stability, Control, and Freedom*, and 21, *Accept, Attach, and Expect What is Real* deal specifically with the male polarity.

Qualities/Attributes of the Male/Mind Polarity: Oneness Principle

HIGHEST EXPRESSIONS	DYSFUNCTIONAL EXPRESSIONS
Oneness, unity, simplicity	Division, separation, complexity
Clear, light, open, pure	Confused, dark, closed, cluttered
Eternal, immutable, imperturbable, undisturbed	Excessive thinking (wrong channel)
Permanent, unalterable, immovable	Undependable
Constant, unchanging, unfluctuating	Fluctuates in duality
Resolute, always there, ever-present	Absent (disconnected)
Neutral, non-judgmental, detached	Opinionated, judgmental, critical
Accepting, allowing — Is the way it IS	Dogmatic, controlling
Calm, peaceful, stable, still, patient	Conflictual, chaotic
Fearless, trusting	Fearful, doubting, skeptical
Aware, conscious, awake	Asleep, in denial, unconscious
Centered, focused, purposeful	Unfocused, distracted, off target
Satisfied in the NOW	Dissatisfied in the past, worried about the future

Neutral is my sacred space.
 Silence is my guide and my guru.
 Stillness is my touchstone.
 Stability is my foundation.
 Harmony is my guidepost.
 The flow of the Infinite is my path.
 Bliss is my destination.
 I know when I am there because it keeps on
 getting better!



6. Universal Energies and the Human Psyche

We now return to our discussion of the evolution of consciousness. In this chapter, we focus on the personal dynamics of our inner journey.

Our Hero's Journey

Driven by the evolutionary impulse of our soul, we instinctually seek our own transformation. First we summarize the basic themes recounted in the mythological hero's journey that explain the stages of our spiritual journey.

1. Initially, we have to use our will to override social expectations, defy external authorities, and overcome lack of self-worth in order to dare to explore the unknown — ourselves and the world.
2. Our inner work then proceeds to focus on awakening our mind to self-reflective consciousness (our neutral mind) where it is possible to overcome the autocratic domination of our limited ego (dualistic mind). This is obviously an ongoing process.
3. With a certain level of consciousness, we continue our individualization process to (1) separate ourselves from tribal consciousness and move toward autonomy, (2) overcome blind obedience to social expectations, and (3) establish our own worldview, independent of tradition, blind faith, and dogma.

The first steps of the individualization process focus on empowering our male/mental polarity. This often leads to dissociation from the feminine aspect of our being, which waits (not patiently) to be awakened and loved by the light of consciousness.

4. Thus, the next step on the hero's journey requires us to train our mind to embrace the feminine and to awaken our subtle sensitivity so we can feel and flow with the instinctual forces that animate our being.
5. To do this, we must have our neutral channel actively available to deal with our repressed instincts, emotions, and anxieties. We need a non-judgmental platform to bring them into conscious awareness and transform, assimilate, and integrate them into our being as the flowing polarity of our soul.
6. When our conscious mind/male polarity awakens and begins to honor and work with our feminine/feeling polarity, we experience unity within ourselves and a spiritual rebirth — our heart opens us to a new center and transforms the way we live our life. The creative urge to fulfill our potential and destiny becomes available. We are now able to live beyond the conventional, mediocrity, and fear, as we enter the dimension of authenticity, compassion, and love.

We will now elaborate on some of the steps of our hero's journey.

Our Shadow and Anima

Equipped with consciousness (our male/mind polarity), our mythical hero descends into the underworld, where he/she "encounters the dark primitive forces of the animal world."²³ Jung calls this the confrontation with our shadow. What Jung suggests, but doesn't clearly name, however, is that the repressed part of our psyche, which must be awakened and integrated into our consciousness to achieve wholeness, is the *feminine polarity of our soul*.

It is interesting to note that Jung says that if we can face our shadow, our *anima* emerges out of the unconscious as the force of our emotions "that mediates the conscious ego's relationship with the unconscious."²⁴ My understanding of Jung's concept is that *our anima is the instinctual intelligence of the feeling polarity of our soul*.

In our unconscious state, the feminine/emotional/feeling polarity of our soul expresses our subconscious desires and seduces us into entangling illusions with the world of maya. However, when we are conscious, the feminine polarity acts as an additional portal to our soul and functions as our *instinctual capacity* to tune in to and discriminate between desires that get us into trouble and those that lead us to the Divine.

In sum, the anima is actually the feminine polarity of our soul. In a repressed state, it expresses from hidden motivations and desires that create problems and inner conflict. When acknowledged, felt, and listened to, it acts as the inner guidance system of the feminine polarity of our soul. As an empowered part of our being, the anima merges into a seamless collaboration with our higher mind.

Instinctual/Intuitive Intelligence

When our basic energies are denied and suppressed, they express unconsciously and destructively. But as the two polarities of our soul are awakened to their higher expressions, our psyche (psychological state) transforms. As we establish our stable base in our neutral mind and embrace our feelings and emotions, they synergize and awaken us to a sense of wholeness.

Together the two polarities of our soul give us (1) insight into our life experiences, (2) reassuring validation of what we feel, and (3) a chance to relate to and dance with our soul. Our innate intelligence reveals our interconnectedness with universal forces and helps us understand ourselves and others. It drives, informs, and supports us as we go through life challenges that stimulate growth and transformation of consciousness. Our inner intelligence also directs us to befriend and develop a deep relationship with the primal energies and awaken to their faculties and gifts.

Our spiritual path is about not succumbing to suffering caused by lower states of consciousness. With awareness, we can see through the pain of our tests and trials and find value, purpose, and meaning in life. With awareness, we do not resort to imagination to avoid reality. We do not escape into a frenzied fictional story made up in our own mind. With intuitive/instinctual discernment, we recognize the deeper dynamics as they play out in our life and engage them

more effectively in our human experience.

Back to Our Hero's Journey

The hero's journey thus begins by building a thoughtful self-reflective mind (male/stable polarity of our soul), which can serve later as a neutral base for discovering and relating to our emotions (feminine/flowing polarity of our soul). As a first step, our inner awakening makes it possible to experience a sense of autonomy and to separate ourselves from our environment and from tribal/mass consciousness so we can have an authentic experience of our own being.

Our hero's journey can also be understood as a long-term evolutionary process. Historically, individual evolution has led humans to disconnect from the feminine, feeling, instinctual polarity of their soul, which was so intertwined with natural forces and the collective unconscious that it impeded the individualization process. As a result, the human psyche got separated from feelings, emotions, compassion, and the heart.

However, once our sense of Self is strong enough to withstand the influence of external forces that interfere with and even prevent our individualization process, we can relate in a more conscious and independent way to our feelings and emotions. We have reached the point where this stage of evolution is imperative for our personal well-being and collective survival. An expanded, deeper, more whole identity is ready to be born.

With a sense of Self, we can experience interconnectedness without being sucked into the lower forms of the collective unconscious, where we unwittingly succumb to domination, manipulation, control, and dependency. Our human challenge at this time is to extricate ourselves from the demoralizing and victimizing lower vibrations of fear, anger, and sadness. We can do so by awakening to the universal qualities of love, peace, freedom, purity, and light in our inner reality.

The Human, Collective, and Universal Psyche

The Collective Unconscious

The human psyche is not just a confused state of random information, repressed drives, chaotic impulses, burdensome memories, and imagination.

Freud postulated that human life is motivated by "instinctual drives rooted in human physiology and biographical material repressed into the personal unconscious." And Freudian psychoanalysis defined the human unconscious as "a *personal* biographical unconscious consisting of repressed memories and morally unacceptable impulses, desires, and fears."²⁵

Thus, Freud focused on an individual-centered approach of repressed instinctual drives rooted in our animal nature and personal experiences. Carl Jung, on the other hand, identified a deeper layer or ground from which the individual psyche is formed, and which continues to influence our thoughts, emotions, and behavior. Jung's concept of the *collective unconscious* is

a transpersonal psyche, the collective psychological field within which the human identity is formed.²⁶ It is further defined as a storehouse of “archetypal ... universal mythological patterns and images”²⁷ that unconsciously shapes our psyche and experiences, independent of our conscious and willful intentions.

Jung discovered that archetypal mythical themes are the formative principles that give order, meaning, and an evolutionary impulse to the human psyche and to our life experiences. These unconscious structuring patterns form the basic themes that are played out in human life — the dramas, challenges, adventures, and lessons. These archetypal forces have both instinctual and spiritual aspects,²⁸ i.e., they can/will be played out independent of our state of consciousness. They are present whether we are asleep, waking up, or awakened.

Psychology and Science Meet Spirituality

Following Jung, Stanislav Grof, one of the principal founders of Transpersonal Psychology, further expanded the concept of human consciousness. After decades of research, he concluded that beyond our personality, behavior, individual ego, and brain functions, the human psyche and consciousness are “expressions and reflections of a cosmic intelligence that permeates the entire universe and all of existence. We are not just highly evolved animals with biological computers embedded inside our skulls; we are also fields of consciousness without limits, transcending time, space, matter and linear causality.”²⁹

Thus we find that both scientific and psychological research support the basic concepts of spiritual teachings — that beyond and integrated into the individual and collective unconscious is the Universal Field of Spirit, the all-pervading Force or Universal Mind which organizes all levels of reality. In this unified field/reality, our consciousness is in oneness with universal consciousness.

Transformation of Consciousness

Our soul journey is about transformation of consciousness. In our unconscious state, our lower animal nature dictates our reality. We are hypnotized by our primal instincts, captivated by our sexuality, controlled by our darkness, and obsessed by what we can’t even identify. And we are slaves to mass consciousness. Fads and commercialism direct our desires. Tribalism gives us a sense of belonging, but chains us to social control. Victimization feeds destructive inner anger and negative emotions. When the tension reaches a certain level, our repressed energies erupt, and we do and say things we later regret. Freud would say that we crave a catharsis that allows the release of suppressed emotional and sexual energy.

Awakening Our Kundalini

A serious upgrade in consciousness is not simply a willful mental task, although disciplined training of our mind and activation of our body systems are required. Activation of our Kundalini soul force is also required.

The primal energies are our vital life forces, which play out in our human lives as instincts, impulses, drives, will, motivation, desires, thoughts, feelings, and intuition.³⁰ In our asleep state, they often express in undesirable ways. Their repressed and unexpressed manifestations can be transmuted by awakening the Kundalini.

It is important to understand that the light of our soul and our full potential remains dormant until awakened. With the activation of our Kundalini we can shine the light of our soul into our unexplored inner realm, see with an unfiltered lens, and relate to our instincts and emotions, unrestricted by judgment and shame-based programming. We can free our energies to serve us and merge with the universal powers animating our being.

Awakening the stored soul energy of our Kundalini gives us an opportunity to evolve to a much higher level and at a faster pace than the slow grind of normal evolution. With the light of consciousness, we can enter the depths of our unconscious and find the treasures of our soul. We can awaken to a living relationship with our soul blueprint and discover our inner soul authority (not just rational intelligence or will power).

Rediscovering our soul essence requires the descent into our inner depths where we can embrace, love, and thereby bring back to life that which we have denied, repressed, and even scorned. Deep within, we connect with that which is intrinsic to humans, nature, and the cosmos. We no longer feel estranged from the instinctual, feeling, emotional, and physical foundations of life.

Indeed, the transformational process of awakening our Kundalini involves allowing ourselves to deepen our sensitivity, to intensify our focus, to let go of the past, and ultimately to empower and free our primal energies to express their previously hidden capacities and gifts.

An Affirmation of the Sacredness of Life

It is through our individualization process, empowered by the activation of our Kundalini, that we attain higher states of connection with universal energies. Yet our spiritual path is not about dissolution of self, as merger can only happen by embodying and experiencing our individual oneness with the Divine and its qualities. Said another way, our goal is not for our Self to disappear. *Our goal is for our Self to be actualized, energized, and lived to its fullest potential in our current human form.* Soon enough, our soul will leave planet Earth, and this opportunity for self-realization in this particular body will be over.

The most fundamental message of grounded spirituality is that our human personhood is to be developed, not “transcended into some impersonal unity.”³¹ Our individuality is to be affirmed, appreciated, and loved. Negating the self, the world, our body, feelings, and emotions (all expressions of the feminine polarity of our soul) is counterproductive to enlightenment. In other words, our spiritual goal is not about inducing out-of-the-body experiences and escaping the demands of physical reality. The spiritual essence of our human journey is to cultivate (1) self-realization of our divine nature, (2) affirmative involvement in human life, (3) willing participation in our own evolution, and (4) embracing the sacred gift of our life.

♥ The chapters in Part IV, *Relationship with Self*, direct us to connect with both polarities of our soul and to find our Soul Self.

*We can't fall asleep and expect to wake up.
We can't space out and find our sacred space within.
We can't fight and make peace with ourselves and the world.*



7. Free Will and Free Willingness

Humans have access to a reservoir of power and wisdom beyond their mentally driven wills. How do we access it and consciously cultivate an experience of the power of our Soul and the Infinite Force that animates our being? By aligning our energy with universal energies.

Religious and spiritual scriptures all speak of aligning our human will with God's Will or Divine Will. This is a realizable goal because both polarities of the Divine Force live in the mind, body, and heart of every human being. Because this presence is available within us, it is possible to tune in, pay attention, relax, and allow the alignment. Below we explore how to create this attunement.

The Dance of Light and Flow — the Divine Polarities

In meditation, we can become aware of the two polarity forces within our being. We experience the two divine polarities as the foundation of human consciousness and the flow of life and creativity.

Foundation — Stable, Neutral Space is the context within which life happens and unfolds. In our neutral channel, we become aware of an all-pervasive force which is constant, uninfluenced by its contents, a bedrock and ground of being, permanent, eternal, and completely unflappable.

Flow — Feelings and emotions in the body are the content of life. This Flowing Force is variable, vibrating, alive, active, rhythmic, and ever-unfolding, and when relaxed, it flows like an eternal river.

1. Light — Foundation

Light is the foundational energy that stays constant. Light is the male polarity that remains stable, ever-present, and unchanging.

Humans experience Light and awaken their consciousness in the neutral mind. Our major challenge and ongoing task is to open our neutral channel and train our mind to pay attention. Although operating out of neutral is not necessarily easy, connecting with our neutral channel is fairly simple and uncomplicated. Neutral has no opinion. Its other defining qualities — peace, stillness, silence, clarity, etc. — are recognizable and reliable, i.e., they are always present. We simply have to train ourselves to notice.

2. Flow — Creativity

Flow is the energy of creation and evolution. Flow is the female polarity, which is forever moving, evolving, and changing.

Humans experience Divine Flow through their emotional body. If we deny or judge our emotions, we interfere with our flow and sabotage our connection with the Divine Flow. When we block our flow, we create a split in our consciousness, which creates the illusion of separation from the Divine.

Definition of Free Will

The concept of free will refers to the human capacity to make our own decisions and choices in life. Establishing our free will requires learning how to be inner-directed so that we can follow the path of our soul and not be codependent and influenced by others and social currents. *Free will gives us choice, which we must be able and willing to use effectively with full integrity.* When our free will is operable, we can commit and honor our commitments — our commitment to our own heart and soul above all. Free will gives us the power to keep up and to not give in to external pressures that side track us from our best interests. Developing our free will is part of becoming a functional adult.

Aligning Our Will/Willingness with Divine Will

Divine Will is composed of the two universal polarities: stable Light and the Flowing Force. Our free will is similarly composed of the two polarities of our soul: the neutral light of our soul and the flow of our emotions. Aligning our will with Divine Will involves cultivating both awareness of the Light and receptivity to the Flow.

Creation happens through the interaction of the polarities — Light and Flow. Light animates Flow and is the battery that furnishes the raw power. Flow is the magnetic force that provides the movement to utilize the Light for creation. Absolutely nothing would happen in a universe except inertia without the dynamic duo of electric and magnetic forces.

As human beings, our emotions furnish the magnetic vibration that creates receptivity to embrace and create with the Light of our soul. The Flowing Force that expresses primal aliveness makes manifestation and evolution possible. Any form of emotional resistance computes as resistance to the Light, interferes with our synchronization with the Divine Flow, and diminishes our vital energy.

Will and Willingness

Our understanding of the concept of free will has been subject to great distortion and confusion. Misunderstanding comes from defining free will in terms of only the male/mind polarity of our soul — our will. This one-dimensional definition has excluded the female/flowing polarity of our soul — willingness. Our ability to actually act as free soul-directed beings is a function of both polarities of our soul and dependent upon the higher functioning of each.

Will and willingness are the two determining tools of human consciousness. It is important to examine the basic nature and functions of both mechanisms in order to understand how their unconscious expressions distort our free will and how their conscious expressions work together to empower our free will.

We must consciously experience the two polarities of our soul to cultivate a mature expression of both will and willingness. In meditation we are able to transcend their unconscious expressions and awaken to their empowering capacities. Our inner experience of the two foundational aspects of our capacity for free will creates an inner alchemy that awakens our heart.

Will

Our unconscious expression of will is a forced, often fear-based and anger-driven, willfulness that is mentally contrived, involves stressful effort, and is directed by a limited ego version of who we think we are and what we want. We use willfulness as both an offensive and defensive means to be assertive, to control and manipulate our inner and outer environments, and to not be controlled by someone or something outside ourselves.

The psychological and self-help approaches that focus on controlling ourselves, our environment, and our reality rely on the mental willfulness of our rational mind. In these scenarios, the achievement of specific goals and “shoulds” motivate us. If we don’t measure up, we feel shame, guilt, and a failure. We use mind control to try to suppress these human emotions

Both willfulness and will express the male/mind aspect of free will. To evolve from forced willfulness to soul-directed will, we connect in our neutral mind with the stable, imperturbable, resolute qualities of the Infinite. Our oneness with these qualities is the powerful foundation of our will. Our experience of the fearless, free, and independent nature of the Universal Mind and our soul awakens in us the capacity to think and act from our own truth. Only when we are at peace in our neutral channel are we actually free to establish our inner independence, make authentic soul-directed decisions, and express our free will.

Growing up to adulthood is about learning how to make choices that reflect what is right for us. But first we have to be able to know what is right for us! Only in our neutral channel can we connect to our own truth and act from it without feeling guilty or obliged to do what pleases someone else. When our will (neutral mind) is strong, we do not succumb to others’ demands or give in to meeting their needs as a path of least resistance.

Willingness

Mental-dominated approaches to life exclude the willingness/flowing component of our being, which expresses through our emotional and physical bodies. Willingness is not a mental affair. It requires a totally different attitude and approach. Willingness is about letting go of resistance so that we can flow with life. This gives us the capacity to relax, trust, and surrender to a higher power.

Yet willingness is not to be confused with attempts to avoid engagement with life, a laissez-faire attitude, or a retreat into dull, unassertive, and spineless existence. If we exist in a cloudy, unmotivated state (lack of will), automatic reflexes determine our responses to life. If we drug ourselves to “relax” and escape involvement in life, our apathy keeps us from noticing that we are alive. Rather, willingness makes it possible to be more fully engaged in the subtleness of life. Without resistance, we can enjoy the gift of being a soul in a human body.

Willingness also opens us up to an expanded dimension of existence. We recognize that there is more to life than learning how to live efficiently in order to achieve measurable goals. Our search for more is driven by a thirst that is not quenched by reason and materialism alone. We recognize that we are part of a wonderful mystery, which invites our full participation. Willingness allows us to say yes to immersing ourselves in the fascinating process of living our life.

Will and Willingness Support Each Other

Will and willingness work together and support each other. Their alchemical relationship is subtle, powerful, empowering, and energizing.

With our will and rational mind, we engage in planning, doing, accomplishing, making things happen, and being in control. In our neutral mind, we connect with our truth by listening to our intuition, which directs our choices and actions. With our neutral mind and will we can focus, hold our intentions, be alert, and stay open. In our neutral mind, we can also accept our feelings and allow our flowing polarity to relax and let go into free willingness.

Willingness operates in a different mode than will. With willingness, we decrease our mental and physical efforts and eliminate our resistance. Willingness requires letting go, relaxing, accepting, trusting, and surrender. In this state of allowing, our instincts send us messages that are accurate in the present moment.

To actually be able to relax, we must connect with a stable, dependable force that we feel sustains us in a state of surrender. With a deep connection to infinite qualities, we have a visceral experience of what we are surrendering to. Without this experience, willfulness tenses up to simulate stability (as a survival mechanism) and our willingness is unable to relax.

We align with Divine Will by making ourselves available through both free will and free willingness. As we become one with the universal qualities of both polarities, our will and willingness line up with universal forces. We can monitor our progress by the degree of peace, clarity, joy, belonging, relaxation, and flow that we experience.

*A spiritual warrior does not engage in egotistical warfare.
Spirituality is an alchemical blend of will and willingness.*



Reclaiming Our Free Will and Willingness

The Misinterpretation of Free Will

To reclaim our free will, it is important to understand how the concepts of free will and Divine Will got misinterpreted. First, it should be understood that free will and Divine Will are not just good ideas and intellectual concepts. A basic problem is that humans have been talking about something of which they have little or no direct experience. And the more we talk about something we don't know what we are talking about, the more confused we get.

Historically, the *free will* debate has centered on whether humans are predestined to their fate (i.e., powerless to affect it in any way by what they do or don't do here on Earth), or if they are free to make decisions in life that will affect the course of their life. This line of discussion limits us to two mutually exclusive alternatives, neither of which bring us to a true understanding of free will for the purposes of this book, i.e., freeing ourselves internally so that we align with the will of our soul, which positions us to align with Divine Will — the Infinite Flow. It also assumes *free will* is an exclusively mental act, and thus leaves out the free willingness component (discussed below).

Instead, we need a more open, less polarized view of both *fate* and *free will*, one that takes into account the more subtle and energetic expressions of free will. Obviously, there are constraints within which we operate. This is why (1) our inner journey is about becoming one with the qualities of the Infinite, and (2) it is very useful to examine our birth chart and to understand what energies we are here to express. As explained below, our capacity to use free will to express our soul's energies is ultimately dependent upon our level of consciousness and our alignment with universal forces.

In reclaiming our *free will*, in relationship to the broader definition, we are only really free to use our free will when both polarities of our soul are free within. To be able to directly experience and then freely use our free will, we have to awaken and operate from our neutral mind (male polarity). And we have to accept and love our physical and emotional bodies and embrace all the experiences that they offer us (female polarity).

Resistance to Free Willingness

It has been eons since our physical and emotional bodies were experienced simply as denser levels of Spirit (and an integral part of our free will). When humans disconnected from their bodies as manifestations of Spirit, they began to feel uncomfortable in their bodies and to judge them negatively. The mechanisms of our flowing evolutionary polarity that are designed to connect us with Divine Will — the emotions and instincts — were condemned, suppressed, and denied.

For many reasons, the flowing feminine polarity has been maligned, misunderstood, and judged in negative ways. Restoring a healthy attitude toward and experience of our magnetic polarity is required for healing and wholeness and to align our will/willingness with Divine Will. Our physical and emotional energy must flow for our will/willingness to flow with Divine Will. So the

question is how and why do we resist this alignment.

1. Destructive Habits and Behaviors

We engage in destructive habits in an attempt to find satisfaction and relief from emotional pain. Addictive behaviors and substances that suppress and distort our subtle sensitive faculties interfere with our ability to be awake and to consciously relax into willingness.

2. Past Conditioning

If we are not fully present and available to respond to current needs, and if our response mechanisms are co-opted by past conditioning, we are simply not energetically available to adjust to shifting internal and external energies and respond in the moment.

3. Avoiding Feelings

One of our conditioned habit patterns is avoidance of feelings. If we deny and suppress our feelings, we shut off the sensory instinctual communication mechanism of the female polarity of our soul. As we train ourselves to allow, accept, and feel our feelings, they can relax into willingness.

4. Judgmental Attitudes

Judgmental attitudes and negative mental habits that are based in the past and fed by fear lock us into preprogrammed responses that distance us from the present and block the flow of physical and emotional energy.

5. Outside Authorities

Looking outside ourselves for answers and abdicating to external authorities to compensate for our missing attunement to Self distances us from our inner authority. The reality is that no one can know for anyone else what is best for him or her at that moment. That's why we each have our own guidance system. We have to allow our guidance mechanism to work, and we have to use it. "Free" means we can use it or not.

Patience in the Process

It takes time to cultivate our ability to receive, understand, and trust our intuition and instinctual messages. To do so, we must move into higher levels of sensory consciousness in our mind, body, and emotions. We have to accept and nurture our own sensitivity and fine tune our awareness.

Our engagement is not a superficial, quick affair. Inner connection takes practice and patience. There are no easy techniques that deliver instant illumination and liberation. If there were, someone would be selling them for a lot of money!

Desire, Attraction, and Love

We waste the vital energy of our emotions in so many ways, including in how we use our capacity to desire. For example, we waste our desire energy by focusing on illusory ideas and wanting what we don't have as well as through our general state of neediness, our addiction to dramas, and not being satisfied with what we have. Wasted energy is wasted love and wasted power.

Desire is the juice that activates magnetic energy, which in turn attracts Light and Love. With the desire for love we can open our heart. Lovingly accepting desire energy and being open to experiencing the empowering use of our innate faculty of desire are required to manifest from the heart.

Note, however, that getting in touch with what our soul wants is not a mental exercise. Our mind can verbalize our desires, but it is our emotional/desire body that computes what we want and how or if we will attract it. Our mind sets intentions and focuses on results, but our emotions determine the outcome.

When we explore the art of manifesting, we must address our relationship with our emotional body. We have all been taught to deny, be ashamed of, and do our best to eliminate our feelings. As a result, most of us have, at least to some extent, a non-accepting, punitive, unloving, and judgmental relationship with our emotions and feelings. However, to know what we want and *get* what we want, we must have a loving relationship with our emotional body. If we are interested in creating prosperity and "a good life," our highest priority should be accorded to developing an accepting and loving relationship with our emotional core.

How to Know and Get What We Want

An examination of how we prevent ourselves from having and doing what we want also gives us clues about how we can change self-sabotaging programming.

Everyone sets lofty goals, many of which remain pipe dreams. At the same time, our mental and emotional resistance limits what we can manifest. Fantasies that extend us outside of what is realistic and appropriate are another form of limitation. Yet, it is the desire and destiny of our Soul that set the parameters for what we are ultimately willing and able to receive.

When we are in our neutral channel and relaxed into our own flow, we can attune ourselves to our soul's desires and destiny for this lifetime. When we are honest with ourselves, we have a much better chance of accurately assessing what we really want, setting appropriate intentions, and manifesting them. Loving acceptance of our feelings makes it possible to receive accurate information.

As we free ourselves of old beliefs and conditioning, our internal responses and projections change. As we tune in to the present, our feelings guide us in the moment. As we become available and willing, opportunities appear. We find out that what is required is not more

mental calculation, but emotional freedom and our ability to surrender to our soul and the Unknown.

Freeing Our Willingness

Universal energy is neutral. Our will is selective. And according to our blueprint and soul path, we attract certain experiences and lessons. Given those parameters, it is our level of consciousness and the quality and vibration of our energy field that determine the level at which we attract and the nature of the lessons that we draw to us. We can repulse pleasant experiences, while attracting undesirable situations, through judgment, non-acceptance, and denial. Blocked energy attracts challenging situations to help release denial so that we can receive Light. To release blocked energy, we consciously connect with our resistance and accept it. We don't have to like what we feel, and we probably won't. It is our willingness to feel uncomfortable that helps us evolve into free willingness.

The human mind reacts quickly to stimuli. Our emotional body, on the other hand, responds more slowly. It does not understand mental commands and only responds favorably to feelings of acceptance and love. Therefore, we must reconnect at a feeling level with our flowing energy to communicate in a way that computes with the sensitive receptive frequency of our emotional body.

But first, we need to develop our willingness by releasing mental limitations that block our energy, including restrictive beliefs about ourselves, others, and the world; conditions and controls we place on ourselves; as well as shame, blame, and any other misunderstandings about who we are.

Reclaiming Unconditional Love

It is fairly easy to awaken our neutral mind so that we can experience oneness with the neutral qualities of unconditional Love. However, our experience of the unconditional Love of the Divine Flow can escape us completely, first, because the traditional definition of the Divine excludes Divine Flow. However, the difficulty lies not only in our single-polarity definition of the Divine, but in the fact that we have to accept our feelings, our emotions, our body, and every expression of our humanness to authentically experience Divine Flow and its vibrant expression of unconditional Love.

In other words, as stated earlier, we must be able to relax into our own flow to establish our alignment with the Divine Flow. The process of experiencing unconditional Love thus includes accepting our feelings, rather than trying to control, deny, or judge them. A loving attitude makes it possible to relax, which makes us available to align with the Divine Flow. Through the purity of our neutral mind and the relaxation of our emotional body, our will and willingness synchronize with the Divine Will/Flow/Love.

Our Spiritual Evolution

Ego and the Evolution of Self

Our spiritual path leads us to consciously connect our soul and the Divine. As our awareness of our soul and the Divine increases, we experience both as manifestations of the same force. We identify ourselves as a unique expression of ubiquitous universal energies.

The ego is given to us so that we can consciously evolve. Our ego mechanism gives us the capacity to recognize ourselves and establish our unique identity and to evolve our sense of Self and soul. Ego also gives us the ability to become conscious, to know, to express, and to accept ourselves. It allows us to differentiate between ourselves and others and to define appropriate boundaries. Most importantly, ego is the mechanism that makes it possible to activate our free will and free willingness.

Abdicating Self does not work. Our job is to evolve our sense of self until we experience oneness with the Divine. We don't get lost; we get found. Much of our human pain is caused by judgment and non-acceptance of ourselves and the nature of our physical experience. The only way to set ourselves free is through a change in attitude and self-love.

Emotions Connect Us with Soul and Spirit

Another source of human pain and confusion comes from our perceived separation from the Infinite and the classification by many spiritual paths of physical reality as bad and non-physical reality as good. When physical reality is labeled evil, there is really no way out except to try to escape. Until we include all levels of reality in the Divine category, we will perpetuate our existential conflict. When our baseline is unity, we can align our will/willingness with Divine Will and achieve this evolutionary goal in our physical form.

Our souls have manifested in dense physical form. Our goal is to evolve and enjoy the experiences made possible at this lower vibratory rate. *Fortunately, our emotional body operates at a vibrational frequency that connects physical and non-physical realities — the body/ego and Spirit.* But when our emotional body is abused and confused, we have no functional mechanism to connect body and Spirit. As a result, we feel both trapped in our bodies and disconnected from them.

The trapped feeling is a result of the gap between body and Soul. This gap can be filled by lovingly accepting our feelings — the bridge that creates wholeness and connection with soul and Spirit. As we connect with our emotional body, our subtle sensitivity reveals and supplies the energetic connection needed to re-establish communication between our human self, body, soul, and Spirit.

Judgments Prevent Alignment

Judgment (in the sense of negative self-criticism) is an activity of the rational mind that does not know how to access the neutral mind and is disconnected from the emotional body. We can

feel the tightness, stress, and restriction in our body when we are in a judging mode.

Judgments are thought forms that our mind is attached to. And our feelings empower our thoughts. Therefore, every time we make the same judgment and empower it with the same or more intense emotions, the thought form is more deeply encoded in our being. Repeating a judgment then repeats the emotional experience associated with it.

We make judgments

- ◆ When we are confused, don't understand why something happened, and are trying to make sense of a situation
- ◆ To compensate for feeling powerless and to gain an illusion of control
- ◆ To save face, to be "right," and to look good
- ◆ Because we cannot accept the facts and, as a result, feel uncomfortable about the way things are

The problem with judgment is that it locks in a scenario that feeds our pain and perpetuates our separation from the Divine. The more we repeat the same story, the more we believe it to be true, and the more we attract the same situation that confirms our destructive beliefs.

Our biggest obstacle is our judgment about the nature of our emotions, which is created by social and religious conditioning. As mentioned before, we have been taught that emotions are bad and must be controlled and transcended. At the same time, we have been trained to express ourselves in mental generalizations to avoid authentic expression of emotions. To undo this conditioning, we train ourselves to allow and honor our emotions and, in the process, awaken the free flow of our dynamic life force and magnetic energy — our free willingness.

It is normal to try to make sense of experiences that we do not understand. However, when our rational mind is locked into fixed mental attitudes, our opinions and judgments can get in the way of a deeper understanding of what is really happening. Many of our beliefs involve some type of denial, which perpetuates inner conflict. As a result, our quest for unconditional Love remains a mental illusion and an emotional fantasy.

Evolving and Claiming the Gifts of the Polarities

Our stable male polarity makes it possible to be fearless and have an unflinching will. Will gives us an experience of strength, courage, safety, and security.

Our feminine flowing polarity offers the possibility of being receptive and willing. When we connect with both our will and our willingness, it is possible to achieve harmony and peace within.

Creation/evolution happens through the dance of the polarities. Both must be in balance in order to work in a complementary fashion. If either is out of balance, neither function optimally and both create problems. A feeling mode of accepting and allowing and a mindset of non-

judgment make it possible for the complementary polarities to function optimally.

Filling the Gap

When we attempt to use the calculations of the negative and positive minds as substitutes for the feeling messages of our emotions, we deny our feminine polarity. And when our two polarities do not communicate, when we do not have access to our will and our willingness, we experience a gap in consciousness.

The mind then tries to fill this gap with its own version of feelings. Our attempts to fill this emptiness usually take the form of misdirected thoughts, endless chatter, judgments, justifications, media input, and preoccupation with dramas. When our mental diversions are not adequate, we use mind-altering and emotion-suppressing substances that deliver us to deeper levels of denial and self-abuse.

Instead of filling the gap with junk, we can pay attention to what is already there, waiting for us to simply wake up to the reality of Love. Our neutral mind clears the path and opens our receptive channels to listen to and feel our inner truth. Our hearts can open when we operate from our neutral channel and when we allow and listen to our feelings.

Separation and Reconnection

We draw experiences to us by what we hold in our energy field. Yet, we tend to repeatedly draw to us the *same* experiences by holding on to (not releasing) the energy of our emotional responses and by maintaining our stories and conditioning. And as we've seen, the strength of our will and willingness is diminished by the clouds of judgments and stories.

When our mind and emotions compute separation from Spirit, they create inaccurate assessments of reality, i.e., judgments and beliefs that in turn perpetuate pain and struggle. We then feel unsupported, lose touch with our magnetic attractive energy, and believe that our only alternative is to go after things. We get bound up in a box of limitations.

Also as we've seen, when our will and willingness are not consciously connected to Divine Will and Flow, we experience inner conflict. Our will needs to be connected to the neutral space of Spirit to have access to clear information and understanding, which is necessary to make the best choices. Only when we can trust that this space will be there unconditionally, can we relax enough to free up our willingness to give us feeling information.

Without the connection to and comfort of will, willingness is blocked by stress and experiences isolation and aloneness. When both our will and our willingness feel connected to Divine Will and Flow, we experience freedom and relaxation.

8. *Our Relationship with the Infinite*

Don't plan happiness, don't plan life, don't plan anything. Just plan one simple thing: Get to God and everything will get to you. — Yogi Bhajan

The Polarity Nature of the Universe and Our Soul

Polarities and duality are the nature of the universe and our soul. Yet they are not intended to be experienced as separate, conflicting, or competing forces that create pain, confusion, and struggle. A primary goal of our meditation practice is to experience opposites as complements that support each other and make it possible to enjoy wholeness and oneness.

The most fundamental polarities that we work with are

1. Stable and Flowing
2. Separation and Oneness
3. Finite and Infinite
4. Independence and Integration

As we awaken and integrate the polarities within our psyche, we find our expanded identity and depth in the light and flow of our soul.

Oneness and Separation

It is fascinating how the polarities maintain their uniqueness, yet work together to achieve oneness. This dynamic plays out in our human lives as well. As a human being, we are by our physical nature separate entities. To return to oneness, we must first let go of our codependent tendencies and achieve wholeness and contentment within ourselves. We do so by experiencing our oneness with that which is independent — the Infinite Force. As we achieve oneness with the Infinite, we transcend physical illusions of our separation. In the space of infinite oneness, we are no longer separate from each other.

Infinite and Finite

A major goal of meditation is to close the gap in our psyche that is created when we are unable to connect *finite with Infinite*. The *split is an illusion* created by the lower vibration of fear and our lack of experience of the Infinite within the finite. As we practice becoming one with the qualities of the Infinite (which are also qualities of our soul), we awaken to the reality of the omnipresence of the Infinite in ourselves and in physical reality.

Duality, separation, and illusions are all resolved through alignment, integration, and oneness.

Alchemy is a rhythmic way of living, an experience of the Infinite in our finite individuality. We live consciously in relationship to the Infinite in ourselves, in everyone, and everything else. We embody both the flow and the Light in our being and operate from this integrated awareness as we meet our life challenges.

God and Me, Me and God Are One

Like ego, God is a concept that is defined according to one's belief system. The goal of every spiritual path is to *experience* the reality of the "God" concept. Accordingly, the purpose of our spiritual practice is to cultivate an experience of the Infinite within our own being and to synchronize our individual being with the Universal Field of infinite energies. Call this force whatever works for you; the name doesn't matter. But awakening to our personal experience of the Infinite Force is a crown jewel of any spiritual path.

Yogi Bhanan taught us that the most debilitating religious teaching is that God is a force external to our being. The idea that God is outside us leads to a perceived separation between ourselves and the Infinite, reinforces our limited ego, and creates doubt and fear in our psyche. Our forgetfulness and limited experience of ourselves and reality then lead us to believe that we must control everything. (Being in control and taking action are two different things.)

We can experience our oneness with the Infinite and release our "need to be in control" programs when we take the time to (1) witness how things happen in our life, independent of our "control," (2) watch and accept the divine play, and (3) let the Infinite (which we might call the Infinite Organizing Power) work for us. In this way, we realize that we are not running the cosmic show. We are children in God's playground.

We Have a Fantasy Relationship with the Unknown

A fundamental spiritual problem is that we have a fantasy relationship with the Unseen. Our mind is dominated by beliefs, ideas, images, projections, hopes, and desires about ourselves and the Infinite. In our illusionary world, our mind does not compute reality. We imagine/believe in God, but we don't *feel the presence of God*. Our concept of ourselves is also based on imagination and very limited. In this way, we relate to our finite personality, not to our soul.

Spirit exists independently of any religious doctrines, since dogmas are not unbiased explanations of pure truth. Therefore, experience of the Infinite is not a belief; it is a feeling and an awareness. Our experiences create an inner foundation that helps us viscerally *feel* our interconnection, interdependence, and oneness with the ever-present Infinite Force. We then become conscious of the fact that "God and me, me and God are one" is simply an energetic reality. We can start to let go and give God a chance.

Role of Our Aware Ego

It is our aware ego that makes it possible to tune in to the Infinite Presence and to join forces with universal energies. We participate in the co-creation process as we allow ourselves to be intuitively guided.

As our aware ego becomes conscious enough to witness the Infinite Force, we connect with the deep desire of our soul to enjoy and live in oneness with our Source. We want to align our will with the flow of universal energies, which is a simpler way of saying “aligning our will with God’s will.” Again, call it what you wish. When you have the experience, your heart smiles. You no longer need words or an explanation.

We also no longer imagine God as a sugar daddy sitting on a throne in the sky. Rather, we experience that we are part of something bigger, vaster. We are not isolated or alone. Our memory thus awakens to the reality that we exist within a larger context of dynamic interconnected universal energies. Our personal experience awakens us to the Force of Love flowing through our being.

The Unseen Force in Our Unseen Being

Yogi Bhanan says that 90% of who we are is unseen, and 10% is seen. Our design, our soul, and the Infinite are unseen. The human problem is that we relate only to what we can see. Our spiritual path is about upgrading our relationship with the unseen part of our being, which is one with the Infinite.

The Unseen is in us, around us, and everywhere. We are created from the unseen Infinite. When we consciously relate to our oneness with the Infinite, we are uplifted. When we allow the inflow of energy, we are energized and become strong.³²

To paraphrase Yogi Bhanan, *For a moment, consciously relate to the Unseen. Like a child with its mother, you will be picked up into Her lap and disconnected from anything that bothers you.*

Transpersonal Reality

When we turn inward, we enter the transpersonal arena of reality. We leave logic and thinking behind. We enter the mystery zone of the Unknown, the Unseen, and unconditional Love. Meditation invites us into the 90% — the mystical realm where everything is fluid and interconnected. We enter the unconscious, the subconscious, the imagination, the dream world, the primal world of emotions and instincts.

It is part of the human condition to feel abandoned, separated, and alone in the world, the universe, and even in relationship. In our unconscious state, without access to the sacred and the Infinite, we can then fall prey to addictions and various forms of escapism and look for “god” outside ourselves. The overstimulation of the technological society leaves us desperate to find inner peace.

The good news is that we can find everything inside. With our subtle faculties, we can experience that we not separate. We can attune to what we share and what is in everyone and everywhere. We connect to the space where we are one.

In the territory of Spirit, we undergo radical transformation and transmutation from asleep to awakened consciousness. We are not in control and we don't want to be. We want to experience our oneness with the Infinite. We want to feel the Presence in and around us. To do so, we must play by the rules of the mysterious realm. We must let go, surrender, trust, and forgive.

In the Infinite Zone

In meditation, we experience the subtle, intangible energies of Spirit. We connect with the generative Source from which all else flows, which is both a unifying and dissolving force. This energy dissolves defined structures and boundaries so that there is no separateness between ourselves and the cosmic flow. Our oneness with the Universal One gives us a spiritual and mystical experience of bliss, transcendence, illumination, and merging. We are uplifted from separation and isolation into an intimate relationship with the Infinite.

Spiritual energy is amorphous, undifferentiated, watery, and fluid. It is easy to get lost and absorbed into this primordial ocean. To enter this territory, we not only have to have a strong sense of Self, we have to be able to use our subtle sensitivity to navigate the nebulous waters. When we cannot hold our center and stay in our body, dissolution results. Cultivating a healthy conscious identity structure and knowing ourselves as a differentiated being with boundaries actually enhances our capacity to be in relationship with our Source.

Yogi Bhanan offered us this advice in the early seventies: "It is a very simple attitude. Meditate on the Name of God and feel that Universal Flow within you. When the inflow starts, the outflow becomes universal. This is how I learned it. It is the most convenient way to beautify yourself."

Our Goal Is Not Escapism; It Is Embodiment

If we are asleep and stuck in our lower chakras, we cannot relate to the Unseen, as we enter the subtle realms of consciousness in our upper chakras. Yet we need all our chakras to vibrate at higher frequencies in order to feel the Unseen in our physical being.

Our spiritual path is not about escaping or trying to eliminate our physical experiences, but to spiritualize them. Our limited awareness of reality is what must be addressed. We must become aware that all life embodies Spirit and that every breath delivers the spiritual current. (When it is gone, our physical life ends.)

In other words, our goal is to *become one with the spiritual essence that animates our physical form*, not renounce it. Our quest is to upgrade our consciousness so we can become aware of the material/spiritual connection and dance. When we see the Divine everywhere and perceive the unfoldment of divine essence in temporal form, our heart opens and we enjoy a sympathetic relationship with all forms. Our humanness engages us fully in the physical realm so that we can bring the essence of Spirit into manifestation.

♥ The lessons in Part III, *Our Relationship with the Infinite*, teach us how cultivate this elevated consciousness.

9. Awakening of Soul Self

Expanded Identity — Ego to Soul

We need an identity mechanism to operate in physical reality. This mechanism is called the ego. The ego is the “bad guy” when it is disconnected from our soul and thus limits us and prevents us from experiencing the depth and joy of our uniqueness. To overcome emptiness and existential pain, our ego has to be able to tune in to our soul and awaken us to the Infinite within our current finite being. Spiritual goals related to our identity and self-realization include (1) being able to merge ego and soul into an expanded sense of Self, and (2) experiencing our soul and Spirit in every life situation — when we are in pain, in need, in trouble, and when we feel good and want to increase our enjoyment of existence.

Clarifying the Concept of Ego

The concept of ego has taken on different meanings for the various spiritual paths. Traditional spiritual paths espouse “giving up” or “killing” our ego, seeing it as something “bad.” However, following this advice may result in (1) becoming very confused and frustrated, (2) misunderstanding the necessity of establishing our spiritual identity, and (3) misdirecting our spiritual training. Yet the negative definitions of “ego” do attempt to address the human challenge of moving out of our unconscious state and into more aware states of consciousness.

In human development, self-awareness proceeds in stages. As a child we develop an ego structure to differentiate ourselves and to form the foundation for taking action and making decisions for ourselves. In this initial phase of our human development, we experience our identity in relationship to our personality, our body, external authorities, and our environment. Yogi Bhanjan called this unaware state and identity “limited ego.” To move into spiritual adulthood we need to expand out of this limited concept of who we are.

To make this shift, it is helpful to think of our limited ego as training wheels, which we must shed when we become an adult. The wheels helped us in the first stages of learning how to ride our bicycle, but at some point they get in the way. Our maturation process thus involves identifying the limitations (training wheels) of our childhood ego identity. This process starts with getting in touch with the fact that our “limited ego” was formed in response to childhood challenges and dictated by social conditioning. As a consequence, our limited ego is now subject to our subconscious programming, which no longer serves our highest good. By its very nature, it causes us to think, feel, and act in self-sabotaging ways that create problems and dramas. It is this limited view of ourselves and our early programming that we are trying to give up or transcend so that we can expand into soul consciousness.

In sum, the general concept of ego can be defined as an identity structure that is absolutely necessary to think, operate, make decisions, and take action in the physical world. Our spiritual path is about cultivating conscious awareness that makes it possible to evolve from limited ego to soul consciousness. To live our life more effectively and with more depth and meaning, we

develop an “aware ego” or identity structure that identifies with and is guided from within by our soul.

Upgrade, Don’t Kill Ego

The main problem with the “kill the ego” strategy is that it doesn’t work. Without an internal identity structure, we can’t operate in 3-D. To survive in physical reality, it is absolutely necessary to have a mechanism that is vigilant, discerning, and able to make wise choices, including the choice to listen to our heart and soul and not to our wounded inner child. We need a conscious “aware ego.”

To move from limited ego to aware ego, we must (1) get in touch with the mechanism and forces that are currently guiding our life, (2) understand what motivates us and influences our choices, and (3) identify what we believe about ourselves and how the world operates. With self-examination, we realize that our limited ego reacts to random thoughts and emotions that are set off by subconscious programming, including emotional stories, fear, and shame-based conditioning and inappropriate training. We also realize that there is another voice or authority that operates independently of the forces that control our limited ego.

Awareness of our conditioning and awareness of a voice of consciousness are pivotal steps in building an aware identity structure. With awareness, we can train ourselves to become more conscious of how we make decisions. We can train ourselves to shift our attention from our programmed thoughts and responses to the messages from our heart. Even a drop of consciousness gives us the power to begin to listen to our soulful self, to trust and follow our intuition, and to serve our soul.

Intuition, Inner Authority, and Freedom

The “kill ego” attitude also reinforces a critical and unsupportive attitude that chains us to our negative mind. We thus continue to listen to our negative mind instead of our soul. We must therefore switch to our neutral channel to develop an attitude of self-love, self-confidence, and self-acceptance. Giving ourselves value happens as a result of awakening our neutral channel, where we are able to connect with, and eventually trust and follow, the voice of our soul.

To put it another way, when we listen to and follow the voice of our limited ego, our subconscious programming is in charge. Doubt and fear end up getting the upper hand. We turn to external authorities and become a victim of forces outside ourselves. As we become aware of our soul and empower ourselves from within, we can extricate ourselves from all forms of victimization, subjugation, and external control.

From Dualistic to Neutral Mind

Changing channels from our dual mind to our neutral mind makes it possible to (1) outgrow our limited ego, (2) upgrade our ego structure to an aware ego, and (3) realize our identity as a transcendent soul. We understand that our earthly personality is representing our soul in an in-the-body experience on planet Earth.

In our neutral mind, we can listen to our intuition as our inner guidance system. The intuitive voice of our soul becomes our trusted authority. In the process, we liberate our free will and free willingness to express our soul essence and to co-create with cosmic forces.

The process of evolving from limited to aware ego requires serious training. We have to practice identifying the voices of our limited ego and then *stop* ourselves from believing or following through on their less-than-optimal suggestions. *Stopping* creates a vacuum that can be filled by our intuition. We must be patient, wait, and listen and not fill the gap with more thoughts and calculations. Being able to access and trust our intuition gives us mental and emotional security. We are reminded that our soul knows and communicates our truth. What a relief!

Exposing Subconscious Programming and Pain

To know ourselves and move from limited ego to soul identity, we have to clear our hidden agendas and resolve our inner conflicts. It is part of our spiritual path to release fears, imprints, and programming that create confusion, distractions, and entanglements and that monopolize our attention.

We are not children anymore. To become emotional adults and to live conscious lives, we do our inner work to release the subconscious agendas that control our behavior and decision-making process. In our neutral channel, we can witness how our choices are determined by our beliefs, prejudices, and neediness. We can become conscious of the controlling power of our subconscious programming and emotional habits. We are also exposed to another possibility — a peaceful loving one. This motivates us to do the work necessary to attain inner peace and love.

Our Relationship with Reality

In our busy, preoccupied life, we avoid, deny, or just don't give ourselves the time to become aware of our thoughts and emotions and how they control our moods, energy, and state of being. We are so distracted that we can push the very essence of our being into the closet and ignore the reality of our soul.

As explained below, when we begin to meditate, we are bombarded with thoughts and emotions. The closet door opens and we become aware of a multitude of demanding creatures that seem to have a life of their own. Yikes! What do we do with these stories, fears, memories, hurts, guilt, shame, and regrets that all vie for our attention? The cleansing process of meditation is not our favorite part. In the initial stages, we are provoked and upset. Discomfort is a sign that the cleansing is happening. Keep going.

One of the main reasons we get upset is because we don't understand and accept the nature of Earth School. *Earth School is designed so that our life challenges provoke growth.*

Suffering, challenges, upset, and discomfort are givens in human life. We suffer because of lack

of knowledge, experience, values, and instructions. We were born in ignorance, with no do-it-yourself manual. We are, however, born with intuitive knowing and the gifts of our soul, which we can access through meditation — that is, if we stick with it and allow the cleansing and awakening process to transpire. Ultimately, the Earth School curriculum is about tapping into and using our gifts to optimize and enjoy our human experience.

Why We Are Upset

Some of the reasons we are upset include

- ◆ We are attached to the way we want things to be.
- ◆ We don't accept what IS, and even if we like it, we are dissatisfied.
- ◆ We live in expectation and illusion, not in reality.
- ◆ Drama consumes our attention and energy.
- ◆ We want things to be easy.
- ◆ We don't like or love ourselves.

Living in fantasy instead of experience, we operate from expectations. Expectation is a form of mental gymnastics founded in disconnection, fear, and fantasy. For example, we imagine receiving love from another person, or we imagine that we want something and that having certain things will make us happy. What it comes down to, we want things to be a certain way, and if they are not, we get upset.

In lower consciousness, we are slaves to our environments, emotions, and circumstances. Worrying and being uptight burns us up slowly from within. If we focus on doing our best and feel good about ourselves and our efforts to meet our daily challenges, we can relax and be in the flow of life.

Imagination Not Reality

Unhappiness and boredom are products of a mind that is out of control — a mind that creates an imaginary world filled with stories and nonsense. Our mind does this when we can't connect with what is real and alive inside us — our Soul Self. Within our imagined illusionary world, we calculate "gains and losses." Our life becomes a scorecard of good things versus bad things, wins and losses, OK and not OK.

We thus create our own sadness and depression when (1) we are disappointed that that things didn't happen the way we intended (i.e., our fantasies aren't real), (2) we want to be in control, but aren't, and (3) we are unable to connect with a higher perspective and accept what is.

Subject to our subconscious programming, we repeat in our mind the same scenarios over and over again, and as a result, we manifest the same stories over and over. *We are thus slaves, not creators in our life.* We then often lull ourselves into a deeper sleep state with drugs and addictive habits. Our desire to escape, be saved, win the lottery, sleep through the pain, and wake up to another reality (more fantasies) are all indications of feeling powerless and being

disconnected from our soul. Meditation connects us to the reality of our soul, but we have to be willing to go through the garbage to get there.

We are on a journey, not in a battle.

Life is an adventure with ups and downs, happy and unhappy moments. The waves of polarities exist and will continue to play out. Just keep going. This is your life. Live it from the still center in the eye of the storm. I was very relieved when I heard Yogi Bhanan say, “The Universe is set up for us to win.”

Acceptance invites in the Light. Light is Love.

Basic Facts About Human Life

As we continue to progress on our journey through life, it’s important to keep the following in mind:

Experience

Our souls are on planet Earth for a human physical experience. However, many spiritual paths and religions distance us from or make us feel bad about our humanness. The nature of the human journey is to have experiences in physical reality and to learn from dealing with our life challenges. Some of these experiences are pleasurable; some of them are not. We will have a whole gambit of human experiences during our life, whether they are condoned by religion or not. Making us feel guilty about our humanness exacerbates our pain, but it cannot prevent us from the inevitability of learning about cause and effect and awakening through life lessons.

Responsiveness

Our mind, body, and emotions are designed to respond to our immediate physical environment and how it impacts us. We must be able to calculate in the present what is happening to both survive and thrive. The human mechanism is designed to be sensitive to the subtleties of the dynamic changes of energies. When this aliveness of life is not appreciated, honored, or valued, it must still be expressed. We cannot make it go away. (We do not want to make it go away.) We can only dilute, suppress, distort, and degrade its expression.

Stimulation

The human mechanism requires stimulation. It is a basic human need to have feeling experiences. Our energy must move. We must feel alive. In our unconscious, suppressed state, we are addicted to our neuroses and external stimulation, not because we prefer pain over pleasure, but because we crave the stimulation that they produce in our emotional body. If we cannot accept and cultivate the aliveness of our being and relax into and enjoy the flow of our energies, we indulge in situations that produce other intense sensations.

Creation

Our energy is always creating something. Since we are always involved in the act of creation, our goal is to be at choice in our creations. To consciously create, we must embrace whatever we feel in the immediate moment because our feelings guide and impact what we create. When we avoid feeling, instead of being at choice in what we create, our unconscious takes over. To shift from unconscious to conscious creation, we have to embrace whatever we feel in our physical and emotional bodies.

Our Dance

The human mechanism — mind, body, and emotions — is alive. As we cultivate our sensitivity, we awaken our dance and discover wonderful ways to express our aliveness. When we allow our creativity to flow from the light and the dance of our soul, we create at a whole different level. Our human existence is elevated, our pleasure is increased, and our soul smiles.

Three Levels of Consciousness

As we proceed on our journey to awaken to our Soul Self, it is also useful to keep in mind the touchstones set out in classical spiritual literature of the three levels of consciousness (gunas): (1) tamasic/animal, (2) rajasic/human, and (3) sattvic/angelic/soul.

It is the nature of the human path to elevate ourselves from animal to human to soul consciousness. However, there is a missing piece in this traditional analysis, that defies the mind and male polarity and attempts to transcend (deny) the feeling feminine polarity. The discussion below recognizes the divine nature of both polarities and how their integration in higher consciousness makes it possible to achieve the inner alchemy of both polarities of the soul in heart-centered consciousness.

Location

Instincts are processed in the base of the brain or sensory mind, which stores primal images and feelings of all the senses. The analytical mind is processed in the mid-brain. The neutral mind is awakened in the frontal cortex and is awakened when the pituitary and pineal glands secrete.

1. Animal Impulsive-Reactive State

Animals act from impulse and physical necessity. They are focused on their survival needs, which control their actions and reactions. When hungry, an animal will find food and eat. When an animal is in heat, it mates.

Human animals in a non-socialized state don't think about the consequences of their actions, only about getting their immediate needs met. They are controlled by their impulses and primal needs and robotically pursue satisfaction.

When humans act and react from an unconscious state of mind, they are controlled by subconscious conditioning and primal instincts based in fear and anger. Emotional energy, which is externally directed to get our needs satisfied, creates entanglements, problems, and pain.

2. Human Analytical Consciousness

Human consciousness involves a gradual awakening. The basic difference between humans and animals is that the human mind gives us the possibility of consciousness and choice, i.e., free will. The mind is continually flooded with thoughts, feelings, and emotions, and we must decide how to respond. The analytical mind (negative and positive) offers us choices and the capacity to analyze and evaluate.

The problem with humans is that when only the dualistic mind is available, we are confused and conflicted, cannot focus, and don't know how to choose or decide. Our negative and positive minds engage in comparison, competition, and calculation, without resolution. We are prone to want to control and manipulate to solve problems and exhaust ourselves with our endless efforts.

Although we humans are often "lost in our minds," we cannot ignore our emotions. We may deny and try to ignore the feeling polarity of the soul, but we are confronted with the fact that we are controlled by our instincts, thoughts, feelings, and desires. Our instinctual subconscious habits are rooted in fear, which gives rise to doubt and fantasy.

In an unconscious state, we are insensitive and insecure, and react and act emotionally without knowing why. We waste emotional energy instead of using it to create and attract positive things in our life. We manipulate and get manipulated by our emotions. And what's worse, we are so absorbed in our self-created dramas that we cannot relax. We are unable to stop and listen to our intuitive intelligence.

The positive aspects in this stage in our development are that we learn to use our analytical mind to help us (1) consolidate a sense of our individual identity, (2) define boundaries, and (3) acquire the ability to act for ourselves.

3. Soul Neutral Consciousness

Soul consciousness requires awakening the neutral mind, where we are able to connect with and direct our mind toward Infinity. The neutral mind is clear, pure, subtle, and peaceful. We can discern what is real from what is imaginary, make assessments without judgment, and see things the way they are.

In soul consciousness, we are alert and intuitive. Instead of questioning and doubting, we listen. We tune in and gain understanding through our sensory systems and make choices guided by our inner knowing. Instead of being confused by duality, we study choices and learn from differences and diversity. In soul consciousness, we are able to integrate the higher expressions of both polarities (male and female) of the soul to achieve oneness with Self and the Infinite. Personal and impersonal are merged.

In awakened consciousness, we experience the sustaining infinite energy in our being that makes it possible to know *God and me, me and God are one*. We rely on our inner strength, awareness, and intuition, and operate through the eyes of love and compassion.

Wholeness in Awakened Consciousness

When processed through the neutral mind, sensory impressions, instincts, impulses, and feeling experiences add richness to our earthly experience and enhance our sensitivity of the Infinite in the finite world. In awakened consciousness, our instincts and emotions tune in to and express the feminine polarity of the soul. We enjoy a rich, sublime feeling of being vibrantly alive, can relax into the Infinite Flow, and experience the soothing feeling of the Divine Feminine.

Processed through neutral, we can synchronize our thoughts and energetic blueprint and trust our uniqueness without comparing and looking for or dwelling on differences, which creates emotional interlocks and distractions. From our sense of self, we can give ourselves advice that is relevant and supports our highest good.

Together, subtle sensitivity and consciousness make it possible to *feel the energetic self* and to be aware of our *I am identity*.

Three Levels of Consciousness — Asleep and Awake Expressions

We are constantly dancing with the two polarities and the five elements, which are the animating forces of our being. Our dance, perceptions, experiences, and approach are a function of the level of our consciousness.

1. Instinctual Connected-Identity — Flowing Polarity

Asleep — Emotional

We have no individualized identity. Our instincts control our responses, actions, and reality.

Awake — Relaxed

Feeling sensitivity delivers information, allows us to experience the richness of life, and gives us instinctual awareness and magnetic powers.

We relax and connect with natural forces and enjoy the Divine Feminine Flow, a most pleasurable *feeling*.

2. Human Separate Identity — Awareness Polarity

Asleep — Conflicted

We are not yet free from our fear-based reactive programming, so we make sub-optimal choices. We are lost in the dualistic mind and our emotions are suppressed. We are confused, chaotic, and conflicted.

Awake — I Am

As we awaken the Light in our mind, we find the authentic identity within us and listen to our intuition. With subconscious cleansing, our level of free will and free willingness increases and

we are able to make better choices.

3. Soul and Divine Identity

Asleep — Alone

We are not yet conscious of our soul and divine identity. We feel separated and alone in the world.

Awake — At Peace

In awakened consciousness, we experience our connection with the Infinite and no longer feel alone. We achieve the inner alchemy of the two polarities of the soul and make the transition to heart-centered consciousness.

Relationship with Our Sensitivity and Soul

We need to awaken to our sensitivity, not be blinded and shut down by it. With sensitivity to our own sensitivity, we can experience our essence, feel the Infinite within, and enjoy our life at a very deep level.

Being Present Through Sensitivity

With self-observation, we realize how absent we are, how much we are consumed by automatic repetitious thoughts and responses. Most of the time, we are not present in our body or aware of what we are feeling. In our unconscious state, we suffer from a deep, unidentifiable malaise. Lost in our mind and energetically disengaged from the subtleties of our being, we are disconnected from the dynamic aliveness and meaning of our life.

As we engage in our daily activities, we are daydreaming and spaced out in our mind. Our emotional body is in avoidance, denial, and resistance mode. Unable to be present, our mind wanders, drifting into random thoughts, spiraling into fantasy, and lapsing into past memories. Our sensitivity is outside ourselves searching, scanning our environment, for external stimulation.

The good news is that in meditation

- ◆ We can train ourselves to be to be awake, present, centered, and in feeling aliveness inside our own skin.
- ◆ With practice, we can allow ourselves to feel our impulses and emotions, be at peace with our reactions, and let ourselves be uncomfortable sometimes, while maintaining an overall acceptance of shifts in moods and feelings.
- ◆ We can turn our attention to our own resources and become our own source of stimulation, happiness, and fulfillment.
- ◆ We can train ourselves to experience and enjoy our feeling reality of Self with upgraded sensitivity and consciousness.

The Power of Self-Focus

We are each a dynamic, living being, with many facets that are simultaneously always the same and always changing. Our first and ongoing training principle is self-focus. There are many reasons for and payoffs to self-focus, which are all steps to self-realization.

Consolidate and Contain Self

Our self-centering meditative process leads to the gradual integration and refinement of our energies, which gives us the experience of wholeness and a sense of Self as a coherent “I am” identity. As we awaken to a wellspring of peace, love, and joy, we become one with the essence qualities of our soul (our true identity).

Be Authentically Me

We have to pay attention to what we are feeling in our body and sensing inside our skin to connect with our energetic sense of Self. We are responsible for awakening and living our unique identity. We are being tested every day to be authentically ourselves. Yogi Bhanan told us, “One day you will be called upon to be you.”³³ Give yourself to your Soul Self and dedicate your life to finding and living the reality *of Self!*

Independent in Our Own Center

With consciousness, we find our center and create our own sacred space within. As we build and maintain our own center, we can resist being pulled in multiple directions and stop being a pawn, victim, or a slave to outside forces. In other words, as we achieve a consolidated self-concept, we are able to hold ourselves together from inside and avoid getting distracted and overrun by external influences.

More specifically, over time, we are no longer tethered to codependent relationships through our neediness. Our moods, responses, happiness, and internal states are no longer controlled by or diverted by distractions, pressures, obligations, or emotional demands.

Outer to Inner Authority

With self-focus, we discover our inner intuitive guide and authority and are able to process and compute input according to our own nature, needs, and goals. We can filter our life through our own being and make our reference point our own heart.

Coherency and On Purpose

When we can stay present to our Self, we have a chance to be authentically who we are and to create and express from our own authenticity. With self-focus, all parts of our being can resonate together and communicate a coherent, unified message. When we are coherent, we can be on purpose, clear in our actions, thoughts, and projection.

Control and Choice

We reach a higher level of choice when we can consciously process and initiate thoughts, actions, and responses instead of reacting to automatic thoughts and emotions.

Inner Peace and Pleasure

We need self-focus to experience inner peace. When our focus is outside ourselves, there is duality in our consciousness that creates tension and inner conflict. All pleasure, peace, and power come from within. Centered in our own body, we savor the pleasurable sensations of being alive and the rich experiences of our own Self.

Relaxing into the Infinite Flow

As we stabilize our identity, we are able to *tune in to and relax into our own flow of life and merge with the Infinite Flow*. When we can flow instead of get ensnarled, we rise above commotion and integrate the Infinite into our finite existence. Our life is significantly upgraded when we embody the infinite qualities of our soul.

Enjoy Your Self

At some point when we realize the potency of self-focus, something very special happens. We not only find our authentic Self, we enjoy being *me*.

When our body, mind, and emotions can support, maintain, and enjoy a single quality that we identify with, we become conscious of our Self and can know our Soul. It is the most pleasurable experience to feel that we exist. Living at our own frequency, relaxed in our own rhythm, is true happiness.

Self-Realization

The ultimate result of self-focus is Self-realization, which happens when we find God within and experience our soul in our human body. We know we have reached this state because (1) the worldly play does not disturb us; (2) we are satisfied to enjoy the ecstatic intimacy of being One with One; (3) we can relax into the Flow; and (4) we enjoy a spontaneous lightness of being and a pervasive state of Love.

Our Evolving Relationship with Life and Self

As we work toward making life a meditation, our sense of authenticity and maturity are continuously tested. At every moment we are challenged to more fully enjoy and effectively participate in life. Every day we are confronted with circumstances where we can practice (1) staying consciousness and neutral in our center, (2) maintaining our unique identity and individuality, and (3) operating from inner harmony and peace. We are forever working on refining our meditative life skills.

Monitoring Our Progress

We monitor our progress by assessing our ability to

- ◆ Create and maintain our own satisfaction, self-sufficiency, and integrity with ourselves
- ◆ Be aware of how we create at each moment
- ◆ Engage consciously with self-trust
- ◆ Stay steady in our heart center and be honest with ourselves
- ◆ Stabilize our sense of Self in relationships
- ◆ Hold the space of love and act consciously, without imposing, interfering, or demanding
- ◆ Operate and express from a place of peace, where we are able to resolve inner conflict and not be dependent upon external alignment for our own inner peace
- ◆ Enjoy being alive, present to our presence, and innate creative power

Non-Reactive in Neutral

As we strengthen our neutral mind, refine our sacred space, and relax into inner stillness and stability, we are able to be non-reactive to things that would have previously provoked and disturbed us. We can sense the possible consequences of actions, words, and even thoughts, and choose what we wish to create.

Neutral is a position of strength, without being aggressive or confrontive. Our neutral stance deactivates people's (and our own!) defense mechanisms. We can speak honestly without being offensive. We can be polite because we are secure and confident inside ourselves. And lastly, we are able to be kind to others because we are kind to ourselves.

Peaceful Radiant Presence

One of the foundations of Yogi Bajan's teaching is that there is a distance to travel and it takes discipline and dedicated effort to go the distance. Our goal is to shift from the struggle mode to the relax and attract way of living. As we make this shift, our spiritual path becomes more interesting, intriguing, creative, and fun!

Transformation to Radiant Flow

We commit to go through the process of cleansing our subconscious so that we no longer sabotage ourselves with fear, conflict, lack of focus, self-criticism, and hidden agendas. All of the above create confusing vibrations, dim our light, and undermine our ability to act and attract through our presence. There is only negative power in convincing, rationalizing, arguing, and being right. On the other hand, there is magical power in our radiant presence, which is the power of our coherent energy field that shines light and love on everything we do.

Gradually our special combination of universal energies is transmuted to radiant qualities that

work for us in miraculous ways. Conflict, confusion, fear, and phobias no longer drive us. Impulses no longer control us. Our soul essence supports us. We can listen to our intuition and trust it to compute from our highest truth and best interests. When our radiant presence is strong:

- ◆ *Life evolves into a flowing dance instead of a stressful hassle.*
- ◆ *Impulse is transmuted into a harmonious rhythmic pulse, which relaxes into a flowing vibration.*

Creating with a Radiant Presence

The basic nature of a human being is energy, consciousness, and light. The more coherent our energy, the clearer our consciousness; and the more radiant our auric light, the stronger our radiant presence. *Radiance gives us the ability to project, elevate, magnetize, manifest, transmute, and transmit energy.* The Unknown works for us through our presence. Our job is to let our presence work for us and to call upon it.

Through our practice of Kundalini Yoga, we develop a radiant presence, which is much more than physical beauty. Through our radiant presence, we become aware of how our being projects into the world. We awaken to our creative potential and how we create at each moment. That is, we tune in to our capacity to create through projected intentions and holding the space of love. We no longer have to rely only on direct action and hard work. We have earned the gift of magnetic attraction.

Grounded in our own presence, which affects everything, we can use our presence and witness the effects. Self-respect arises from experiencing the presence and power of Self. With our peaceful radiant presence, we can uplift without judgment or interference. Our impact and power of our presence is determined by our consciousness, radiance, gracefulness, neutrality, stillness, relaxation, and kindness.

The Secret of Happiness

Our radiant body works when the mind and subconscious are clean. We meditate and practice Kundalini Yoga to cultivate our radiant presence so we can be happy, attract without hassle, feel fulfilled, and relax into deep contentment.

When the light of the candle of our soul is lit, our radiance projects and creates an impression throughout the Universe. We are happy for no specific reason. We automatically project from wholeness and love.

The power of our presence, the perception and perspective of consciousness, and the magnetism of our radiant body attune us to the Infinite, attract from Love, and deliver for our highest good.

The extent to which we relate to the Infinite within and the extent to which we can radiate Light through the lens of our mind, shine Light in our aura, and project Love from our heart are

The Power of Neutral

reflections of how much of our soul essence is empowered and illuminated. Yogi Bajan taught us that “there is no other secret.”³⁴ He also shared, “When your radiance starts to work, then you start living, loving and enjoying being human.”³⁵

♥ The lessons in Part IV, *Relationship with Soul Self*, guide us through various aspects of self-empowerment and awakening to our soul identity.

Ego is limited to our finite self or personality. Self combines our personal finite concept with our experience of the Infinite. We identify and embody the Infinite in our finite personality.



10. Kundalini Yoga and Meditation

Kundalini Yoga and Meditation is an ancient technology that awakens our consciousness so that we can see the Light, hear the infinite sound, and perceive the reality of Spirit in material form. The physical postures and breathing techniques (pranayama) align and activate all our body systems; chanting, or reciting sacred mantras, aligns our psyche with the universal psyche through the technology of sound.

The technology of Kundalini Yoga and Meditation was designed to activate and align the primal powers in our being so that we can

1. Uncover the deeper meaning of the lessons that we are here to learn
2. Claim the gifts of, and better participate in, the evolutionary journey of our soul
3. Learn how to use, create, and dance with primal energies, instead of feeling at the effect of, overpowered, or victimized by them
4. Expand our consciousness beyond perceived separation and experience that *we are one* with universal forces

Transforming Energy in Body and Mind

Life is energy, but most of us do not understand how to handle energy. For example, our habitual anxiety and stress is actually blocked energy that expresses as instinctual, defensive, and physiological responses. When this unconscious energetic mechanism is constantly on alert and activated inappropriately, without giving the body time to process and release tension, we become slaves to inappropriate responses, habits, and behaviors.

For our body to be able to serve us, we need to take care of it in a way that honors this sophisticated vessel of our soul. Kundalini Yoga serves this purpose. Proper nutrition and adequate water are also necessary to balance our neurochemistry, stabilize the impulses in the body, and synchronize our natural rhythms.

We have to transform our energy and create vitality to feel different. The practice of Kundalini Yoga creates mental and physical cleansing, purification, alignment, and transformation by increasing blood flow, strengthening the nervous system, causing the glands to secrete their potent hormones, and optimizing the inflow and outflow of energy throughout the body. Our body is thus rejuvenated as we experience a euphoric feeling of inner peace and harmony.

The practice of Kundalini Yoga can also relieve much pain and suffering. By powerfully moving and releasing blocked energy in all parts of our being, our brain becomes alert, our body is nurtured, energy for change is generated, and our primal energies are transmuted into their elevated capacities. In sum, the combination of techniques transforms us physically, mentally, and emotionally, creating the possibility for us to relax into the flow of life.

Kundalini Works to Tune Up to Tune In

Raising the Kundalini is about the awakening of consciousness in the human psyche. Kundalini Yoga and Meditation uncoils our potential by awakening the faculties that make expanded awareness possible. Higher consciousness is progressively attained by building vital energy and opening the flow of energy in the spine. Through dedicated practice to cultivate openness, receptivity, and sensitivity, we penetrate into the subtle realms of our Soul and the Infinite.

Kundalini Yoga, as brought to the West by Yogi Bhajan, works with both the upper and lower chakras and includes many aspects of various traditional yoga disciplines. Specifically designed sets or kriyas, combined with mantra and pranayama meditations, systematically balance, purify, and integrate all of our chakras and aspects of our being. As our energy field builds up a charge, pranic pressure accumulates and our mental focus turns inward. The opening and releasing of the Kundalini, or soul force, is triggered; the veil of separation between physical and non-physical reality is gradually dissolved.

As our mind awakens and is drawn inward, we become aware of the subtle energies of our Soul. We experience ourselves in relation to the all-pervasive Infinite Presence. Our connection with our Soul and the Infinite gives us the power to discriminate, live in accordance with higher truths, and follow our heart.

Full-Body Feeling Meditation

We are drawn to meditation because it is said that if we meditate, we can find inner peace. We believe that somewhere inside ourselves there is a place where we can experience equanimity and happiness. Fortunately this is true.

Becoming conscious in our neutral mind is the most basic aspect of our meditation practice. Meditation starts (and continues) by activating our inner sensory faculties and orienting our sensory awareness inward. Inner focus makes it possible to change channels from our dualistic mind to our neutral mind and thus to find an inner exit strategy from mental conflict. Both as beginning and seasoned meditators, we continually strengthen our neutral mind to cultivate experiences of inner peace and harmony.

Kundalini Yoga and Meditation offer us powerful tools that make it possible to (1) access our neutral channel and experience its qualities, (2) integrate peaceful energies down through our chakras, grounding the higher frequencies and integrating their qualities into our body, and thus (3) awaken to an experience of *full-body feeling meditation*.

In addition, the physical postures, mantras, and pranayama prepare our body and mind to link up with the Universal Mind and Flow. Properly calibrated, our whole being synchronizes with universal energies, and we can meditate on and enjoy infinite peace.

Mantras Are Our Gurus

Meditation often reveals and even triggers negative emotions, reactions, and irritations. These uncomfortable feelings arise from within when we give ourselves the space to allow and expose what is going on in our unconscious and subconscious. Usually we are so engaged in daily activities, preoccupied with survival, absorbed in our routine, chained to our attachments, and emotionally entangled in all of the above, that our inner state is hidden from view.

Accordingly, the first phase of a meditation practice is dominated by a cleansing process, where the subconscious releases a huge backlog of garbage. Negative responses, distracting thoughts, and pain are all normal in the initial phases. Fortunately, we have the technology of divine sounds to aid in the cleansing process.

Mantras Are Peaceful Purifying Agents

The recitation of mantras initially (and progressively) serves as an inner cleansing agent. We can't control our subconscious, but we can clear and soothe it with the steady chanting of mantras, which bring up and clear out the dirt — negative thoughts, emotions, feelings, etc. — that are not supported by the divine vibrations. Chanting sacred mantras awakens and strengthens our neutral channel, where we are able to let our thoughts pass through and be released.

Through jappa (repetition of a mantra), we train and encode our mind with the rhythm, sound, and higher meaning of the mantras, which transmute lower frequencies to higher neutral vibrations. Jappa thus challenges subconscious programs that have a life of their own. Who will win: our stories or the mantra? The conflict between our subconscious programming and the higher vibrations of the mantras creates a feeling of irritation. As the soothing sounds clear the subconscious and balance energies, the conflict is replaced by peace.

Even though this cleansing and awakening process can be uncomfortable, it has a valuable result — all parts of our being are recalibrated to synchronize with the Infinite and our Soul. As sabotaging patterns are nullified, we become intuitive and sensitive to our Self. We can thus recognize the difference between supportive and destructive thoughts and beliefs, which enables us to see the consequences of our actions before we act. We start following our consciousness instead of our impulses, and our actions and words have an elevated impact that creates resolution, peace, and harmony.

Closing the Gap with Naam

As we've seen, in our unconscious asleep state, we are distracted, possessed by, and identify with thoughts and emotions that limit our concept of self. Our inner reality is interlocked with neuroses and pain. We exist as predictable patterns of behaviors instead a dynamic flow of vital energy and clarity of consciousness.

Ultimately, we experience emptiness and distress because there is a gap between Soul Self and

personality self. The gap happens in our unconscious state when our human self is unable (or not yet trained) to compute and be conscious of the subtle frequencies of our Soul Self. The lower frequency of fear creates the barrier. The higher frequency of neutral love dissolves the wall of fear.

Through the recitation of mantras, which are infused with infinite sounds called *naam*, we are able to close the gap in the mind, which causes us to perceive a separation between our finite and infinite selves. Mantras are pure, neutral, and peaceful, seeding purity, neutrality, and peace into our being.

Naam is thus an elevating antidote to the conflicted mind. While chanting mantras encodes universal vibrations that help us remember and choose our soul, Spirit, the Infinite, and Love over our limited ego stories, *naam* infuses the infinite vibrations into finite reality, making the Infinite tangible and real. Eventually, we achieve *naam chit aveh*, meaning God comes to our mind at all times and in all situations.

In addition, the repetition of mantras awakens the frontal lobe of our brain, where our neutral mind is activated, by changing the neuron patterns and by imprinting higher vibrations. The sounds clear the fog off the window of the mind so we can perceive truth beyond need or fear. As we chant the sounds, their energetic templates penetrate so deep that shifts can happen. They break up, reorganize, and refine energetic structures and awaken our perceptive capacities. The gap is closed and we awaken to our soul and the Divine within.

Reactions during Meditation

During meditation, it is normal to be unable to maintain our focus or stay in our neutral channel all the time. Our neutral mind is not yet strong enough to overcome the intrusions of our dualistic and subconscious minds that intervene with thoughts and stories. And if we are unable to stay in feeling awareness in our body, the higher vibrations may transport us out of our body. If this happens, gently, with feeling sensitivity, pull yourself back into your body.

We can be consumed by many diversions during meditation. Our positive mind can provide an escape route as it wanders into illusions and fantasies. Our negative mind can disagree with anything positive and start judging, analyzing, and criticizing. The power of our negative mind interlocks with our positive mind, and together they can spiral down into our subconscious to support wounded programming. Yes, you are a victim! Yes, life is unfair! — the inner conflict always seems to demand our attention.

We unfortunately don't just experience peace as a result of meditation. When our wounded emotional body is not yet healed and integrated at higher levels of consciousness, we are prone to react with various forms of negativity and upset. Our subconscious programming creates a distortion in how we feel, react, and behave and generates programmed responses that are based in the past, not the present. The degree of our reactions, irritations, and frustration also depends upon the strength of our nervous system, the strength of our neutral mind, and our attitude toward life.

However, from our neutral stance, we can watch what triggers our reactions and challenges to our identity, beliefs, habits, and comfort zones. And with time, we move into higher levels of neutral consciousness, where we are less reactive, more peaceful, and happier.

Process from Neutral Mind

During our meditation practice, we do our best to process our inner commotion, negativity, irritation, and resistance from our neutral mind. This means that we don't judge, analyze, avoid, or condemn any feelings or thoughts. And we don't try to negate them by substituting a "positive" thought, which is actually an exercise in denial. Always remember, *neutral is our best friend!*

In neutral, we can stay present to our energetic feelings and decode their messages. Allowing, feeling, and accepting emotional energies are part of the transmutation process of reclaiming the feminine polarity of our soul. Feeling the fear and negativity that burns within is not the fun, ecstatic part of meditation, but it is a necessary part of the process in order to get to the goodies.

Be patient. You are engaged in deep transformative personal therapy. Be honest and kind to yourself and continue your practice. Let the mantras do their job. They are encoding the vibration of higher love and installing a template for deep sensitive feeling consciousness. Over time, the result is purity of mind, emotional freshness, and a more peaceful state of being.

Learn to call upon mantras and make them your *guru*. The sacred words, rhythm, and meaning give us stamina to face our challenges and tests.

Our Evolutionary Journey Is Never Over

Kundalini Yoga is a precious spiritual technology designed to expedite our awakening process and help us take advantage of the cosmic forces that course through our being. This path, like every path, involves a commitment to ourselves and our life. We must be willing to experience both the positive and the challenging effects and be ready for an inner renewal and lifestyle change. With kindness and self-love, we can deal with buried emotions, be accepting of uncomfortable feelings, and get to know ourselves at a more profound level.

Growth requires looking at the asleep (dark side) of our being. Kundalini Yoga does not help us bypass our dark side. On the contrary, it exposes it. If we are not willing to look, we will find an excuse and move on to something else. The good news is that Kundalini Yoga gives us the means to find and infuse the Light of consciousness into the parts of ourselves that are not yet developed and to access our gifts. If we interpret darkness as the absence of Light, we can find the strength and the courage to pursue our practice, knowing that we can find our inner gold.

There are no quick fixes that expeditiously deliver us from an unconscious to a conscious state. We do not all of a sudden become "awakened" or "enlightened," and then there is no more work to do.

Rather, our evolutionary journey is never over, nor complete. As we add months and years to our yogic/meditation practice, we uncover meaning and have experiences that were previously inaccessible. We gain a greater understanding and experience of ourselves, the Universe, and our relationship with life and, in that way, function better in our daily activities and experience more wholeness. We find inner peace and enjoy deeper levels of satisfaction as we live conscious lives from our heart.

No one can promise us an easy journey, but progress is guaranteed to those committed to their spiritual practice. There are such a great variety of stages and experiences possible that there is no way to categorize exactly what each person will experience, when, and how. The only thing for sure is that “it depends” on a multitude of factors. With a consistent practice, you will grow and evolve. Radical and delightful changes will then occur at the core of your being.

Shifts in Consciousness — A Summary

To encourage your commitment to a daily practice of Kundalini Yoga and Meditation, the profound shifts in consciousness that can result are summarized below:

- ◆ Our awareness and experiences deepen and become more subtle and refined. The vibrations of fear that separate our awareness from the Infinite and our soul are gradually dissolved and released. It becomes possible to experience the reality of Universal Love.
- ◆ The emergence of awareness happens as our neutral channel awakens. Experiencing infinite qualities (neutrality, clarity, non-judgment, fearlessness, forgiveness, and peace), we come out of our amnesia and become conscious of the dimension of Love.
- ◆ As the qualities of the Infinite infuse our being, we experience a sense of a Force or Presence that pervades our mind/body/aura. As the intensity increases, we are pulled into and merge with this energetic Presence. The idea of separateness simply dissolves, like the morning frost in the warmth of the Sun.
- ◆ We hear the sound and feel the vibration into which everything merges. The sound of silence encompasses everything. The pulsing sensation reverberates everywhere. Hearing the sound of the Infinite and resonating with its pulse in our body, we experience a deep happiness and our heart smiles.
- ◆ As our vibratory frequency increases along with our ability to stay inwardly focused, our awareness expands to simultaneously encompass every part of our being. We realize ourselves as an energetic presence, a radiant field, which we experience as our Soul.
- ◆ A deep inner clarity subtly draws us powerfully inward to remember *who* we are. Our rational mind is supportive of a higher knowing that gives us the most satisfying sensory experience of integrity and wholeness — *I am*. We can then live life from the perspective of oneness and Love.

♥ Part II: Training Basics

11. Training the Mind: The Discipline of Meditation

The *foundational tasks* of meditation are (1) to awaken, strengthen, and operate from our neutral mind, and (2) to activate and use our faculties of consciousness and intuition.

We find stability in our neutral mind so that we are not tossed about by random impulses, emotions, circumstances, and thoughts. With meditation, we can correct the lapse in consciousness that is created by fearful programming, emotional commotion, and mental distractions. And in this way, we can train our mind to follow our soul and our heart.

Our neutral mind is the home of our soul and the Divine, where we experience the Infinite in our finite being. With consciousness, we train our mind to stay awake and alert in our neutral channel and present in our physical body. We pay attention with our sensory faculties of *awareness, listening, and feeling*.

Training our mind to be our servant, instead of our slave driver, is a big job. Serious work is required! Actually, we are not just training our mind, we are recalibrating our whole being. Our subconscious, emotions, and physical body are equal players in our awakening process.

Enlightenment

Our goal is not enlightenment. If we were totally enlightened, we would be able to perceive the spiritual planes and be free of the physical plane. This is not likely for most of us, so we are going to focus on more practical and very useful goals like experiencing and maintaining a state of inner peace that stays with us during our daily activities. It is a great accomplishment to be able to remain internally calm and not be filled with stress, anxiety, conflict, and emotional turbulence. It is very satisfying to connect with our Soul Self, live our life with integrity, and feel deep inside that we are being true to ourselves.

Transformation of Consciousness

Nor is our goal to become perfect or to acquire supernatural powers. Our goal is transformation of consciousness so that we can (1) experience and live from the perspective of our soul, (2) be directed by our intuition, and (3) realize that we are always connected to the Infinite. Yogi Bhanan taught that the ultimate test and power is to be able to live conscious lives.

Transformation of consciousness is a process that involves training, consistent practice, discipline, rhythm, testing, healing, realization, knowing, expansion, and more. As explained in the previous chapter, we can use Kundalini Yoga and Meditation to cleanse, purify, activate,

and strengthen the various parts of our mind, as well as our physical and subtle bodies. As we cultivate neutrality, focus, coherency, and vitality, we gradually acquire depth and expand our awareness and sensitivity.

When we reach a certain level of self-sustained neutrality and are able to be awake and unattached with refined subtle sensitivity, meditation can be very enjoyable. But in the initial stages, it can be hard work and not always the bliss we wish were instantly and consistently available.

There Is Always More!

Attentive practice is required to penetrate into the subtleties of our subconscious, our soul, and the Infinite. We cultivate awareness incrementally, gradually releasing our resistance and overcoming our sleepiness so that we can be open and receptive to the richness of multidimensional existence.

Steady, slow progress builds a solid inner foundation. Expecting instant results is unrealistic. It takes time to feel, relax, and allow ourselves to receive the inflow of the Infinite Force. Our experience is always changing. As our awareness becomes more subtle, our mind becomes more refined and clear.

The path to higher consciousness has many twists and turns. Awakening can't be given, forced, or bought. We continually refine our skills, awaken our faculties, and discover our gifts. We move through many stages and levels and go deeper into our experiences. To sum it up, there is always more! We never outgrow the need to engage more fully in our unique life.

Training Principles

Below are some basic principles of our meditation training.

1. No Confrontation

The first training principle is *We don't train our mind through confrontation*, i.e., beat ourselves up with negativity. Any type of self-effacement keeps us in our dualistic mind, which feeds off of conflict. There is no chance to reach our goals if we continue to fight with ourselves and let our negative mind be in charge.

2. Dwell in Neutral

We have to find our neutral channel and establish it as our center and base of operation. As we cultivate and dwell in neutral, it becomes our sacred space. We then continue to refine and upgrade our relationship with our sacred space.

3. Kindness and Self-Respect

Discipline and training must be directed with an attitude of kindness. Willful force is counterproductive. Our attitude is based in acceptance, not rejection. We treat our sensitive inner self and body with gratitude, respect, and love.

4. Stay in the Body

It is imperative that we stay centered in feeling awareness inside our skin, both during meditation and in life. It is easy to get spaced out and leave the body. But we cannot enjoy and attract in physical reality if we are not in it. So stay connected to the sensations in your body.

5. Give the Mind Something Else to Do

The mind is always active. Our dualistic mind is always looking at alternatives, which can create confusion and conflict, if our neutral mind is not available to act as the detached observer and arbitrator. In our non-dual neutral mind, there is no judgment, discussion, or conflict. In neutral consciousness, we have the built-in capacity to command our mind. In neutral, we can give our mind something else to do.

6. Directing Our Mind

When we stay centered within and steady in conscious feeling awareness in our body, we can train our mind to serve us in many ways. We can direct it to (1) focus on our vastness, (2) experience our oneness with the Divine, (3) project peace instead of conflict, and (4) allow our peaceful, radiant presence to work for us.

7. Relax into Divine Qualities

We train our mind by consciously directing it to our neutral sacred space and by giving it the task of focusing on neutral qualities: stillness, silence, peace, vastness, and any other divine quality that pulls us inside to our sacred space.

Our ongoing task/goal is thus to relax within ourselves (in stillness or another quality) until there is no gap between human “me” and our oneness with the infinite qualities of the Divine.

Comparing Dual and Neutral Minds

Training our mind requires us to be able to distinguish between our dualistic mind and our neutral mind, whose basic natures and modes of operation are very different (and complementary). We need both to operate as functional human beings. The following outlines the essential differences between the two:

Faculty

- ◆ The primary faculty of the dualistic mind is *thinking*.
- ◆ The primary faculty of the neutral mind is *consciousness*.

Process Mechanism

- ◆ The dualistic mind processes through *thoughts and analysis*. *We engage in thinking*.
- ◆ The neutral mind processes through *intuition*. *We engage in listening*.

Purpose

- ◆ Our dualistic mind offers us *alternatives and choices*.

- ◆ Our neutral mind offers us *clarity without discussion or judgment*.

Perspective and Information

- ◆ The dualistic mind gives us information from our *limited ego and subconscious programming*. We are personally engaged and attached to its opinions.
- ◆ Our neutral mind gives us information from our soul and offers us a higher *universal, detached perspective*.

Nature

- ◆ The nature of our dualistic mind is always *active, unstable, and alternating between negative and positive*.
- ◆ The nature of our neutral mind is *stable and peaceful*.

Time

- ◆ Our dualistic mind computes *for* time and space.
- ◆ Our neutral mind operates *above* time and space.

Training Stages

As outlined in the chart below, training includes (1) cultivating consciousness and activating our subtle sensory *faculties*, (2) acquiring focus and attention *skills*, (3) tuning in to and becoming one with basic *neutral qualities*, (4) developing basic *capacities*, and, over time, (5) enjoying the spiritual *gifts*. In so many ways, we can tap into our potential, resources, and powers and awaken to infinite blessings.

1. Pay Attention

We do the techniques, and then we pay attention with our subtle sensory faculties of (1) awareness, (2) listening, and (3) feeling. With these faculties, we direct the mind to be present to what we are feeling in our body and to the space in our mind. We become conscious of our consciousness. We get in touch with our physical, mental, and emotional condition and feel the energy in our body.

2. Acquire Skills

As we practice the techniques, pay attention with sensitivity, and release resistance, we acquire and refine skills. We are able to (1) pay attention and focus with more clarity, (2) be centered within ourselves, and (3) contain and consolidate our energy.

3. Pay Attention to Neutral

We connect with and build our neutral mind by first tuning in to and becoming one with its basic quality — neutral. We practice being consciously aware and not thinking. Then we tune in to and integrate other infinite qualities into our sensitive awareness.

4. Skills Become Capacities

Our skills deliver capacities. The experiential process of change creates an energetic self-refinement. We develop a sense of self, self-confidence, and tap into our inner resources. We notice that in neutral we can begin to let go, receive, trust, and surrender.

5. We Earn Spiritual Gifts

Realization and relaxation come together as we connect with and gradually relax into the natural rhythm and flow of life. We receive many gifts that make it possible to enjoy a fuller life.

You can use the following summary chart to guide your journey and monitor your progress.

Faculties, Skills, Qualities, Capacities, Goals/Gifts

1. Consciousness and Subtle Sensory Faculties

Consciousness	Awareness
Listening	Feeling

2. Skills

Discipline	Attention and Focus
Center, stable core	Choice
Desire	Attach to what is permanent
Detach from moving, changing, let it flow, don't interfere.	Contain and Consolidate

3. Qualities to Tune in to and Become One With

Neutrality	Peace and Equanimity
Stillness	Silence
Stability, male polarity	Vastness
Fearlessness	Freedom/Independence
Flow	Strength
Secure/Safe	Satisfied, not needy
Sacred Space	

4. Capacities

Be Present in the Now	Neutral Observer
Acceptance	Openness
Receptivity	Grounding
Motivation	Magnetic Attraction
Relax	Let Go
Satisfaction/Contentment	Expansion
Merge	Trust
Surrender	Enjoy

5. Earned Gifts, Goals, Products of the Process

Elevated Consciousness

Higher Perspective	Non-judgment
Observer	Detachment
Non-reactive	Self-Trust, Self-Love

Inner Peace

Feel Good, Feel God	Content/Satisfied
Savor, Enjoy	

Manifestation

Achievement	Creation
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Spiritual Attitude

Humility	Devotion
Kindness Compassion	Gratitude
Forgiveness	Grace
Humor	Lightness of Being

Impactful, Inspiring Presence

There is always a distance to travel. Just make sure you are on the right road pointed in the right direction. Neutral will always take you toward your soul and the Divine.



Enrich Your Mind with Consciousness

We tend to avoid working with our mind and don't like the idea of discipline. Get over it! Money cannot buy meditation, experience, or happiness. Therapies that cater to our animal impulses do not serve us. Meditation caters to our soul.

Mental Strength

The key to our happiness and strength is our ability to use our mind's mechanisms to become conscious, to determine what we project into the world, and to support our goals and mission in life. The strength of our mind is determined by (1) our oneness with infinite qualities and (2) *our ability to switch gears from negative, to positive, to neutral.*

Every time our mind creates a problem, it is because we cannot shift gears and go into neutral. When we can't connect to neutral, we can't experience and be directed by our Soul and the

Infinite.

To strengthen our mind, we (1) balance our strongest mind, (2) strengthen our weakest mind, and (3) develop a strong neutral mind.

We have negativity in our life because we are stuck in our *negative mind*, where painful thoughts haunt us and make us feel uncomfortable. Our positive mind makes matters worse when it is unable to shift into neutral and instead digs into our subconscious memory, expands our fears, and reinforces our negativity. In neutral, polarities offer us choices, and we can see both sides, independent from our subconscious conditioning and memories.

Mental Refinement and Results

We elevate and refine our mind with the infinite qualities that we experience in our neutral mind. This is the simplest and most direct method to achieve Yogi Bhajan's advice to make our mind "gem quality." We can thus control, supervise, enrich, and strengthen our mind with awareness and consciousness.

With a strong neutral mind, we can shift gears, establish rhythm and harmony, and connect with our peaceful inner space that is the foundation for self-esteem, self-confidence, self-fulfillment, and deep satisfaction.

As we clear out our mental garbage with meditation and attain mental strength and flexibility, our mind becomes like a crystal mirror. With light in our mind, we see with our inner eye. We see our soul. We see God everywhere.

When we can remain neutral in the play of positive and negative, and they do not pull us away, we can receive the touch of Infinity and become radiant. When the opposites do not make us shaky, we can sense the Infinite and relax into oneness. It is then easy and natural to surrender our head to our heart, our soul, and the Infinite.

"What's the Matter?"

Wrong question. A better question when we feel pain, frustrated, upset, incomplete, etc., is "How can I be more effective in creating the kind of life I want to live?"

We are souls living temporarily as human beings in physical reality. We all have weaknesses, fears. The nature of this dimension confronts us with challenges and lessons to learn. The good news is our happiness, state of being, and quality of life is regulated in our mind. Because of this, we can always call on our soul and God for inspiration and help. An important goal of meditation is to awaken us to our divine connection and to enable ourselves to use this power.

With meditation, we can awaken, expand, stabilize, and strengthen our neutral mind. With access to our neutral space, we can move out of mental manipulation, emotional drama, frenetic agitation, and ungrounded grasping for something we cannot even identify. We thus move into a place of peace where we can operate in a totally different way.

Develop a Caliber of Consciousness

Human life tests our caliber. The most basic test centers around whether we can cut through the veil of time and space and awaken to the timeless dimension, or do we remain asleep muddling around in 3-D without a clue?

It is a given that our physical, mental, and subtle mechanisms respond to our environments, thoughts, impulses, feelings, and emotions. How we react and interact with life is dependent upon our state of consciousness.

In our asleep state, we perceive and relate only to the physical world and our limited ego self. We might believe that God exists, but we must support this belief with a visceral experience. To do so, we must raise our frequency so we are able to consciously compute and respond to infinite vibrations.

Our tests occur throughout the course of our everyday life. Every day we have an opportunity to identify our hidden agendas in a situation, recognize our role, and say no to our own programs and yes to our consciousness. We can thus observe how we participate in creating conflicts and choose to act from a neutral, compassionate heart. Our daily task then is to use our intuitive insight to penetrate to the cause, identify why we were triggered, and understand the effects of different choices, and then make choices from an inner place of neutrality and maintain our inner place of peace.

Cleansing our mind and rejuvenating our body is an ongoing process. With time, we gradually (1) awaken to infinite reality, (2) experience that our soul is part of the Infinite, (3) identify with our Soul and the Infinite, and (4) live from this awakened consciousness. Our human vessel thus begins to radiate and project divine qualities, which creates an effective and penetrating effect on our environment and establishes synchronization with our Soul and the Infinite.

Reclaim Your Sensitivity and Intuition

Yogi Bhanan says we live in a state of hypnosis. We are hypnotized to the point of neuroses by our mind, our desires, mass consciousness, religion, the media, and the political and economic system. The stress and burdens of *the go-go-go, do-do-do mode of living* cause us to lose our sensitivity.

With our neutral mind as our base, we can release the hypnotic trance and reclaim the most powerful human capacities and gifts: consciousness, intuition, and subtle sensitivity, which give us inner strength, courage, and endurance to go through our challenges.

Our free will gives us choice, but we need our intuition to use our free will wisely. With intuition, we can filter our choices through consciousness and sensitivity, not through habits and programming. When our sensitivity is not consumed by stress, it is available to listen to our soul and to perceive the Infinite.

When we can consciously reach our intuition, we are different; we can call upon our Soul and the Infinite. We can relax, trust ourselves, and be happy.

Summary Goals and Touchstones

To summarize, neutral is where we

- ◆ Train our mind to operate from consciousness
- ◆ Expand our awareness and subtle sensitivity
- ◆ Develop clarity of perception and our intuition
- ◆ Relate to our soul and acquire self-trust and self-love
- ◆ Connect with the Infinite, dwell in its qualities, and allow it to serve us

As we cultivate and awaken the faculties of attention, awareness, listening, and feeling, they emerge as skills and capacities that become available more often until they begin to operate automatically. Our subtle sensitivity thus elevates our senses to a state of more comprehensive awareness, opening up an availability to be present to what is happening in a larger arena of our inner and outer realities.

Attention and listening activate our intuition and make it easier to listen to our soul voice instead of being consumed and controlled by random thoughts. Over time we become more at choice and can choose to follow our intuition when it alerts us to the implications and consequences of possible actions.

With the Discipline of Meditation We Train Ourselves to

1. Stay awake, conscious, and alert in our neutral channel
2. Cultivate the qualities available in neutral and integrate them into our way of being
3. Train our mind to serve instead of sabotage us
4. Evolve from ego to soul consciousness
5. Live from a non-judgmental, non-attached, heart-centered consciousness
6. Release subconscious manipulation and turn to consciousness for support and guidance
7. Accept, trust, and love ourselves and the Divine
8. Rely on our sacred space, the light of our soul, our radiance, and our presence
9. Experience, trust, surrender to, and live in the flowing pulse of the Infinite



How to Proceed

The rest of this manual presents a compendium of classes that stand alone, complement, and build on each other.

The chapters in **Part II: Training Basics** explain basic concepts on *how* to train our mind. The subsequent sections deal specifically with

Part III — Our Relationship with the Infinite

Part IV — Our Relationship with Self

Part V — How Do I Love?

Part VI — Kundalini Yoga Kriyas and Meditations

Each chapter adds a piece to the process and contains directives to guide your attention during and between exercises.

*Each lesson has its own focus that builds upon the basic instructions. Direct your focus to have the specific subtle experience called for in that lesson. For example, pay attention to *stability* or *vastness* to install that quality and experience in your mind. Each quality opens the mind in a different way.

To awaken the body and mind to these inner experiences, specific Kundalini Yoga kriyas and meditations are suggested. However, any kriya and meditation in this book can be used.

At the beginning of the section containing the Kundalini Yoga kriyas and meditations, there is a description of the effects of each. This overview will help you choose which ones to practice.

Because of the comprehensive nature of this technology, every kriya and meditation produces multiple and holistic effects. To receive lasting benefits, it is recommended to practice a kriya and meditation for 40 days. You can focus your inner training in various ways while practicing the different techniques. Although this book has set out guidelines, the combination of training focus and choice of kriyas is up to you. Trust your inner guidance and, above all, do something every day.

According to Yogi Bhanan: Meditation gives the body the power to relax. Meditation gives the mind the power to experience Infinity. Ego does not have the power. Our soul has the power. Meditation awakens the power of the soul.



12. Basic Guidelines for Inner Awareness Training

This chapter outlines a number of basic guidelines for paying attention and training your mind. We will build on these guidelines throughout the remainder of this manual.

Change Channels, Awaken Neutral Mind, Find Inner Space

The following are the most basic guidelines to awaken and become aware of your neutral mind and inner space.

1. Pay Attention with Sensory Faculties

Our first task in meditation is to *pay attention* to ourselves (to our bodies and inside our skin) with our subtle sensory faculties of (1) awareness, (2) listening, and (3) feeling. We train ourselves to use our sensory faculties to focus *inside instead of outside ourselves*.

Use these faculties to direct your mind to be present to what you are feeling in your body. Get in touch with your physical, mental, and emotional condition. Don't analyze or think about anything. Deeply listen, feel, and be non-verbally present to your body and breath.

2. Look Inside Your Head

Close your eyes. *Look* inside your head. Keep looking until you see a dark space. This space can be dark or light, but it is usually simply a dark cave-like space. Whatever you see (dark, space, nothing, empty, etc.) pay attention to that. Use your faculties of awareness and listening to tune in to the neutral space in your mind. The more you look, the more you will realize that this space is vast, pure, open, and totally available for you.

Your primary and ongoing training then is to focus on the *space* inside your head. Do not get distracted by images, lights, or any other visuals that might appear. Look deeply beyond any thoughts or visuals.

3. Listen Inside Your Head

In addition to looking, engage your faculty of listening to listen *inside* your head. Listen between your ears, as though you have an inner ear inside your head. Listen deeply underneath any thoughts, until you hear the sound of silence. You will become aware of a "sound" that is always there. This is a constant infinite "sound of silence" that is very soothing and always in the background.

4. Keep Coming Back to Neutral

It is normal that your attention will be diverted by thoughts in the dual mind, which continues to emit thoughts. Allow the thoughts, but don't pay attention to them. Engage your faculty of listening to pay attention to the sound of silence. Don't get involved in thinking, evaluating, analyzing, or judging what you are doing. You will notice that when you engage your attention on rational mind activities, you pop out of your neutral channel.

5. Dwell in "My Sacred Space"

We quickly notice that our inner space is always there. We can always return to this place of peace, which is permanently in our psyche. The sound of silence is always present without discussion. This experience of permanency is comforting and reassuring. We begin to trust that we have an inner sanctuary to which we can always return. Think of it as *my* personal space. No one except *me* has access to my sacred space of peace.

Our task then is to (1) access, (2) stay in, (3) deepen, and (4) train ourselves to operate from the vantage point of our sacred space in our body. As we do so, we can hold this inner space of stillness and place of peace and equanimity inside ourselves while we carry out our daily activities.

Train yourself to simply (without judgment or frustration) return your attention to your sacred neutral space.

Consciousness in Neutral Mind

Once you connect with your inner space, you can awaken the faculty of consciousness and experience the following:

1. Notice the Differences Between Your Dualistic and Neutral Minds

Dual mind: thinking, analyzing, evaluating, figuring out

Neutral mind: Available to receive information, listening to intuition

Notice that your sensitivity opens up in neutral. It is easier to listen, feel, and be aware. In your neutral channel, you discover another reality beyond your thinking and thoughts.

2. Looking Becomes Consciousness

Something else very important happens in neutral. As we turn our faculty of seeing inward, it becomes perception and awareness. We are no longer looking with our two eyes. We begin to look and perceive through our third eye. Awareness thus becomes consciousness.

3. Awaken the Faculty of Consciousness

Feel your crown chakra to awaken consciousness.

Become aware of the difference between thinking and consciousness.

In the dual mind, we think. In the neutral mind, we use consciousness to be aware.

Practice being consciously aware and not thinking.

4. With Consciousness, Observe Without Judgment

Consciousness awakens the capacity to be the *observer*, without judgment. Our observer faculty is available at the third eye. We can be aware of our impulses, conflicts, emotions, and stories without reacting.

5. Monitor the Perspective and Nature of Information

Both minds have their own perspective and offer us different information and guidance.

Our dual mind speaks for our limited ego and is personally engaged. The information is often emotionally charged and speaks for our conditioned programming.

Our neutral mind speaks for our soul and offers us guidance from our higher self and the Universe. Our neutral mind is detached and sees the bigger picture. Sometimes our ego mind does not want to pay attention!

The Quality of Neutral

Once we are able to access our neutral mind and space, we deepen our experience by paying attention to the qualities of neutral. The first quality is *neutral!*

1. Pay Attention to Neutral

Connect with and build your neutral mind/space by tuning in to and becoming one with its basic quality — neutral. Neutral is your foundation. If you only concentrate on neutral and build a relationship with neutral, the rest will follow.

Notice that your neutral space has no opinion. There is no discussion. There is only one thought — the sound of silence. Neutral is not judging you, making you wrong, blaming you for anything. It is simply there for you, holding you, accepting you exactly the way you are.

2. Pay Attention to the Neutral Breath

Your breath is neutral. Your breath has no opinion; it is simply breathing. Pay attention to your inhale and exhale. Let your breath pull you into a deep awareness of neutral.

Feeling and Grounding Neutral

To sustain the experience of neutral, the following grounding directives guide us to anchor our awareness in our body. Below is a summary outline of awareness guidelines to be used and refined in all the subsequent lessons.

1. Deeply Listen to Awaken Your Feeling Faculty

Deep listening awakens our feeling function. Try it! Deeply listen inside your space until you notice that you are feeling sensations in your body. Notice also that by deeply listening to your breath you begin to feel its movement, pulse, and rhythm in your body.

2. With Feeling, Ground the Neutral Qualities in Your Body

The faculty of feeling connects us to our body. Feel the quality of neutral being infused into your body. Relax and let your body be absorbed into this neutral sensation.

3. Be Present Inside Your Skin

Feel your skin as the container of your neutral space. Inside your skin and body, you feel very present to yourself.

4. Enjoy and Expand

Train yourself to keep going back to the quality of neutral and how it feels in your body. Look and listen deeper and be more attentive to the pleasurable experiences of neutral in *my space*. There are many nuances that we cultivate from our basic awakening experiences.

♥ Suggested Kriyas and Meditations

Chapter 18, *Oneness with Infinite Qualities*, expands on these guidelines. The most basic Kundalini Yoga kriya to begin with is *Pineal Gland Kriya* (p. 244). See also Guru Rattana's online classes *Accessing Our Neutral Mind* and *Moving from Belief to Experience* (Mind/Air Element). Guru Rattana's streaming video classes are a valuable resource for your Kundalini Yoga and Meditation practice and are available at <http://www.yogatech.com/grol.html>.

*Through that clear mind, you can see the light of the soul, and
from the light of the soul, you see the entire universe, which is
bountiful, beautiful, and nothing but an act of love.*

– Yogi Bhajan



13. Training Our Mind to Pay Attention

There is a basic formula — pay attention, listen, and feel.

As described in the last chapter, our first and ongoing lesson is to train ourselves to pay attention with our subtle sensory faculties of (1) seeing/awareness, (2) listening, and (3) feeling. We use these faculties to awaken our consciousness and to shift into our neutral channel.

Initially, we train ourselves to pay attention to what we are feeling in our body, with the goal of cultivating our spine as our center. Focused concentration comes incrementally. Our ability to pay attention to what we are feeling in our body, our spine, and our neutral channel are touchstones to monitor our progress.

Next, we train ourselves to process our thoughts through our breath and mantras. As the rhythm and power of our breath and mantras synchronize our body and mind, we clear the subconscious and remove mental, emotional, and physical distractions. It becomes easier to pay attention to what we are feeling and to focus on our neutral space and its qualities.

With neutral attention, we can further engage our sensory faculties to be present in feeling awareness and still remain detached in our mind. As the elemental energies balance and harmonize, we develop self-love and acceptance, which greatly facilitate our awakening process.

As we cultivate and awaken the faculties of attention and focus, they emerge as capacities that operate automatically and are available for us to use, i.e., our mind voluntarily pays attention and we can direct it.

It is with our faculties of focus and attention that we tune in to and activate the experiences that we wish to cultivate, which is the subject of this book.

It might seem superfluous to emphasize paying attention, but the fact is that if we could actually focus our mind, we could acquire powers, radiance, and consciousness that far surpass our wildest imagination.

The two chakras that activate our capacity to focus are the navel chakra and the third eye. Exercises that affect these chakras are a part of every Kundalini Yoga kriya and meditation. They include Sat Kriya, leg lifts, Breath of Fire, and pranayama exercises that pump the navel center. Focusing at the tip of the nose and third eye and Kirtan Kriya awaken the third eye.

14. Consciousness and Sensitivity

The Opening to Our Perceptive Mind and Subtle Sensitivity

The human mind has the capacity to connect with the Infinite and to awaken to the light of our soul. To do so, we must find the opening where we can penetrate deep within. Our sixth chakra, or third eye, is the keyhole that opens the door to our neutral, perceptive mind. The opening is like a door we walk through to move out of our dualistic mind and into the home of our Soul and the Infinite.

Our neutral mind takes us beyond our thoughts, reactions, and programming to another way of perceiving and understanding reality. As we've seen, it awakens us to the perceptive faculties of *awareness, consciousness, intuition, and subtle sensitivity*. In meditation, we train our mind to use these faculties.

The faculties of our dualistic mind are thinking, comparison, contrast, computation, judgment, and analysis. We must constantly monitor our mind and ask ourselves, "Am I *thinking* or am I using my faculties of awareness, consciousness, and subtle sensitivity?"

We "think" this is a good idea. But thinking does not open the door.

Polarities Work Together: Consciousness and Sensitivity

We walk through the door to our neutral mind with our faculties of looking and listening.

Looking becomes perception and awakens consciousness.

Listening becomes feeling sensitivity and awakens in-the-body aliveness.

Consciousness is the soul expression and experience of our stable mind polarity.

Sensitivity is the soul expression and experience of our flowing feeling polarity.

When our neutral mind connects with consciousness, it elevates our emotional body to compute and express feeling sensitivity that exists beyond the chaotic emotional reactions that are generated by our subconscious programming.

Computing Through Consciousness and Sensitivity

In meditation, we thus train ourselves to compute through consciousness and subtle sensitivity, not through thinking, analyzing, and emotional reactions.

On a spiritual path, we are tested with every step we take — to be both conscious and sensitive. We must *choose to stay conscious and to embrace our feeling sensitivity*.

- ◆ *Without consciousness, the door to our soul and Infinity closes, we revert back to dualistic reality. Without consciousness, our thoughts, senses, and emotions engage us in conflict and destructive scenarios.*
- ◆ *Without feeling sensitivity, consciousness is dull, lifeless, and empty. Without feeling sensitivity, we do not remain conscious because we are bored and create stories.*

Feeling sensitivity is the glue that holds consciousness in our body.

Our Feeling Polarity

There are two ways our feeling polarity can be expressed: (1) *In our asleep state, we engage in commotional emotional dramas as an outlet to express our vital energy.* (2) *In awakened consciousness, we engage our feeling sensitivity to enjoy feeling alive.*

In dualistic consciousness, it can be scary to feel our emotions, which are a product of programming and not the true expression of our soul. When we are in neutral consciousness, it is pleasurable and stimulating to feel the subtle aliveness of our soul.

Our Choice

Throughout the course of our daily lives, we can ask ourselves, “Does this choice expand, uplift, and elevate me to a state of *sensitive consciousness?*” If there is no lift, no elevation — it’s just flat or creates a conflict — we can make the choice to find the opening to our soul channel and awaken our feeling sensitivity.

Identity, Flow, and Peace

To review, in our perceptive neutral channel

1. We become aware of our identity as a soul.
2. We awaken to an infinite space that is universal.
3. We feel a sensitivity, an aliveness that is not subject to or controlled by thoughts or negative emotions.

In this space, there is a peace that we can enjoy.

In this sensitivity, there is a flow that we can relax into.

Flow and peace create Love. Consciousness and subtle sensitivity make it possible for us to enjoy this state of Love.

Training Directives: Focus on the Keyhole

To find the keyhole and open the door, focus at the point between your eyebrows, just above the base of your nose. Pay attention with your faculties of inner seeing and listening. Your *directed focus* has the power to penetrate through your dualistic mind into your neutral mind. You become aware of a place that exists beyond time and thoughts and is always available when you pay attention.

At your third eye and with your inner eye, look deep within.

Penetrate into your neutral perceptive channel.

Be aware that you are using your faculty of consciousness to pay attention.

Be aware that with consciousness, you have the ability to perceive beyond thought.

Listen deeply to the silence until you feel both peace in your mind and aliveness in your body.

Allow your breath to merge into a pleasurable feeling flow in your body.

This feeling of flowing love is your soul.

♥ Suggested Kriyas and Meditations

Kirtan Kriya, given on page 230 in the Meditations section of this book, is the most basic meditation given by Yogi Bhajan to clear the subconscious and awaken the third eye.

Head Set (p. 253) is a good kriya to practice before any meditation.

Your mind is not a joke. This mind of yours is a part of the Master Mind, the Universal Mind. That Master Mind is the custodian of the Almighty's force. In the Almighty's force, you are also a force. What can you do? Who are you? What is your concept? If you are not intermingled with that vastness, if you have not absolutely surrendered yourself into the Totality of this existence-life, then you will feel very independent, lonely, confused, and live a cursed life.

– Yogi Bhajan



15. Be Conscious of Your Consciousness

How we relate to ourselves, how we live our life, and what we do in the world can be profoundly transformed when we throw off our myopic glasses and look at ourselves and our life through the eyes of our soul, with consciousness.

Are you thinking or are you conscious? There is a big difference. Thinking and thoughts happen in the analytical mind. Consciousness and intuition happen in the neutral mind.

Defining Consciousness

The word “consciousness” has two different meanings:

1. “Being conscious” means that we operate from an expanded or higher state of mental/emotional awareness. In this case, “consciousness” refers to our level of awareness.
2. “Consciousness” also denotes the pure energy of our soul. We experience our soul not as a personality, but as “consciousness.” Our soul is a presence that is conscious.

Our soul does not talk to us like another person. Our soul is *not* a mental/thinking phenomenon. Our soul communicates with us non-verbally through intuition and feelings.

Conscious of Our Consciousness

We have to be consciously aware to experience soul consciousness and to receive its messages. Yogi Bhanan reminded us many times, “*Be conscious of your consciousness and how you use it.*”

Being *conscious of our consciousness* connects us with our purity, vastness, and truth. It also gives us an experience of protection, radiance, inner peace, and grace. It enables us to shift our life from pain and struggle to satisfaction, happiness, and magnetic attraction. Our life changes when we relate to others soul to soul, instead of story to story. We can magnetize another way of living when we act from the integrity of our consciousness and project this authenticity into the world. Our spiritual path is about bringing into practice these good ideas.

Our Mind, the Infinite, and Our Soul

It is true that, when looked at from a soul perspective, we are not our thoughts or our mind. The core nature of a human being is consciousness. But we can use consciousness to deal with our thoughts.

Our human/soul identity is a living consciousness, subject to time and space. Our soul has incarnated and been given time to do something in space. Because our mind operates above time and space, it can relate to Infinity and to our soul. To live conscious lives, we awaken our neutral mind and use it to pay attention to the Infinite and our soul.

Time and Place/Space

As a living consciousness in a human body, we are subject to time and space. In our human experience, it takes time to do something. What we do (every step, every action, every breath) happens in time and space, i.e., physical reality.

But our mind operates faster than time and space. Our mind operates independent of physical reality.³⁶ The *distance* between our mind and our physical reality creates a split or a gap in our psyche. The distance we must travel is (1) to connect our mind with our soul consciousness, and (2) to connect our soul consciousness with time and space.

We Do Not Know What to Do

When our mind is *not* connected to our soul in time and space, our mode of operation is essentially guess work. We gamble with life, always taking chances. Our dualistic mind can trick us with irrelevant and insignificant thoughts and interpretations. It generates thoughts, illusions, and fantasies and then magnifies them! Our mind creates what it thinks are good ideas and seduces us into believing and acting as though they are the truth.

Without connecting to our soul consciousness in time and space, we do not know what to do. We live in fear and uncertainty. If luck is on our side, great. If luck is not on our side, we suffer the consequences of the gamble. We then take another chance and create more suffering for ourselves.

To overcome this trap, *we train our mind to relate consciously to our consciousness and to make this a habit.* “When you relate to consciousness, your neuroses will fall away.”³⁷ In other words, we train ourselves to use, project, and live from consciousness.

We Do Not Live in the Present — An Absentee Life

Because of the *gap* between our mind and time and space, we do not live in the present. Watch how you conduct your life. For example, while eating breakfast, are you mentally already out of the house and in the car? When our mind is not consciousness in the *now*, it is entangled in thoughts and manipulated by emotions. Our mind leads our body around like a machine. Poor abused body. No wonder it feels stressed and tired.

The collaboration of our dualistic mind and our commotional emotions

1. Pushes and pulls us in so many directions
2. Tricks us into believing illusions and lies
3. Destroys our sanity and deprives us of our self-esteem
4. Makes us focus on things that are totally irrelevant and insignificant
5. Makes us forget what is most important in life

When we react, project our subconscious garbage, and let the unconscious activity of our mind and emotions control our reality, we live our life on a very shaky foundation. We live in fear.

When our soul consciousness is absent, our life is a series of disconnected mental and emotional activities.

Consciously Present

We experience fear when there is an absence of light in the mind, when we cannot experience the Infinite and our soul. But we can peel away fear and delusional thinking by experiencing infinite qualities with consciousness. When we experience that God lives in us, we can become fearless and live in fearlessness.

Our ability or inability to be conscious of our soul consciousness determines whether we live our life as a human being or as a robot. Yogi Bhanan explained that when the light of our soul is absent (or dim), there is no juice, no heart, no authenticity. When we react emotionally and project from fear and lack self-confidence, our words and actions lack penetration and impact. Restated in a positive way, when we are conscious of our consciousness and project from the light and love of our soul, what we do and say has power. Our mind was given to us to relate to Infinity. Consciousness is a gift that allows us to live an elevated life.³⁸

Conscious Choice and Conscious Living

We have been blessed with a desire to relate to our soul and to live a conscious life. We have also been given the gift of a spiritual path to facilitate this process. It is our choice at every moment to embrace this gift or not. If we make the choice to accept the gift, we can excel and grow in so many fascinating and beautiful ways. Make an experiment of living consciously for one week, or even just one day. When doing so, the following techniques will aid you in your path of conscious living:

- ◆ Practice keeping your mind alert to your soul consciousness and make decisions from this awareness.
- ◆ Be aware of and then resist letting your mind interlock with your ego stories and commotional emotions.
- ◆ See and relate to others' souls, not to their stories. Resist all temptation to engage in emotional and ego interlocks.
- ◆ Share the feeling of consciousness by acting and speaking with clarity, reverence, humility, and compassion. Reverence for yourself and others makes you healthy, happy, and effective.
- ◆ Be polite, respectful, and kind to everyone. Live with lightness, acceptance, and patience.

Then experience how much lighter you feel. Witness the heavy load that drops away. You will feel totally renewed. Even sickness can disappear. Your sensitivity and intuitive/instinctual attunement will increase. Your mind will become clearer, and you will experience the vastness and beauty of your soul.

You might also want to keep a journal to track what is going on in your mind and the world unfolding in your body.

Exercise: Three Modes of Consciousness

Humans operate out of three basic states of awareness:

1. Personal ego — Our life is generally directed by our limited ego and mental thoughts. We attempt to navigate our life and control and manipulate our reality with our dualistic mind.
2. Emotional — We are caught up in and controlled by the web of our emotional reactions. We make emotional decisions.
3. Conscious — We live in the neutral zone of soul consciousness.

Exercise Given by Yogi Bhanjan

This exercise helps us identify the three different levels of consciousness and where we are operating from. Start by making four columns on a piece of paper.

In column one, identify a question or issue. How about an issue related to forgiveness? In the other three columns write:

1. Personal/ego choice — control, manipulation mode
2. Sentimental and emotional choice — reactive emotional mode
3. Conscious choice — soul consciousness mode

From the three perspectives, (1) define the issue, (2) evaluate the situation, and (3) identify possible solutions. Your answers to each will be very different! What is your modus operandi?

Directives to Cultivate Consciousness

- ◆ In the clarity of your neutral mind, find consciousness.
- ◆ Listen deeply. Listen below all thoughts. Become conscious of consciousness.

Listen and feel deeply enough to experience the neutral, open, light, and clear radiation of the consciousness of your soul.

- ◆ Use your mind to pay attention to your soul consciousness.

In the purity of your consciousness, feel the subtle energies of your soul in your body.

◆ Distinguish between

1. Personality/dual mind/ego consciousness — control mode
2. Emotional consciousness — reactive mode
3. Soul consciousness — aware, neutral mode

◆ Be aware of time and space with your breath and movements.
Go from one breath to the next.

◆ Monitor when you are connected to your soul in your neutral mind and when you are in your thoughts/dual mind. It is all about awareness and training.

◆ Be aware of time and space from soul consciousness.
Do you find it easier to connect in your body in soul consciousness?

◆ Be aware of the distance that you must travel.

◆ Be confident in your own consciousness.
Know that you can depend upon your own consciousness.

Use any mantra to bridge the gap and to release fear. With HAR, pump the navel, pull the locks, and vibrate the heart and third eye.

Our goal is to enjoy our journey in soul consciousness.
Be with your journey. Take one step/breath at a time.

Self-Assessment

- ◆ How does your view of a personal situation differ in the three modes of consciousness?
- ◆ In what areas of your life could you live more in the present? Pick one or two and practice.

♥ Suggested Kriyas and Meditations

Set for Electromagnetic Frequency (p. 226) and *Preparatory Exercises for Lungs, Magnetic Field, and Deep Meditation* (p. 258) will draw you into consciousness. See also Guru Rattana's online streaming class *Our Journey — The Distance* (Spirit/Fire).

What Is It Like to Live from Consciousness?

Yogi Bhajan shared the following about living from consciousness.³⁹

- ♥ Hate no one. Hatred, anger, vengeance can kill and cripple us.
- ♥ Love everyone. Love “gives you so much protection, grace, and radiance.”
- ♥ We don’t have to trust those entangled in their reactions and emotions.
- ♥ “Be confident in your own consciousness and let life be vast and creative as it is.”
- ♥ In consciousness, we are sensitive, reverent, and humble, and then we are “healthier, happier, and more effective.”
- ♥ Relate to yourself and others with consciousness, kindness, clarity, reverence, and vastness. You will become lighter, release so much excess baggage, and will no longer create emotional, commotional provocations or interlocks.
- ♥ When our mind is alert, neutral, and conscious, we feel light and renewed.
- ♥ Consciousness is a choice from the heart, with clarity, no duality. Consciousness is the path of the soul.
- ♥ *The ultimate test of consciousness is when it is impossible — our heart is kind and our head is compassionate. To be sure, time and space will test us on this one!*
- ♥ We reach a critical shift in consciousness when opposites do not take us away from neutral and when we perceive and experience polarities as (1) the stable peaceful Presence of the Divine Masculine, and (2) the Feeling Flow — the reality of the Divine Feminine.
- ♥ At some point we enter an expanded state where opposites do not affect us. We are content. We no longer want, grab, or desire. We are in a state of forget and forgive. We don’t have to try. Forgiving becomes *for giving* blessings. We surrender the past and the illusions to be reborn into self-realization.

If God has blessed you with a desire for conscious living and has given you a spiritual path, then take it. Walk with it. Excel in it. Grow with it. Then the most fascinating experience is that everything will grow with you. Everyone has a chance.

– Yogi Bhajan, *The Mind*, p. 113



16. Guidelines to Inner Peace

When you know God as peace within, you will realize Him as peace existing in the universal harmony of all things without. — Paramahansa Yogananda

How can we have an experience of inner peace? In meditation, we become aware of the peace that lives within us, around us, and everywhere. And Kundalini Yoga and Meditation help us prepare our physical and subtle bodies to vibrate at the frequency of peace.

If we pay attention in very specific ways, we can cultivate deep inner experiences. The following expands upon the basic guidelines to change channels in chapter 11. Each point is an experience to cultivate and to continually deepen. Keep this list handy.

In this lesson we focus on cultivating our experience of inner peace. In other lessons we build on these steps to develop our personal relationship with other divine qualities.

Awareness Guidelines to Inner Peace

Our inner awareness of peace begins in our neutral mind. The awareness guidelines below direct you to your neutral mind and to an experience of one of its primary qualities — peace.

1. To Access Your Neutral Mind, Close Your Eyes and Look Inside Your Head

Identify what you see. Some possibilities are space, empty, black, cave, void, nothing, emptiness, etc. Identify something that is under or behind your thoughts. If you are looking at colors or images, and they change, then that is not IT. Look deeper into a generic uncluttered space. Whatever IT is, that's your access route to your neutral mind.

2. Pay Attention to Your Experience

There are only two options: (1) pay attention and (2) do not pay attention. To awaken our neutral mind, to wake up, to cultivate awareness, and to have an experience of peace, we must train ourselves to pay attention to what we see. What matters is that we focus our attention on something.

Keep looking until seeing becomes awareness. We pay attention with our faculty of awareness. We are either aware or thinking. When we are thinking, we are in our dualistic mind. In awareness, we can experience our neutral mind.

As discussed in chapter 13, a critical part of meditation is training ourselves to pay attention. With focus, we open our third eye and strengthen our neutral mind. As both get activated, it is easier to pay attention and our awareness increases.

3. Exercise: Always There

After you have identified your inner space, open your eyes. Then close your eyes again and look into your space, darkness, or whatever IT is for you. Is IT still there? If IT is still there, then this experience is IT for you. If you were looking at something that is no longer there, then that is not IT. Look deeper.

It is of critical importance that you experience that your space is always there for you. You may stop paying attention for a while and lose connection. But when you look for it, it will always be there. Over time, the experience of permanence and stability will become stronger and anchor into your psyche. This experience is very healing and empowering.

In that way, our neutral mind becomes a sacred refuge where we can go to experience peace, which grows into a Presence that supports us and accompanies us wherever we go.

4. Exercise: Control and Not Control

Once you have identified your space, blackness, etc., do something to try to change it. Use your breath, intention, or movement to try to alter your space. Did it change? Could you influence it? If the answer is “no,” you are becoming aware of your space, because you cannot change it. If you were paying attention to colors, movement, or thoughts in your space, then look beyond or underneath this activity until you identify what is still there that you cannot change.

This exercise is very important because it gives us a visceral experience of what we cannot control. It helps us distinguish at an awareness and feeling level what we can influence and what we cannot. In our neutral channel, we can experience an imperturbable force that remains stable and does not move.

We do not create our neutral space or its qualities. IT and its qualities are there all by itself. They exist independent of our thoughts, desires, intentions, etc. Through attentive meditation, our experience of our neutral space and its qualities become deeper and more available.

5. At Peace

In our neutral space, there is a Presence, a universal energy that is peaceful and unaffected by what we do, think, or feel. When we can experience within us this energy that exists independently of our whims, thoughts, and moods, we can experience that it is peaceful.

Once we have identified the experience of peace, we must pay attention to it with awareness, listening, and feeling. Be aware in your mind and feel in your body that which is at peace within and with itself.

6. Peace Is a Force

Use consciousness (not thinking) to pay attention to peace. Enjoy the feeling experience of peace. Peace is a force, a universal energy, that is inside you, that vibrates in every cell of your body. Create a relationship with the Force of Peace. It is always there for you.

7. Peace Lives Within You

In meditation, we practice being aware of the fact that the Presence of Peace lives within us. The Infinite is at peace. It is always available to support us in feeling at peace. We enjoy peace and let it be with us.

In fact, what is in us *is* us. We begin to identify with peace. Our soul is at peace. Peace is one of the essence qualities of our soul. Our soul is always available for us to experience peace.

Be with your peaceful soul and let it shine, dance, and be alive in you!

8. Peace Is a Dependable Resource

Peace is a resource that you can always count on. Peace is a security blanket that keeps you safe and comforted. Be cozy with peace. Let peace protect and nurture your mind, body, and emotions. Let peace be your companion in life.

9. Let Go and Become One with Peace

The Presence of Peace invites you to be at peace: “Join me and be at peace like me. You cannot influence me, but you can join me and become one with peace.”

The immutability of the Presence of Peace is a source of deep relief. Let your whole body relax into a deep experience of peace. Our job is to pay attention to and feel the Presence of Peace until we are able to let go and become one with this universal energy. Letting go becomes possible as we realize that we are not in charge and that we can count on the Presence of Peace to always be there for us.

Letting go is not a one-time willful decision or event. Letting go happens incrementally. Letting go becomes energetically available as we release our resistance. Every day, relax and let go to the extent that you are able. Just a little bit every day builds your capacity to let go.

10. Trust and Surrender

Our ability to trust and surrender depends upon having an actual experience of something greater than ourselves that we can trust to always be there for us. We have to feel the presence of something, IT, that we can always count on to be able to surrender to. Like letting go, trust and surrender are not a one-time experience or conscious decision. As our experience of the Infinite Peaceful Presence grows and we feel supported and nurtured by IT, we are able to trust and surrender a little bit more. Every day notice the powerful Presence of Peace and allow yourself to trust it a little bit more.

11. Enjoy, Relax into, and Live from Your Space of Peace

In your safe space of peace, you are free to relax, to trust your Soul and the Infinite, and to enjoy your life in peace. Every day practice staying connected to peace, in you and around you. With every breath, live your life from this space of grace.

♥ Suggested Kriyas and Meditations

Use the above guidelines to focus your attention and feeling sensitivity between exercises and after any Kundalini Yoga kriya, mantra, or pranayama meditation. The kriya for *Neck and Thyroid* (p. 246) is a good one to cultivate the experience of inner peace and oneness.

The mantra ONG SOHUNG resonates the experience of *I am one with all creation*. Powerfully vibrating ONG at the third eye opens this mechanism of higher perceptive awareness.

Inspiration adapted from the *Tao te Ching*

If you open yourself to Peace,
you are at one with Peace.
When you feel and embrace Peace completely
you can operate from a peaceful inner stance.

Accept Peace in you and around you.
Then trust your soul, the Infinite, and your natural
responses
and everything will fall into place.

Everything is a gift.



17. Transmutation at Higher Frequencies

In ordinary unconsciousness, habitual resistance to or denial of what is creates the unease and discontent that most people accept as normal living.

— Eckhart Tolle, *The Power of Now*

As you proceed with the lessons in this book, keep in mind that the foundation for all the experiences described depends upon a serious upgrade of our energy.

The Problem Is Our State of Consciousness

As we've touched on throughout this manual, the problem is not the problem regardless of the situation, the challenge, or the relationship. The problem is our state of consciousness that turns our life events into dramas, pain, and suffering. The problem is that we are bounced around by thoughts and fluctuations of our emotions that create an undercurrent of anxiety. We experience chronic tension, stress, nervousness, and discontent.

We may not be seriously unhappy or experience intense pain, but we are not at ease. We may consider this normal. But it is certainly not optimal. And it is not necessary. We have another choice.

Many of us revert to addictive substances and escapist strategies to try to anesthetize ourselves from this annoying and provoking undercurrent. We try to deal with this discomfort by numbing our feelings, which turns off the richness of the experience of being alive in a human body.

Strategies that attempt to disconnect us from our underlying pain cannot turn off our mind and emotions or succeed in providing an escape route from life's challenges. However, we can radically transform *how* we experience ourselves and how we live our life.

Raise Our Vibrational Frequency: From Fear to Love

We can radically transform how we live our life by raising our energetic frequency. When our being vibrates love instead of fear, we feel good and are able to create solutions and learn our lessons, instead of trying to escape into denial and victimhood.

When we align and flow with higher frequencies, we perceive reality from an expanded perspective. Our emotional reactions can then serve as information instead of as trauma inducers. Vibrating with peace and love attenuates our triggered responses and offers us heart-felt alternatives to deal with life's challenges.

It is the light in our aura that allows us to access and stay conscious of our neutral channel. At the same time the presence of the universal frequency of love makes it possible to react differently and to remove ourselves from the dimension of pain and suffering. And ultimately, it is the power of our radiance that transmutes and repels darkness.

Become a Neutral Witness/Observer

The radiant light in our electromagnetic field pulls our mind into a place where we can be the observer, attract love instead of violence, and be at peace instead of discord. In our neutral channel, we are able to witness negative thoughts and emotions, distance ourselves from their negativity, and not give them energetic support.

As a neutral witness, we can observe the level of static and unease that we are accustomed to living with and how our emotional body is co-opted by an uneasy nervousness that keeps us in a constant state of tension and stress. We can also observe various forms of mental resistance and stories that distract us from the present — addictive thoughts about the past, judgment about ourselves and others, and worrying about the future. When we use our faculty of neutral observation, we can throw off our myopic glasses and look through the eyes of our soul.

Practice Feeling Alive

Access to our neutral mind is a required first step. However, once we start accessing it, we become aware of how brief this awareness lasts. To keep our connection strong and to live from this place of peace, we must seriously upgrade our energy. Transmutation is not a mental affair. We don't sit down, cross our legs, and will ourselves into higher states of consciousness. But we can raise our frequency by doing Kundalini Yoga and Meditation.

It is an ongoing process to raise our energy and sustain feeling good in our bodies. Our journey to consciousness is a moment-by-moment affair. As we shift from fear to love, our inner state of being becomes more peaceful and harmonious. Real self-empowerment happens as we create this transmutation and enjoy operating from this state of peace.

Directives: The Process of Transmutation

Practice being present in feeling awareness in your body and embracing your feelings, both in your normal waking state and during challenging times. Watch your reactions and breathe and chant through them. Every day, build your neutral space as an available alternative, when fear and anger-based impulses are triggered.

After each exercise, direct your attention in the following ways:

- ◆ Pay attention to the higher frequencies in your mind by experiencing the divine qualities of peace, stillness, silence, and neutrality in your neutral space.
- ◆ Feel and integrate the higher frequencies in your physical and emotional bodies. Monitor the reduction of stress and increased pleasures of aliveness.

- ◆ Focus your attention on feelings that bring you into a state of satisfaction and contentment.
- ◆ Cultivate a feeling where your body feels vibrant with life and you experience the joy of being alive.
- ◆ Be aware of what you personally experience as higher states of being, awareness, non-judgment, and love.

Over time it not only becomes easier to deal with negative emotions and challenging situations, but the lower vibrations are upgraded and disappear quicker. With neutral in place, we have an exit strategy that goes up instead of down. We develop the capacity to dissolve fear with love. Make this a habit and fun game that you can play with yourself.

The state of our consciousness is continuously tested in real life. We get a chance to monitor our progress and be with how we feel every day!

♥ ***Suggested Kriyas and Meditations***

There are many kriyas and meditations that will help you upgrade your frequency. Every one powerfully transforms your energetic being from fear to love. Do one that you know you'll want to do again and again because of how good it makes you feel!

When the Infinite penetrates the mind, it dyes you in the same way. You become vast and see the light of the soul everywhere.

– Yogi Bhajan



♥ Part III: Our Relationship with the Infinite

18. Oneness with Infinite Qualities

In stillness lies the sound which is the creative existence of God. Whosoever masters the stillness and the silence and can understand it receives all knowledge. — Yogi Bhanjan

To review, when we do not feel connected to the vaster energy of Self and the Infinite, we experience fear, anxiety, conflict, and perceive ourselves as separate and alone. We access our neutral mind to liberate ourselves from the endless barrage of thoughts in our dual mind, where the incessant activity blocks our perception of oneness. Because our emotional body is also engaged in fear-based scenarios, we are unable to *feel* oneness. Where is the “off” button? The escape route is in our neutral mind, where we can awaken to our oneness with the Infinite Presence.

Oneness is not a belief, a religion, or an unattainable goal to realize. Nor is oneness computed by thinking in our rational mind. We cannot experience the pure essence of peace, love, beauty, and joy through our thoughts. Rather to experience oneness, we must undergo an internal shift in our neutral mind, where in stillness and silence we can become one with the qualities of the Infinite. It is only from within the silence and stillness that lies beyond our thoughts in our neutral mind that higher levels of awareness, being, intelligence, and sublime experiences are available.

Connecting with the Infinite

How Do We Develop a Relationship with the Infinite?

When our finite being vibrates at a lower frequency than the Infinite, we experience separation. The lower vibration of fear creates a barrier. The gap in our psyche between our finite self and the Infinite within can be removed by

- ◆ Changing channels and liberating ourselves from the mental chains of our dualistic mind
- ◆ Using our subtle sensitivity and consciousness to pay attention to infinite qualities
- ◆ Relaxing our body so we can feel the flow of the Infinite in our being
- ◆ Desiring our Soul and the Infinite instead of focusing on an idealized illusion/fantasy
- ◆ Connecting with the Infinite through its qualities

Specific Ways to Connect with the Infinite

There are several basic ways to connect with the Infinite. We can

1. Listen to the *infinite sound* inside our head, which is always resonating, always there.
2. Look inside our head into our vast *inner space*.
3. Bring our attention to *a feeling* in the body. Each infinite quality has a feeling, which we use to anchor IT in our body.

Oeness with Infinite and Soul Qualities

The primary goal of meditation is to wake up from our sleep state and to expand our awareness so that we can consciously connect with (1) our soul, (2) the Infinite, and (3) the peaceful dimension of reality. These experiences are available in our neutral mind, which is our access channel to deeper levels of existence and higher consciousness.

We activate and progressively strengthen our neutral mind by attuning it to the qualities of our Soul and the Infinite — *space, peace, neutrality, stillness, silence, stability, clarity, purity, light, openness, imperturbability, timelessness, etc. Every quality is an entry point to our soul and the Divine. We identify and integrate* these qualities through non-verbal feeling, listening, and awareness — without thought.

Directives for Oeness with Soul/Infinite Qualities

Initially, we tend to experience emptiness in our inner space. If so, focus on that emptiness. Look, listen, and feel emptiness. In the emptiness lies the gift — our sacred space is not empty. It is a living reality filled with the Infinite, with love, peace, stillness, and silence. Become one with emptiness until another quality attracts your attention. Then focus your awareness, listening, and feeling on that quality.

Basic Directives

The basic formula is — a million times — *look, listen, and feel*.

Look, listen, and feel your inner space inside your head, heart, and body.

Look inside into your inner *space*.

Be present to the *space* inside your skin and whole body.

Feel that your mind and body are one and at peace in your space.

Allow and enjoy *neutral* — no discussion, no judgment.

Then to cultivate your relationship with other divine qualities

1. Focus your attention on the quality that pulls you inward, i.e., peace, stillness, silence, and stability are all qualities we want to become one with.
Become one with the qualities of your choice until you can direct the focus of your mind and your feeling on that experience. Serious focus is required until the pull toward (desire engagement of your mind and emotional body) peace, etc., is stronger than thoughts, impulses, and distractions that demand your attention.
2. Listen and feel deeply until you become one with the quality of your choice.
Listen deeply to the *silence*.
Feel deeply into the *stillness*.
Feel the quality of *stability* in your mind and then in the body at the base of the spine.
3. Make sure you aren't thinking about or visualizing the qualities. We must experience each quality within us as a reality and as our essence.
4. Relax and allow your mind, emotions, and body to be absorbed into the qualities, until there is no separation between you and the qualities. You are those qualities!
5. Feel the energy, light, and flow in the qualities. *Wake up and come alive*.

The Divine and Soul Self

We find our Soul Self when we experience the Infinite within. As we perfect the skill of becoming one with infinite qualities, we attune our mind and physical and subtle bodies to our subtle energetic Self. Through oneness, our individual blueprint shapes the infinite qualities into our soul identity. We energize and actualize our unique self. Our aura, projection, presence, and radiance all shine our truth and express who we are. We do not lose ourselves, we *find* our Self. We are able to love all parts of ourselves, because we are love. It is a great experience!

As we experience the calm, tranquil equilibrium of the neutral mind, our body begins to let go and relax. We can allow these qualities to be infused into our physical and emotional bodies. We then find peace in our whole being and joy in our heart.

A Strong Neutral Mind

As we relate to and become one with divine qualities, they become forces that serve and empower our life. With practice, our neutral mind becomes available, strong, our trusted partner, and ultimate authority.

The strength of our neutral mind determines our ability to (1) not react and respond irrationally, (2) stay focused in our own center and not be swayed by external intrusions, (3) be authentically and honestly ourselves, and (3) connect with the Divine and to let the Infinite work for us.

Oneness Builds Our Sacred Space

Our sacred space is our inner sanctuary where we find the ecstasy of oneness with infinite qualities. Our sacred space becomes the dynamic container of our reality and the access route to our heart. We build our inner space with attention and focus in our neutral mind. The more we pay attention, the more tangible it becomes. We then learn to orient our life from our sacred space, which is our anchor. In our sacred space, we can calm ourselves down, listen within, and keep cool. In our sacred space, we find balance, depth, and direction.

When we are at peace with ourselves in our sacred space, we don't ask, "Is everyone else happy and pacified so I can feel comfortable?" We make sure we are comfortable and at peace within ourselves. From our peaceful stance, we remain true to ourselves and let others do what they do. Centered in our place of peace, we can stay focused and communicate in a straightforward and direct manner.

Everything aligns around the purity of our sacred space. We can't figure everything out, and we don't have to. We participate by paying attention, allowing, letting go, and relaxing into the flow of life.

Consolidating Our Sacred Space

We quickly find out that staying conscious of our inner space is a challenge. It takes time to build and consolidate our inner space into a Presence of Peace that we consciously experience within ourselves. With practice, our connection to our sacred space gets stronger and more and more supportive.

We hold our attention on our space to make it ours.

We listen to the silence to infuse this energy into our consciousness.

We feel the stillness to integrate this feeling into our body.

Feeling stillness and silence in our body, our sacred space becomes a reality.

Our ongoing task is to sustain steady contact with our space, silence, and stillness.

Success is when our space, silence, and stillness become our reality.

My life happens in my space.

Only my soul can enter my sacred space.

My sacred space is filled with Light and Love.

The Fundamentals — Stillness, Silence, and Space

In meditation, we become more and more attuned with stillness, silence, and space. As we learn to pay attention and listen, we get information from stillness, silence, and space. Being receptive, we can access universal knowledge and receive divine guidance.

In stillness lies the sound, which is the creative existence of God. Whoever masters the stillness and the silence, and can read it, that person gets all knowledge which exists. — Yogi Bhanjan

In Silence and Stillness

In stillness we experience and merge with the subtle universal energies and transcend illusion. We find the power and energy of the Infinite in stillness. In stillness, we can relax and give up the struggle. As we let go, we are able to perceive and receive.

Stillness and silence are catalysts. In stillness we can receive what is flowing to us. Our Sacred Space defines our presence and is an attractor mechanism for blessings. Opportunities that were not available before present themselves.

Prayerful stillness and silence are the power of Self. Our being is a living prayer. Our vibration finds the answer. In silence and stillness, compassion, kindness, clarity, courage, and fearlessness awaken.

Solidifying Our Divine Connection

To solidify your connection with the Divine

Relax into peaceful, neutral, still, harmonious, and stable sensations. Let the pleasurable feeling of each quality fill your mind, body, and space. Expand your inner space to include more peace, stillness, silence, and love. Notice there is an infinite amount of every infinite quality.

It is not surprising that Yogi Bhanjan instructed us to focus on the quality of *vastness*. He also told us that it takes mental refinement to see vastness. When our mind is tuned in to vastness, we are able to let go, forgive, and trust.

As part of our training, we (1) learn to *rely upon* our sensory faculties of awareness, listening, and feeling; (2) practice *leaning on and feeling supported by* the qualities of space, peace, neutrality, stillness, silence, stability, clarity, purity, light, openness, imperturbability, timelessness, etc.; and (3) progressively pursue our human/spiritual path to identify with our soul qualities and live our life in this consciousness, listening to our intuition as our inner guidance system. As we become one with its qualities, the Infinite awakens within us and supports us.

Our divine connection always offers us comfort, love, and support. As we become receptive and awake, we can feel the hand of the Divine working for and through us. We make ourselves available for ITs gifts and blessings that strengthen our faith, resolve, and ability to live uncompromisingly in our own truth. As we cultivate our divine connection, we welcome every hint from the Universe that we are supported, connected, not alone, and loved.

♥ ***Suggested Kriyas and Meditations***

We need a strong nervous system to maintain a connection with silence, stillness, and the other infinite qualities. If it is weak, our energy is jumpy and agitated, and we can't let go and relax. The kriya for *Nerve Balance* (p. 248) strengthens the nervous system. You can feel the difference! Practice this or another kriya and then chant the *Mul Mantra* (p. 241) to tune in to the qualities of oneness.

Vibrate the Cosmos, and the Cosmos will vibrate you.

– Yogi BhaJan



Space — Open - Awareness
Silence — Sound - Listening
Stillness — Sensation - Feeling

The Sequence: Activate, Attune, Align,
Allow, Transform, Transcend, Integrate



19. Finding Now in Neutral

Connecting with the Infinite, our soul, and the *now* involve essentially the same process — they exist and we have to pay attention in our neutral channel to bring these experiences into our conscious awareness. In this chapter, we focus on discovering the *now*, where we can release ourselves from the negativity of the past and the illusions of the future and dwell in the present. In our neutral channel, we transcend the endless stream of thoughts that obscure and distract us from paying attention to what is happening in the moment.

Doorway to the Now

If our mind is not awake and aware of the present moment, it drifts into a disconnected void, where it is controlled by our subconscious programming. If we perceive and interpret situations in our life through the eyes of our painful past and childhood conditioning, we not only get a distorted view of reality, we perpetuate our pain and sabotage possibilities of creating new scenarios.

Our neutral *now* channel observes the present through the eyes of our current reality and opens the possibility to new ways of doing and being. It offers a deeper, more soulful perspective of our current situation. And with a neutral anchor in the present, our dual mind is no longer so easily co-opted by the past or preoccupied with the future. The dual mind under an awakened neutral mind simply and most fortunately works better, becoming an essential and invaluable partner that is more available for current evaluation, and provides a more accurate assessment of our life situations. In our neutral mind, we have access to our intuition, which instantly computes information in the moment. Listening to our intuition frees us from thinking we have to figure everything out.

Neutral Shifts Our Reality

Once we have access to our neutral channel, our whole psyche can shift. In neutral *now* (1) we can let go of our attachment to both the past and the future. We can cease to create our life out of past pain or future fear. (2) We awaken to a higher perspective of our life, which helps our dual mind make better, more informed choices. Our dual mind actually has a chance of earning the title of our rational mind.

In our neutral *now* channel, we can distance ourselves from painful emotions and simply be present to what we are feeling in our body. Actually *to stay present in the now, we have to feel and be present to the sensations in our bodies.*

Now interweaves physical and non-physical realities. *Now* connects us to our body and the Earth *and* to the infinite space of non-physical reality. In neutral *now*, we can *integrate the qualities of the eternal into our physical experience.* This can be done by expanding our neutral space and its qualities inside skin into our whole being with non-verbal feeling awareness.

Our neutral channel is our doorway to the *now*. *Now* is always available. *Now* is a peaceful presence. *Now* is a still, tranquil energy. *Now* is stable, silent, and undisturbed.

Training — Stabilize in Neutral, Be Pulled into the Now

With the training principles from previous lessons, we can develop our personal relationship with *now*.

Exercise Directives — Stabilize in Neutral — Be Pulled into the Now

- ◆ In your neutral channel, pay attention to the timeless undercurrent of stillness and silence that always reigns in the background. Allow stillness and silence to pull your focus and feeling into the present moment of *now*.
- ◆ Expand your neutral *now* space inside our skin. Discover how expanding your neutral *now* space in your whole body deepens your feeling awareness. Feel how non-verbal feeling anchors *now* in your body.
- ◆ As your awareness and sensitivity expand, feel that you are more and more able to pay attention to the present and to relax in the vibrant richness of the *now*.
- ◆ The breath is always here *now*. Feel your breath keep you here *now*.
- ◆ Take your *now* experience into your daily life and practice living in the present moment.

Exercise — Allow, Accept What Is as a Gift

We can use the power of neutral/now to heal and uplift us.

- ◆ By focusing on and deeply feeling *now*, step out of the pain and dissatisfaction of the past.
- ◆ In your deep experience of *now*, allow whatever is happening in your life to be exactly the way it is.
- ◆ Accept it as a gift. Surrender to what is. Trust what is. Love what is! Feel the peace and the freedom of non-resistance.
- ◆ In the timeless space of *now*, call upon the Divine to guide and bless you, your life, and those you love.

In the words of Eckhart Tolle, “Accept — then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it. Make it your friend and ally, not our enemy. This will miraculously transform your whole life.”⁴⁰

♥ ***Suggested Kriyas and Meditations***

The kriya *Open the Heart and Cleanse the Lymph Glands* (p. 264) and *Total Mind-Body Balance Kriya* (p. 267) ground us in our bodies. The *Meditation to Make One Younger* (p. 235) synchronizes us with the Earth's magnetic field and awakens the neutral *now* channel in our mind. The lesson *Finding Now in Neutral* is available on *Guru Rattana Online* in the Mind/Air Element section.

The Breath Is Neutral

The breath and mantras are pure, neutral, and peaceful.
They seed purity, neutrality, and peace into our being.

The breath brings life force into the mind.
The breath opens the heart and animates the body.
The breath brings the mind into the body and connects mind with body
and heart.

Neutral mind opens the space, creates the divine connection.
Space opens the heart. Heart celebrates the connection.
Devotion and breath keep our connection open and vital.



20. Stability, Control, and Freedom

When we find stability, we can give up control. When we give up control, we can find freedom.

Freedom and control are big issues for human beings. We want to be free and we want to be in control. We try to control situations and get annoyed with others who try to control us. Like every other human challenge, we have to go deep within to find resolution. We can't manipulate ourselves, or others, out of this dilemma.

Desire to Control

Our desire to control is our frustrated rational mind's strategy of fruitlessly trying to find stability when the quality and experience of stability of our neutral mind is not available. The dual mind, by its very nature, cannot achieve stability, and the frustration of trying to do the impossible creates anxiety and stress. When we access the quality of stability in our neutral mind, the dual mind no longer feels the need to perform this function.

Connecting to a constant, stable place in our neutral mind makes it possible to release the stress, let go, and relax. We then experience a deep sense of relief, as our dual mind gives up its compulsion to control and manipulate to survive. What makes this possible is the fact that our connection with the imperturbable Infinite awakens in our psyche the ability to trust and surrender to a power greater than our limited ego.

Stable, Not Stiff

There is a big difference between stable and stiff. Our body becomes stiff and our emotions get stuck when they try to compensate for the lack of stability in our mind. Fixed, judgmental, and ideological beliefs are also an attempt to create stability. But because they are products of our dualistic mind, they create rigidity and prevent our mind from accessing the truth. We can release the stress caused by this compensatory reaction by experiencing the quality of stability in our neutral mind. Then our body can relax and our emotional energy can flow.

Stable is neutral, non-emotional, non-judgmental, and free. Our observer and consciousness are stable and independent. In fact, all the neutral qualities are stable and free. They do not change, and we cannot manipulate them. Be with stillness, silence, and space, and notice that they are absolutely stable and free to be the way they are.

The Power of Stable

Stable makes it possible to find and maintain our center. Our spinal center is like the stem of a flower — we bloom around our stable center. Stable is a powerful capacity. When we are anchored in our stable center, we cannot be thrown off balance. We can stay in our heart and flow around obstacles.

Stable creates a sense of safety and security in and around us, which makes it possible to let go and be free. Infused with stability, our inner space overcomes its porous feeling and becomes more substantive, with more durable boundaries and a defined parameter. With stability we can fasten ourselves safely in our inner space.

Freedom and Control

Ultimately, through the process of developing our stable center, we find our personal freedom and embrace the inherent autonomy and freedom of the universal forces that live within us. We free ourselves by attaching to that which is free, by becoming one with that which cannot be controlled.

True mastery at the spiritual level is about identifying and becoming one with Spirit. In the spiritual arena, the idea of control doesn't compute. So when we identify with what we can't control, we too cannot be controlled.

Experiencing and identifying with the Infinite is thus the stable foundation that makes it possible to release ourselves from the web of mass consciousness, relationship identification, the chains of the past, social and family control, religious inhibitions, and inauthentic morality. The power and reality of our personal experience replaces our need to identify with a particular religion, nationality, race, or belief system.

In addition, our experience of the immutability of infinite qualities offers us a way to distinguish between what we can control and what we can't. We can choose to take responsibility for what we can control; for example, what we choose to pay attention to. We then have a base for identifying what we can trust and surrender to. Surrendering to Spirit is possible because we experience at a most profound level that there is no way we can be in charge.

♥ Suggested Kriyas and Meditations

Focusing at our third eye helps us awaken to and maintain a stable center around which our body can relax. Before practicing a kriya, notice stiffness in your body. Then in meditation, go deep within to the place of stability, balance, and equilibrium at your third eye. As you become one with the quality of stability, monitor your ability to relax and let go of control.

Chanting the *Mul Mantra* (p. 241) can awaken you to the reality of freedom and peace. The last four lines, AAD SUCH, JUGAAD SUCH, HAI BHEE SUCH, NAANAK HOSE BHEE SUCH, deliver this message.

As a fish is to water, as a bird is to air, humans are to Self and the Divine.

21. Accept, Attach, and Expect What Is Real

Those who look outside, dream. Those who look inside, awaken. — Carl Jung

As we've seen, we humans move through life in a state of varying degrees of want, dissatisfaction, and need. Something is not OK. What is the source of our malaise? How can we find inner peace?

The greatest challenge for the human psyche (thinking and feeling) is that we do not know how to identify and experience what is real and at peace. All we know primarily are fantasies and illusions, which create stress and pain. In our unconscious state, our mind and emotions operate in the realm of unreality, and we are the unwitting stooges of our own ignorance.

To liberate ourselves from our inner and outer conflicts, we must first identify what is real and at peace. At the most fundamental level of existence, two polarities make up the substance of the universe and our being. As outlined earlier, one aspect, the male polarity, is constant and does not change. The other aspect, the female polarity, is fluid and always changes. These are the fundamental energies that are available for us to have authentic peaceful experiences. Our goal is thus to develop oneness with what exists in a peaceful state.

Get Real (Peaceful) Process

Inside ourselves, we can distinguish between fantasy and reality and illusions and truth. Fantasy and illusion are what we make up in our mind. Reality and truth exist independent of our needs and our desires. The basic problem is that our desires and neediness cause us to fabricate what is not real, and then we attach ourselves to and expect unreal results. We can shift this tendency in our neutral mind.

- ◆ First, experience what changes and what does not.
 - Neutral space, stillness, silence, stability do not change.
 - Feelings, sensation, actions, reactions, thoughts, stories constantly change.
- ◆ Second, *accept* this reality.
- ◆ Third, *attach* yourself to –the reality of neutral, stillness, silence, stability, and peace.
- ◆ Fourth, *relax* into the flow of this reality.
- ◆ Fifth and forever, remember and do your best to *live in* and *enjoy* this reality.

Inner Harmony and Peace

To be at peace, what we desire and how we evaluate what we want must be harmonious. We must want what we have and have what we want. This is difficult in the physical world because everything is always changing. And at a soul level, we desire more because we want to wake up, experience the Infinite, and be at peace.

However, we can use the human faculties of desire, attachment, and expectations to our advantage. We can train ourselves to expect and attach to what does not change as opposed to our fantasies and illusions.

In our neutral mind, we have an experience of what never changes. If we *expect* that our neutral channel and the divine qualities will always be there for us, we will never be disappointed. If we *attach* ourselves to stillness, peace, and stability, we will always find these experiences.

If we can become aware of the fact that everything that changes happens in our stable neutral space, the quality of peace can be integrated into all our life activities. The changing part of our reality needs a partner, support, and a context in which to unfold in a peaceful, flowing manner. Neutral is the partner of our emotions, feelings, and actions.

There is always something we have to handle in physical reality. If we handle our life in neutral, we can be more effective, experience peace, and enjoy our life at a whole new level.

Through *desire and attention*, our neutral space grows, expands, and includes everything in our life. Everything in our space feels protected, supported, and nourished. Our inner reality gives us an experience that creates the possibility to live in peace.

Belief and Experience

Our intimate interaction with the aliveness of the Universe exists whether we believe it or not. Our spiritual goal is to become conscious of our connection to and participation in the divine play. Only our personal experience can open the door to peace, harmony, and oneness with the Universal Source and to know for a fact that we are never alone. Our intellect and fantasies block the doorway. Awareness is the faculty that opens the door. But we must be silent and still to slip through the mirage that appears to block our access. Relaxation, trust, surrender, and humility are the vehicles that make it possible to wake up and discover that we exist in the reality of Love.

♥ Suggested Kriyas and Meditations

Start with *Pineal Gland Kriya* (p. 244) to connect to what is always there in your neutral channel. Then do the *Happy Heart Meditation* (p. 233), which imprints the vibration of ecstasy in your consciousness.

22. Relax into Free Will and Free Willingness

Yogi Bhanan once said, “The highest achievement of human mental and physical activity is to calm down your body and mind. It is the hardest possible task to calm your body and mind at the same time.”⁴¹ Our most powerful, satisfying, and sustaining asset in life is to be relaxed and in a self-contained state where nothing can upset us. Above the fray, we calmly watch the game. Patient and in the flow, we are present in acceptance and gratitude.

Achieving a state of relaxation in both polarities delivers us to free will and free willingness. Conscious relaxation is our goal. Passing out and checking out are habits of denial. We want to wake up and stay awake in both mind and body.

Achieving relaxation and peace in our mind and body requires different strategies for the two polarities of our soul: (1) Stable — neutral, still, permanent; (2) Dynamic — live, moving, changing, evolving. As we have discussed, one polarity tries to compensate if the other is not functioning properly, and as a consequence, both are stressed and unable to relax.

1. Relaxation in Our Neutral Mind: Stable Polarity — Free Will

When we become one with stillness in our neutral channel, our mind can relax. Relaxation in stable stillness anchors the male/mental polarity of our soul in our psyche. Our will is then strong and free. We cannot be disturbed. We are one with our truth. Nothing can pull us away from our center. Establishing our free will as our base is absolutely essential for the relaxation of our feeling feminine polarity.

2. Relaxation in Our Body and Emotions: Flowing Polarity — Free Willingness

Relaxation in our mind is found in the depth of stillness. Our feeling polarity is the opposite. It must move. It will not relax in stillness or immobility. When we try to sit like a stone, our emotional and physical bodies go nuts.

If our feeling polarity is not moving, it is stuck. Our willingness is not free. Our feminine polarity can relax only in movement. (Movement and relaxation can be internal. We don’t have to be externally in motion all the time.) Relaxation in our physical and emotional bodies happens in movement that is rhythmic, pulsing, and flowing. When our creative energy is flowing, our free willingness is free.

There are many dynamic Kundalini Yoga exercises that give us the opportunity to practice moving effortlessly in our own rhythm. It is critical to not merely jerk our body around. As we establish our rhythm and engage our sensitivity in the flow, we relax while in motion and liberate our free willingness.

We Stop and Allow Our Flow

Do you ever tense up or hold your breath when you feel confronted? This habit is an attempt to find stillness, but it stops our flow. We can break this habit by tuning in to the flow of our breath and the pulse of our heartbeat, and following our breath into a state of relaxation and flow.

Flowing relaxation is a function of the state of our instincts, emotions, and impulses generated by the fire, water, and earth elements. When our emotional body is relaxed into our personal flow, this sensitive energy (our free willingness) does not get thrown off balance by inner and outer triggers. Of course, we will feel energy shifts and stimulation. But when we are self-contained and find satisfaction within ourselves, we cease to get involved in seeking attention and nurturing externally.

Relaxation of our flowing polarity is not a question of will, control, discipline, or objectively observing and detaching — all mental faculties and appropriate approaches for the air and ether elements. Nor do we rise above feelings, become insensitive, and shut off or suppress the flowing polarity of our soul. In our neutral mind, with the power of non-judgment and unconditional acceptance, we uplift and liberate stuck energy with neutral kindness and love.

We are thus gradually able to feel at a deeper level and awaken to our internal flow. Similar to our neutral mind, our internal flow is always available under our emotional commotion. The natural flow of our physical and emotional bodies synchronizes and becomes one with the Infinite Flow. We relax into our own flow by tuning into (1) the flow of our breath, (2) the pulse of our heartbeat, and (3) our inner circular flow that starts in the spine and engages our whole body.

♥ Suggested Kriyas and Meditations

The *Mantra for Strength, Courage, and to Remove All Obstacles* (p. 237) is a great one to cultivate our stable will.

The first five exercises in the *Total Mind-Body Balance Kriya* (p. 267) bring the breath into a deep rhythmic state. Later in the set, the spinal rotation exercise awakens us to our internal flow. This exercise can be done by itself or as a warm-up to become aware of our internal flow. After the exercise, relax and feel that the spiral movement continues on its own.

It is not meditation that stops the mind. It is the surrender of the mind to the soul, and of the soul to Truth. It is when you prefer the word of Truth to the word of your own intellect.

— Yogi Bhajan



23. From Commotion to Devotion

Our ability to love expands as our mind shifts into neutral and our heart opens. Below we examine how our thoughts create desires and how we can reorient this process to desire Divine Love. Our mental training pays off when our mind beams the higher messages of peace and love.

From Thoughts to Desires

Generation of Thoughts

“When the mind is full of unconscious identifications, emotions, projections, intentions, and attachments, the thought is perceived for other than what it is. This masked thought becomes the basis of many false judgments, inappropriate actions, and fruitless commitments that lead to unhappiness and frustrations in life.”⁴²

The human mind is always in motion, active, and creating thoughts at several different levels: (1) the subconscious is always rumbling with potential thoughts, (2) the intellect is always releasing thoughts, (3) the soul uses the mind to release thoughts, and (4) the Universal Mind, which is everywhere, vibrates waves of energy through our being.

Color Coating Our Thoughts

As thoughts are released through our being, they are imprinted (cloaked) with other thoughts and feelings from the automatic habits of parts of our mind. Unintentionally and unconsciously we coat our thoughts with various colors. The problem is that we do not see the true nature, power, and relevancy of the thoughts. Our mind is influenced by subconscious filters, biases, reactions, attachments, and interpretations.⁴³

The color coating of our thoughts (1) reduces our clarity, (2) prevents us from getting an accurate read of the truth, (3) camouflages the possible impact and consequences of our actions, and (4) provokes inappropriate responses.

Thoughts Give Birth to Emotions and Desires

Depending on our clarity of perception, our attachment, and the tenacity of the color coating, we may believe the thought to be true or not. We may be confused and experience conflict — yes, no, is it true or false? Somehow we get attached to certain thoughts, and they are then unconsciously given life and permission to influence us further by generating feelings and then emotions. We may even go into denial and try to avoid the feeling consequences. But if the thought succeeds in moving into feelings and emotions, it stimulates reactions from our negative and positive minds in collaboration with our subconscious programming and habits.

A combination of thoughts and emotions related to memories and fears give birth to emotions empowered by a significant amount of life force and energy. When emotions are attached to the thought, it is no longer just one of many passing thoughts. At this point, we can still decide if we want to attach to this thought or if we want to let it go. With consciousness, we can perceive the effect or impact of this thought and decide not to act.

However, if we continue to give attention to the thought (whether its source is our own mind or stimulated from something in the external world), then the feeling and emotion become a desire. Our glands start secreting; our nervous system activates and prepares us to take action. At this point the impact on our mind, body, and emotions lasts an extended period of time. We can't just turn it off and ignore it. It has a life of its own, and we are subjected to it.

If the resulting action we take serves our soul, we are in the Universal Flow. Our reaction thus creates no conflict. If the action we take, however, serves our conditioning, it is reinforced and will continue to direct our responses. In either case, our response is recorded in our mind and in the Universal Mind and will influence future thoughts and how we react.

The Sequence and Process of Thoughts

Yogi Bhanan has defined the sequence that starts with a thought and ends in an action as (1) mind receives an impulse which activates the intellect to produce a thought, (2) the thought produces feelings, (3) feelings produce emotions, (4) emotions produce desires, which (5) stimulate action.

From neutral consciousness, we can intercede at various points in the process.

1. We can intervene at the release of the thought. This happens when we can train our mind to let go of the thought and move on. That is, with consciousness, we can transcend subconscious filters and perceive with clarity. This is the optimal response because isolated thoughts carry a minimum of energy. We thus recognize the thought and allow it to pass, but do not allow it to gather energy.
2. If this is a recurrent thought with emotions already attached to it, it will be more difficult to let it go. However, with a strong neutral mind, we can accept the feelings and the emotions, but also detach from them. In neutral, we have the power to take away the emotional charge and keep ourselves from attaching to and adding more energy to the emotion. If we can neutralize the emotion with acceptance and love without attachment, we can prevent it from moving into the desire phase.

Redirection in Neutral

The big question is what do we do with our thoughts and emotions? Obviously we can't totally shut off, ignore, or deny the whirlpool of thoughts and emotions constantly created in our mind. We have all tried that strategy without success. As we've seen, we must be in neutral to neutralize negative thoughts and liberate ourselves from our mental illusions. In neutral, we can redirect our mind toward the ultimate escape route — the Infinite. We change our focus to the Infinite by concentrating on infinite qualities.

In our neutral channel we notice that neutral and all its qualities have no opinion, no reaction, no judgment, no story — only allowing. This attitude of consciousness is built in to our psyche. We want to activate it and use it in relationship to our thoughts and emotions. With neutral awareness, we can train ourselves to simply observe and allow our thoughts and feelings. In other words, we process our thoughts and emotions with awareness and consciousness in our neutral channel, not with analysis and opinions in our duality channel.

Redirecting Desire to the Heart

Our spiritual practice reorganizes our psyche and directs it from fear to love. In addition, our inner transformation process makes it possible to use our fire energy to open our heart. In our heart, we can consolidate our sense of self as a unique expression of love and *reorient our desire faculty toward Universal Love*.

Desire is a primal force that draws us toward things, situations, and interactions. We each have our individualized and complex desire mechanism. For example, we have personal desires that determine what we like, what we want, what we think we need, and what gives us satisfaction. We have subconscious desires that pull us to compulsive behaviors, deep mysteries, and hidden power. We have willful desires that direct us to what we will do (not just talk about) and thus determine how we are impelled to use our creative energy. And lastly, we have spiritual desires that create a magical attraction to the Divine, to our soul, and to oneness. Ultimately, desire directs us to higher love and our soul.

From Fear to Love, Head to Heart

To experience how to shift from fear to love, we will follow the sequence of thoughts, feelings, emotions, desires, and action:

1. The mind receives an impulse which activates the intellect to produce a *thought*.
2. The thought produces *feelings*.
3. Feelings produce *emotions*.
4. Emotions produce *desires*.
5. Desires stimulate *action*.

We are constantly processing an infinite amount of thoughts, feelings, and sensations. There is also a flow of pre-thoughts, life force, breath, metabolism — all part of the primal Flowing Force of our being. Our goal is to relax into the peaceful flow at our core. For this to happen, we have to put breaks on our outward reactive fear projections and reorient our desire mechanism inward toward peace and love. Chanting mantras facilitates this reorientation process.

The Magic of Mantras

As explained earlier, the magic technique to process thoughts and emotions is to chant divine mantras to neutralize and transform lower energies. Mantras expand and elevate our mind to the place where the fear and anger-based thoughts and emotions no longer command our attention.

The vibrations of divine mantras are pleasurable thoughts that create pleasurable feelings, emotions, brainwaves, and body rhythms in the following manner:

1. Mantras produce thoughts of peace, silence, neutrality, and love.
2. These thoughts produce pleasurable feelings in our body and mind.
3. Good feelings stimulate emotions of love, which strengthens the desire energy needed to open the heart. (The heart frequency is many times stronger than thoughts from the mind.)
4. Our heart-felt desire for more love and good feelings reorients our desire mechanism toward higher love.
5. The effect (action) is self-love, forgiveness, surrender, and devotion to the Divine.

Mind Training: Control and Choice of Thoughts

A major goal of our mind training is to shift our thinking process from animal, to human, to divine consciousness.

1. In *animal consciousness*, we act from impulse, patterns, conditioning, and wounds. Our mind operates mechanically (often from fear). Our thoughts are automatic and *out of control*. We are not at choice. Our thoughts control us.
2. In *human consciousness*, we realize that we *need to be in control*. We activate our free will so we can be at choice to change and to choose *thoughts* and be free to direct our actions. We train and empower our will to command our mind to think and act purposefully from neutral.
3. In elevated *divine consciousness*, we no longer need to control our thoughts. Our mind is in tune with the Infinite Mind and delivers silence, higher thoughts, and intuitive messages. Both our will and willingness are free. We can relax and enjoy listening and feeling our divine connection. *Our emotional commotion has thus been transmuted to Divine Love.*

In divine consciousness, our head actually gives in to the heart, which has an electromagnetic field stronger than the brain. In the heart, passion is regulated by consciousness, whereas in a commotional emotional state, intuition does not work, and even when it does, we don't listen. In our heart, we also have passion for our own life and compassion for ourselves. With heart, we engage in life and experience the Divine with every breath.

♥ Suggested Kriyas and Meditations

Every mantra redirects our mind to the Infinite. The specific technique to release negative thoughts uses the mantra UNG SUNG WAHE GURU (p. 233).

24. Have Faith, Trust, Humility, and Surrender

Cultivate Faith in Neutral

We are always tested to make our faith real. But how can we develop real faith and transcend doubt? Faith is not going to happen in our “rational” mind by convincing ourselves it is a good idea. The only place we can develop trust is in our neutral mind, where we experience that we are not alone.

In neutral, we gain both a proper perspective and an exit strategy from our dramas and limited perspective — of ourselves and our life challenges. Neutral unlocks the door to a place where we observe instead of react, and where we can give up justifying and defending ourselves and make ourselves available to see what is real and what we need to change.

In neutral, we can hold the space and let the Infinite Organizing Power arrange things in divine timing. Neutral takes us to a place where we *want* to let go, trust, surrender, and have faith. Liberated from our mental prison, we expand to find our answers. We become vast and able to go deep within.

In sum, neutral is our power base from which we can trust our soul, our destiny, and the Infinite. It is the place where we can love ourselves and our life. In that place, we keep going and let the Infinite Organizing Power deliver possibilities that we cannot even imagine.

Trust, Surrender, and Humility

Though it is a good idea to actively practice trust, surrender, and humility, we actually acquire these states of consciousness from our mind’s capacity to tune in to the Infinite and to allow universal wisdom to be our guide. Only then do we no longer rely on our intellect. Rather, we rely on the subtle messages of the Infinite that speak to us through our intuition and reveal the truth in many subtle ways.

Trust, surrender, and humility all become available when we witness divine reality and know that the Divine Force always supports us. We cultivate this consciousness by connecting to infinite qualities until we can trust and rely upon their presence. We are humbled before the Infinite when we realize IT gives us our life and that IT is in charge. We humbly honor what exists beyond our ideas of what we wish for or think is right or best.

Ultimately, trust, surrender, and humility are a result of our personal relationship with the Unknown and its vastness. This relationship allows us to let go of our smallness and our arrogance. Our finite being bows to the Infinite. We become receptive, able to receive, and open to what is. Humility makes us vast, relaxed, and available to merge with an open heart.

True humility happens as we become aware and are able to live in the Divine Flow. Our will and Divine Will merge as we are able to trust and surrender to the Infinite. Happiness, ecstasy, and wisdom are all dependent upon our level of humility.

Yogi Bhajan offers us these words: “Man of God doesn’t get upset because he feels everything comes from Him. It is not fate. It is a reality in which you live. We have come from that reality. We are part of that reality. We have to merge in that reality. Therefore, why be upset? What for? And that is the secret of every happiness.”⁴⁴

♥ ***Suggested Kriyas and Meditations***

Humility is a function of the sixth and seventh chakras that work with the compassion of the heart. One of the exercises in the *Neck and Thyroid* (p. 246) kriya helps develop the quality of humility by using bowing to awaken the third eye.

Humility is a stage of universal consciousness.... Your mind is clean, your consciousness is clean, your character is shining and radiant; and you have achieved the purity of humility.

– Yogi Bhajan



25. Love IT with All Your Heart

Earthly things must be known to be loved. Divine things must be loved to be known. — Pascal

Our deepest human and soul desire is to experience love. We are always trying to figure out how to experience love in the physical dimension. But first it is important to define Love.

- ♥ Love is a state of consciousness.
- ♥ Love is a feeling — not a thought, a good idea, or a discussion.
- ♥ Love is a dimension of reality where we experience oneness, peace, and happiness for no specific reason.

To enter this dimension, to have the feeling, and to attain the consciousness of Love, we have to vibrate with the frequency of Love. Our spiritual path is about making ourselves available for Love.

Sensitivity and Consciousness Deliver Us to Love

At some point in our spiritual practice, we discover that we experience significantly less conflict, and our actions don't require force or stressful effort. We can distance ourselves from entanglements. In addition, our neutral mind and our faculty of focus are stronger and more resilient than our fears and external distractions. We are able to pay attention and to choose how we use our energy. We relish the peace in our sacred space. The power of love awakens in our heart. We are in love with neutral and its divine qualities. We are in love with the Divine. Our capacity to attach has been successfully directed inward to the Divine and our Soul. We are now at choice to focus on what we love and to let go of the rest.

Devotion and Synchronization

Our discipline delivers us to devotion. And our awareness expands to the extent that divine connection becomes a living reality. God is then no longer a belief or an external power, but a Force that lives within us and in every other living being.

Our life flows easier as we maintain our divine connection. Synchronicity, magic, and miracles happen through our vibrational alignment and resonance. Our desire to maintain our divine connection moves us into a state of devotion. *Practically speaking, devotion is paying attention with the added emotional fuel of our ardent desire to enrich and sustain a state of bliss.*

Love IT

Our awe of the immutability of the Presence leads to devotion and love of the Sacred. We realize that IT is always with us. We no longer try to understand. Instead, we engage our consciousness to be aware of IT, and we engage our emotional body to feel IT.

The Power of Neutral

To do this, we use our power of concentration to pay attention to the deep experience that we wish to sustain. With all our senses, we remain present to IT for as long as we can. We hold IT with awareness and consciousness. We feel IT in our body. We nurture and love the feeling with our emotions.

Our experience that IT is always present brings us a sense of peace and security that is available no other way. We know IT is always there for us. No matter how confused or disconnected we may be, our connection with the Infinite is always accessible to us.

We train ourselves to stay there and not leave IT. Our goal is to hold and savor the experience as it is etched into our being. One day we realize that we have attained a new level of awareness and are able to live in the consciousness of Divine Love. Our drop of love has merged in the ocean of Cosmic Love.

Our divine connection teaches us how to love. The more we love the Divine, the more we receive, the more we are supported, and the more we realize that this love is for real. When we love with devotion, an interconnection, a reciprocity, happens that locks us into a relationship that elicits more devotion and more love. However we experience the Divine, we have connected with something that is real! IT becomes our Beloved. We can't stop loving IT with all our heart.

♥ ***Suggested Kriyas and Meditations***

There is a solution: consider everything a gift. The *Heart of Gold* kriya (p. 251) and *Meditation for Gurprasad — Divine Gifts* (p. 240) bring you into this consciousness.

With awareness and feeling we make our connection.
Relaxation and letting go is how we slip through the divine portal.
Our ability to *allow* establishes our willingness to receive divine assistance.
Gratitude is how we solidify our connection.
Acknowledgement is how we build trust and faith.
Love is how we sustain and nurture our oneness.
The presence of the Presence is very comforting.



♥ Part IV: Our Relationship with the Self

26. From External to Internal Identity

The lessons in Part IV focus on developing a relationship with our Soul Self, using the same basic concepts explained in previous lessons.

Our primary relationship is with ourselves, which makes it possible to (1) identify our own needs, desires, and standards; (2) establish our inner guidance system; and (3) follow it! Many of our life experiences wake us up to the fact that without a solid sense of our own identity, we get taken advantage of, abused, manipulated, and controlled.

In other words, our life situations always remind us of when we lose our connection with our inner self and give away our power. In fact, one of the most common ways we work on our identity issues is in figuring out (1) how to extricate ourselves from unsatisfying and codependent relationships, and (2) how to create functional and meaningful relationships.

External Identity Substitutes

Without a personal inner identity structure, or “aware ego,” in place, we attempt to build a sense of self in relationships, which means that we seek to identify ourselves outside ourselves. We enter into relationships where our designated role and position of power defines who we are, i.e., wife or husband of X, president of X. Likewise, we join religious, spiritual, political, economic, and social groups to establish and to confirm our identity.

Participating in groups that share mutual interests and camaraderie is one thing. It is quite another to *need* this association to define who we are and to feel good about ourselves. This need is built in to and characteristic of tribal consciousness. Without the tribe, we have no identity and we feel lost. Growing up is about maturing from tribal to individual consciousness.

External Orientation

Our psyche is externally oriented and controlled if we interact in the following ways: (1) before we act, make decisions, or express our views, we energetically check out others’ point of view and monitor their possible reactions; and (2) we adjust our responses and behavior to feel safe, to make sure we are accepted, and to feel validated. Sound familiar?

Beyond Categorization — Individual Identity

Moving into individual consciousness and soul identity requires that we resist categorization that confines us to a box and defines us from someone else’s point of view. Beliefs, titles, and

affiliations create boxes that circumscribe who we “think” we are. Instead, we find our soul identity inside, where we can experience personal freedom and liberation from external control.

Checklist to Monitor Your Progress

Limited Ego Identity

As a result of a fragile, limited, immature, or nebulous sense of who we are,

1. We take things personally.
2. We are controlled by fear.
3. We feel confronted, challenged, or threatened in normal life situations.
4. We need to be right to feel OK about ourselves.
5. Our connections with others are conditional and need based.
6. We need approval and to be reassured that we are OK and loved.
7. We don't enjoy being alone.

We are all human. Don't expect perfection. Progress is good!

Soul Identity

As we develop an inner sense of soul self,

1. We can contain our energy and our center.
2. We hold “my space” and feel secure inside ourselves.
3. We reach inside for guidance, approval, and comfort.
4. We feel safe having our own opinions and needs.
5. We are able to choose our own responses.
6. We can interact without hidden agendas that demand being taken care of, being reassured, and given attention.
7. Our inner responses and interactions are unattached, non-demanding, non-confrontational, kind, and graceful.

Identity Questions

It is important to identify the filters or imprints in your psyche that cause you to look at the world through pain, struggle, conflict, unworthiness, etc., instead of through love, cooperation, and the heart. And it is equally important to ask yourself if you are ready to release these filters and touch the essence of your beautiful soul.

Your first task (an ongoing one throughout life) is to identify your identity from your neutral mind. From your neutral mind, you can identify thoughts, beliefs, assumptions, and ideas of

who your limited ego/dual mind thinks you are. Start writing these identity thoughts and ideas down in the form of a short list under the two column headers I AM NOT and I AM. This will help you not only identify the I AM NOT ones, but release them.

Directives — Finding Your Self in Your Body

Building on the basic experiences we have been cultivating in previous lessons, we deepen our inner awareness of Self in our body so that we can resist letting neediness take us outside ourselves. We consolidate a sense of self by pulling our energy and attention inside. It is useful to remember Yogi Bhanan's words, "We have no obligation to anybody, we owe nobody anything. We only have an obligation to ourselves to love ourselves."

- ◆ Establish and hold your center in neutral and in your spine.
- ◆ Feel the aliveness in your body. Be aware of yourself as an energy presence. Your energy presence is your soul identity.
- ◆ You are in your body and your energy extends beyond your body. Feel your light and radiance around you.
- ◆ Contain your energy and your attention inside your skin.
 - Hold "my space" and "to be in my world."
 - Feel how good it feels to be in your own space with yourself.
 - There is a deep sweetness and power inside.
 - Feel the energy and untapped potential.
- ◆ Watch your hidden agendas and needs that demand being taken care of, being reassured, and given attention. Give them love.
- ◆ Don't reach out. Instead, reach inside yourself for approval, comfort, and love!
- ◆ Find the love you need inside. Reassure and love yourself.
- ◆ Feel safe being inside with yourself (and having your own opinion and needs).
- ◆ Feel your being becoming unattached, non-demanding, non-confrontational, kind, and graceful.
- ◆ While standing, walking, and during and after standing exercises, feel your feet and legs connect your body to the Earth. Feel your soul in your body here now.

♥ Suggested Kriyas and Meditations

The kriya *Strengthening the Aura* (p. 249) helps you energetically own your aura, making it easier to self-focus and thus not give away your power. *Listen to Your Heartbeat* (p. 232) is a great meditation to pull you into your own Self and to develop the habit of listening inside. Observe when you turn outside yourself. How does that feel and what happens to your power? Conversely, how do you feel when you turn your attention inside?

27. Finding Our Soul Self in Neutral

In our neutral channel, we can meet our soul in an authentic and intimate way. We discover the foundational link between our humanness and our divinity. Our soul connects us to infinite oneness and guides our human self toward harmony, peace, and love. Our soul's reach is universal, yet profoundly personal.

Our soul knows all our secrets, yet this information is available only in our neutral channel, where we can discover our inner wisdom and avoid creating more problems through emotional attachment and entanglements. In neutral, we can release neediness and codependence and function as independent men and women. In neutral, we also disentangle from ended relationships, upgrade our relationships, and enjoy soul connections. In other words, in our detached, neutral channel, it is easier to stay out of trouble.

Below we discuss how we can move from ego to soul consciousness and experience our Soul Self.

1. Limited Ego Identity — The Human Condition

When our mind is asleep and unaware of a deeper reality of Self, we have only our personality, our body image, conditioning, and external input to define our identity. Our thoughts and emotions obscure, hide, and distract us from knowing and relating to our soul identity.

2. Our Reality/Life Without Soul/Observer Channel

Yogi Bhanan once said, "When you deal with life on the surface, suffering won't go away. Dive into the depth of the soul and then the pain and misfortune will let you go."

Our inability to experience and feel connected to the vaster essence of our Soul and the Infinite gives rise to feelings of separation from ourselves, others, the world, and the Universe. We perceive ourselves as isolated beings and feel afraid and alone. We believe that something is the matter with us.

We inevitably experience inner conflict and feel emotional distress when we relate to ourselves only in terms of our worldly identity. We often experience our worldly challenges from a victim perspective instead of as (1) lessons to learn, (2) ways to grow, and (3) opportunities to evolve and become empowered. Without a broader perspective of who we are and why we are here on planet Earth, we get trapped in the pain and suffering of the life situations that confront us.

Without a soul perspective of what is happening in our life and why, our dual mind is endlessly and helplessly absorbed in limited ego demands for attention and efforts to simply cope and survive.

3. We Are Not Our Thoughts — Our Soul Is the Observer/Listener/Feeler

In the stillness and silence of neutral, we realize that we are not our thoughts. The thoughts created in our dual mind are chatter, not the essence of our being. Our essence is consciousness beyond thoughts and thinking. Peace, love, strength, beauty, and joy are the pure essence of our being, which arise from the silence and stillness. In our neutral channel, we become the observer of our thoughts. The observer is our soulful self, who is also the “listener” and the “feeler.”

4. Results/Impact of Awakening to the Soul/Now Channel

Awakening to our identity as a soul does *not* mean that we (1) negate our earthly identity, (2) condemn our human personality, or (3) deny our human needs. Our soul created a very unique human identity to learn specific lessons and to manifest our unique destiny. We must honor and be grateful for our human expression. We must love ourselves exactly the way we are!

Our soul wants us to have the most fruitful, satisfying, and enjoyable human experience. Our neutral mind gives us access to our soul and offers us an opportunity to navigate our human journey in a conscious manner. In our neutral/*now*/Soul channel,

- ◆ We can hear and listen to our intuition. Something besides the chatter in our mind is talking to us. *If we listen*, we can hear the answers to our questions. *If we pay attention*, we become aware of a knowingness that resonates as our truth.
- ◆ We have access to a perception of reality beyond our personality and gain a more in-depth and meaningful interpretation of the events of our daily lives.
- ◆ We feel both more alive, happier, and more at peace.
- ◆ We can consciously connect with our physical and emotional bodies. Instead of avoiding our feelings, we desire to have a pleasurable experience of our Soul in our body.

5. How to Experience Self and Soul in Neutral/Now

When we do not have access to our neutral mind, our dual mind goes into the data bank of our subconscious to identify our identity. Our subconscious does not (cannot) accurately perceive who we are at a soul level. Our positive/expansive mind makes up egocentric, ego-maniac stories. Our negative/protective mind criticizes, judges, and justifies. In sum, when we perceive and identify our identity through a limited lens, we not only get an erroneous view of who we are, we distance ourselves from an experience of our soul. *But how do we experience our soul identity?*

- ◆ To experience that we are a soul in a human body, we first have to pay attention to the energetic presence that becomes palpable in our feeling neutral space.
- ◆ We have to train ourselves to *not* listen to or believe our mental ideas of who we *think* we are, i.e., don't believe everything you think!
- ◆ We have to disassociate from the judgments and the opinions about our body, our actions, our regrets, and our wounds. We can observe, but we must not identify with what our mind is telling us is good or bad about *me*.

To experience the Self, we pay attention in our neutral *now*/Soul channel to the vastness, uniqueness, and beauty of our soul. In neutral, we can feel the energetic aliveness that is ever-present in and around our body. As our sensitivity expands, we become more aware of an energetic self — an invisible, yet palpable, presence that exists independent of our thoughts, stories, and mental images of ourselves.

6. The Relationship Between Human and Soul Identities

The fact is that both our human and soul identities exist simultaneously. We are both! Our purpose is *not* to condemn our human expression or to try to escape it. Our quest is for (1) *our human identity to better serve our soul*, and (2) *for our soul to guide our life*.

When we awaken to our soul identity, our earthly identity acquires an invaluable partner. We are able to view our life from a more accurate perspective and are better able to (1) understand and evaluate our life situations, (2) learn our lessons and become empowered, and (3) accomplish what we came here to do in this lifetime. Our life works better!

7. The Ego/Soul/Emotion Connection

Our pure soul identity exists independent of this physical incarnation. However, it is our challenge and our life goal to live our human life in higher awareness of the eternal essence of our soul, which is now expressing in our physical/human form.

In addition, we have to feel the energy of our emotions in our body because they are the glue that allows us to embody our soul. Our soul evolves in this physical incarnation by being present to the energies of our emotional body and transmuting this energy from fear, anger, and sadness into love, peace, and joy.

Directives — Discover, Embody, and Love Your Soul

In this lesson we build on the previous one to enter a realm of consciousness where our perception of Self moves beyond our limited ego identity to soul identity. Between the exercises in the kriyas listed below, or in any other ones you choose, gently and lovingly expand your sense of identity through feeling awareness. *Non-verbal feeling invites your soul into your body.*

- ◆ Become conscious of the light and energy of your soul in your mind and body by being present to the qualities of peacefulness, vastness, neutrality, stability, stillness, silence, etc. These qualities are the essence energies of your soul.
- ◆ Be aware that these energies and their qualities are *in* you. If they are in you, then they *are* you.
- ◆ In the awareness of the moment, we access the spiritual dimension or our being.
- ◆ Pay attention to your life force with all your senses.

- ◆ Feel the energetic presence and aliveness that is always present in your body.
- ◆ Be aware that your energetic self exists independent of your thoughts, stories, and mental images of yourself.
- ◆ Relax. You cannot interfere with the pure essence of your being. You can only enjoy it.
- ◆ Be with your breath. Your soul is breathing life into your body.
- ◆ Step back and observe your thoughts. The observer is your soul.
- ◆ You thought big brother was watching you. Your Soul is watching you!

♥ **Suggested Kriyas and Meditations**

The *Short Set to Balance Prana & Apana* (p. 257) not only balances prana and apana, but sets the navel. This kriya also opens up our feeling awareness so we can experience the subtle energies of our Soul in our body and mind. The meditation in this kriya uses pranayama to awaken the neutral soul channel in our mind and body. Also recommended is the *Kriya for Self-Centering, Self-Nurturing, and Sacred Space* (formerly, *Kundalini Class for Partners and Groups*) on page 269. See also Guru Rattana's online class *Finding Soul Self in Neutral in the Mind/Air Element* section.

After the navel exercises in *Short Set to Balance Prana and Apana*

- ◆ Feel the pulse at your navel and throughout your body.
Let go and feel that you are still alive, with no need to control anything.
Feel your pulse still there when you let go and “do nothing.” You exist without doing anything.
Feel the vitality moving through your body.
- ◆ Feel deep satisfaction and feel the pleasure of being alive in your body.
Enjoy your expanded awareness of *I am* existence.

Build the following awarenesses with any kriya:

- ◆ Feel the sensations in every part of your body.
Enjoy the sensual richness of your soul in your body.
- ◆ Be present, attentive to your energetic identity.
Enjoy being with yourself and your expanded identity and feeling alive.
Your body holds and anchors the experience of the Divine and your soul.
- ◆ Stay centered in *I am* in your sacred space in your body.
I am — always was and will be. The joy of being alive is a permanent high.

Self-Assessment

How do you experience the difference between your limited ego and aware ego?

28. Who Am I? I Am Consciousness and a Feeling

The identity aspect of our spiritual evolution is about evolving from thinking about who we are to knowing “*I am consciousness and I am a feeling.*” We find our identity beyond our imagined self-image by honoring and integrating both polarities of our soul into our concept of Self. To achieve the inner alchemy of our soul, we must be able to relate to and express the higher expressions of both polarities.

The Two Polarities of Our Soul Identity

1. I am Consciousness — Stable Male Mind Polarity

It is the male mind polarity of our soul that gives us the experience of *I Am Consciousness and Light in our mind*, where with clarity of perception we become one with the infinite qualities of neutrality, peace, stillness, and silence.

2. I am an Alive Vibrant Feeling — Flowing Feeling Polarity

It is the flowing female polarity of our soul that awakens us to feel *I am an alive vibrant feeling*, in our physical and emotional bodies. Our flowing polarity offers us rich feeling experiences of our energetic presence, connects us with nature and Mother Earth, and offers us the relaxed feeling of the Divine Feminine Flow.

Our inner journey is about developing both depth and subtlety of *consciousness and feeling* so that we can (1) operate from alert neutral awareness and (2) enjoy feeling alive and relaxed in an effortless flow.

It is fascinating how the polarities maintain their uniqueness, yet work together to achieve oneness. This dynamic plays out in our human lives. As a human being, we are by our physical natures separate entities. To return to oneness, we must first let go of our codependent tendencies and achieve wholeness and contentment within ourselves. We do so by experiencing our oneness with that which is independent — the Infinite Force. As we achieve oneness with the Infinite, we transcend physical illusions of our separation. In the space of infinite oneness, we are thus no longer separate from each other.

The Process of Reclaiming Our Free Will and Willingness

We cultivate free will by operating from neutral, where we can give up sabotaging mental activity and replace self-criticism with self-love. A neutral, self-accepting attitude allows stuck emotional energy to move.

We then cultivate free willingness by relaxing and allowing our emotional energy to flow. The more we activate our free will/willingness, the more we are at choice to explore, expand, and experience the Light and Love of our Soul.

When we experience our oneness with infinite qualities, we open ourselves to the realm of infinite possibilities. Our personal energetic blueprint selects and attracts to us what is right for us. *Our soul blueprint creatively personalizes our human experience.* With consciousness, will, and feeling sensitivity, we are able to maximize the experience of our unique path.

Different Methods to Deal with Mind and Feelings

Each of the two polarities of our soul requires its own method of awakening. We train our mind (stable polarity) so that we can control and direct it to awaken to consciousness and experience our light. However, we cannot use the same methods to embrace our flowing polarity.

We do *not* control and direct our flowing polarity. We discover, allow, unleash, and enjoy our flowing polarity. Our dance is not a mechanical tool, like the mind. It is prana, aliveness, and creativity that must be expressed. We awaken, expand, nurture, and liberate this energy so that it can dance and flow in its natural rhythm.

Feelings are the communication mechanism of the flowing polarity of our soul. Loving acceptance of our feelings optimizes their information, attunement, and freedom.

Directives: “I Am” Discovery Guidelines

I Am Consciousness

What has always been with you since childhood and throughout your life? What guides you? What is your voice of authority? What motivates you?

Distinguish between what the dualistic mind says and what the neutral mind and heart say. Stop when you hear negative voices. Create a space and a vacuum. Do not fill the gap with thoughts.

- ◆ Deeply listen. Listen to the voice that is always there.
- ◆ My soul is this supportive voice. I am this consciousness.

I Am Feeling

Feel the subtle sensitivity in and under your emotions — no stories, just sensations in and around your body. Relax and soften to untie your knots. Slow down and let the dust settle. Feel every sensation in your body.

- ◆ Focus on pleasurable feelings and enjoy feeling good.
- ◆ Let all your feelings and sensations merge into one pervasive feeling.
- ◆ Feel a presence that is always there, that endures despite all your games, thoughts, and activities.

The Power of Neutral

- ◆ Love the feeling. I am this feeling.
- ◆ Love yourself. Love your soul.

I am consciousness and feeling. I am a soul in a human body. My soul sustains and guides my journey. My humanness expresses and serves my soul.

♥ **Suggested Kriyas and Meditations**

To achieve these deep experiences, it is important to align all parts of our being. *Kundalini Yoga Sets #2 and #3* (p. 260 and 262) pull you into these deep experiences. The *Meditation for Surrender* (p. 238) aligns us with our Soul Self. To develop awareness of your true identity, see Guru Rattana's online class, *I AM Consciousness, I Love ME*.

In consciousness and flow, we cultivate our strengths, drop our stories, enjoy being ourselves, establish our center in our heart, and find our roots in Infinity.



29. Be Your Own Authority

Our soul alone contains the total records of our history. Thus, we are the only one who can know who we are and what works for us. Our soul is the only valid judge of the choices we make, what we do, and why. The good news is that our soul knows. And the other good news is that we have access to this information through intuitive knowing. Therefore, we can look within to (1) seek guidance, (2) forge our path, (3) find validation, and (4) decide how we want to live our life. Becoming our own authority is how we activate and reclaim our free will.

This chapter contains several lessons that guide us to see, hear, and feel our truth from our soul's perspective.

From Unconscious to Conscious Decision Making

Our success, self-empowerment, and happiness depend upon making optimal choices in alignment with our unique make-up, our individual needs, and our soul's life purpose. Our mind must be able to appropriately process information and to intelligently guide our decision-making process. But how can our mind help us make the best decisions for our life.

Our rational mind is inherently dualistic, detached, and non-emotional. But when we are unconscious, it is indecisive, controlled by chaotic impulses, and subservient to subconscious programming. Duality causes us to be disoriented, unaware, and confused. As a result, we are unable to use our mind effectively.

When we rely only on our rational mind, we often make less-than-optimal choices. We can become frustrated and lose confidence in ourselves. To make wise choices, to gain self-confidence, and to deal with duality, we must cultivate the faculties available in our neutral mind and upper chakras. We need the faculties of the third eye: focusing (finding our inner center), objectivity, and detachment. And we need the faculty of the throat chakra: listening.

Analysis and Intuition Work Together

Our rational mind can put together logical, but not necessarily wise, solutions. When trying to make decisions, we find that a list of pros and cons does not necessarily add up to a well-reflected analysis of the situation or clear guidance on appropriate choices. The "facts" do not take into consideration the bigger picture and unknown elements. Rational analysis also does not provide the inspiration that points us in the right direction.

Our rational mind needs the assistance of our neutral mind to compute and integrate all relevant factors. From our observer perspective (in our neutral mind),

- ◆ We can understand the deeper meaning hidden behind scattered information.
- ◆ We can comprehend the significance of the situations in our life.
- ◆ We can identify the lessons we need to learn and the best way to learn them.

The Mind Is Our Messenger

Three Parts of Our Brain/Mind — A Review

Our mind can be our most powerful ally or our worst enemy. Instead of being a slave to our mind, we can train our mind to serve us. To do so, we must raise our level of brain functioning from reptilian to neutral.

1. In our **reptilian brain** (base of skull) we act from primal reflexes — from our instinctual animal nature. We are reflexively defensive and offensive. We perceive and react through the filters of survival and victimhood.
2. In our **rational/dual mind** we think, analyze, discriminate, and identify alternatives. We see choices and make evaluations and judgments that interact with our emotions.
3. Our **neutral/non-dual mind** is awakened in our frontal cortex, where we connect with the Universal Mind, our soul, and universal qualities, including non-judgment, neutrality, and peace. We can perceive reality independently of our emotional programming and our dual mind's filters, assumptions, and belief system. We have access to our *soul's perspective of reality*.

Our Mercury Mind Travels Between Three Worlds

The god of Greek myth Mercury was the youthful, agile, and magical being who was the messenger between the three worlds: Olympus (the celestial realm), Earth, and Hades. Mercury was always on the move — in transit between the spirit world, the Earth, and the lower realms — connecting, communicating, guiding, and bringing messages between each of them.

In a similar way, our mind is always on the move between (1) our unconscious world, (2) our conscious world, and (3) our soul/universal world. It can lead us toward pain or pleasure, heaven or hell.

Mercury thus represents our mind, our messenger, and the nervous system, which carries messages from our sensory system to our brain. Our mind can deliver messages from all realms. However, if we are gullible, listen to external authorities, and don't listen to our soul, we can be negatively influenced by the outside world. If we don't like to take advice, or be manipulated, then we have to learn to *listen* within to our intuition. A wise healer I know once shared with me, "Some people go to school. I listen. I learn my skills by inner listening."

Awakening the Third Eye

The status of the three upper chakras determines the light and coherency of the arc line or halo around our head and thus our ability to perceive the truth. The basic goal of the upper chakras is to awaken our neutral mind, awareness, and consciousness, which makes it possible to (1)

observe in an objective, non-judgmental, detached way, (2) experience our oneness with non-dual reality, and (3) operate from intuitive knowing.

To activate our upper chakras and access our neutral channel, we practice techniques that cause the pituitary and pineal glands to secrete, which stimulates our frontal cortex and awakens our third eye.

1. Inner Attention and Focus

As we turn our looking and listening inward, we first pay attention to the space inside our head. Next, we learn to focus by concentrating with one-pointed attention between the brows where we are aware of a *place*. The third eye is located where the optic nerves meet — where our two eyes (our dual mind) merge into one eye (our neutral mind).

As our third eye awakens, our capacity to focus becomes more powerful and we are drawn in to this place that is both pleasing and potent. Light fills our mind and we become conscious of the non-dual dimension of reality. Our inner space can be dark, but if there is peace, there is light.

At our third eye, we access the will of our soul, which becomes the director of our life. As it becomes stronger, we are able to choose what our mind thinks about (see chapter 23). An awakened third eye gathers information beyond what our rational mind can perceive. We acquire inner vision, which makes it possible to see the unseen and to understand what the rational mind cannot explain. Our inner observer thus wakes up, and we access the faculties of detachment and objectivity.

2. Detachment

As explained above, the mind is associated with the planet and god Mercury, which has the capacity to move between dimensions and carry information back and forth. Slippery like the substance Mercury, this quality of the mind gives us the capacity to let go, to move on, and to detach.

We need the capacity of detachment to operate effectively in this world and to maintain our sanity. We must be able to distance ourselves and withdraw energetically from situations that attempt to draw us into their sphere and exploit and manipulate our energy.

Detachment can appear cold to those needing empathy, but we have the female polarity (water and earth elements) for that. The ability to remain detached is a powerful tool that we all need in our survival tool kit.

This does not mean that we suppress or try to ignore our emotional responses (the unevolved male/mind response to feminine expressions). Rather, the detached, non-judgmental quality of the air element is an absolute requirement for allowing, interpreting, and integrating our emotional responses into our decision-making process and to open our hearts. Our ever-changing emotions need a stable, non-judgmental base to feel free to register their honest reactions to life situations. When our emotions feel judged, they hide in our subconscious.

3. Objectively Observe

The faculty of observation is also available at the third eye. When we objectively observe, we do not attach an opinion or judgment to our thoughts. We look at things as facts and as they are.

Our rational mind has filters that block our ability to perceive the truth. However, our third eye and neutral mind do not have these filters. From the vantage point of our third eye, we can see objectively and non-judgmentally. (Obviously, we can never be perfectly objective, because our soul blueprint has built-in preferences, but we can do much better in our neutral channel.)

Being objective means that we don't engage our emotions *or* our opinions. Yet, when our mind is cut off from our emotions, we express our emotions through opinions and judgments. So don't be fooled by the false "objectivity" of the dualistic mind. It is a cover up just expressing our emotions in a covert way. Everyone needs to cultivate the watchtower perspective to enjoy a peaceful inner state.

Finding Answers — See Your Truth

When we are looking for answers, our first instinct is to think and try to figure things out and to talk things over with others. But when we are engrossed in talking and thinking, we forget to listen to our soul. There is a more effective strategy:

1. When you have a question or a puzzle to solve, ask the question.
2. Jump down the rabbit hole of your neutral mind.
3. Make yourself aware and receptive through (1) neutrality, (2) paying attention, and (3) deep listening to inner silence, i.e., we find answers by shifting to intuitive listening mode.
4. Stay in neutral until a pathway opens up.

Our soul processes vast amounts of information (far more than that available to our conscious mind). Our job is not to try to figure everything out. Our task is to (1) *trust* that there is an answer, (2) *trust* our soul (and the Universe) to work it out, and (3) make ourselves available to receive guidance. When we are receptive to our intuitive voice, we always receive answers to our questions.

When we are stuck, what do we do? Go to neutral. Be in stillness and allow the vacuum. Be the stillness. In neutral, we can allow our mind to process our thoughts through the natural cycle of negative, positive, and neutral. In neutral, allow and include all your sensations so that none of them dominates. At some point, the unity of our sensations transforms into a pleasurable (or at least acceptable) feeling. Our neutral emotional fluctuations diminish and our observer appears.

As we get into the habit of quietly being conscious, neutral, and aware, we can tap into our

deep truth and wisdom. Through awareness and inner listening, we discover that our soul has a coherent philosophy around which we can organize our worldly activities. We find it both relaxing and exciting to operate from our intuitive knowing and to make choices that appropriately support our happiness and our life path.

Directives to Awaken the Third Eye

To get the answers we seek, we train ourselves to detach, to observe, and to see the truth from our third eye. Before doing a Kundalini Yoga set, identify a situation for which you seek clarity and the truth. Be willing to see the truth and let it come to you as it wishes, which is often sometime after your practice.

1. Changing Channels — Emotional Balance Exercise — Tune In

Start with the basics

- ◆ Shift your focus from outside yourself to inside your skin.
- ◆ Look and listen inside your head until you are aware of a space and pay attention to the space.
- ◆ Notice that you are moving from your automatic reactions, emotions, and evaluating thoughts to another place. You are entering the non-dual dimension of reality.

2. Focus the Eyes

- ◆ Move your eyes to the point between your brows where you are aware of a *place* that draws you toward it and deep into it. This is your observer station.
- ◆ Focus with one-pointed attention at your third eye until you experience this as a centering point. Don't think. Look. Pay attention. Be aware. Be alert.
- ◆ See and feel light and energy beaming out from your third eye. You may not see light, but you can feel a radiation of energy.
- ◆ Look deeply into your third eye. See beyond what your eyes cannot see and your thoughts can explain.
- ◆ Note the will power at your third eye.
- ◆ To relieve stress caused by too much mental focus, be present to the sensations in your body. This will help prevent, or deal with, third eye aches that can occur when awakening the third eye.

Our mind needs earth energy to (1) calm it down, (2) stay grounded, and (3) maintain a connection with our body and physical reality.

- ◆ In the standing poses, move the vital air energy through your body with the breath and movement.
- ◆ Slowing down the breath to four or fewer breaths per minute moves the mind into a

meditative state. Watch your breath as it adjusts to a slower rate. Once your breath is stabilized, slow it down even further. Notice that your mind is becoming less agitated. You feel more centered.

- ◆ Go deeply into your third eye and shift into observer mode, where you are watching yourself and your thoughts. Feel detached, in another place observing, not emotionally or judgmentally involved. Observe without opinion or judgment. Simply look at things the way they are without filters.
- ◆ In observer mode, enjoy becoming less attached to what is happening.
- ◆ Feel that you cannot be manipulated from this objective vantage point.
- ◆ Change conductors. With consciousness decide what you will focus on.
- ◆ Feel the pull toward the bliss and peace at the third eye.
- ◆ See the truth.

Self-Assessment

- ◆ Go back to the situation for which you seek clarity and the truth. How do you view this situation now? How has your perception changed? Does the situation seem less important now? Does it really matter? Is the truth easy to accept?
- ◆ Can you see the programs that you don't want to let go? Can you see why you make certain choices?
- ◆ Does your mind seem to slow down in your neutral channel?

Intuitive Knowing

The Mind, Air Element, and Duality

The mind is the *territory, power, and challenge* of the air and ether elements. In our dualistic mind, we always have an opinion. We endlessly engage in a discussion between *me* and *me*. We think we are talking to someone else, but we are talking to ourselves!

How to befriend, wisely use, and transcend duality are the featured themes of the air element and the upper three chakras. Duality has many expressions. The lower, unconscious expressions include judgment and categorizing things into good and evil, black and white.

Qualities and Issues of the Air Element

The air element requires mental stimulation. Air is not driven by the touchy feely desire energy of water and earth signs. The air elements love to think, analyze, mull ideas, dream, and fantasize.

Air is disconnected from the physical body and feelings. It avoids emotional involvement and attachment and remains aloof by escaping into the mind. Accordingly, air talks about emotions

instead of feeling them.

The good news is that air can detach and not get emotionally involved in dramas. Air can stand back, watch the fray, and enjoy the play. We can learn a great survival skill from the air signs: to distance ourselves and withdraw energetically from situations and relationships that attempt to manipulate and waste our energy.

In that way, when we are triggered, we can feel the feeling and then let it go, extricate ourselves from murky emotional waters, and simply observe events.

The gift of the air element is not only the ability to jump out of emotional quicksand when necessary, but also to see what is really happening and to identify hidden meanings and the truth.

Third Eye and Intuitive Skills

Optimally, our rational mind gathers information, and we then use our neutral mind to filter the information for deception, relevancy, and truth. We need the faculties of objectivity and detachment to not get emotionally manipulated and to free ourselves of dogmatic, moralistic, and ideological beliefs that create dysfunctions in our rational mind (and make it irrational).

The skills of focus, detachment, objectivity, and stability¹ that we acquire at our third eye and in our neutral mind give us (1) the intuitive ability to discriminate, (2) the power of discernment, and (3) *the gift of seeing the truth*. As a result, we can project from clarity and purity and become more functional and happier human beings!

Identifying Cause and Effect

Our decisions need to take into consideration the universal law of cause and effect. As a young child, we learn how to avoid physical pain. As we grow older, we become more adept at calculating our actions to avoid negative physical consequences. However, at the non-physical level, we are less aware of the connection between cause and effect. Even into adulthood, we continue to put into motion actions, thoughts, intentions, and feelings that have undesirable consequences.

It takes a more refined level of consciousness to avoid mental and emotional pain. We need to tune in with more subtle awareness to identify how our mind and emotional body create invisible brick walls that prevent us from being happy and successful. We must become more awake to compute how our beliefs, thoughts, attitudes, emotions, and responses create either favorable or unfavorable physical, mental, and emotional effects. The reality is that all of the former are *causes* and the latter are the *effects*.

¹ Did you ever wonder how ballerinas stabilize themselves while they are doing those fast spins? They focus at the third eye. The third eye and the navel center (sixth and third chakras) are our built-in mechanisms for focus and stability (while we dance our dance).

Intuition Transcends Duality

By the grace of God, we have the built-in faculty of intuition that bypasses our lower impulses, our emotional manipulations, and our mental filters. In our non-dual channel, we can perceive reality independent of dualistic chaos and emotional commotion. Through subtle inner listening, we can hear our intuition, which computes from the higher intelligence of our soul.

Our intuition makes it possible to perceive the relationship between cause and effect. We become aware of the consequences of our thoughts and actions *before* we speak and act. We are thus able to make wiser choices. We are at choice to jump out of the quicksand before disaster hits.

To summarize, in order to tune in to our inner knowing and to hear the messages of our soul, we need the faculties of (1) focus, (2) objectivity, (3) detachment (available at our sixth chakra), and the ability to deeply listen (available at our fifth chakra). With our intuitive sensitivities activated, we can also listen to others and perceive the deeper meanings in their communications. We are able to connect at a more authentic level with ourselves, others, and the Universe.

♥ Suggested Kriyas and Meditations

To develop your connection with your third eye, do the *Head Set* (p. 253) and *For the Eyes* (p. 254) kriyas. Follow with *Dhrib Dhristi Third Eye Meditation* (p. 239), which is a great silent meditation to awaken the third eye and thus create the capacity for objectivity, detachment, and intuitive knowing. *Meditation for Surrender* (p. 238) is also good for this.

With *awareness and feeling* we make our connection.
Relaxation and letting go is how we slip through the divine portal.
Our ability to *allow* establishes our willingness to receive divine assistance.
Gratitude is how we solidify our connection.
Acknowledgement is how we build trust and faith.
Love is how we sustain and nurture our oneness.
The presence of the Presence is very comforting.



30. Hear Your Truth: Your Silent Listener

Inner Eye and Inner Ear Training

It should be clear by now that we must redirect our sensory system inward to wake up, stay awake, and operate from the authority of our soul. Consciousness and active inner listening keep us alert and aware. We use our sensory faculties to pay attention instead of being on the default setting, where we are either spaced out, talking to ourselves, or both. By deeply listening, we consciously maintain access to our neutral channel.

Initially we use our physical eyes and ears to turn our attention inward. As we listen from inside our head between our two ears, we discover that we not only have a third eye, we have a third ear. The faculties of inner seeing and listening offer us more subtle perceptual awareness and knowing. As we activate these intuitive faculties, our desire to hear the messages is aroused and our attention is pulled inward. As we listen, we develop a deep trust and powerful connection with our soul.

The Faculty of Listening

Inner listening makes it possible to receive and process known and unknown information necessary for navigating our life journey.

Inner listening works with our faculties of *focus, objectivity, and detachment* to make it possible to (1) become aware of a more comprehensive perspective, (2) gain valuable insights, (3) tune in to inspiring soulful motivations, (4) attune to our inner guide and wise arbitrator, and (5) gain access to the wisdom of our soul. Through the faculty of listening, we can hear the voice of our soul speak to us through our intuition.

Your Silent Listener

To know our truth, we must activate our silent listener, which similar to our third eye

1. Holds our neutral space and remains in our center
2. Is stable and detached
3. Hears from a higher perspective
4. Listens to our intuition and inner silence
5. Is non-judgmentally present while others talk
6. Listens so that others feel accepted, heard, and loved
7. Is our friend when we need to take time out from our extroverted activities for time alone and introverted self-reflection

Directives for Inner Listening

Ask and Trust

Ask your question and trust that there is an answer. Let go of trying to figure out a solution. Trust your soul to process all the relevant known and unknown information and to communicate with you. Don't be impatient or in a hurry. The answers will come to you at the right time.

Deeply Listen Within

- ◆ As you listen from inside your head between your two ears, discover that you not only have a third eye, you have a third ear.
- ◆ Use consciousness to pay attention to your space, third eye, and breath instead of talking to yourself or spacing out. Notice that active listening keeps you alert and aware.
- ◆ Notice as your intuitive faculties are activated, your desire to hear the messages is aroused and your attention is pulled inward.
- ◆ Objectively listen — no attachment, no expectations. Listen to the silence, the space, your breath. Allow thought and random sounds.
- ◆ Listen beyond thinking and trying to figure things out.
- ◆ Simply let your mind receive information, guidance, and knowledge.
- ◆ Be receptive and available through neutrality and detachment. Your intuition will speak when it wishes.

Be Awake, Aware, and Conscious

- ◆ Tune in to a more subtle, refined level of consciousness.
- ◆ Be quietly aware, awake, and conscious.
- ◆ Be available to understand deeper hidden meanings.
- ◆ Be willing to see how your thoughts, emotions, attitudes, and beliefs cause certain effects and create your reality.
- ◆ Witness that your neutral channel and intuition bypass your stories and the dual mind's filters.
- ◆ See reality independent of your thoughts, stories, and emotions.
- ◆ Notice that awareness in the upper chakras cuts through the garbage and stories to the truth.
- ◆ See how your thoughts create certain scenarios in your life that are not true.
- ◆ Be aware that you are tuned in to the higher intelligence of your soul.

- ◆ Allow your soul to speak to you through non-verbal knowing, understanding, and awareness.
- ◆ Be aware that what you perceive and hear is authentically your truth.

Meditation on Self-Trust

- ◆ As you deeply listen, develop a deep trust and powerful connection with your soul.
- ◆ Accept your intuition as your guide and wise decision maker.
- ◆ Feel that you can trust this voice.
- ◆ Be present to your desire to know more and to honor your intuitive voice.
- ◆ Feel more confident in yourself. Know that your soul knows!
- ◆ Feel the power of the truth and wisdom of your soul.
- ◆ Feel the relaxation and how stress releases into available energy and aliveness.
- ◆ Love the clarity and the peace. *Here I am.*

Self-Assessment: Inner Listening and Trusting Your Soul

What is your experience of listening within and trusting that your soul will answer your questions? (One student answered, "I don't remember my question, but the answer is *I am bountiful, beautiful and blissful.*")

What techniques work best for you to be receptive to inner listening?

Whenever you have a question, practice the technique of inner listening until this becomes a habit and you experience that you do indeed have the answers inside and you can trust your soul speaking through your intuition.

♥ Suggested Kriyas and Meditations

To develop your connection with your inner listening, do the *Neck and Thyroid* kriya (p. 246) and the *Pineal Gland Kriya* (p. 244). The mantra included in the set powerfully activates the third eye and the throat chakra.

Anyone can experience Spirit if they are willing to listen. And anyone can attune to their soul if they are willing to feel. All we have to do is take one accepting step to start lining up with our Essence, which is alive and ever evolving toward awareness of Love.



31. Deeply Listen and Feel Your Truth

Learn to listen to others calmly. Learn to listen to yourself quietly. Your strength is not in your wealth. Your strength is not in your degrees. Your strength is only in you — how calmly, quietly, peacefully you can face the consequences. The moment you do not listen quietly to your own self, it is natural that you will become anxious.

— Yogi Bhajan, 2005

Listening is a deep form of paying attention. If we simply mentally pay attention, we will stay in our minds, remain on the outskirts of body awareness, and avoid feeling our emotions. Deep listening pulls us into feeling awareness in our body and heart. Your instincts/feelings are also communicating with you.

Together, listening and feeling connect our mind and body and engage our emotional body. The integration of body, mind, and emotions creates soul alchemy which we experience as wholeness.

Check it out for yourself. Do you get anxious when you do not quietly listen to yourself? If we do not listen, our inner mechanism to connect our mind, body, and emotions is not activated. We cannot feel whole because our parts are disconnected. We become conflicted when we do not listen to the silent, neutral channel within. This is because we have disconnected from our inner peace channel and returned to the polarity channel of our mind.

As we deeply listen to the sound of silence within, we experience the cosmic space which holds us safe and secure. We make ourselves available to receive knowledge and guidance.

Our Truth's Touchstone Is a Feeling

Deep listening teaches us that our truth is a feeling, not a belief or an ideology. It is a feeling that resonates at the core of our being and aligns our consciousness with our soul essence.

Deep listening also leads us to a feeling that guides us. This feeling is a vibratory flow within our being and the core essence of our free willingness. We can use this feeling as a touchstone to discriminate what rings true for us, and what does not. It is this feeling, which is uniquely our own, that makes it possible for us to know

- ◆ What creates discord and stress.
- ◆ What works for us.
- ◆ What is true in our heart.
- ◆ What aligns with our being.
- ◆ What resonates with our soul.

Our heart always knows what our soul wants. But we have to listen and feel to find out.

Real connection and communication with ourselves, others, and the Universe happen when we hold the space of love in our heart and neutral mind.

We communicate non-judgment with a clear arc line, which includes the fifth and sixth chakras.

We communicate love with an open heart.

We communicate joy with a radiant presence.

Directives: Listen Deeply and Feel

- ◆ As you listen to what you think, say, and feel, become aware of how your thoughts, words, and feelings are mirrored in your outer world.
- ◆ As you listen to your own words and thoughts, hear the subtle voice of your own consciousness speaking to you.
- ◆ Then go deeper than your thoughts and deeply listen to the silence within.
- ◆ Inner listening opens up our feeling function, which opens the heart.
- ◆ Feeling connects body and mind.
- ◆ Feeling makes our whole body vibrate with love.

♥ *Suggested Kriyas and Meditations*

To develop your connection with your inner feeling, the kriya *Relaxation Series to Remove Negativity and Tension* (p. 245) will help you be comfortable with feeling the sensations in your body. The *Meditation to Make One Younger* (p. 235) opens the heart and sensory awareness.

Neutral Happiness

If our mind is not stable in neutral, we can't maintain a positive attitude all the time.

In neutral, inner happiness awakens. We are happy, positive for no specific reason.

Don't be positive, be neutral.



32. Inner Alchemy: The Two Polarities of Our Soul

Both polarities of our soul work together in soul consciousness: (1) our male mind polarity becomes more functional, focused, and supportive, and (2) our female emotional polarity enhances our feelings of well-being and becomes magnetic and positively creative. Both polarities thus awaken us to Love.

We cannot achieve inner alchemy by escaping into our higher mind and avoiding, transcending, or denying the flowing polarity of our soul — our emotions and feelings. Our goal is to achieve oneness with both universal polarities as they express in our being and merge as soul alchemy in our heart.

Our Mind and Its Strength

As stated before, we are not our mind. But we do have a mind that is constantly active and will get us into a lot of trouble unless we direct it to serve our soul. Our mind is a mechanism, a computer that must be trained or it controls us and we become its slave. Not good!

Rather, our mind is a gift that makes it possible to become conscious, instead of unconscious, human beings. Through our mind, we can tune in to our inner reality and do our “inside job.” With the help of our mind, we can become conscious of the light of our soul and discover our essence as consciousness and light. In our mind, we can attune to and experience our oneness with God and universal energies.

Meditation, operating from our neutral mind, connecting with our inner reality, holding sacred space — all are about building our inner strength (our free will) so that we can stay centered within ourselves and not be thrown off balance or have our rhythm disturbed.

Our Body and Rhythm

Nor are we our body. But we cannot ignore our body, because it is only through our body that we can experience human life. Our body is the vessel that contains our soul in physical reality. It is a gift that makes it possible to experience the dance of our soul and to experience God’s play on planet Earth. The fine attunement of our body awakens the faculties that make it possible to live conscious, effective, and compassionate lives.

We nourish our body with kindness and relax into our body home so that we can connect with the rhythm of our soul (our free willingness). Our success and happiness depend upon whether we are attuned to our personal rhythm. When our rhythm is off or disturbed, we feel frustrated, depressed, angry, tense, and reactive. When our willingness is not free, we feel edgy and cannot relax. When we can relax and flow with our personal rhythm, we can move through every challenge.

Polarity Imbalance and Dysfunction

Our mind and upper chakras express the stable polarity of our soul.

Our body and emotions and lower chakras express the flowing polarity of our soul.

As discussed earlier, a basic source of our human problems is the immaturity, imbalance, and dysfunction of the two polarities and their interaction. We suffer because our untrained, unconscious mind dominates our reality. For too long, the flowing polarity has been abused, condemned, and suppressed. We have suppressed our feeling faculty and thus are not in touch with the flowing nature of the prana of our soul that animates our being.

As a result of negating our flowing polarity, we have disabled the interactive connection between mind and body. This has led to a serious imbalance and dysfunction of both polarities.

Intrigues: Collaboration of Dualistic Mind and Subconscious

Why is our mind confused and chaotic? Why is our body uptight, anxious, and stressed?

As we've seen, when the flow of prana through our body and the energy of our emotions are not in their natural state of flow, free to express our unique dance, our mind tries to compensate. Our dualistic mind (positive/negative) attempts to take over the flowing, "moving" function of our physical and emotional bodies. The result is conflict and drama.

More specifically, our dualistic mind connects with our subconscious where the suppressed, blocked energy of our emotions is stored. Our dualistic mind and subconscious conditioning, which is imprinted with false information from the past, thus collaborate to produce intrigues and dramas to utilize our creative energy that must be expressed.

Steps Toward Resolution

Our mind and subconscious do not need to produce intrigues and stories when

- ◆ We allow our moving energy to flow freely instead of locking it up in our subconscious and an uptight body.
- ◆ Our mind is consciously connected to and pays attention to the richness of life as it unfolds every moment.
- ◆ We accept this play as Divine, as the natural unfoldment of human development, experience, and evolution.
- ◆ We honor and accept the human experience and its multiple facets, interactions, and progressions.

Optimal Functioning and Collaboration of Body and Mind

The human mind is designed to carry out specific tasks. Our body and emotions are designed to perform other functions. Unfortunately, our mind has become overburdened by trying to perform the moving function designed to be expressed through our body and emotions.

We experience the flow of life through the faculty of feeling. The problem is that we avoid feeling because what we feel is distorted and not the pure flow of our soul. The dense, entangled, commotional emotional energy is aggressive, fearful, and depressive. So when our feeling function is shut down, we are unable to consciously connect to the ever-changing flow of our Soul and the Infinite as it expresses in our body and emotions.

When we have no meaningful way to relate to (feel) the dynamic of human life as it unfolds in our physical and emotional bodies, this aspect of our experience gets relegated to intrigues in our mind and plays out as dramas in our life. As explained above, we subject ourselves to dramas instead of dancing our unique dance. Yet when our mind, body, and emotions work together, they synchronize in oneness and wholeness.

Awakening Our Feeling Faculty

Only as we awaken our feeling faculty, develop a conscious relationship with the aliveness of our body and emotions, and relax into our own flow, can we re-establish harmony, peace in our body and mind, and experience wholeness in our being.

It also becomes easier for us to access and stay in our neutral mind. This is because our negative and positive minds are not commanding our attention through diversion in their distracting attempts to replace the flowing function. When the negative and positive minds are relieved of the task of being a surrogate flow machine, they are free to carry out their normal functions of providing information for evaluation. They naturally work with our neutral mind to help us make wise choices.

Stability, Relaxation, and Flow — Freeing Our Emotional Body

In turn, it becomes easier for our dynamic polarity to relax and flow when we awaken our neutral mind and consciously connect with the faculty of stability, which is a stellar quality of the neutral mind.

Similar to the dualistic mind attempting to take over the flow function of the flowing polarity of our soul, our flowing polarity becomes rigid and uptight trying to perform the stability function available only in our neutral mind. Because its nature is to move, when it blocks movement in a futile attempt to generate the stable base it requires in order to flow freely, it becomes distressed and upset. It then generates feelings of hopelessness, frustration, fear, and rage.

From Unconscious to Conscious Expression

Our moving, vital energy demands expression. It will operate at the unconscious level when we deny our feelings, stuff our emotions, space out in our mind, subject our body to stress, and abuse our body through lack of nurturing exercise, food, sleep, and care. Basically, when we suppress the feminine, feeling polarity of our soul, it has no other choice but to express through intrigues, commotion, dramas, and illness.

When we allow, accept, feel, and express our creative energy and choose to use it consciously,

it no longer hides and tries to get our attention through suffering and conflict. We can thus reduce our pain and increase our pleasure by evolving from unconscious to conscious living.

It is said that it takes the same amount of energy to hold on to resistance as it does to love. If this is true, then we all have the energy required to shift our focus from judgment and guilt to acceptance and love.

Directives: How to Free the Emotional Body

Guidelines for reclaiming our emotional body as the magnetic flowing polarity of our soul and for liberating our *free willingness* include the following:

1. Notice

Notice in your body when situations trigger an emotional response. Notice if these responses are relevant to the current situation or if they seem to be an automatic program.

2. Feeling and Acceptance

We can release emotional blocks and open the flow of emotional energy by feeling and allowing the resistance of negative emotions. Allowing is a form of love which dissolves resistance. Feel what you are feeling in your body and be totally present in an accepting, loving way with what you feel. Our fears and insecurities are energy that need love. Love them.

3. Move Rhythmically

To liberate our Flowing Force, we must clear out old emotional responses that get triggered out of habit. We can release stuck emotional energy that is lodged in our body through movement and sound. Thinking won't work. Move rhythmically until you experience a release and freedom in your body. Then relax and feel the energy flowing.

4. Sacred Sounds

Everything in the universe vibrates. Both sound and movement are forms of vibration. To release emotional energy, it must vibrate at a frequency that facilitates the release. Chanting sacred mantras and rhythmic breathing are powerful tools for both emotional release and soul attunement. *Energy that is blocked in the body can be released by vibrating our physical being with rhythmic chanting, breathing, and movement until our flowing energy feels relaxed, free, and alive!*

♥ Suggested Kriyas and Meditations

Practice the kriya *Open the Heart and Cleanse the Lymph Glands* (p. 264) to awaken and integrate the polarities.

33. Transmuting Elemental Energies

You are a constitutional combination of five tattvas, seven chakras and ten bodies. If your tattvas are not in balance, your chakras won't work. If your chakras don't work your bodies will be mismanaged. There's no way out, so what we have to do is balance it. There are two ways: one is to have a proportion between work and rest. The second is to intake from the spirit, the soul, the base from which all this workability comes. We do it through meditation, chanting, or just imagining God. There are a lot of ways.

— Yogi Bhajan, July 10, 1987

Root Cause and Primal Energies

In meditation, we consciously enter our inner realm. Our inner space is not an empty void. It is a living reality, made up of the elemental energies of fire, air (awareness/mind polarity), earth, and water (feeling/flow polarity). Understanding the basic nature of these energies helps us identify what we need to pay attention to and become aware of.

In our unconscious state, we can be overwhelmed by the forces that demand attention, dictate our moods, control our responses, and command our way of thinking and feeling. Becoming more conscious of this unconscious activity is a primary function of meditation and why meditation is of critical importance.

Each element in its own way defines our life challenges and at the same time gives us the power to meet them. As we feel the essence and power of the elements, we can penetrate to the root cause that triggers effects in our mind, body, and emotions. As we become aware of both positive and negative manifestations of the elemental energies, we heal, transform, grow, and elevate our consciousness.

Awakening the Gods Within

There are unseen forces — the elemental energies — that give us life and interact to create certain experiences. Just because the “gods” are invisible and appear inaccessible does not mean that they do not exist. How we interpret, experience, and relate to these forces depends upon our level of awareness, capacity for discernment, and feeling sensitivity, all of which must be developed.

In meditation, we can become aware of how the elemental energies play out in our subconscious programming, unconscious patterns, instinctual drives, psychological dysfunctions, and physical illnesses. As what has been hidden is made conscious and expressed at a higher level, our unrealized potential becomes available to manifest, create, and enjoy.

Meditation on Primal Powers

Meditation on the primal universal energies gives us a method for identifying the many factors that influence our human experience and shape our personality. It enables us to (1) better understand our life challenges and the dynamics of change and transformation required to deal

with them, (2) receive guidance concerning our individualization and awakening process, (3) design our spiritual practice, and (4) experience a subtle relationship with the energies of our soul.

In our dualistic mind, we ignore and rationalize out of awareness subtle experiences. In our neutral mind, we can cultivate a direct connection to the realities that we once denied. And in conscious feeling awareness, we can connect with how these energies act through us to shape our identity and our life.

In our neutral mind, we connect with a power and authority beyond the dictates of the unconscious, subconscious desires, rationality, and egotistical control. We can thus identify with the qualities of our soul and not the dramas of our limited ego. Through internal cleansing and awakening, we release old pain and fears and are no longer controlled by them.

In this way, the unknown becomes known and mysteries are illuminated; our psyche transforms as we attune to the higher Source of security, authority, identity, and inspiration; and our perceived separation is ended through elevation, integration, and love.

Working with the basic universal energies also leads to a deeper understanding of pluralism, diversity, and individual differences — all of which manifest from the same creative, unified, and coherent universal order. We gain a new vantage point from which we perceive and relate to ourselves, others, the world, and the Universe differently — from a compassionate heart.

The Elements/Tattvas

Maya refers to the asleep state of consciousness, which perpetuates the great illusion that physical reality is separate from non-physical reality — Spirit. Creation/reality has many layers, and matter is the densest. The four elements that animate our physical experience — air, fire, water, and earth — are created from the all-inclusive universal element of ether. Together the elements give variety to our experiences, senses, actions, and perceptions, while each offers its own special qualities:

Ether — the space from which everything arises

Air — availability of space, thought

Fire — life force, energy to create and do

Water — emotions, feelings, and impressions

Earth — structure, physical substance, matter

As discussed earlier, for this lifetime, we were each given our own combination of elements to express our individuality. Our unique elemental combination focuses our experience, influences our perceptions, and creates our interpretation of reality. According to our personal make-up, we instinctively modify our interpretations of events to fit into our conceptual framework.

Our individual elemental formula predisposes us to certain ways of being, reacting, and

perceiving. It also indicates how we can work with ourselves to optimize our self-expression, creativity, and connection with Spirit. As we activate, integrate, and balance our tattvas, they coalesce into our unique being and awaken us to our Soul and the Infinite.

Self-Realization and Identity

Our energetic make-up helps us understand why we are the way we are. It explains our temperament and tendencies. We are all, in our own way, trying to find ourselves and make our way toward the spiritual goal of self-realization. External focus and fantasies divert us from our path, but they are still attempts of the limited ego trying to work its way toward an experience of Self.

In asleep consciousness, when we recognize that we are different, we become lonely, insecure, and afraid. We find excuses that become self-abuses. We look outside ourselves for confirmation that we are OK and try to conform to fit in. In this lost state, there is no satisfaction, no happiness, no relaxation, and no *me*. Attempting to identify with anything or anyone else outside ourselves creates a gap that prevents us from relating to our soul. Deep existential pain and emptiness haunt us as a result.

We then make excuses about our identity and substitute ideas for experience. There are so many ways we justify and qualify our limited sense of reality and who we are, which is ultimately not real nor who we are. All these fabrications can be transformed in neutral meditative consciousness when we connect with the Divine within and awaken to a deeper soul reality of self. We can find happiness and peace when we have the mental and feeling capacity to know, accept, enjoy, and love who we are.

Optimizing the Elements

We live and constantly interact in a dynamic energetic environment. In asleep consciousness, our mind responds automatically to our instincts, which control and direct our thoughts, perceptions, emotions, reactions, and actions. The subconscious accumulation of unresolved emotions and emotional imprints creates a momentum and habits that lock us in to less-than-optimal responses and behaviors that misdirect our creative energy.

It is normal that certain elements are strong in us and others weak, but all need to be developed. If one element dominates, it imposes its agenda and patterns. It is our job to notice and to do something about it. For example, underdeveloped, unconscious fire expresses as anger and causes us to waste vital life energy in dramas. Lack of fire can make us lethargic and result in a lack of motivation. Strengthening and focusing our fire energy at our navel center can resolve both issues.

In neutral consciousness, we can (1) identify our natural tendencies, (2) recognize, but not identify with, our patterns, (3) cultivate the strengths of each element, (4) optimize our energetic blueprint, and (5) become free, flexible, and at choice. As we work with these basic energies, our self-organizing faculty consolidates our identity and awakens our soul.

Fortunately, the practice of Kundalini Yoga helps us cleanse our subconscious so that we are

not bound by conditioned responses and imaginary realities. Kundalini Yoga stimulates the dynamic interaction of all the elements, resulting in balance, integration, and the possibility of relating to our totality. As we strengthen and balance all the elements, they support and work together. The result is synchronization with our Soul and the Infinite Flow.

More specifically, as we continue to work with the elements through our spiritual practice, we become aware of how we interact with them to create attitudes, emotions, habits, projections, reactions, strengths, and capacities. By attuning to their higher expressions, we are able to rise above triggered emotionality and connect with the subtle aspects of our Soul and the Infinite. Over time, we acquire the capacity to be more relaxed, peaceful, refined, and graceful, and to perceive the connections between things.

Universal Energies Take Us from Fear to Love

If we don't develop an elevated relationship with universal energies, we will continue to make up stories, play games, and lie to ourselves to avoid feeling pain and loneliness. These diversions are based in fear and fed by stress, which rob us of our ability to focus and pay attention. We get distracted. Our mind wanders into subconscious territory, enters the past, or spaces out. We lose touch with the present.

We rely on the habit of avoidance because we don't want to feel pain. So instead of feeling the energies, we react and escape into our mind, rationalize, go into denial, and hide behind self-deception. Disconnected from our bodies, soul, and Spirit, we are controlled by fear and suffer from frustration. When we cannot consciously compute what is happening, we feel insecure and unsure of ourselves. In shallowness and emptiness, we get irritated and angry.

Seeking attention outside ourselves comes from fear of being alone and needing to be confirmed and to feel loved. We try to alleviate our fear and build our self-confidence externally. Being dependent upon and looking for attention, acceptance, validation, and love from others is a common problem that sabotages our ability to love and be loved. And it is stressful to try to get from someone else what we must give to ourselves.

In neutral, we can find Love within and train ourselves to rely on the Infinite and our Soul. We can find Love in the power of Infinity and when we become one with infinite qualities. We can find Love when we experience "God and me, me and God are one."

The question is simple — you decide: to be or not to be. It is your life, it is your consciousness, it is you. Your life is always you.

— Yogi BhaJan



Problem Chakras: First Through Third

To paraphrase Yogi Bajan, humans have three problems: the first, second, and third chakras. That's because our mental, physical, psychological, and emotional behaviors are affected by their activity and impulses. When we don't know how to deal with the energy of the first three chakras, we experience irritation, turmoil, moods, and weird behaviors. If our basement is leaky and shaky, it creates problems. Our flowing polarity cannot relax.

First Three Chakras

The first three chakras express the feminine polarity of our soul.

First Chakra — Earth Element

A balanced first chakra grounds and sustains our energy and provides a sense of security and comfort in our body and with Mother Earth. When we can be present in our body, we can stay present in our neutral *now* channel. We have to feel at home in our body for it to relax.

Second Chakra — Water Element

The energy of our second chakra is expansive, rhythmic, and fluid. When our water energy flows, we can truly relax and let go.

Third Chakra — Fire Element

Our third chakra generates, centers, consumes, conserves, and distributes our energy. When our fire energy is radiant, it animates and propels our flow with light. It makes it easier to find and relax into our moving rhythm.

Although the fire element, associated with the third chakra, is classified as a male energy in astrology, it has a dual function and expresses both polarities. Fire illumines the light in our mind and gives us the energy to take action. It also animates the passion of our emotions.

Problems emanating from the first three chakras arise when we attempt to deny, suppress, or disassociate from their energies. Solutions are found when we embrace our creative forces and learn how to use them wisely.

The Problem and the Feeling Solution

The feelings emanating from the first three chakras provide us valuable information to guide our soul in physical reality. Blocked energy expressed as fear and anger deliver distorted messages that produce internal conflict and misuse our sensitivity. As discussed earlier, when what we feel is painful and stressful, we turn off our feeling mechanism. We don't want to feel, so we escape into our heads and out of our bodies.

Judgments and interpretations are mental attempts to deal with emotional energy — to release the charge without feeling the energy in our body. Our energy is externalized (projected out on others and into the world), but not faced or integrated into our own being. These negative projections thus do not help us achieve internal resolution. We end up feeling drained and

draining others by dumping on them. We cannot figure out with our minds what we are feeling and why. To process our emotions, we have to *feel* them, not think about them.

Obviously, avoiding our feelings doesn't work. In the airy space of an unfocused mind, where our illusions try to make things seem acceptable, we are not connected to our feelings, our body, or in touch with what is happening in present time. We not only don't connect with ourselves, we are unable to connect with others.

Our goal is to upgrade our emotional energy to a *pleasurable feeling in and around our body* so our solar plexus and gut can relax into the peace that we experience in our neutral mind. We use our feeling mechanism to experience Spirit and our soul in our body. Feeling and emotions are the glue that connects the Infinite in the finite. When we can feel our body as the home of our soul and Spirit, we become radiant and attract and magnetize opportunities to us.

Imbalances in the Elements

The archetypal energies are limited in number, but vast in terms of experiences. Each energy supports us in its own special way with its unique capacities and gifts, while posing its special challenges that we must go through in order to claim its gifts. Our job is to balance and integrate all the energies so that we can feel whole, alive, and at peace. As we do so, we can handle our life challenges in an elevated way. Below are some examples of energy imbalances of the elements.

Spaciness — Being spaced out is a dysfunction of the air and ether elements and a product of a lack of the earth element. We are not awake and not in our body.

Anxiety — Mental and physical anxiety is caused by being too much in our heads, disconnected from our bodies, and having a weak nervous system. This is an air and earth element dysfunction. We need to strengthen our nervous system and use the earth element to be present in our body. Movement, the breath, and mantras relax the mind.

Depression — Our earth energy is stuck, and we don't have enough fire to motivate us to actively engage in life.

Boredom — We don't have enough fire and/or too much earth. We can't relax and enjoy ourselves for a moment before we move on to our next activity, before the impulse to generate arises again.

Meditation can be boring when we disconnect from our body and space out. We get bored because we miss the stimulation from mental intrigues that activate desires and our emotional body. We are missing fire and the flowing feeling component of life. We therefore need to embrace and upgrade our experience of our emotional subtle sensitivity in our body.

Addictions and Grabbing Versus Building

Addictions are misguided attempts to distract us from pain, disassociate us from our feelings, and divert us from situations we should face but don't want to. They are attempts to feel good without doing the work that it takes to achieve and maintain a state of well-being. Of course we want to feel good. Actually we have to feel good to feel God. To feel good on a regular basis, we must make the effort to cultivate something that feels good in our body and mind and shift our attention to that. We can shift our addictive tendencies to creating and then attaching ourselves to healthy, uplifting experiences that last longer and create enduring positive effects. We can make other choices.

Yogi Bhanan gives us an insightful perspective: "In our life, our noncommittal commitment gives us a kind of fake idea that there's something better that we can grab tomorrow. It's a grabbing attitude, not a building attitude. Commitment will build you slowly, surely, gracefully, and wonderfully; but grabbing will never guarantee anything."

Addictions are a form of grabbing. With a "building attitude," we gradually eliminate things and thoughts that sabotage us and serve only as false cover ups. Building another reality takes time, patience, and commitment, but it is possible. It is normal that old programs grab us and pull us away. To counter their attraction, we train ourselves to return to Love, so instead we become addicted to feeling love and feeling good/God.

Consciousness, Our Soul, and the Divine Fill the Void

Disconnected from the Infinite and our Soul, there is a void, a blind spot, which is filled by fear, anger, and sadness. Our mind automatically interprets our thoughts and feelings according to our frequency in the moment. When we are vibrating fear and anger, there is conflict and competition in our psyche and we make emotional choices. We want what we don't have. What we don't have is our soul and divine connection. But we can shift our desire mechanism to want our soul and the Divine! With inward focus we can know our soul essence and experience our inner beauty and light. Commit to the Infinite — something higher than your stories.

With consciousness and a sensitive internal connection, many things can change. We broaden our horizon by connecting with our inner world, where we find Self, purpose, and meaning. Vital aliveness (fire) can replace distraction and emptiness, stimulate our creativity, and unleash our desire to live our life more fully.

Our soul is happy and at peace. It is our limited ego that is afraid, angry, or sad and wants to maintain control. Since our negative mind starts questioning, challenging, and doubting the moment we allow consciousness, it is a good idea to post in your meditation space the great mantras:

Don't listen to your thoughts. Listen to silence. Feel your favorite divine quality. Keep up!

How to Transmute the Primal Energies

Every energy has its capacities and treasures, but it confronts us with challenges that we must meet to claim its gifts.

In our asleep state, we naturally feel some combination of vulnerability, fear, confusion, dissatisfaction, and neediness. We each have our own collection of dysfunctions, which we could explore endlessly. However, focusing on our issues only deepens our attachment to and identification with our problems. What we do need to do is get in touch with the primal energies and feel how we are currently expressing them as (1) *air* — spaciness, confusion, and conflict; (2) *water* — anxiety, vulnerability, and insecurity; (3) *earth* — dissatisfaction, neediness, and sadness; and (4) *fire* — anger, frustration, and anxiety.

Our unpleasant feelings are energy that is tangled up and disoriented. Our goal is not to get rid of this energy; it is to find ways to liberate it so we can use it productively to feel alive, awake, aware, satisfied, peaceful, happy, content, and motivated.

With our neutral channel available, we can reorient and transmute our primal energies. With both consciousness and feeling sensitivity, (1) air becomes awareness and consciousness, (2) fire becomes motivation and aliveness, (3) water becomes relaxation and flow, and (4) earth become satisfaction and contentment. Together, they enable us to experience peacefulness and joy. The more we meditate on these qualities and feel them in our body, the more they become our natural state.

How to Experience Elements

Air	Earth	Water	Fire
Openness	Consolidation, density	Movement or lack of	Temperature, heat
Connecting space	Stability, stillness	Flow, fluidity	Kundalini
Prana, Life Force	Be here now	Freedom	Motivation
Breath	Presence	Relaxation	Aliveness

Experiencing the Elements/Tattvas

We become more connected to our space and consolidate our presence by becoming more aware of the qualities and interactions of the five elements. Each element is sensed in a different way. The more we feel all the elements in our body, the more our sensitivity increases and the stronger our sacred space becomes.

Earth is experienced by *feeling the sensations in our body*. We use our sense of touch to feel, for example, the sensation of our clothes or a breeze on our skin. Or we feel how we are sitting or the bottom of our feet while walking.

Water is experienced through the emotional body. And emotions are experienced through *the subtle feelings that run through our body*. Feeling the energy in our abdominal region, solar plexus, and heart gets us in touch with the water element.

Fire is experienced by sensing the *temperature and aliveness in our body*. We can feel the different temperatures and levels of excitement or anxiety in various parts of our body and spine.

Air is experienced in the *breath*. Air is also experienced in *the quality of space*. We can sense the more subtle energies of air by noting the activity or *degree of openness in our mind*.

Ether is the all-inclusive and most subtle element. Ether exists beyond our normal five senses. We experience ether by using the subtle perception sensors of our neutral mind, arc line, aura, and pranic, subtle, and radiant bodies.

Strategies: Focus on Light and Love

In our unawakened state, we do not have full access to our natural soul qualities that are emanations of the light of our soul. Pain and suffering is caused by the absence of light. When we open ourselves up to the light of our soul and the Light of the Divine in our neutral channel, the Light transmutes the dark qualities into light qualities.

Our strategy for the air and fire elements is to awaken and pay attention to the Light in our mind. We don't have to go through the painful process of analyzing and reliving our past. However, past pain does surface so that it can be released. When it does, we love it with our Light. We do not avoid it, deny it, judge it, or condemn it. Nor do we revert to our dualistic mind and beat ourselves up, shame ourselves, or fight with ourselves. With our capacity to be neutral, we acknowledge it and allow Love and Light to heal. The peace and love method of healing works like no other. As John Lennon (Libra) said, "All you need is love."

With the peace and love method, our alert neutral mind accesses our soul and the Universal Mind, which speaks through our intuition. Our job is to pay attention and listen!

As we become one with the neutral qualities in our mind and can stay present in feeling sensitivity in our body (earth element), we can integrate the higher frequencies in our physical and emotional bodies. Don't resist anything that you are feeling. Allow what is happening in the moment to be exactly the way it is. Non-resistance frees up the peaceful flow of the water element energy as it moves through our body.

Our Relationship with the Fire Element

When our fire energy is expressed as automatic impulses, we burn ourselves out and behave in ways that are self-destructive and counterproductive. Subconscious agendas grind us from deep within. Impulsive fire consumes and misdirects our vital energy and zaps us of our strength.

When we are wound up with adrenaline rushes, over-stimulated by caffeine, and agitated by refined sugar, chemical sweeteners, and too much uric acid from meat, we are propelled by nervous energy, which burns out our nervous system. Our impulsive energy is automatically reactive, combative, and aggressive, and it needs some kind of active outlet. And when our mind and emotions are out of control in this way, it is impossible to think clearly or make wise decisions. We thus neurotically waste our energy instead of wisely creating or simply enjoying being alive. It is very difficult in this hyper state to sit down and meditate.

A healthy diet and Kundalini Yoga can help us balance and redirect our fire energy toward clearing and transformation so it can be made available for constructive action and creativity. We can then tap in to our fire energy as the source of our strength and vitality and the Light of our Soul.

Fire Is the Light of Our Soul

The fire element is the Light of our Soul — Spirit manifested in our physical being. The purpose driving the fire element is to awaken our consciousness and to shine our Light. The fire element expresses as (1) the light in our mind, (2) the radiance in our aura, and (3) the fire at the navel, which descends to awaken our Kundalini and arises to awaken our heart, where it is tempered and expresses as compassion and passion for life.

When we lack fire, we become depressed, lifeless, hopeless, self-degrading, and give up on ourselves and life. There is not enough juice to take action. We lack the motivation to change. Our light must be illuminated and steady. It must not flicker on and off. To avoid both the excesses and deficiencies of the fire element, we need consistent life force.

Fire at the Navel and in Our Mind

Fire is generated, stimulated, and aligned at our navel center, or third chakra. We always start at the navel to build the *tappa*, or heat, necessary to mix *prana* (life force) and *apana* (eliminating force), the combination of which descends to the first chakra, or base of the spine, and ignites the Kundalini. When awakened, our Kundalini (the power of our soul), moves up the spine and “enlightens,” or brings light to our mind.

As our Kundalini gradually awakens, we may experience a bright light at our third eye or illumination in our inner space. But if you see only a dark space, do not worry. There are other experiences that indicate light in the mind. These experiences include peace, clarity, purity, openness, and expansiveness. We have light in our mind when we are better able to pay attention

to our inner neutral space, which is able to overpower the thoughts of our dualistic thinking mind. We also have light in our mind when we can feel oneness with the neutral qualities of stillness, silence, stability, and peace.

Light in our mind is thus indicated by increased awareness and consciousness. We are empowered to listen to the silence and to our intuition, which is a critical piece in the transformation of consciousness. When we can hear our intuition, when we actually listen, and we then choose to follow the instructions of our soul, we can take action from our inner truth. We are no longer obliged to react to automatic impulses. In this way, we are free to choose appropriate action and live conscious lives.

Fire and Frustration: Go to Neutral

Frustration, impatience, anger, and negativity are common human reactions to limitations that put an unrealistic box around what we can have and do. We all have desires, expectations, motivations, and ideas about what we think we want and deserve. This is compounded by the fact that sometimes we have a lot of energy and don't know how to use it. Other times we don't have enough energy or resources to do what we want to do.

Therefore, it's essential that we have strategies to deal with frustration and stress because they are a natural part of life. Some of the more effective strategies when we feel angry and frustrated include

- ◆ Stopping what we are doing and finding balance in neutral.
- ◆ When you are negative, don't try to be positive. Be neutral.
- ◆ Using pranayama and Kundalini Yoga to calm our emotions and strengthen our nervous system so we can hold higher frequencies.
- ◆ Punching out anger while running in place or even using a punching bag.
- ◆ Refocusing and finding our center in neutral, building our strength and energy, assessing our current resources, and mobilizing our fire to take appropriate action.
- ◆ Raising our energy and perspective in neutral, where we know there is a pathway through every problem. We can then transmute our fire into inspiration, uplift ourselves, and use our energy for creative action and positive projections of prosperity, success, and happiness.
- ◆ Being attentive to what is happening, or not happening, in neutral. We can thus liberate ourselves from our mental trips and listen to our intuition instead of fabricated stories. In this way, we connect with our inner self and trust it. We also touch our courage and desire to engage in life, which supersedes self-doubt and fear.
- ◆ Accurately assessing our energy, our desires, our motivations, and the impact and consequences of our choices in neutral. Taking all the above into consideration, we can then make the best choices.

Awakening the Kundalini of Consciousness

How do we transmute primal energies to their higher expressions? Awakening the Kundalini is the key. As discussed in chapter 9, Kundalini is the energy of consciousness, of our soul. It remains dormant until activated. The awakening of the Kundalini is the foundation for expansion of consciousness, making possible our personal inner alchemy at the heart. Kundalini Yoga was designed to expedite the awakening process.

It is the power of the activated Kundalini that expands human consciousness beyond the boundaries of our limited ego. It is the awakening of the Kundalini that transmutes impulsive expressions of elemental energies into useful faculties and gifts. The awakening of our soul power radically reorganizes our mental, emotional, and psychological structures. Our soul's managing forces of self-determination and self-organization make self-renewal and self-realization possible.

Kundalini Yoga Transmutes Primal Energies

The practice of Kundalini Yoga raises the frequency of our energy, creating coherency and harmony in our whole being. In the process, stress, disturbances, and automatic impulses are transmuted into functions, faculties, and powers.

To experience inner peace, all aspects of ourselves must be coherent, at peace with themselves and with each other, including the four elements: air-mind, fire-spirit, water-emotions, and earth-body.

Kundalini Yoga exercises and meditations give us the mental nerve and muscular strength to connect with, pay attention to, and gradually integrate the higher expressions of the four elements into the fabric of our physical, emotional, and subtle bodies.

However, there are no quick, simplistic fixes. Transformation involves time and effort to shift energy and to clear away the debris. Progressively tuning up all our body systems also involves engaging in a subtle process of releasing our resistance and opening ourselves to the inflow of divine energy. Don't block your progress with negativity or self-criticism. Patience is a powerful ally. Love yourself for doing the best you can. With kindness, sensitivity, and awareness, allow yourself to feel and savor the Infinite Flow course through your body.

Let go. You aren't going to get what you want by holding on to fear, anger, and the lower vibrations of negative energies. The only way you are going to be satisfied is to tune in to and act from the reality of Peace and Love.



♥ ***Suggested Kriyas and Meditations***

The kriya for *Nerve Balance* (p. 248) strengthens the nervous system so our body can hold higher frequencies. Practice the longer kriyas to give yourself more time to work with all the elements. *Kundalini Yoga Sets #2 and #3* (p. 260 and 262) are also very good. Do *Meditation to Bring up and Clear the Past* (p. 232) to release subconscious imprints. Then do *Guru Ram Das Healing Meditation* (p. 234) to integrate all your chakras. To further the process of balancing and integrating the energies of the four elements, see Guru Rattana's online class, *Manifesting with the Elements in Meeting Life's Challenges*.

Masculine air and fire need stillness, neutrality, stability, and light, which are available in our neutral mind. Fire needs direction and action.

Feminine water and earth need movement, rhythm, and flow, which are available by relaxing into our instincts, feelings, and emotions.



34. The Breath and the Flow of Giving and Receiving

Our ability to give and receive, and thus our openness to the flow of prosperity, is a function of both our free will and our free willingness. But first, we must consider to what extent are we actually *able* to give and receive. Below we discuss how to work with the breath to relax into our own flow.

Manifesting and Prosperity Consciousness

Manifesting in physical reality and prosperity consciousness require elevating our expression of all the elements. We have discussed above the importance of the earth element and being present in feeling awareness in our physical body and with Mother Earth. Living in the flow of giving and receiving also involves upgrading our expression and experience of the water and ether elements. Meditating on our breath is an effective way to awaken the experience of the flow of universal life through our being, which gives us a real-time experience that makes connection, relaxation, trust, and surrender possible. Meditating on our pulse or heartbeat also pulls us deep into our personal rhythm.

Meditating on the Purity and Love of Our Breath

There is something very beautiful, serene, and humbling about our breath. Each breath offers us the gift of life and the gift of Love. Our breath connects us to all that is — Universal Love. The prana we receive from our inhale is pure energy — pure Love. Our goal in working with our breath is thus to develop a sensory awareness that connects us with this most primal reality — the energy and essence of all life. Being present to the physical sensations of the energy flow of our breath in our whole body is one important way to cultivate this awareness.

Pranayama Directives

During breathing meditations, and in order to make our breath into a meditation, we turn our attention to the wave of our breath in our chest and in our heart. As we relax into the rhythmic wave, our breath becomes a self-animated flow of energy. And as we let go into this flow, chaotic emotional energies are transmuted into soothing vitality. Our pranic body thus activates, and we experience it as a self-generating mechanism propelled by its own dynamic impulse.

- ◆ Feel your inhale expand and your exhale relax with the intake and release of pure pranic energy.
- ◆ Initiate both the inhale and exhale from the abdomen and navel center. Deep abdominal breathing involving the muscles below the belly button makes it possible to increase the depth of our inhale.

- ◆ Give and receive the prana and love in your breath from your heart.
- ◆ Allow yourself to be consumed by the overpowering feeling of the rhythm and wave of your breath in your body.

♥ ***Suggested Kriyas and Meditations***

The first five exercises in the *Total Mind-Body Balance Kriya* (p. 267) activate the pranic body and balance your inhale and exhale.

Reciprocity and the Breath

One of the inherent dynamics of the breath is reciprocity, which is a very important phenomenon to integrate into our psyche. The inhale and exhale always go together. Like the polarities and the law of karma or of cause and effect, for every action there is a reaction.

We learn reciprocity from the Infinite, not from calculations in our personal relationships. The Infinite is always in balance and harmonious. Nature is always receiving on our exhale and giving on our inhale. Meditating on our breath can thus teach us how to bring ourselves into harmony and flow. The more we inhale, the more we are able to exhale. The more we give back, the more we receive. Without words and explanations, our breath thus connects us with the natural flow of giving and receiving.

The Essence of Prayer and the Breath

Our breath is therefore an important indicator of our ability to give and receive. In fact, we can monitor where we are at in the giving/receiving dynamic by observing our breath. Simply be with your breath and observe the length of both your inhale and your exhale. Often one or the other is favored or longer than the other.

- ◆ Those prone to give more than they receive will often exhale longer than they inhale.
- ◆ Those who are prone to take more than they give often inhale longer than they exhale.
- ◆ A very shallow breath and a tendency to hold your breath are signs that fear is blocking both giving and receiving.

Exercise to Balance Giving and Receiving

We can work with our breath to re-establish a balance between giving and receiving. If you feel that you give more than you receive, this may be substantiated by a shorter inhale, as outlined above. (Keep in mind that there are no firm rules. There are many dynamics at play.) So if your inhale is short, practice inhaling deeply and allowing your breath into your belly and lower lungs, not just into the upper lungs. In this way, you can allow yourself to receive more.

On the other hand, if you are holding back on your exhale, practice freely releasing the breath as you exhale. Give back all the air that you have received. The more you exhale, the more room there is to receive new air in your lungs. You can thus experience with the breath that the more you give, the more you receive.

If you have a problem opening up your breath, try the exercise for *Emotional Balance* (p. 225). The breath automatically becomes long and deep after a few minutes in this pose.

The Dynamics of Prosperity

In addition to our breathing, there are many other dynamics involved in prosperity and manifestation:

- ◆ What we want and what we are willing to give back must be balanced. To effortlessly receive, we must also effortlessly give (as exemplified by our breathing).
- ◆ There is a special quality in giving and receiving from our heart.
- ◆ We must “be home now,” i.e., grounded, in order to receive. Grounding is facilitated by feeling the sensations of aliveness, solidity, and stability in our body.
- ◆ The space of grace is the most powerful arena of manifestation. When we give up control, let go and let God, there is no resistance to either giving or receiving.
- ◆ Humility is a key to prosperity. One of the ways we co-create with the Universe is to release our limited concept of control and what we think we want and need. Simply allowing ourselves to give and receive prana from the Universe delivers us to a place of surrender and peace.
- ◆ There is power in the purity of our breath. Simply being present to the purity, generosity, and limitlessness of the air we breathe opens us up to the Universal Source.

Additional Guidelines and Intentions

Here are a few more guidelines or intentions related to giving and receiving that you can use while practicing pranayama meditations to help expand your attitude toward prosperity:

- ◆ Manifestation happens in the flow of the present. Monitor and align your energies now. Do not wait to give back or to receive. Keep your energy moving at all times.
- ◆ Being in the flow of our breath tunes us into the ever-evolving nature of the Universe. Every moment evolves and changes. Let go and move with the spontaneous unfoldment.
- ◆ Monitor and release all shoulds, obligations, debts, control, manipulation, guilt, fear, and coercion. All of the above prevent us from aligning with and flowing with the universal energies.
- ◆ Gratitude and appreciation are keys to the flow of prosperity. Gently hold and nurture what you have with gratitude. Every day, enjoy the sacredness and preciousness of your gifts, including the gift of your breath.
- ◆ Be a generalist when it comes to giving and receiving love, kindness, purity, and essence energy. Don't be attached to a specific person or situation. If you want to attract loving relationships, send out and receive love, caring, kindness, sharing, and aliveness to everyone and everything.

The Power of Neutral

- ◆ Give to everyone. Make no exceptions. Include yourself! But monitor your comfort zone. Give and receive only what you feel comfortable with. Gradually expand your comfort zone.
- ◆ Ask for what you want, and then let go. Don't suppress your desires, but don't be attached to them either.
- ◆ Be unconditional, unspecific, and unlimited. Trust and surrender.
- ◆ Feel coziness, peace, warmth, serenity, calmness and satisfaction. Being lovingly in your body grounds you in a high frequency which makes you attractive and magnetic. This is how you can be found and attract good things.

♥ ***Suggested Kriyas and Meditations***

As touched on above, the first exercises of *Total Mind-Body Balance Kriya* (p. 267) automatically balance the inhale and exhale. The whole kriya makes you radiant. Those who have practiced the *Meditation for Gurprasad* (p. 240) report that it engages the above dynamics of prosperity and manifestation. To enhance your abilities to attract and manifest, see the Guru Rattana Online kriya *Prosperity, Creation, and Magnetism*.

You Can Liberate Yourself

Open yourself to Freedom until you are at one with Freedom.

Embrace Freedom completely until you can operate from an inner stance of Freedom.

Open your mind and heart to independence until you become one with independence.

Feel and accept independence until you can operate from an inner knowing of independence.

Embellish your sacred space with freedom and independence.

Then trust your soul, the Infinite, and your natural responses and everything will fall into place.

That which is real, eternal, and free will grow within you.

That which is always supportive and liberating will be born and take root.

By divine grace, you will become one with true freedom, peace, and Love.



35. *The Dynamics of Sacred Space*

What do I hold? What holds me?

Ideally we hold infinity in our sacred space, and we experience that the Infinite holds us.

Universal sacred space is an energetic field. All our meditative efforts prepare us to tune in to this dimension of reality and hold sacred space in our own psyche. Holding sacred space is a powerful technique used by spiritual teachers. By being in the teacher's aura, the student is able to enter the field of consciousness where peace and love reside. His or her presence thus elevates the student. As Yogi Bhanjan said, "Consciousness is caught, not taught." Of course, "catching consciousness" is powerful, but we have to be able to hold consciousness ourselves when we are not in our teacher's presence. Ideally, we develop the capacity for others to catch consciousness from us.

Directives — Hold the Space of Love

Sacred Space with Sensory Awareness

In neutral, focus on "feeling" your sensory experiences. Use all your senses in every part of the process. As you turn your senses inward, you will notice that your sensory awareness increases in intensity and becomes more subtle. You aren't looking and listening in the same way when these abilities are directed outside yourself. Internal focus of our sensory tools opens us up to deeper levels of perception. When you look, listen, touch, taste, and feel inside your skin, carefully note how your level of sensitivity increases.

Our goal is to develop and stabilize a primary meditative skill: the ability to hold the space of love in the mind, body, and emotions through a single quality, such as stillness, neutrality, silence, peace, love, etc., that is the same in our thoughts, feelings, and intentions. We earn self-realization with our own experience.

The Polarities and Elements

The two universal polarities make up the fundamental dynamics of sacred space. The *male polarity* offers us a stable, all-inclusive stage upon which the ever-changing *feminine polarity* dances. In order to build our sacred space, we first isolate and experience the difference between the never-changing male energy and the constantly changing female energy, and then we simultaneously pay attention to both.

- ◆ Always start out by connecting with the constant energy. Hold your mind on this experience and let yourself be held by what "is, was, and will always be."
Experience the stable polarity of the universe and your soul as the unconditional, imperturbable essence of Universal Love in your neutral mind.

- ◆ Use the quality of neutrality of the permanent presence to allow the flow of the energies and experiences that constantly shift.
Experience the flowing polarity of the universe and your soul as the ever-changing evolutionary force in your physical and emotional bodies. Upgrading the physical/emotional component of Love is the most challenging. It adds the dynamics of the elements. Gradually include the feelings associated with all the elements (see above). This will keep you in your body.
- ◆ Develop your personal relationship with both the stable and the flowing polarities and the elements until you merge into oneness and to feel whole and fulfilled.

♥ ***Suggested Kriyas and Meditations***

Practice *Heart of Gold* (p. 251) and *Heart's Delight* (p. 252) to hold the space of love in your heart. Also practice *Meditation for Gurprasad — Divine Gifts* (p. 240) to surrender in your sacred space.

It takes the same amount of energy to live our life, whether we choose to be a thief or a saint, whether we choose to be disciplined or neurotic. Then why don't we choose the high road? It takes work.



36. Radiance, Projection, Presence, and Self-Love

When our satisfaction and happiness are dependent upon material things, external accomplishments, and the nature of our relationships, we are not only subject to mood swings, but our energy is dissipated and diminished. And just being positive doesn't work, because the opposite polarity will always respond and make it impossible to stay there.

Yet, something magical happens in neutral. Our ability to observe without attachment to the finite and the external releases resistance and begins to build our energy field. As we experience the timeless qualities of the Infinite and our Soul, we feel a deep satisfaction and relaxation that increases our frequency and further strengthens our energy field. As we desire, attach to, and surrender to the Infinite, our energy field radiates and merges in oneness. We discover the Infinite as the Source of our energy that cannot be exhausted.

In sum, our efforts to develop a sense of Self begin to pay off in magical ways as our desires and source of satisfaction and happiness becomes more and more internal. Our sacred space and radiant presence invite the Infinite to work for us. We have a new operating system for both doing and being. Our projection (energetic statement to the world and universe) is now one of peace and love, and our presence becomes a catalyst and an attractor mechanism for blessings and opportunities.

Play the Radiance Game

The best game on planet Earth is to sensitize yourself to, enjoy, and rely on your sacred space and radiance. We can continually perfect our game by using our consciousness and feeling sensitivity to expand our perceptive, creative, and projective capacities. We focus our mind to beam our inner light into our environments and beyond.

The game starts by feeling an infinite quality, such as neutrality, vastness, stillness, peace, imperturbability, stability, in your neutral space. Once this quality is anchored in your consciousness and feeling awareness, project it by feeling it intensely in your body. You must be in neutral. Fear and doubt cancel the effect. You have to be in your body (inside your skin) for your presence to work for you. *I am peace. I am light.* Be aware of and enjoy your own light and become a lighthouse. Walk, talk, and feel that you are a lighthouse beaming your favorite quality inside and all around you. Know and trust that your radiance is felt everywhere. It attracts, uplifts, elevates, and heals.

Then open your sensitivity to feel the vibrations and light that is in you and everywhere. Merge with the pulsing sounds. There is energy in the sounds, which seed our consciousness with light.

The Power of Neutral

Our radiant body radiates everywhere. It is our universal mechanism and our *non-local faculty to work with radiance, consciousness, neutrality, blessings, attraction, flow, and relaxation* instead of using physical and mental efforts. Radiant presence is a wonderful game to play.

As presented throughout this book, there are many ways to direct our attention and efforts to strengthen our neutral mind, sacred space, presence, and radiance. We cultivate our experience of the Infinite then let go into that experience.

The most effective projection is to shine your own truth and who you are so brightly that all negativity is repelled and only the light of love can enter and nourish your core.

Make Yourself Available

Make yourself available in your sacred space
to hold stillness and all the other qualities
to embody purity
to receive healing
to accept the truth
to relate to sensitivity
to give blessings
to live from consciousness
to inspire, give hope, and uplift
to be patient and expansive.

If there is no water in your glass, there is nothing to quench your thirst.

If there is no radiance in your aura, there is nothing to attract.

If there is no love in your heart, there is no one to love.

If there no light in you, you will not shine.

We can give only what we have and who we are.

Be a container for Love.

Be a messenger for Infinity.

Be a vessel for Light.

Be a presence that radiates your soul.

Be a channel to receive the graceful flow of Spirit.

♥ *Suggested Kriyas and Meditations*

To develop your radiant projections, see *Kundalini Yoga Set #3* (p. 262) and Guru Rattana's online class *Empowering Your Free Will*.

Self-Nurturing — I Am the Source of My Own Satisfaction

We build our sacred space, radiance, presence, and projection through self-nurturing and by becoming one with infinite qualities. At some point we realize that our sacred space, radiance, and infinite qualities nurture us.

Human beings need nurturing. Our quest for love, power, money, things, etc., is a quest for nurturing. From the moment we leave our mother's womb, our psyche is oriented toward getting our nurturing needs met. Indeed, our need for nurturing is our most powerful motivator, as our neediness becomes the deepest source of our pain and dissatisfaction.

But we can never return to our mother's womb, literally or figuratively. Human love feels good while it lasts, but circumstances and death take away even the most sincere human love. The only love that is guaranteed to be enduring and that we can take with us is Divine Love. And everything that we have experienced so far on our spiritual path brings us to the place where we can be the source of self-nurturing and receive endless nurturing from Divine Love. We heal our separation wounds and find satisfaction and contentment within by becoming one with ever-present energies of the Divine Mother and Father.

Directives for Self-Nurturing and Satisfaction

The following directives can be used with any kriya to nurture yourself, feel nurtured by the Divine, and to find satisfaction and contentment within.

- ◆ Tune out outer. Tune in inner. Focus totally on yourself and your inner space.
- ◆ Experience your sacred space as your womb where you nurture yourself.
What do you hold in your sacred space/womb?
- ◆ Experience that your sacred space also holds and nurtures you.
- ◆ Feel your breath giving nurturing life force to your being.
The Infinite feeds me and gives me life through my breath.
My breath connects me to the Universe and all that is.
- ◆ When you are chanting, feel the sounds nurturing you.
- ◆ Pay attention to pleasurable feelings that give you satisfaction.
Focus on the qualities that you enjoy most in your sacred space/womb.
Feel these qualities nurture you and give you all the love that you want and need.
Be present to the satisfaction and contentment of endlessly receiving Divine Love.
Feel totally taken care of. You are never alone.

*Peace is achieved by tuning in to and focusing on the Divine channel.
Contentment is achieved by relaxing into Infinite Flow.*

♥ ***Suggested Kriyas and Meditations***

Do *Kriya for Self-Centering, Self-Nurturing, and Sacred Space* (p. 269) to feel your needs met from within. Practice all the meditations and then pick your favorite for self-nurturing.

The Magic Formula Is Love of Self and the Infinite

Students often want a shortcut, a magic formula to finding inner peace and satisfaction. Thankfully there is a magic formula — self-love and love of the Infinite within. But self-love is not an intellectual activity, a product of taking pride in our skills, accomplishments, possessions, and relationships. And love of the Infinite is not a belief system. Rather we build our capacity to *experience* self-love and love of the Divine. All the lessons in this manual help us create an inner foundation for this experience.

Here again, remember Yogi Bhajan’s words, “We have no obligation to anybody; we owe nobody anything. We only have an obligation to our Soul to love ourselves and to love our Soul.”

We train our mind. We open our heart. We don’t plan love. We find Love. And Love finds us, when our vibration matches *IT*s frequency. Love is the result of a process. Love is a gift of Grace.

There is a power in self-love that awakens our Soul. Self-love invites our soul to be more present in our physical vessel. (Our soul usually attaches to our body only by a thread.) We prepare our body and nervous system to be able to hold and vibrate with the radiance of our soul. The more our psyche honors our soul through self-love, the more welcome it feels.

The presence of our soul radiates light. And the light of our soul awakens the Infinite within. Self-love and radiance thus magnetize and manifest the Infinite within. As we wish to find the Infinite, so the Infinite also wishes to find us. This is the spiritual game we play on planet Earth. The Infinite finds us through our radiance, our devotion, our love of *IT*, and our love of our Soul.

The Law of Radiance is whenever anybody will have the arc line and aura in perfection of the radiance of the Self, the presence of that person shall work.

– Yogi Bhajan



♥ Part V: How Do I Love?

37. Projector or Observer?

Human life is about building our capacity to love, to create from Love, and to serve Love. To love unconditionally, (1) we first become an observer instead of a projector, and (2) we hold the space of love in our neutral mind and in our neutral compassionate heart.

Projection of Ideal Relationships

If relationships are a major life issue in your life, there is a high probability that *projections are the main problem*. Do you pine away for the ideal love? Are logic, fact, and reality replaced by fantasies fabricated in your mind? Do you buy into the media and cultural stereotypes of model/perfect relationships? You aren't alone!

Both men and women entertain fantasies about an ideal partner, but no one ever measures up to an ideal. Relationships based on ideal projections end up being disappointing illusions. When we don't relate to a real person, we end up finding imperfections instead discovering the essence of another human being.

The scenario goes like this: (1) We project our fantasies, wishful thinking, lack of wholeness, and neediness onto another human being. Since no one is perfect, we see the other person's potential (our fantasies), and we try to fix the other person, i.e., make that person serve our needs better. (2) When the relationship doesn't work out the way we had hoped, we project our negativity — anger, frustration, disappointment, and blame.

In both cases, we are not seeing the truth. The truth is that we are projecting our version of the story, our naiveté, our neuroses, and our wounds upon another human being. Not good!

Partnership or Projection

Projection is a deceiving substitute for reality. It is a serious impediment to authentic connection, intimacy, and happiness. More specifically, projection

- ◆ Is a weak attempt to avoid reality and responsibility
- ◆ Precludes engaging in real life
- ◆ Stifles creativity because it uses energy unproductively
- ◆ Creates a wall and prevents connecting soul to soul!

Moving Out of Fantasy Projections

In order to deepen our capacity to relate, we must recognize and eliminate (or at least start to be able to bypass or suspend) our fantasies and projections. So instead of focusing on the other person, we focus on ourselves, our individuality. The more we connect with ourselves as a separate, unique entity, the more we are able to identify our projections and witness what we are doing. And the more we relate to what is alive and real about ourselves (and others), the more we can let go of opinions, judgments, and expectations, i.e., debilitating projections. Our relationships then become much more interesting, meaningful, fulfilling, and real!

How Do We See the World?

The neutral universe operates according to a few basic laws. And we must learn to play by its rules to get the optimal results in our life. Part of the universal law of cause and effect plays out as what we project is what we create. In other words, our inner reality, and the lens through which we view the world, creates our outer reality.

Our human eyes see the world, others, and ourselves through the colored lens of imprints, programming, beliefs, needs, and both negative and wishful thinking. The good news is that an alternative is available in our neutral mind, where our observer channel is able to perceive through the lens of the consciousness of our soul.

A Paradigm Shift in Neutral/Observer Mode

A primary focus of this book is to hone our ability to awaken and to establish our conscious connection with our neutral channel, where we can access and use our capacity to be an observer to (1) stand back, watch, and detach; (2) let go of our need to control; (3) accept things the way they are; and (4) discover what is real. When this paradigm shift occurs in our neutral/observe mode,

- ◆ We see the world from another point of view, an *elevated perspective*.
- ◆ We realize that we do not always have to try to figure out what to do to accommodate different points of view. We simply *stay in our neutral balance point* and let the Universe help make adjustments.
- ◆ We witness that *ideals and fantasies are not real*. Nothing is perfect in the material world. Differences, values, and preferences are a fact of life. There is no right or wrong, just different values and preferences, and sometimes conflict of interest.
- ◆ We see *why what we attract* doesn't always correspond to what we want.
- ◆ We can *untangle ourselves from dramas* by adopting a non-judgmental perspective and seeing the value of holding the space of love.
- ◆ We witness how the observer impacts what is observed. That is, we witness how our neutral space impacts the nature of our interactions and the outcome of events.

The Power of Neutral

Neutral feels good. Judgment feels bad, to our emotions and to others. Neutral is not conflictual. It does not provoke aggressive or defensive reactions. The space of neutral shifts the energy dynamic and balances things out. Neutral is relaxing, magnetic, and inviting. It enables us to attract from a space of love.

We can actually witness the power of neutral — how neutral shifts the energy inside and outside and how neutral shifts consciousness. When we shift inside, the nature of our interactions shift.

In Neutral, Our Paradigm of Love Shifts

Neutral connects us with our hearts. It connects us with Love. We experience that resolution is possible only in the heart, where we experience a space of love that does not fluctuate — that is simply present and available. When our neutral mind expands to include our neutral heart, we open the gateway to higher love. Neutral is love! We thus awaken to a space of love where

- ◆ We feel and can operate out of compassion for ourselves and for others.
- ◆ We are not dependent upon others to have an experience of Love.
- ◆ We can hold the neutral space of Love, independent of what others are thinking, feeling, and projecting.
- ◆ We can hold this space independent of our desires, needs, hopes, and ideals.
- ◆ We can offer this space without attaching conditions, expectations, or neediness.
- ◆ We transcend the paradigm of giving and receiving and enter the realm of simply being Love and enjoying the state of Love.
- ◆ Our alignment with Divine Love makes it possible to create and maintain earthly equilibrium in relationships because we are at peace within and *love ourselves*.
- ◆ We can transcend separateness and connect with others in the place where we are one.

Become the Observer/Listener — Exercises

- ◆ Access your neutral channel and observe yourself in relationships.
- ◆ Watch yourself from inside your skin.
- ◆ How are you looking at the world? How are you relating?
- ◆ Watch the effects of your thoughts, projections, and expectations on your own emotional state.
- ◆ Observe the effects on others and how you create your own reality.

♥ ***Suggested Kriyas and Meditations***

Preparatory Exercises for Lungs, Magnetic Field, and Deep Meditation (p. 258) opens the neutral channel with the first exercise in the set. During the rest of the exercises, we practice holding the neutral space. The *Pineal Gland Kriya* (p. 244) is always a powerful way to awaken our observer. To further develop your observer skills in your neutral channel, see Guru Rattana's online classes *Projector or Observer in The Mind/Air Element* and *Thyroid Kriya*.

We have to be able to do something before we can do nothing.

We have to be able to do nothing to receive Grace. We are not the doer of Grace.

Doing nothing includes relax, let go, be receptive, flow, be conscious, and remember to love.



38. How Do I Love?

As fragrance emanates from the rose, love emanates from the heart, and light shines from our sacred space.

However we define love, everyone wants it. It is the human quest of our soul to experience love in the physical dimension in a human body.

Most people think of love in terms of a partnership. We want a profound, soulful, and authentic connection with another human being. Ironically, in this imperfect world, we are searching for an ideal partner. Our goal becomes more realistic if we learn to tune in to and hold the space of higher love in the neutral mind and heart.

How Am I in Relationship?

To learn how to love, we must examine *how* we are in relationship. Our goal is to shift our approach to love from the calculating paradigm of balancing giving and receiving to experiencing love within ourselves independent of whether there is an object (or person) of our love or not.

As explained in the previous chapter, our goal is to be able to hold the space of love in our neutral mind and heart independently of what others are doing and to be able to offer this space without conditions, expectations, or neediness.

Most of us think of intimacy and sexuality when we think of relationships. But the fact is we are in relationship with everyone and everything all the time. We can investigate our stance in relationship by considering two revealing questions that expose two very different ways of relating:

1. Are you searching for *what you want, need, or hope* for in another person or situation? (Has anyone even ever measured up to your list of qualifications for your ideal partner?)
Or
2. Are you neutrally witnessing what is happening to you while you are in relationship and relating to others the way they *are*?

Soul Mate Fantasy

Most people, especially when young, fantasize that in a special relationship, loneliness and feelings of separateness will magically be replaced by harmony and euphoria. We can call this the Fantasy Soul Mate Syndrome! The search for love from another person to fill in the gaps inside ourselves is now commonly called codependence.

But what often happens to relationships once they become sexual? All our hidden issues and agendas are exposed. The “idealized” (denial) phase is replaced by the “in-the-face issues” phase. We then confront our dark side — our hidden agendas, our unmet needs, our sabotaging illusions, our wounded programming, and our hurt inner child.

Evolution of Consciousness in Relationships

The human longing for love is real. But the question is not can we find refuge in an ideal reality/relationship where everything is balanced, ordered, peaceful, and fair? The more realistic question is can we achieve a peaceful, balanced state of consciousness within ourselves? In other words, can we cultivate an inner state of peace and love so it can be reflected in our external reality and in our relationships?

I remember Yogi Bhanan telling a young man, who had just asked for the fourth time if he could move to another ashram, that he could, but to keep in mind that “You take yourself wherever you go.” It is the same in relationships and in all our life experiences — “We take ourselves wherever we go.”

Our spiritual evolution happens in large part through the dynamics of partnerships and friendships. Questing for the “right” or “real” relationship is a big incentive for doing our spiritual work. As we upgrade our consciousness, we can upgrade the quality of our relationships.

Your Soul Mate Is Your Own Soul

Yogi Bhanan told us years ago at Ladies Camp, “Your soul mate is your own soul.” To be in relationship from the perspective of being our own soul mate, our primary relationship has to be with ourselves. This means that we have to look at how we perceive, react, and interact with others. This again brings us back to the question *how do I love?* which requires that we examine the state of our inner being, needs, and expectations, not those of the other person — or their qualifications.

To repeat, our relationship saga is about us, not him or her! And in that, our goal is to evolve to the place where (1) we can relate to others and to ourselves from a position of unconditional acceptance, and (2) we can honor and enjoy the Light that shines in every human being, including ourselves.

Oneness with Ourselves and Others

In neutral, we can achieve oneness with ourselves — body, mind, emotions, and soul. First and always, we establish neutral in our mind to rise above duality. Our body and all its amazing functions then operate in a neutral state. Our job is not to interfere with fear, stress, and strain. Our emotions are always changing, but at a deep level they dance with the flow of our soul. When we operate from neutral, they can relax without interference and be authentic carriers of information from our soul.

We have to be at one with ourselves in order to be at one with others. Only in neutral and in our hearts can we be truly one with anyone else. Wishing to be at one isn't enough, because if we are in a state of conflict and neediness, we connect at the level of interlocking neuroses, which keep us separate and prevent oneness.

Conscious Communication

The fact that our mind is an automatic thought machine adds a warning sign to the idea of "speaking our mind." Yogi Bhanan warned us, "The mind is not to be spoken. The mind is mostly automatic waves of thoughts and sensation from many sources. The mind is meant to know the truth." Because of this, we invariably create problems when we speak from fear, anger, hatred, ignorance, and passion. In addition, we project weakness when we complain, make excuses, and avoid directness. In neutral, we can train ourselves to speak only from kindness and compassion.

Ultimately, our goal is to project Infinity in our communications. We must be in the neutral mind and heart to not be reactive, to know what is right, to have clarity, depth, love, and a sense of reality and to interact from that soul truth. When our mind, body, emotions, and soul vibrate in unison, our heart opens and our head bows to our heart. In our heart we can feel the truth and speak in a manner that serves Infinity and Love.

As part of a conscious communication strategy, it is necessary to distance yourself from others' issues and let them take care of themselves. Recognize and disengage from games so you are not a casualty. Tend to yourself and be the CEO of your life! Get in your neutral space and hold it until all is worked out and in alignment. Beginnings and endings are the nature of reality.

Operating from Neutral in Relationships

As discussed above, to have loving relationships, we must operate from neutral. Neutral honors everyone. Neutral transcends ego and the need to be right. Right and wrong disturb the peace.

In neutral, the rational mind can be rational, logical, fair, non-judgmental, and objective. In neutral, we can perceive and evaluate more accurately. We can listen without filters to what makes sense and what works. We can distinguish the stories from the facts.

Stay in neutral. Listen. Don't agree. Don't disagree. Don't state your opinion. Don't take care of others' emotions so you can feel comfortable, i.e., buy into or support their negativity and skeptical trips, dramas, or even their good ideas.

You may want to keep handy the following list, which summarizes the key points for operating from neutral in relationships:

- Maintain your own center and space of peace. Don't try to accommodate. You will just be thrown off again, because your peace will be externally dependent.
- Don't get emotionally involved. Separate yourself to maintain your own balance. You can't process anyone else's emotions anyway.

The Power of Neutral

- Speak, listen, and evaluate through neutral. Stay in your center if you need to communicate or make a request.
- In neutral, we are at choice in regards to what to do with our emotions. They do not take us outside ourselves, manipulate us, or dictate our responses.
- Practice staying in neutral until *you* shift!

Whatever relationship issue you are going through, know it is temporary and can change in a supportive manner *if* you stay neutral, where we can find inner resolution and move to the next level of freedom, power, and peace. Endings and dissolutions happen. New connections and awarenesses arise. We can facilitate change by keeping our focus in neutral and letting go of attachments to familiar responses and energies.

When we need support and don't know what to do, we go to our neutral space where we have access to our divine connection. There, we are grateful and appreciate what is already aligned and invite universal assistance to move us forward.

Our Capacity to Love: Expand from Heart Center

Our evolutionary imperative is to find our center in our heart. To do so, we must allow a convergence of both polarities of our soul in our heart. Our heart embodies the two polarities — neutral and feeling. Our neutral mind expands to include our heart and whole body, as our feeling sensitivity focuses on the warmth in our spine at the level of the heart chakra. The center of our sacred space is our heart.

While in neutral at our heart center, our capacity to love begins to evolve as we resonate with higher frequencies and open ourselves to non-physical dimensions of reality. As we learn to stay connected to expanded levels of our inner reality, we deepen the way we love. We love with another part of our being. We enlist our soul and our connection with the Divine into the service of love. Out-of-control romances and dramas thus no longer consume our energy.

Expand/give/interact only to the extent that you do not leave your body or heart center. Practice interacting with kindness and compassion for both yourself and others.

If friends are "friends" by fate and circumstance, not by consciousness and commitment, they are friends of your habits. They will leave you. When you become a friend of your consciousness and dwell with God, you do not need friends. You may have many friends. But how could you be lonely? We no longer feel needy and connect out of emotional need.

– Yogi Bhanjan



Relationships and Life Are the Testing Ground

Though we may become adept at holding the space of love during our meditation practice and during good times, the real test is can we hold the space of love during challenging situations? To develop this capacity, watch the impact of neutral non-judgment versus criticism and judgment, and work on choosing the former. Then witness how divine alignment helps create earthly equilibrium.

But obviously there will be times when it seems impossible to stay in neutral. So what can we do to switch our energy? We can bless each other and the situation. Blessings take us out of duality into the neutral zone. Even when we are emotional and have a hard time being detached and objective, we can choose to be kind. Kindness shifts the energy in our aura and emotional body. We are impacted and so are others. A simple formula for blessings is

God bless us in the name of Guru Ram Das.

Repeat at least five times, or as many times as needed, to shift your energy.

Directives for Developing Conscious Relationships

- ◆ Enter the neutral space in your mind, heart, and body.
- ◆ Hold your attention on your neutral space.
Let everything happen the way it does; just pay attention to your space.
- ◆ Do not resist. Let go of resistance.
Simply be present and available.
Be in a position of total acceptance.
- ◆ Be your own soul mate. Be in relationship with your feelings and space.
Be in relationship with your reactions, feelings, and state of being.
- ◆ Be attentive. Listen deeply. Feel deeply. Smell deeply.
- ◆ Neutral does not fluctuate. Feel the feeling of neutral.
Neutral connects us with love. Neutral is love!
- ◆ Feel yourself vibrate neutral love in your heart and body.
Let love flow through your body.
Enjoy the light that shines and the love that flows through you.

♥ ***Suggested Kriyas and Meditations***

Practice the kriya *Heart of Gold* (p. 251) for opening the heart. Also, the *Happy Heart Meditation* (p. 233) awakens the joy in your heart. This kriya is in Guru Rattana's online class *How Do I Love?*

39. Forgiveness: Key to the Dimension of the Heart

To experience deep inner transformation and to enter the dimension of the heart, we must let go of the past and we must forgive. In this lesson, we discuss the multifaceted process of forgiveness, including

1. What forgiveness is *not*
2. How to shift our perspective and understanding of what happens in our life
3. How we free ourselves by learning our life lessons
4. How we empower ourselves by being accountable and taking responsibility for our choices
5. Moving beyond shame and blame into self-empathy
6. Forgiving ourselves

How We Limit and Expand Our Reality

As much as we'd like things to be different in our life, most of us constrain ourselves to a world of limited possibilities with our dissatisfaction, resentments, desire for revenge, victim mentality, and poor me attitude — to mention a few of the most common ones. Our spiritual path asks us to reflect deeply on how we limit our reality in these ways, and how we prevent ourselves from being happy, at peace, satisfied, and prosperous. To effectively re-orient our life, we need to transform the energy and messages we project into the world, which requires a shift in how we relate to ourselves and to what happens in our life.

Begin by asking yourself these questions: What grudges do I hold? What stories and emotional wounds prevent me from letting go? Am I willing to live in forgiveness and move on? If your answer to this last question is yes, your life can be fuller and richer, and you will be able to follow the arrow of your destiny path.

We rise from the depths of emotional despair through forgiveness — by letting go of anger, fear, resentment, and regrets. Liberated from the past, we can see new horizons, understand deeper truths, and experience new realities.

What Do We Want and How Do We Get It?

We all want freedom and peace. We all want to be able to relax, enjoy life, take care of ourselves, make our contribution, and experience love. To experience the above, our energy must flow. For our energy to flow, we must release stuck energy. We release blocked energy by shifting our level of consciousness. Forgiveness is part of the process. Forgiveness is a multifaceted process that involves the following:

1. What Forgiveness Is Not

Forgiveness is *not* about (1) justifying or excusing what happened, (2) negating and stuffing our feelings, (3) discounting our truth, i.e., lying to ourselves and saying what happened wasn't important, or (4) simply forgetting what happened. Forgiving is not possible if we think we have to like, condone, or sanction something that caused us pain.

We are not supposed to pretend that what happened is now OK. Our truth is that it was not OK. And we did not like it. If we liked the situation, it would not have brought up intense negative feelings. If we liked the situation, we would not have to forgive it.

2. Intense Feelings Are Messages from Our Soul

Intense feelings are (1) messages from our soul that challenge us to wake up, (2) an indication that trying to change things outside ourselves is not going to give us the results we are looking for, and (3) signals that we must change something within ourselves.

We cannot find peace and freedom by suppressing our feelings or by going into denial about unpleasant situations. We can, however, find peace and freedom if we (1) release the weight of negative energy so we can move on, (2) let go of our attachment to the pain, (3) make it a habit to be kind to ourselves, and (4) quit trying to justify our position and need to be right.

3. Right Is Not the Solution

No purpose is served by trying to prove who is right and who is wrong. There is no resolution in a win-lose verdict. We have to reframe our investigation and ask different questions. What we really want to know is how can we achieve inner peace, power, and freedom? The answer is

To escape our anguish

We must move beyond our accusations and judgments.

To gain a soul understanding

We must transcend our opinions and limited perspective.

To find peace of mind and body

We must transmute our negative emotions into higher vibrations.

To find resolution

We must make a quantum shift into another dimension of being — our heart.

4. Shifting Our Perspective and Understanding

Understanding what *really* happened or is happening requires a detached perspective. We must rise above our stories and our superficial and emotional interpretations of situations to have access to information and knowledge that connects us to a deeper meaning. We need to look at our life challenges from an elevated perspective. From our soul consciousness, we understand that our soul creates situations

- ◆ To help us wake up
- ◆ To activate our free will
- ◆ To make us learn our required lessons

The Power of Neutral

- ◆ To move us into our power
- ◆ To propel us forward on our path

Our soul is trying to teach us to move out of the victim mode so we can graduate to a self-empowered way of learning, doing, and being. Our soul goal is to extricate ourselves from the path of hard knocks and elevate ourselves to a path of peace and love.

There is another way!

Another way exists beyond the obstacles of remorse, regret, guilt, shame, blame, and desire for revenge. The path of the heart opens with self-love and compassion when we realize and accept that we are doing the best we can. And so is everyone else.

5. Moving on by Learning Our Lessons

Forgiveness is *not* about burying the past in the pit of our subconscious. We clear our path by acknowledging and learning from our past. Our past is not an ongoing torture that we must always bear. If we hold on to the past in a negative way, if we refuse to learn our life lessons, we will repeat the same scenarios and re-create the same, or more, intense pain.

There are no accidents. There are no mistakes. There are only lessons to be learned *or* opportunities missed.

We can pass through the gate of forgiveness

When we are ready to learn our lessons

When we are ready to give up victimhood

When we are able to respect and honor the efforts we make in life

When we can be kind to ourselves during the tests and trials of our life.

We can pass through the gate of forgiveness

When we are ready to take charge of our own life

When we are ready to set ourselves free of our stories

When we choose to live our destiny instead of our fate.

6. Accepting Responsibility Beyond Shame and Blame

Our test is about moving beyond shame and blame into the realm of acceptance and accountability. From our observer perspective, we can see how and why we attract certain types of situations and relationships into our life. We can see how we participate in creating our own reality show. We can then build a new foundation by (1) owning our role in what happened, (2) admitting what we did to create and sustain painful situations, (3) taking responsibility for our choices, and (4) choosing to make different choices in the present and future.

Being able to identify ourselves as co-creators gives us an opportunity to create different scenarios in the future. As one woman expressed it, "I have been the architect of my life all along. There is no one to blame. There is only a decision to be made — a decision to take a new path, which will allow me to grow once again."

As we learn our lessons and take responsibility for our role in creating our own pain, it is easier to see how others “volunteer” to play “villain” roles. We can thus identify the games we are indulging in. We each reflect parts of our unacknowledged selves.

7. Heeding Our Wake-Up Calls

Whether we realize it or not, at some level we choose our own life situations in order to get our attention and to wake ourselves up. Our wake-up calls help us identify the beliefs, thoughts, and behaviors that (1) cloud our vision, (2) distort our perception of reality, and (3) obscure the reality of Love.

The law of karma teaches us that we must live with the consequences of our actions until we reach the state of forgiveness and unconditional Love. All fights, disputes, arguments, and negativity must be worked out until the energy put out is brought back to the light, to peace, to love.

This is the law. The choice is ours —

How many times does the alarm have to sound?

How long will we take?

How much energy do we wish to expend on our negativity?

How do we wish to use the precious energy of our life?

8. An Intimate Encounter with Life

Forgiveness happens when we free ourselves from the messy glue of fear, anger, and sadness that clog up our creativity and put a break on our engine of life. We are empowered by letting go and feel lighter, stronger, and happier. We can then change the course of our life and are free to explore and enjoy new adventures.

In other words, forgiveness makes it possible to have an intimate encounter with life. *The portal of forgiveness delivers us to the joy of self-love, a feeling of oneness, a compassion for others, and a connection with all life.*

9. Entering the Dimension of the Heart

Forgiveness removes the illusions of fear, pain, and separation. When we are willing to forgive, we can open our heart. When we enter the dimension of the heart, (1) we are no longer controlled by our issues, (2) we no longer relate to facades and illusions, and (3) we see why and how things happen. We can thus extricate ourselves from where we do not want to be as we understand how to create for our highest good.

When we pass through the heart gate of forgiveness, we enter the realm of

Real choice

Self-empowerment

True freedom

Higher love

And joyful living.

10. Forgive Ourselves

We are taught that we must forgive others, and this is true. But *first* and most importantly, we must forgive ourselves. Forgiving ourselves requires self-empathy and honesty. With kindness and compassion, we must forgive ourselves

- For looking to others to save us
- For searching outside ourselves for answers
- For burdening others with our own insecurities
- For living in illusion and pursuing fantasies
- For attracting painful situations
- For making what in hindsight seem like silly choices
- For listening to our limited ego and not to our soul

Forgiveness makes us honest and connects us to our truth.

- We want to love and be loved.
- We are sincerely searching for a way to experience love.
- We are enmeshed in strategies that are counterproductive.
- We are searching for a way out of our dysfunctions.

We cross the threshold of forgiveness when we can laugh and admit

- It is all about me.
- I accept responsibility for my life with grace.
- I learn my lessons with gratitude.

The only way to pass “Go” is through the gate of forgiveness and love.

- The universe is set up so that we can win.
- The action that we must take is forgiveness.
- The attitude that we must have is kindness.
- The feeling that we must embody is love.
- The person that we must embrace is ourselves.

11. Gratitude and Blessings

Let us sit in the space of gratitude for all our lessons learned and yet to be learned. For it is in the process of learning our lessons that we grow, evolve, and learn how to love.

Let us offer blessings to all those who helped us learn our lessons along our path. Let us also humbly receive blessings so that we can live with a compassionate heart — an unconditional heart that lives in gratitude for this opportunity to experience the richness of human life and love.

Summary Process for Forgiveness

- | | | |
|-------------------|-----------------|----------------------------------|
| 1. Perspective | 2. Self-Empathy | 3. Honesty |
| 4. Responsibility | 5. Kindness | 6. Gratitude for Lessons Learned |
| 7. Blessings | 8. Moving On | |

Resolution in the Domain of Higher Love

We long to live in the reality of love where everything is harmonious, peaceful, and fair. This reality can exist if we take responsibility for cultivating a peaceful inner state that can be reflected in the external world.

Higher human consciousness can bring peace and harmony to ourselves, our relationships, and our planet. The type of world that we envision is possible only through the nobility of humans acting from a consciousness that transcends the conflictual mind, accesses higher love in the neutral mind, and operates from the heart.

Our neutral channel offers us the potential for resolution of all our mental and emotional pain. In our neutral mind, we access another vantage point for looking at life. We discover a transcendental portal and awaken to an illuminated path. We are no longer seduced by illusions of love. Something deeper, what we have been questing for, pulls us into an experience of the eternal. We become aware of the domain of Infinite Love.

Yogi Bhajan's dictum is *If you can't see God in all, you can't see God at all*. In higher consciousness, we are initiated into this intuitive perception. We witness the complex unfoldment of the Divine in temporal form and see the Divine everywhere. We are able to be in sympathetic relationship with all life.

When our head bows to our heart, the gateway to higher love is opened. We experience the domain where resolution is possible and Love heals. We live in gratitude with an enduring compassion for ourselves, others, and all life.

♥ Suggested Kriyas and Meditations

Always remember, Kundalini Yoga can be our best friend. Its practice (1) moves stuck energy, (2) transmutes emotional energy to higher frequencies, and (3) raises our awareness so we can move out of victim consciousness and into self-empowerment.

To develop the tools for staying on the path of forgiveness, practice *Kundalini Set #2* (p. 260) and the *Brainwave Meditation — Har Hare Hari Wha He Guru* (p. 236), which creates self-empathy and opens our hearts so we can forgive ourselves. These are used in Guru Rattana's online class on *Forgiveness*.

Before practicing, *pick a situation* that prevents you from experiencing inner peace. Place it in your heart. Set the intention to elevate yourself into a state of consciousness where you can be released from the burden of this negativity and pain and enjoy your life.

♥ Part VI: Kundalini Yoga Kriyas and Meditations

40. Your Kundalini Yoga and Meditation Practice

Our meditative goals are to become aware, neutral, conscious, present, sensitive, and relaxed in the flow of Love.

To achieve these ambitious goals and lasting results, we need an effective technology, and we need to commit to regular practice. As explained before, Kundalini Yoga and Meditation facilitate the process of awakening our neutral mind and attuning our body so it can hold higher frequencies of energy. These powerful and effective techniques create results very quickly. In fact, you can even feel a shift after a 1-2 minute exercise. So get started and feel good fast!

There are an infinite number of meditation techniques. Those used in Kundalini Yoga, as shared by Yogi Bhajan, are highly effective in changing brain patterns and awakening dormant parts of the brain so that we are actually able to awaken and operate from our neutral mind and consciousness.

Yogi Bhajan also taught that to open our heart and to keep it open, both the lower and the upper chakras must be functioning properly. The upper chakras give us access to our neutral mind. The lower chakras ground and stabilize our body with the Earth, which is an essential requirement for moving our consciousness more into our body and out of our dualistic mind. The heart chakra combines both polarities and is both neutral and flowing.⁴⁵

The G-O-D Awakening Process in Kundalini Yoga

As outlined in an earlier chapter, the awakening process using Kundalini Yoga involves the three phases of the creative process:

- G — Generate: the activation phase
- O — Organize: the allowing alignment phase
- D — Deliver: the enjoyment consolidation phase

G — Generate: Activation

Activation is our conscious, active effort — some form of action or “doing.” It takes discipline to practice techniques designed to shift, move, change, and transform energy, but they are necessary in order for us to unblock, release, and generate energy to create openings and to make something happen. We must stimulate, align, and nurture our body vessel to reach a more optimal level of functioning.

O — Organize: Allowing Alignment

Allowing is our conscious acceptance of what is occurring — the passive part of our practice, which involves simply being and “doing nothing.” Allowing releases resistance so that our vital energy can flow. We thus make ourselves available to receive divine support and nourishment.

Allowing also integrates the changes in energy into our being so that transformation is more than transitory. We let go and let the integration happen. Only awareness is required. We stay present to subtle energies in our physical and subtle bodies and our breath. We watch and experience what is happening all by itself — without our control! We trust the intelligence of our body and soul and the Divine Source within us.

D — Deliver: Enjoy

The delivery stage calls for us to enjoy the results of activation and allowing and our expanded awareness and aliveness. We savor the pleasurable feelings in our body. We consolidate and contain the new energies by being present and grounded in our wholeness.

G-O-D Lessons

If we are stuck in G-generate, we mistakenly believe that only by doing more and working harder, things will get better. On the other hand, if we have trouble engaging in G and doing something active, we remain an unempowered victim and live in the illusion that our effort is not part of the equation.

Alternatively, if we cannot “Let go and let God” in the O-organize phase, we suffer from a lack of trust, believe that we are alone, and think that there is no help available except what we generate ourselves. And if we cannot relax in the D-deliver phase, we are unable to truly enjoy life and receive the gifts that come from true surrender.

To summarize, as you integrate G-O-D into your practice, you will notice the following shifts in your psyche:

- G** — I am an active participant in my life. What I do makes a difference.
- O** — I am not alone. I am being supported. The Infinite Organizing Power and my Soul work for me in wonderful ways, especially when I allow them to do so!
- D** — I can relax and enjoy the results of my efforts here on planet Earth. I live in gratitude for co-creation.

The day you experience *God is the Doer*, G-O-D merge as one. It is an awesome experience!

The Mantra Process Is Magic

All Kundalini Yoga kriyas contain a mantra, whether one or more are given, or we simply mentally chant with each breath. Our basic instruction is to mentally attach the vibration of SAT to the inhale and NAM to the exhale.

Chanting or reciting, in a monotone, sacred sounds that resonate with the qualities of the Infinite (1) clears the subconscious of negative imprints, (2) raises the frequency of our mind and energy field to resonate with infinite vibrations, and (3) pushes the normal flow of thoughts into the background so that we can hear the sound of the Infinite.

As mantras untangle and release the subconscious interlocks of past conditioning, our mind is able to move beyond duality and conflict to unity and peace. Mantras' *one thought* vibration continues to strengthen, nourish, expand, and guide our mind into an expansive state, making it possible to open our heart.

Laya Yoga is the name given to the combination of many yogic techniques that cause us to get lost (actually found) in the divine vibration. These techniques, as commonly encountered in Kundalini Yoga kriyas, integrate asanas, mantras, and pranayama. The various breathing patterns generate prana, slow down the mind's activity, and focus and clear our mind. The rhythmic coordinated breath cycle activates and directs energy. The movements and asanas awaken and distribute the energy. And all our chakras are thus stimulated and their energy refined to guide the internal flow of energy.

Allow Mantras to Do Their Job

It is part of the human condition that when our mind is clogged up with mental garbage, we feel unfulfilled, miserable, empty, and upset. Fortunately, we can always take a mental shower with divine mantras.

The confrontation with negative thoughts and uncomfortable feelings that we can experience while chanting is a sign that mantras are doing their job, which is to intercept, cut, confront, and neutralize thoughts released by the subconscious. Don't fight, resist, get angry, or stop chanting. Keep going. Use the mantras to stay present to the process. Fully engage your breath, attention, mantra, and emotions to cause a shift in energy and awareness.

When you have any doubts, remember that mantras awaken an inner current that connects us to the Infinite Flow. In the Flow we can stay grounded in the transcendent present moment. Mantras come from and take our mind to the place of stillness where our mind is elevated and we see through the eyes of love.

Balancing Chakras Through Mantras

The root mantra sounds and the rhythm of the breath synchronize and balance all the chakras. In this way, we do not overdevelop one chakra at a time, which could cause us to get stuck in

one chakra and attached to its power. If the Kundalini energy gets raised by opening only one chakra, or one chakra at a time, there is a possibility of the Kundalini getting stuck and being unable to go up or come down.

The Kundalini Yoga offered by Yogi Bhajan is safe and progressive because it opens and balances all the chakras together. Even in exercises and meditations that activate a specific chakra, the techniques engage all the chakras and create wholeness. Staying focused on our spine as our center takes care of including all chakras.

Stages of Mantras: Mechanical, Meaningful, Merging

We experience different stages in our mantra meditations. At first, the repetition is *mechanical*. Then, at a certain point, we feel the impact and our experience is *meaningful*. Eventually we *merge* and become one with the sounds. The ego lets go and our consciousness dwells in the Infinite.

Tip of the Tongue and Pronunciation

While chanting or repeating mantras, use the tip of the tongue to touch the front upper palate. The tongue hits the meridian points that stimulate the hypothalamus and the thalamus, impacting the frequency and functioning of the brain.

Using the tongue in this way makes the *R* sound almost like a *D*. The *R* is *not* rolled in the back of the mouth! Just use the tongue to hit the palate once. It is a one-hit deal.

While Chanting, *Deeply Listen* and *Feel* the Mantras

It's important to not simply chant the mantras robotically and space out. Focus your mind. Feel the impact of the vibration of the sounds in your throat and in other parts of your body. You are imprinting a new pattern in your being. Pay attention in feeling consciousness in your body while you activate your physical vessel to hold higher frequencies.

By listening deeply, you can engage your chanting so your attention is drawn from outside to inside your body/mind/heart. Deeply listen until the sound becomes a feeling. Be aware of how listening deeply helps you shift your mind and maintain access to the neutral mind. As you gain access to this channel, *listen* to its messages!

Practice Tips

Inner Awareness Training

Every Kundalini Yoga exercise creates an activation in our body and mind in its own special way. Take advantage of the openings after each exercise by paying attention in order to experience the effects. Don't wait until the end of a kriya. Build your awareness one exercise at a time.

To consciously access your peace channel, direct your seeing and listening faculties inward by

looking and listening inside your head. As you connect inside, you will begin to experience non-verbal reality, which transcends words, thoughts, and concepts. Thinking, talking, and trying to explain what is happening cut off your experience, as your dual mind remains dominant.

The important thing is to take time to pay attention to and actually cultivate these experiences. They aren't going to anchor in without attention. Remember, we are infusing non-physical frequencies into physical reality. Gentleness, awareness, feeling, and subtle sensitivity make it possible to connect with and enjoy this sublime state of being.

Focusing to Activate Pituitary and Pineal Glands

We cultivate one-pointedness of mind by softly focusing the eyes toward the tip of the nose, where the two channels of breath come together. This focus causes the optic nerves to cross at the point of the third eye, which is the command center where we observe, focus, and project.

Other eye positions include focusing at the third eye itself and directing the eyes upward to the top of our head, which also activate the pituitary and pineal glands. In addition, press the tongue to the roof of the mouth when possible. It is normal to find mental focus difficult at first because the sixth and seventh chakras are not yet awakened. The practice of powerful stimulating techniques and our effort to focus and pay attention facilitates their awakening.

Also note, some exercises direct us to focus on the horizon, which brings us into neutral balance and aligns our breath with Mother Earth. When outside, try looking to the horizon and pay attention to your breath.

Allow the Cosmic Energies to Teach You

To experience the energies, feel them one at a time. Allow them to teach you by simply opening your mind and senses. Listen and feel. Explore where you are at in the moment and gently allow yourself to experience something that you were unaware of before. Consider each energy as a neutral messenger, which bestows gifts when befriended.

Feelings

Don't suppress, deny, ignore, challenge, or feel guilty about your feelings — the flowing polarity of your soul! Instead, use this sensitive awareness to synchronize, allow, elevate, and vibrate love.

Energies Are Always Changing

Our experiences and moods shift with the dance of universal energies. So don't be surprised or think something is wrong with you when one day you feel great and the next day not so great. Because we are one with cosmic forces, our energy is impacted by planetary movements. As the Sun (approximately every 28-30 days) and Moon (every 2 1/2 days) move through the zodiac, we notice that our energy level and sense of well-being change. Sometimes we have more energy. Sometimes we have less. Sometimes we feel relaxed. Other times we feel active or agitated.

The Sun and the Moon interact with seven other major planets and many asteroids, which together create the energetic context within which we live our life. Being open to how these energetic shifts impact us and learning how to deal with them can significantly increase the depth and functionality of our existence. Unconsciousness makes us a pawn, relegates us to the unsatisfactory position of victim, and confines us in the prison of fate. But consciousness can deliver us to freedom, empowerment, and joy.

Mercury Retrograde

Mercury Retrograde happens three times a year for about three weeks each time. During these periods, our mind is not so wound up with thinking, which gives us an opportunity to connect with our inner listener and heart. Take time out to be with yourself and your inner silence.

Breathing

A master key in your practice is to breathe consciously and relate to your breath as a divine gift. Let the magnetic current recharge you. While breathing, there are various ways to focus and direct the energy: (1) concentrate on the spine, (2) breathe into the third eye, and (3) move the breath, on either the inhale or exhale, down the spine to the tailbone and then circulate the breath up.

Root Lock

Root lock is performed by lightly pulling the muscles at the rectum and perineum, which engages the sex organ and the small muscles along the spine up to the navel. During the meditations, maintaining a light root lock keeps us steady and grounded. Root lock creates deep breathing in the solar plexus and allows the energy to flow upward. While chanting, pull up and in at the navel and then raise the diaphragm so you feel a stretch all the way to the neck. You can feel your vocal cords and navel vibrate together.

Active and Passive: Remember G-O-D

Executing the exercises is the activation part of the practice, which stimulates the glandular system, loosens up the spine, massages the muscles, and strengthens the nervous system.

The passive part of the practice happens between exercises and at the end of the kriya. It is critical to allow time to integrate the effects and to cultivate mind/body awareness. During these times, *do nothing*. Simply be aware of what is happening. Let the energy flow. The human body has its own intelligence. Trust it to make adjustments and to integrate the effects of each exercise.

Grounding

We activate all our systems to support in-the-body meditation. But to stay grounded, we practice asanas that activate and balance the lower three chakras, we feel the sensations in our body, and we are present to our breath and to the movement of energy in our body. After doing the exercises, devote time to being centered in your spine and feeling what is happening without any judgment or intention of making something happen. There is much to discover

when you gently let yourself be in feeling awareness in your body. As you consciously create a feeling foundation in your lower chakras, you can open your heart and keep it open. There is much to gain and enjoy when you are home to receive what is yours.

Cover Hair

Cover your hair to protect the solar center on top of the head (except when it's wet and after sunset). If you have long hair, tie it on top of the head during meditation. The hair on our head acts as subtle antennae to support clarity of mind.

Individual Practice and Progress

The more we practice Kundalini Yoga and Meditation techniques *and* train ourselves to pay attention to our neutral mind/peace channel and its qualities, the more we experience results. Exactly what, we cannot predict. Even with the same meditation, our individual experiences of its effects are personal and vary widely.

Keep in mind part of the reason for this is that the latent tendencies that we are born with, coupled with how our worldly experiences have impacted us, affect our mental, emotional, and physical states and determine how we experience the world.

In other words, your experiences are not going to be like anyone else's. Focus on yourself and your life!

Accommodate to Your Ability

As you practice Kundalini Yoga and Meditation, monitor the energy and the emotions that are released. It is important not to push yourself too hard physically or emotionally. When we advance one step at a time, we can make more progress than when we overextend and are forced to stop to recuperate from injuries or to recoil from emotional traumas.

Though we do need to exert ourselves to create the necessary stimulation to activate the chakras, pressurize the glandular system to secrete, and feed the brain, we are advised to monitor our body and to adjust our efforts accordingly. We each know when a bit more will create an exhilarating high and when too much exertion will push us into a state of exhaustion.

Asking for Guidance

We are always searching for answers. We want to know and try to figure things out. A critical theme of cultivating our neutral mind is that we can't always "figure things out." We need to open the space, live in the question, and allow answers to come to us. We shift things in our life by being available. To put it another way, we open our mind and get out of the way so the Universe can assist us. Answers, guidance, and opportunities come from outside our limited view. So when you have something specific you are dealing with, simply place the question in your space and then make yourself available. Let go of preconceived ideas and do your practice. Answers become available in divine timing. It is a great experience to trust the Universe and your Soul.

Keeping a Journal

You may wish to keep a journal of how being in neutral impacts your mental, emotional, and physical states. How do the qualities of stability, neutral, stillness, and peace influence how you feel, act, and relate to yourself, others, and life situations? In any case, be grateful every day for the shifts that you are experiencing.

The Great Mantra: *Keep Up!*

Yogi Bhajan taught us that the great mantra is *keep up!* This means keep going. It means we can't get off the train of life. The more we participate, the better the ride. It does not mean beat yourself up. It does not mean that if you miss a day, you are "bad." Do your very best to keep up some kind of practice (even 5 minutes!) to embellish your life each day. When your emotional baggage seems especially intense, pick a gentle exercise to move the energy and a mantra that you find soothing to nurture yourself. Appropriateness and kindness awaken our heart and lead us to authentic self-love.

The only thing that works is consistent practice. Good ideas and enthusiasm are supportive, but doing creates transformation.

Listen, learn, let go, love, live.

Open-Heart Posture

Our posture is a good indicator of the relationship between our inner and outer realities. A fear-based, apprehensive inner reality protects itself by closing our heart. The more confident we are and the more we courageously embrace life, the easier it is to reflect this inner reality with an upright, self-assured posture.

Poor posture is also a bad habit. We often slouch over our computer as we bring our head out in front of our body to read the screen. We think too much and feel too little. Poor posture exaggerates the S curve in our spine, creating a hump in our upper back and either a collapsed lower spine or an over-extended lower back.

We can work on our posture during our Kundalini Yoga practice as well as while walking, cooking, driving, standing, doing any household task, and sitting at the computer. Here are some guidelines:

1. Lengthen Your Spine

A healthy spine requires lubricating the discs between the vertebrae. When we sit slouched and bent over, our discs are compressed. The discs are lubricated with blood as we stretch.

- ◆ Feel a string at the top of your head pulling your spine up toward the ceiling.
- ◆ Use root lock and neck lock to protect and elongate the spine.

- ◆ Use your breath to stretch and support your posture from inside.
- ◆ Open your shoulders and hips to maximize flexibility of the sacrum and thoracic spine, which influence your ability to maintain good posture.

2. Position Your Head on Top of Your Spine

When we are preoccupied with thinking instead of feeling in our body, our energy consolidates in our head. We actually lead with our head when we walk, talk, and move. When our head is in front of our body, our spine and shoulders have to strain to support our head. This causes stress and pain in the muscles underneath our shoulder blades.

- ◆ From the back of your neck, pull your head back over your spine until you can feel your shoulders relax and the shoulder blades fall down.
- ◆ Notice what happens to your chest; it rises and your heart opens.

3. Lift Up from Your Diaphragm

Our posture collapses when it is not supported by the muscles in our diaphragm and the front of our body. Notice how your solar plexus caves in. This happens as we attempt to feel safe and to protect ourselves.

Lift up your diaphragm from the solar plexus. Follow the upward movement of the diaphragm by using the muscles in your chest to raise your chest toward your chin. The seldom-used muscles in the front of our body are accustomed to being lazy. But they must be strengthened and developed to support a straight spine. Pulling up from the back of the neck develops the back muscles. Lifting the chest develops our front muscles. We can alternate between the two to develop the different muscle groups.

4. Do All Kundalini Yoga Exercises with an Open Heart

It is critical to monitor your posture during KY practice. Always apply the above guidelines while doing the asanas. Do not compromise an open heart by bending over to lengthen your stretch or to touch your head to your knee in leg stretches. A good open-heart stretch is possible with any degree of flexibility.

5. Monitor How You Use Your Neck

Our neck is very mobile, but our upper back is usually tight. As a consequence, we use our neck when it is not appropriate. Notice if you engage and tense your neck when you do navel exercises like Stretch Pose and Leg Lifts. The neck should be relaxed. If it's not, *ooops*, you are using your neck muscles to compensate for weak abdominal muscles. Monitor your neck and do only what you can do with a relaxed neck. Work on strengthening your lower body muscles, especially the small core abdominal muscles. (Not just the large psoas muscles.)

6. Cultivate Your Core

A strong core at the navel center that includes strong abdominal muscles is critical for

maintaining good posture. When our core is weak in this area, our posture caves in. Wearing a cummerbund or wrapping a shawl around our middle during long sitting meditations helps support the middle of our spine. A strong core is created by strengthening our abdominal muscles in the lower body, doing leg exercises, and through deep abdominal breathing and Breath of Fire.

- ◆ Expand your belly below your navel with a deep breath and engage the muscles that wrap around your belly to the small of your back. Use these muscles to maintain your posture instead allowing them to become flaccid.

7. Check Your Posture During Meditation and While on the Computer

Constantly monitor your posture while sitting in meditation or on the computer. We are so used so slumping.

- ◆ Pull your navel in and up toward your spine, adjusting the spine so you are sitting on your sit bones.
- ◆ Feel connected to the Earth from your sit bones and the base of your spine.
- ◆ Pull your spine up from the back of your neck to lengthen the spine. Then relax, but do not slump.
- ◆ Pull up on your diaphragm and lift up on your chest muscles to open your heart.
- ◆ Remember to breathe long and deep up and down your spine.
- ◆ Work on your posture while you breathe — expanding, opening, and elongating.

8. A Smile Is Your Indicator Light

When your spine is correctly positioned and your heart is open, you might notice a smile on your face and joy in your heart.

Basics of Transformation

Raise our frequency

Upgrade our sensitivity

Operate from neutrality — stillness

Elevate and liberate stuck energy

Dwell in the Infinite

Self in our heart become centering focus of our sacred space



Our Humble Sadhana

Stay humble in size. Live in the truth. Reside in your heart. Enjoy your own identity.

All aspects of our sadhana favor humble devotion and surrender to the power and grace of the Infinite Source.

- ◆ Tuning in with the mantra ONG NA MO GURU DEV NA MO creates an initial alignment of our energetic field with our soul and the infinite vibration within us.
- ◆ We continue to attune and purify our body and mind with Kundalini Yoga and Meditation.
- ◆ We consolidate and anchor our transformed vibration in our body with deep relaxation.
- ◆ We raise our vibration further by chanting divine mantras.
- ◆ We end our sadhana by chanting the prayer, “May the long time sun shine upon you, all love surround you, and the pure light within you, guide your way on,” followed by three long SAT NAMs, invoking and consolidating the truth in our being.
- ◆ We end our practice by humbly surrendering to the Infinite and bringing ourselves into a state of gratitude and prayer. Gratitude and prayer anchor the divine vibration into our being for the day. It is interesting to witness that the effects of our morning practice last a lot longer when we complete it with prayer, devotion, or Bhakti.

Use the training guidelines offered above with any of the Kundalini Yoga and Meditation techniques included below, or as given in other books, and with all mantras.

The senses and the experience of it will give you a realization of God in a practical way. It gives you a practical projectivity of kindness and compassion. Life without compassion and kindness is not worth anything.

— Yogi Bhajan, July 7, 1987



Guide to Selecting Kriyas and Meditations

Every Kundalini Yoga exercise, kriya, and meditation is an awakener and creates multiple integrated results. The outline below describes key benefits of select kriyas and meditations and can be used as a guide for choosing which ones in this book to practice. Any single exercise can be done as a warm-up before a kriya or a meditation or to relieve stress.

Quick Awakeners

Arm Exercises

All of the exercises with the arms out to the sides, up 60 degrees, or above the head awaken the neutral channel and open the heart. See, for example, exercise #1 in *Set for Electromagnetic Frequency* and exercise #6, Ego Eradicator, in the *Heart of Gold* set.

Sitali Breath (p. 225)

Calms and cools you down and awakens inner peace. Good for adrenals and kidneys.

Emotional Balance (p. 225)

Balances the breath, puts a brake on the rational mind, and awakens the neutral mind.

Set for Electromagnetic Frequency (p. 226)

Clears the aura; awakens the neutral mind and heart.

Chair Pose (p. 226)

Doing it for 1-5 minutes, followed immediately by sitting in Easy Pose, takes you straight into the divine zone. Try it!

Chant ONGs

Vibrating several long and/or short ONGs stimulates the glands in the fifth, sixth, and seventh chakras.

Meditations and Mantras

Adi Mantra — ONG NA MO GURU DEV NA MO (p. 227)

Always chant this to tune in as the first part of your Kundalini Yoga practice.

AAD GURAY NA MEH (p. 228)

Chanted after tuning in to create an aura of protection and to bow to the Infinite.

SAT NAM — The Seed Mantra and Pranayama Breath Awareness (p. 228)

The most basic mantra that affirms our connection to the Truth.

Long SAT NAMs to Neutralize Tension (p. 229)

Very relaxing when you need to unwind and release tension. Good before you go to bed or after a busy day.

Kirtan Kriya — SA TA NA MA Meditation (p. 230)

The most basic meditation offered by Yogi Bhajan. Clears the subconscious and awakens the third eye.

Listen to Your Heartbeat (p. 232)

Tune in to your own rhythm and let go to your heart. If you can't find your pulse at your wrist, place your fingers in a different location where you feel your pulse, relaxing with no effort.

Meditation to Bring Up and Clear the Past (p. 232)

To release subconscious imprints and develop self-love.

Happy Heart Meditation (p. 233)

To imprint the vibration of ecstasy in your consciousness and to wake up inner joy.

Mantra to Neutralize Negative Thoughts — UNG SUNG WAHE GURU (p. 233)

A quick release from negative thoughts and a reminder that joy vibrates in every cell of your body.

Guru Ram Das Healing Meditation (p. 234)

Relaxing, empowering, centering — it can be your best friend. You will never feel alone.

Meditation to Get Out of Depression (p. 235)

This meditation works by opening the heart. Even a few minutes will shift your mood.

Meditation to Make One Younger (p. 235)

One of those meditations that's easy to pass on because the arms are held up throughout. But the results are well worth it. Balances brain, opens the heart, and makes the aura strong.

Brainwave Meditation — HAR HARE HARI WA HE GURU (p. 236)

Pulls you deep into sacred space and adjusts brainwaves to happy vibes.

Mantra for Strength, Courage, Prosperity, and to Remove All Obstacles — GOBINDE, MUKUNDE, UDARE, APARE, HARING, KARING, NIRNAME, AKAME (p. 237)

This is an inner warrior mantra, which imprints divine qualities in the psyche.

Meditation for Surrender (p. 238)

To cultivate and align with Soul Self.

Dhrib Dhristi Third Eye Meditation (p. 239)

A great silent meditation to center, balance, and cultivate the neutral mind.

Meditation for Gurprasad — Divine Gifts (p. 240)

Surrendering to Divine Will is sweet and brings gifts that are not available any other way. A great way to live.

Mul Mantra (p. 241)

Imprints the truth of oneness and divine qualities in our psyche.

AAD SUCH — Freedom (p. 243)

The last part of Mul Mantra, it can be recited on its own to bring us into a state of surrender.

Shorter Kriyas

Pineal Gland Kriya (p. 244)

A powerful and foundational kriya to awaken the neutral mind and the sixth and seventh chakras.

Relaxation Series to Remove Negativity and Tension (p. 245)

An effective kriya to balance the first three chakras and build body awareness.

The above two kriyas can be done alone or together in either order. It is actually a useful exercise to alternate and monitor the difference. (This class can be viewed online at <http://www.yogatech.com> as one of the *Guru Rattana Online* streaming video classes, *The Neutral Mind — Our Peace Channel*. We do the *Relaxation Series* set first, followed by the *Pineal Gland* set and meditation.

Neck and Thyroid with mantra ONG SO HUNG (p. 246)

Great short kriya to open the third eye, activate the navel, and imprint the message of “I AM one with the creative Source” in the psyche.

To Remove Negativity (p. 247)

An easy and effective kriya to change our mindset, release stress, and open the neutral space.

Nerve Balance (p. 248)

You will feel a noticeable difference after practicing this set. It really does strengthen the nervous system.

Strengthening the Aura (p. 249)

Reclaim your aura and feel it protect you with radiance.

Neck Series (p. 250)

Awakens the third eye and the faculty of focus.

Thyroid Kriya (p. 250)

Very short set to awaken the third eye and the faculty of focus. Releases stress too.

Heart of Gold and Heart's Delight (p. 251 and 252)

To change your perspective and to look at life from the eye/heart of your Soul.

Head Set and For the Eyes (p. 253 and 254)

To awaken the pituitary and pineal glands and the third eye.

Sat Kriya (p. 255)

A basic Kundalini Yoga kriya with multiple benefits, it raises the Kundalini and awakens all chakras.

Short Set to Balance Prana and Apana (p. 257)

To quickly activate the navel chakra and build core strength. As with all leg lifts, do one leg at a time until abdominal muscles are strong enough to raise both while keeping the small of the back pressed to the floor.

Longer Kriyas

Preparatory Exercises for Lungs, Magnetic Field, and Deep Meditation (p. 258)

This kriya starts with the upper chakras and moves down the spine. With feeling awareness, we can use this sequence to ground the higher frequencies in the body.

Kundalini Yoga Set #2 and Kundalini Yoga Set #3 (p. 260 and 262)

Two classic and original kriyas taught by Yogi Bhajan. Guaranteed to transmute your energy and raise your vibration!

Open the Heart and Cleanse the Lymph Glands (p. 264)

Works first to awaken the upper chakras and heart, then grounds and opens our heart up to surrender. The first four exercises are great warm ups to prepare for silent meditation.

Total Mind-Body Balance Kriya (p. 267)

You will feel totally renewed. The first five exercises adjust the pranic body so that the breath is automatically breathing and giving your body the prana that it needs — a great experience!

Kriya for Self-Centering, Self-Nurturing, and Sacred Space (p. 269)

This is a great set to practice by yourself to build your sense of Self and to nurture yourself from your sacred space. Two partner exercises at the end can be included when practicing in a group or with a partner. Use these exercises to test your ability to stay focused on yourself and not lose yourself by paying attention to your partner. You have made a lot of progress when you can maintain self-focus!

Quick Awakeners

Sitali Pranayama

Curl the tongue, making a funnel, and stick it outside of the mouth. Inhale deeply through the curled tongue. Exhale deeply and slowly through the nose. You can bring the tongue in on the exhale. Repeat for 3-11 minutes. Soothes the nervous system. Cools and relaxes. Prevents sickness, gets rid of fever. The tongue may taste bitter at first. As toxins are released, it will taste sweet.



Emotional Balance

Sunia (n) Antar

Before practicing this meditation, drink a glass of water. Sit in Easy Pose, place the arms across the chest and lock hands under the armpits, palms open and against the body. Raise the shoulders up tight against the earlobes, and apply neck lock, closing the eyes. The breath will automatically become slow. Continue for 3 minutes, gradually increasing to 11 minutes.



This meditation is very good for women and essential at times when one is worried or upset and doesn't know what to do, or when one feels like screaming, yelling, and being reactive. When one feels unfocused or emotional, attention should be given to the body's water balance and breath rate. Behavior often depends upon our relation with the water, earth, air, and ether elements. Breath, representing air and ether, is the rhythm of life. Normally we breathe 15 times a minute, but when we are able to rhythmically slow down the breath to only four breaths per minute, we have indirect control over our mind, helping to eliminate reactive behavior and promoting a calm mind regardless of the state of affairs.

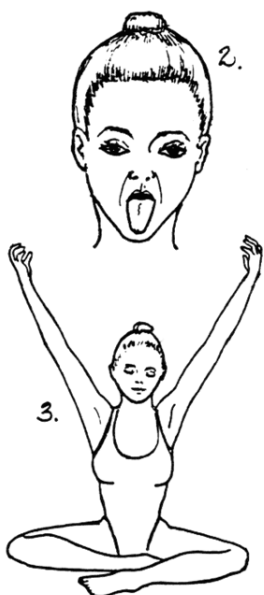
Humans are approximately 70% water, and when there is a water imbalance in the system and the kidneys are under pressure, it can cause worry and upset. Drinking water, pulling the shoulders up to the ears, and tightly locking this entire area creates a shift to the neutral mind. After 2 or 3 minutes, thoughts will be there, but one does not feel them. This is a very effective method for balancing the functional brain.

Set for Electromagnetic Frequency



1. In Easy Pose, extend arms out to the sides with curled fingers stretched back from the palms and tensed like claws, rigid and taut like two lion paws. Alternately cross the wrists overhead, moving powerfully and rhythmically with Breath of Fire (inhale up, exhale down) for 9 minutes.

2. Without stopping, stick the tongue out all the way and continue for 15 seconds more.



3. To end, inhale and raise the arms up to 60°, hold for 15 seconds, exhale down, and repeat, holding for 30 seconds this time. Exhale and relax.

4. Sitting comfortably, breathe long, deeply, and quietly for 3-4 minutes (or sing a yoga chant of choice from the heart for 3-4 minutes).



COMMENTS: This exercise works on the electromagnetic frequency of the brain. Hand position pressurizes each fingertip, controlling the brain and its functions. Lymph and nervous systems are tuned up, and the pituitary gland is stimulated, causing the pineal to change the frequency and radiance of the magnetic field.

Chair Pose

Squat and pass arms inside thighs, outside forelegs, hands on feet, and sit up as much as possible, with long deep breathing for 1 minute. Continue with Breath of Fire for 1 more minute. Then inhale, exhale, and apply Mulband.



Meditations and Mantras

Adi Mantra

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 means 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: AAD GURAY NA MEH

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.

NA MEH 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.

AAD GURAY NA MEH	I bow to the primal guru.
JUGAAD GURAY NA MEH	I bow to the Truth throughout the ages.
SAT GURAY NA MEH	I bow to true wisdom.
SIRI GURU DAY VAY NA MEH	I bow to the great unseen wisdom.

The Seed Mantra — SAT NAM

SAT NAM is the most basic mantra used in Kundalini Yoga. SAT means the truth. NAM means name, identity, to identify with, or to call upon. SAT NAM (vowel sounds pronounced like “but mom”) can be translated as “Truth is God’s name. Truth is my (your, our) identity.” It is used as a greeting to acknowledge the Truth in each one of us and as a personal mantra to express or tune in to one’s infinite identity.

SAT NAM is thus an invocation of our divine consciousness. Its vibration links us up to our true identity, which is our divine soul. SAT NAM is called the seed, or bij, mantra. By chanting this mantra, we plant the seed of universal truth in our consciousness.

A basic Kundalini Yoga technique and goal is to link our breath with the mantra SAT NAM. Mentally link SAT to every inhale and NAM to every exhale. In this way the breath and the mantra work together to calm, energize, purify, and link us up to our true identity. With practice you may naturally hear SAT on your inhale and NAM on your exhale. It is very profound to realize that you are breathing your truth with every breath.

Long SAT NAMs

Sit with a straight spine in cross-legged Easy Pose, in your preferred meditation posture, or in a chair with the feet on the floor, sit bones carrying the weight of the body.

Bring the hands to the heart, palms facing the chest, left hand on top of right. Place the left thumb in the center of the right palm. The fingers of both hands are together and straight. The hands gently rest against the chest; arms are relaxed on the body. Eyes are nine-tenths closed to start. As the meditation progresses, they may close completely.



Inhale with a long deep breath. On the exhale chant out loud

SAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAT

At the end of the breath say **NAM**, which is recited with a short, not drawn out A.

Then inhale deeply again and continue for 3 to 5 minutes, building to 11, 15, 22, or 31 minutes.

At the end of the meditation, inhale deeply, hold the breath as long as you wish. Listen inside and be one with the experience. Do this three times. Then sit quietly or lie down and completely relax.

SAT is the liberator and the cleanser. Let yourself relax and release with the AAAAAAA.
NAM is like the anchor. Feel the sound anchor you in your body.

COMMENTS: Try to feel the sound of the AAAAAA come from the heart. Experience your throat as the mouthpiece of your heart. This practice will help you locate, consolidate, and open up the fourth (heart) and the fifth (throat) chakras. SAT NAM is the call of the soul. As you chant, call out to your soul; sing to your soul. Singing to your soul creates a very peaceful feeling. It takes you out of duality for a moment as your personality and soul merge as one in the sound current of your infinite being. Feel free to express any emotions that come up. This is a good way to release and balance the emotions. The emotional energy will gently merge into soul energy.

Benefits

This is a very relaxing meditation. It completely neutralizes tension and brings you to a very peaceful state. Do it for 40 days and you can revitalize your glandular system and re-establish your glandular equilibrium. This is also a good meditation to do at the end of a busy day. Do it when you get home after work before dinner and you will be able to enjoy your evening. If you do it before you go to bed, you will sleep like a baby.

Kirtan Kriya — SA TA NA MA Meditation

Kirtan Kriya, often referred to as the SA TA NA MA meditation, is the most important meditation in Kundalini Yoga. It was one of the first meditations taught by Yogi Bhajan and remains today as a foundational meditation, recommended for every student of Kundalini Yoga. Yogi Bhajan says that if you can do only one meditation, this is it. It does everything for you in the order that you need. It is your teacher. And as you practice it, you will come to realize that it is your best friend. Whatever you need at the moment, it will readjust and align you to bring balance into your mind and thus your life.

This meditation is given for everything from breaking habits to achieving emotional balance. I knew one woman who had been very emotionally upset for over two weeks. Finally she went to a quiet spot in the woods and did 31 minutes of *Kirtan Kriya* and voila, she felt relaxed and whole again. It helps you focus and center yourself. It is a catalyst for change because it is a very powerful spiritual cleanser. You may go through a lot 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 God. 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.

Now here is one of the best selling points: 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 people suffer when they break up with a lover. It will re-establish your aura as your own.

The bottom line is that this meditation works! All you have to do is do it. You can trust the process and the technology. Over time, the mind awakens to the infinite capacity of the soul.

Meditation Instructions

Sit with a straight spine and meditate at the brow point, chanting 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 similar to pressing keys on a computer keyboard 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.

31-Minute Version

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, not the finger movements.

11-Minute Version

Kirtan Kriya can also be done for shorter times. Yogi Bhajan has said that during these stressful times, it should be done for at least 11 minutes every day. For the 11-minute version, do

2 minutes *out loud*

2 minutes in an *audible whisper*

3 minutes chant *silently*. Keep the hands, “L” in the head, and tongue moving.

2 minutes *whisper*.

2 minutes *out loud*.

Listen to Your Heartbeat



Sit comfortably with a straight spine. With the four fingers of the right hand, feel the pulse on the left wrist. Place the fingers in a straight line, lightly, so that you can feel the pulse in each fingertip. Focus your lightly closed eyes at the brow point (between the eyebrows). On each beat of the heart, mentally hear the sound

SAT NAM

For 11 minutes, building to 31

COMMENTS: If you don't know how to meditate or you want to develop the ability of concentration in action, this is a beautiful technique. This is *the* meditation for someone who can't meditate. It allows you to control your reaction to any situation and can bring sweetness and one-pointedness to the most outrageously scattered mind.

Meditation to Bring Up and Clear the Past

In meditation pose with a straight spine, cross hands, palms facing chest (bases of palms a little above the nipples) and out a few inches from the body. Either hand can be on top. Eyes focus on the tip of the nose.

As in the Kirtan Kriya above, chanting aloud, bring each syllable in through the top of the head and out the third eye in an "L" shape for 15-31 minutes.

SA TA NA MA

To end, inhale, hold the breath, and press the eyes up, hearing the mantra echo inside the head. Relax or meditate for 10-15 minutes so that the past will come up. *Feel* the emotions as they arise and release them through the third eye, mentally chanting "Sat Nam."



COMMENTS: You may see colors! Feel and experience any event, seeing and hearing them. Then relax and release those feelings, pictures, and sounds to Infinity. See them travel away on the light and on the vibration of the mantra, knowing they are returning to their origin. All things come from God and all things go to God. Send them back with blessings, and free yourself from an unwanted and non-existent past. This meditation not only rids you of past garbage, it re-establishes your relationship to the past and balances it with the present.

Happy Heart Meditation

Sitting in Easy Pose with a straight spine, keeping the arms relaxed, bend the elbows and raise the forearms until they meet, fingers interlaced in Venus Lock, palms in at heart level. Press the pads of the thumbs together and keep the eyes one-tenth open.

Inhale deeply and exhale completely as the mantra is chanted in monotone

**WHA-HAY GUROO, WHA-HAY GUROO
WHA-HAY GUROO, WHA-HAY GUROO
WHA-HAY GUROO, WHA-HAY GUROO
WHA-HAY GUROO, WHA-HAY GUROO
WHA-HAY GUROO, WHA-HAY GUROO
WHA-HAY GUROO, WHA-HAY GUROO
WHA-HAY GUROO, WHA-HAY GUROO
WHA-HAY GUROO, WHA-HAY GUROO**



Start with 11 minutes and gradually increase week by week to half an hour. Stay at 30 minutes for awhile and gradually work up to an hour. (But don't be a fanatic!)

COMMENTS: This kriya is very ancient and very sacred. It was secretly given to people. Anyone who can practice it for one hour can intuitively block anything negative approaching in life.

Mantra to Neutralize Negative Thoughts

Listen to what you are telling yourself and then chant **UNG SUNG WAHE GURU** 10 times on one breath to neutralize a negative thought. With this mantra, you are telling yourself the truth: *Ecstasy vibrates in every cell of my body!*

As you chant,

Recognize that what you are saying is the truth.

Listen to the sounds without thinking about what they mean.

Feel the resonance and let your throat, mouth, tongue, face, shoulders, head, and heart vibrate with it.

Enjoy the feeling.

Afterwards, notice that something has changed. You may be thinking and speaking differently to yourself.

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, or in Gyan Mudra, thumb and forefinger touching.

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 third and sixth.) Chant for 11, 22, or 31 minutes.

GURU — 1st chakra, base of spine

GURU — 2nd chakra, sex organ, abdomen

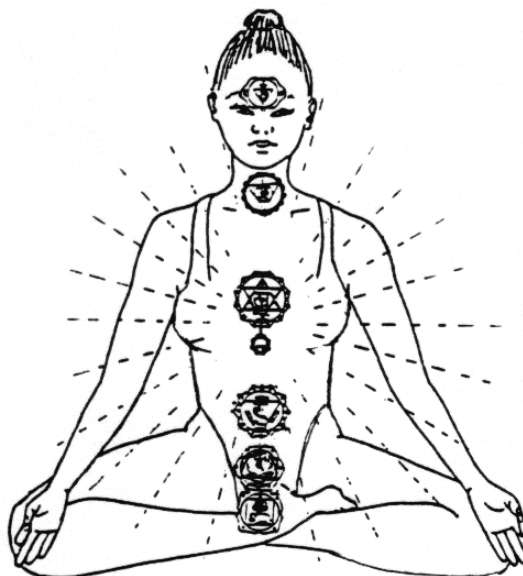
WA HE — 3rd chakra, navel

GURU — 4th chakra, heart

GURU — 5th chakra, throat

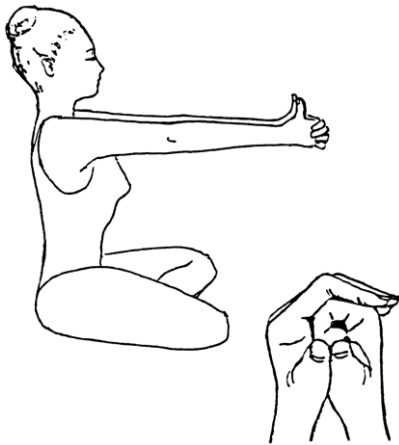
RAM DAS — 6th chakra, third eye

GURU — 7th chakra, top of head



Feel your body becoming a golden temple for your soul.

Meditation to Get Out of Depression



This meditation totally recharges you and is an antidote to depression. It builds a new biochemical system, gives one capacity and caliber to deal with life, and establishes a direct relationship with the pranic body.

Instructions

Sit in Easy Pose or in a chair with a straight spine, extend the straight arms forward, parallel to the ground. Make a fist with the right hand, wrapping fingers of the left hand around it, bases of the palms touching, thumbs together and pulled up straight. Eyes are focused on the thumbs.

Inhale for 5 seconds, and without holding the breath in, exhale for 5 seconds, and then hold the breath out for 15 seconds. Continue the cycle, starting with 3-5 minutes and working up to 11. Progress slowly. You can also work up to holding the breath out for one full minute.

Although no mantra is given, you can mentally chant any mantra of your choice. It is handy to chant SA TA NA MA to help keep track of the time.

Meditation to Make One Younger and Stop the Cycle of Decay



PART 1: In Rock Pose (or a comfortable meditative position), stretch arms out to the sides, parallel to the ground, palms down, and breathe long and deep with the eyes one-tenth open for 3 minutes. Then stretch and meditate a few moments. This harmonizes you with the Earth's magnetic field; you become 84 times stronger and experience peace and joy.

PART 2: Now, stiffen the hands very tightly until they shake and the ears itch, and raise the arms 60° degrees forward and up, elbows and fingers straight, thumbs beside fingers, with the eyes one-tenth open. When the breath begins to become important, one will be connecting with pranic life force. Allow shoulders to relax. Continue for 3 minutes, and no more than 5 at first, gradually building to 31 minutes. Then inhale, hold, and let go to the Universe and relax. This "Meditation of Prana" can help eliminate disease when done regularly.

Brainwave Meditation

When our brainwaves are stable and we are in our neutral mind, we do not react to every little annoyance. And when we do not react, we are mentally available to respond appropriately to situations as they arise. This meditation specifically changes our brainwaves so that we feel more stable and neutral in our life situations.

Sit in Easy Pose with a straight spine. Bring arms comfortably to the sides of the body with the elbows bent. Hands in fists, with the thumbs over the last three fingers, facing forward. Hold the index finger straight up, tight and stable, but without tensing the rest of the arms and body. The forearms should be perpendicular to the ground. During the meditation check the position and move the elbows forward as needed to maintain the position.



With eyes slightly open, looking at the tip of the nose, chant in a monotone,

HAR HARE (ha-ray) **HARI** (ha-ree) **WHA HE GURU**

Enunciate clearly, moving the mouth in a very pronounced way (exaggerate the lip movements). Pump the navel point with each part of the mantra (pull the navel point toward the spine). Once you perfect the above, try adding a slight root lock to the pumping of the navel center, which further stimulates the fire in your spine.

HAR HARE HARI are the three aspects of God: Generate, Organize, and Deliver.
WHA HE GURU means ecstasy and imprints the mind with a feeling of cosmic well-being.

Continue for 31 minutes. This can also be done for 11, 15, or 22 minutes, but for the full effect, do it for 31 minutes for at least 40 days. To install your neutral space, practice for 1,000 days in a row. You will love the results!

To end, hold the position and listen mentally to the mantra for 2 minutes. Then inhale deeply, hold the breath, tense the whole body as tight as you can, exhale. Repeat two more times for a total of three times. Relax on your back or meditate afterwards. Do not jump up immediately.

COMMENTS: This meditation will bring your brainwaves to the frequency of the neutral mind. In the neutral mind, we are tolerant and we don't take things personally. In addition, the meditation opens up the heart chakra and activates the navel center. The mantra has also been given as a prosperity mantra. Like many meditations taught by Yogi Bhajan, there are many benefits that are uncovered as you practice.

Mantra for Strength, Courage, and to Remove All Obstacles

This is a classic Kundalini Yoga meditation for courage, fearlessness, and a strong, radiant aura. It contains 40 sounds, which together balance the five tattvas (air, water, fire, earth, and ether), the seven chakras, and the arc line (halo around the head). This mantra can penetrate into anything and help prevent misfortune, possessing the power to break through any resistance or obstacles. Yogi Bhajan gave us this meditation to be successful in dealing with the intensity of the energy during the shift to the Aquarian Age.

Before chanting, pick one current life challenge and place it in your heart while you chant. Let the energy infuse the situation as you focus on the mantra and its energetic effects. You will get totally absorbed into the sounds of the mantra and feel very refreshed afterwards, perhaps even surprised about how you feel about your current situation.

Directions

Sit in Easy Pose with the hands in Gyan Mudra (thumb and forefinger touching) on the knees, elbows straight. Chant in a monotone, enunciating each syllable clearly, by moving your mouth (do not mumble), and pumping your navel center with each HAR. Be sure to touch the tip of the tongue to the upper palate when you are making the *R* of HAR and the *N* in the other mantra syllables. The correctly enunciated *R* will stimulate the pineal and pituitary glands and awaken the frontal lobe and neutral mind.

HAR, HAR, HAR, HAR, GOBINDE (Go bin day — Sustainer)
HAR, HAR, HAR, HAR, MUKUNDE (Mu kun day — Liberator)
HAR, HAR, HAR, HAR, UDARE (Oo dar ay — Enlightener)
HAR, HAR, HAR, HAR, APARE (A par ay — Infinite)
HAR, HAR, HAR, HAR, HARING (Har e ung — Destroyer)
HAR, HAR, HAR, HAR, KARING (Kar e ung — Creator)
HAR, HAR, HAR, HAR, NIRNAME (Nir na may—Nameless)
HAR, HAR, HAR, HAR, AKAME (A ka may—Desireless)

Chant this mantra 11-31 minutes in the morning before starting your day in order to program your psyche for success and courage, to uplift your spirits, and to create an aura of invincibility and a super-strong radiant body. (You will glow in the dark!) You may find that after 11 minutes you want to keep going for another 5, or even 22, minutes. This is good! Chanting for 31 minutes is very satisfying and empowering. After 62 minutes you will feel rejuvenated.

When you are finished, sit quietly and feel the effects of the meditation in your physical body and aura. Consolidate, contain, and radiate love. Be available for intuitive messages about your current life challenge. They may come directly after the meditation or later. Be available to listen to your soul.

COMMENTS: This meditation was also given as a prosperity meditation. HAR is a manifesting mantra. The other eight mantra words are aspects of the Divine. Chanting HAR before each

aspect pulls that energy into our physical and subtle bodies.

Be aware, however, that one basic requirement for prosperity and manifesting is *You have to be home when the letter carrier arrives*. In other words, you have to be grounded in your body on planet Earth and not floating around in the ethers. Pumping your navel on each HAR in this meditation can keep you present. If you have any propensity for being ungrounded and spaced out while meditating and in life, then do this meditation in Archer Pose for 3-11 minutes on each side. You will become super present, strong, and magnetic. If you resist this idea, then this meditation in Archer Pose is for you!

Lastly, HAR and its variations are “god’s names” and are often chanted alone or in combination with other mantras, such as this one. While pumping the navel when chanting HAR, also feel the *H* sound at the heart. Chant slowly enough to activate both the navel and heart and to feel the fire energy at the navel extend up to your heart, like you are building a fire and the flame rises to ignite the heart. Your spine will feel very alive. You can also chant HAR in rhythm with your heartbeat.

Meditation for Surrender

Sit in Easy Pose with straight spine, hands in Buddha Mudra in the lap (left palm in right so that forefingers meet at about the first knuckle at a 90° angle, thumbs touching). Eyes are one-tenth open, looking straight ahead, and focused at the third eye.

Inhale in eight equal parts so that the lungs are filled on the eighth sniff, and chant as you exhale (but not necessarily using all the air)

WA HE GURU

Enunciate clearly and project out of the third eye for 15-31 minutes.

This meditation is very energizing if the breath is taken seriously and is pumped from the navel point. Its purpose is to establish the appropriate relationship between the ego and the Infinite Self. To get maximum benefit (especially when doing it for shorter times), pull Mulband and feel the energy go up the spine to the third eye as you chant “Wa He Guru.”



Dhrib Dhristi Third Eye Meditation

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.

Meditation for Gurprasad — Divine Gifts

Yogi Bhajan taught dozens of prosperity meditations. The *Meditation for Gurprasad* is a humble prayer that cultivates an attitude of surrender and gratitude and awakens us up to the most basic flow of prosperity — giving and receiving with our breath. *Meditation for Gurprasad* connects us with the essence of prayer, which is to tune in to and to synchronize with the universal dance of giving and receiving. This meditation can be done alone, after any other meditation, or at the end of your practice.

Sit comfortably in Easy 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 by pulling the locks (a crooked spine will make one crooked, even in prayer).

Feel that something is dripping to you from the heavens: the light of God, the flow of life, the supreme energy — whatever you believe in. Jesus Christ is sending you cookies! Or Moses. Or Santa Claus. 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. Be humble and relaxed. 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 Soul, 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.

The Mul Mantra: Cultivating Oneness

The *Mul Mantra* (*mul* meaning root) is a foundational mantra used in many spiritual teachings and in Kundalini Yoga. It is a formula for experiencing oneness with the Infinite because it vibrates the attributes of the Divine. By repeating the root sounds, we resonate with them and experience our oneness with the One Universal Force. The meaning and vibration of this mantra create an open neutral space where we can tune in to expanded realities. (Do not chant it in the car. It is not a car mantra. One can become spaced out.) Here are two ways to understand the meaning and message of *Mul Mantra*:

EK ONG KAAR	The creator of all is One.
SAT NAAM	Truth is ITs name.
KARTA PURAKH	This force is the doer of everything.
NIRBAU	It is without fear.
NIRVAIR	It is revengeless.
AKAAL MOORAT	It is undying.
AJOONEE	It is without birth.
SAIBHANG	It is self-creating.
GUR PRASAAD	This is the gift.
JAAP	Meditate. Repeat.
AAD SUCH	True in the beginning.
JUGAAD SUCH	True through all ages.
HAI BHEE SUCH	True now.
NAANAK HOSE BHEE SUCH	Pure one, forever true.

EK ONG KAAR — There is an energy of consciousness and creation that pervades all forms. ITs universal presence creates oneness.

SAT NAAM — We call IT Truth because IT exists in everything and everywhere.

KARTA PURAKH — IT is the source of all existence and the doer and cause of everything.

NIRBAU, NIRVAIR — Because IT is the creator of all and has no equal, IT has nothing to fear or to envy.

AKAAL MOORAT, AJOONEE — ITs existence is not subject to the cycle of birth and death.

SAIBHANG — IT is self-creating and self-sustaining, and thus totally free and independent.

GUR PRASAAD — We attain our conscious connection and oneness with IT by divine grace.

JAAP — Our job is to repeat the sounds of ITs attributes and qualities.

AAD SUCH — This Truth is timeless. This Truth existed as the beginning of time.

The Power of Neutral

JUGAAD SUCH — This Truth existed through all ages.

HAI BHEE SUCH — This is now true.

NAANAK HOSE BHEE SUCH — In pure awareness, we know IT is forever true. What are we searching for is that which was never lost and can always be found.

As you chant these root sounds, feel the resonance in your mind and physical and subtle bodies. Through resonance, you will become one with the essence of these words. As you experience your vibration, align with the Universal Force. You will know that you are not alone.

Prayer is the power of God in you. You don't pray to the outside. You pray from the inside to the inside.... Prayer is the attunement of the mind into the Higher Consciousness and the Unknown.... When you are attuned to the Unknown, the known is very peaceful.

– Yogi Bhajan



AAD SUCH — Forever Free and at Peace

We are not free

when our inner reality is controlled by fear and anger
when we look outside ourselves for permission, acceptance, approval, and love.

The only thing that can set us free and deliver us to peace

is the Infinite unchanging Freedom/Peace which is found within.
Security is found by attaching oneself to the unmoving hub.
Freedom is found by becoming one with the Independent Source.
We are free when we are anchored in the eternal axle of our soul.

The Source alone connects us to freedom and peace.

Peace and freedom are timeless.
Peace and freedom are beyond all beginnings and all endings.
Peace is, was, and always will be. Peace is forever.

When you are upset and caught in drama, remember these words—

AAD SUCH — free, peaceful/true in the beginning and existing before time.

JUGAAD SUCH — free, peaceful/true throughout the ages and existing through time.

HAI BHEE SUCH — free, peaceful/true at this time and existing at this very moment.

NAANAK HOSE BHEE SUCH — Pure Light is forever and ever free, peaceful, and true.
Freedom, Peace, and Love exist beyond time and space.

Let these words remind you

of what is real, true, and eternal.

If a situation is bothering you that did not exist before, some day it will no longer exist.

It is therefore a dream and will pass away.
There is no need to get upset or involved.
Be an unattached witness to the event.

The secret formula is

Do not feed energy to what changes
Do not give your attention to what is not real, upsetting, and impermanent.
Hold tight to your connection. Do not let your attention stray from
that which does not change, that which is free and at peace.

Kriyas

Pineal Gland Kriya

1. Clasp hands in Venus Lock about 4" 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.

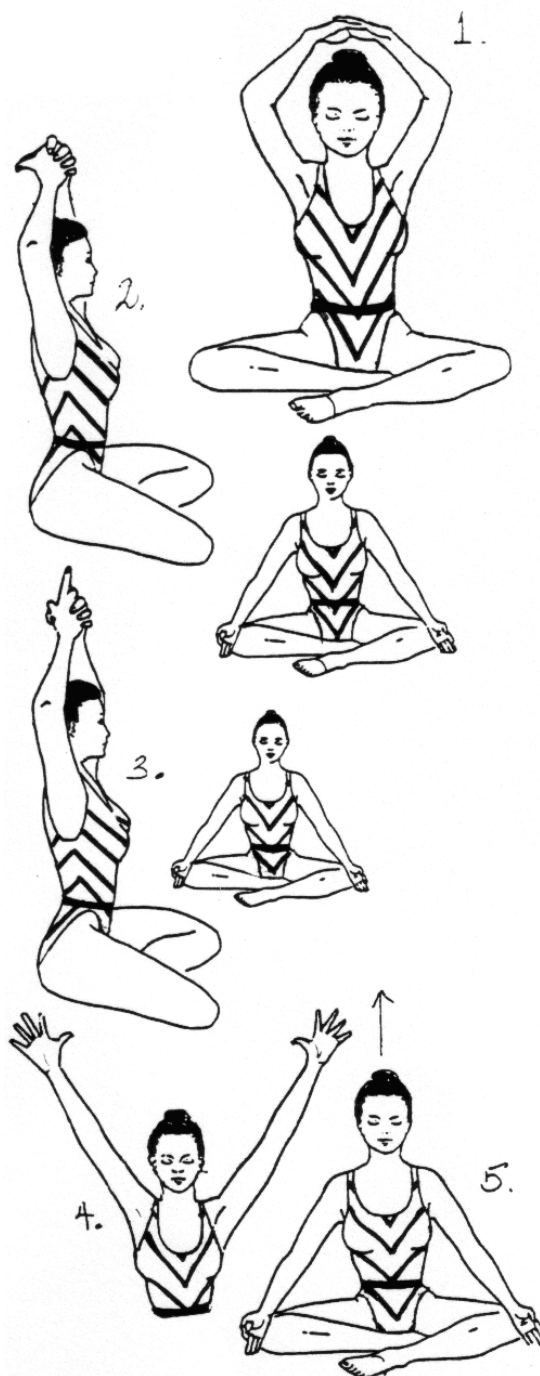
3. In the same position, thumbs clasped again, raise index fingers and point them straight up, pulling on the Venus Lock, resist and hold with long deep breathing for 2½ minutes.

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.

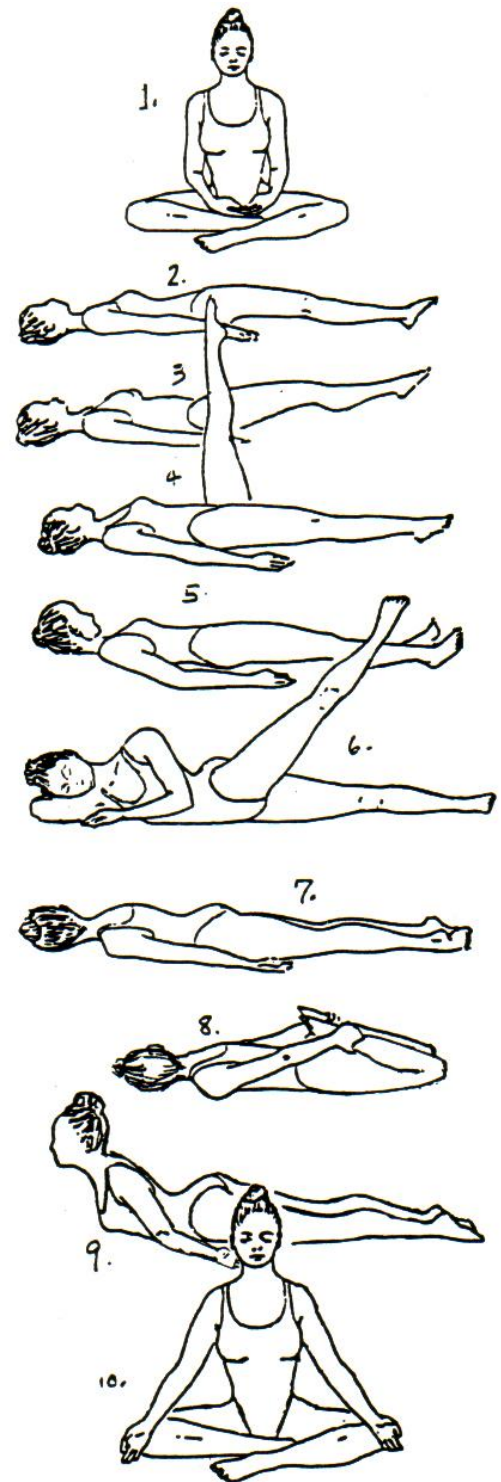
Meditate for 5 minutes.

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.



Relaxation Series to Remove Negativity & Tension

1. In Easy Pose, inhale for 5 seconds, exhale for 5 seconds. While suspending the breath, pump stomach for 5 seconds. Continue for 5 minutes.
2. Lying on back with root lock, raise hips only off the ground without using hands, keeping legs and back on the ground. Hold with long deep breathing for 1-3 minutes (for youthfulness). Relax.
3. On back, raise both legs 4-6" and hold with long, deep breathing for 1-3 minutes. All toxins will come out, aids digestion and it is good for the heart. If you cannot keep small of the back on the ground, do one leg at a time. Before coming down, inhale deeply, apply root lock, and set your navel. Relax.
4. Raise left leg up to 90°, keeping the rest of the body relaxed with long deep breathing for 1-3 minutes. Switch legs. Cleans toxins and renews vigor.
5. Still on back, raise head only, keeping the rest of the body relaxed, with long deep breathing for 30 seconds to 2 minutes. Good for headaches. Keep neck lock applied.
6. Make a pillow of the right arm and relax on the right side, raising the left leg as high as possible and hold with long deep breathing for 1-3 minutes.
7. Relax on the stomach for 1-3 minutes. Good for the colon and eliminates toxins.
8. Grab on to heels and pull feet toward buttocks without raising the body. Hold with long deep breathing for 1-3 minutes.
9. Hands under the shoulders, raise upper body into cobra. Hold with long deep breathing for 1-3 minutes. Relax deeply, first on stomach and then on back.



(continues next page)

10. In meditation pose, chant for 5-11 minutes.

AD GURAY NA MEH
JUGAAD GURAY NA MEH
SAT GURAY NA MEH
SIRI GURU DAY VAY NA MEH

This kriya removes stress stored in the lower chakras and hips. You will feel fresh and renewed.

Neck & Thyroid

1. In Easy Pose, hands in Venus Lock behind neck, slowly and deeply inhale and exhale 8 times. Then, in same position, do Breath of Fire for 1 minute. Inhale, exhale, and apply Mulabandha. Do Breath of Fire for one more minute.

2. A) Relax in Baby Pose, forehead on ground, and chant

ONG SOHUNG

B) Reposition legs in Lotus Pose and place forehead on the ground in Yoga Mudra, hands clasped in Venus Lock, and continue chanting for 3 minutes

ONG SOHUNG

3. On back, bicycle legs for 3 minutes.

4. A) In Cow Pose, look at ceiling with long deep breathing for 2 minutes.

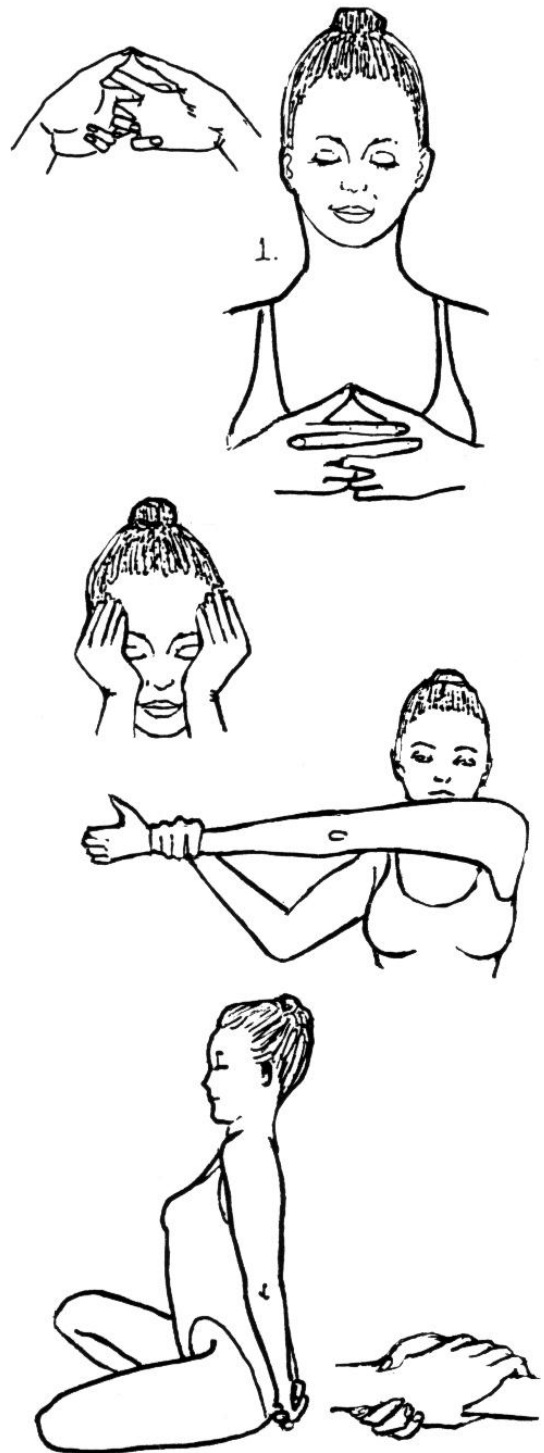
B) Then do Cat/Cow, alternating convex arching back and head down with sagging back and head up for 1 minute.



To Remove Negativity

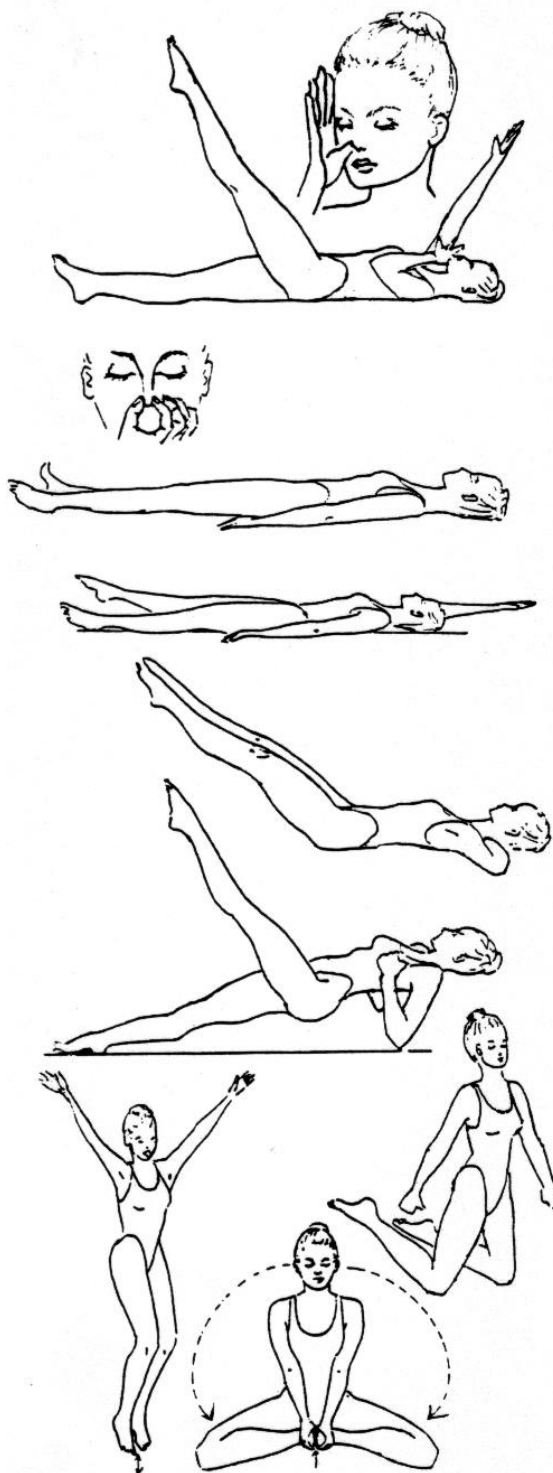
1. Clasp fingers in Venus Lock, but curl Mercury (little) and Sun (ring) fingers into the palms instead of crossing them. Then hook left Saturn (middle) finger over right Sun (ring) finger and pull, hard. Focus at the third eye, continuously pulling hard on the finger lock for 1-3 minutes with long deep breathing. Removes anger and enthrones the neutral mind.
2. Place the base of palms under the cheek bones and push as hard as you can for 1-3 minutes. It doesn't have to hurt, but if it does, you have the right spot. Makes you feel happy afterwards!
3. Grasp left wrist with the right hand and pull the left arm as far to the right as possible (and then some more!) for 1-3 minutes. Repeat on other side. Be sure to keep the head forward and do not twist the body. Removes tension across the shoulder blades.
4. Clasp the wrists with your hands behind the back with the hands touching the spine and try to bring elbows together. Pull on arms as you arch the spine forward and apply chin lock for 1-3 minutes. Raises energy up the spine and elevates you!
5. Standing up, shake every part of your body. Let go of stress and old energy from the day.
6. Deeply relax on your back.

COMMENTS: This short set leaves you feeling great! Perfect for eliminating depression, anger, fatigue, or stress.



Nerve Balance

1. (A) On back, raise both left leg and right arm to 60° and hold for 1 minute, breathing through the left nostril.
(B) Switch legs and arms and continue with left nostril breathing for 30 seconds.
(C) Inhale deeply, exhale completely, and pinch both nostrils, holding the breath out for 30 seconds.
(D) Relax on the back for 5 minutes.
2. On back, raise right foot and right arm 6" and hold with long deep breathing for 2½ minutes. Inhale, hold for 10 seconds, exhale, and hold out for 3 seconds. Relax for 3 minutes.
3. On back, raise both feet 60° off the ground, legs straight, toes pointed forward, with hands behind neck in Venus Lock, elbows on the ground, and do long deep breathing for 2 minutes.
4. In Back Platform Pose on elbows, raise left leg up to 60° and hold with navel breathing for 1 minute. Relax 2 minutes.
5. Walk around on the knees only (without touching feet to the ground) with arms out to the sides at 60° for 2 minutes. Relax. (For fourth vertebra)
6. Jump up and down on the toes for 2 minutes.
7. Soles of feet together, clasp feet with the hands. Inhale and then while exhaling pull the head down to the left knee; inhale up, then exhale, pull the head down to the right knee for 2-3 minutes (variation: lower head to center after the right, i.e., left, right, center, left, right, etc.).



Strengthening the Aura



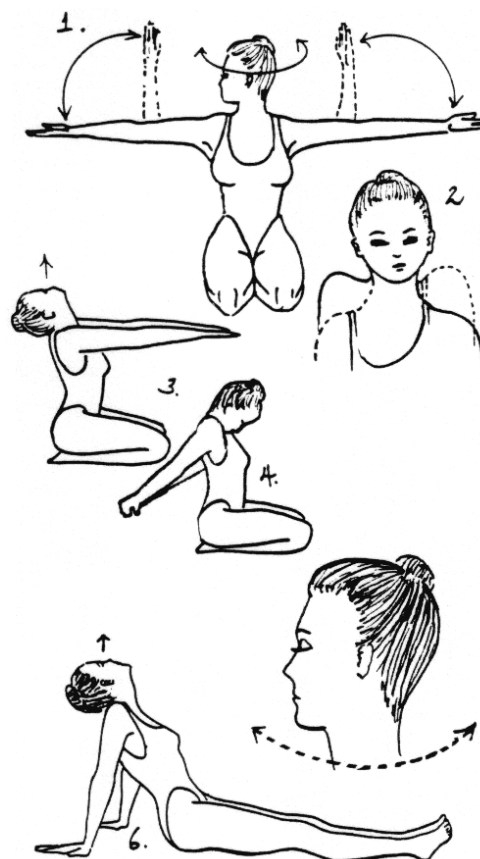
1. Stand up and bend forward so the palms are on the ground and the body forms a triangle. Raise the right leg up with knee straight. Exhale, bend the arms, and bring the head near the ground. Inhale, resume Triangle Pose. Continue this Triangle Push-up for 1½ minutes. Switch legs and continue for another 1½ minutes.
2. Sit in Easy Pose. 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. Inhale and stretch up.
3. Extend both arms forward, parallel to the ground, palms facing each other about 6" apart. As you inhale, pull the arms back and stretch them toward each other. Exhale, returning them to original position. Continue 3 minutes with deep, rhythmic breaths.

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 strength from this posture.

This kriya will induce profuse sweat. It will cure almost any digestive problem. It strengthens the arms and extends the power of protection and projection in the personality.

Neck Series

1. Sitting on heels, stretch arms out to sides, palms up, and coordinate inhale with turning the head left and raising the forearms perpendicular to the upper arms, and exhale as the head turns right and arms return to parallel to the ground. Continue for 3 minutes.
2. Alternate shoulder shrugs for 1 minute.
3. Still on heels, stretch the arms straight out in front and drop head back, eyes on ceiling, and hold with Breath of Fire for 3 minutes.
4. With hands in Venus Lock in back, press chin down into collar bone notch, arms are raised, back remains straight, with Breath of Fire for 3 minutes.
5. In Easy Pose, inhale as head turns left, exhale right 26 times.
6. Legs stretched out in front, place hands behind the hips, fingers pointing back, torso inclined to 45°, head dropped back, eyes on ceiling, and hold with normal breathing for 5 minutes. To end, inhale deeply and exhale with a sigh.



Thyroid Kriya

In Cow Pose, raise head all the way up and back, fixing the open eyes on the ceiling with long deep breathing. Think of something that bothers you and ponder it deeply. This stimulates the brain. Continue for 7 minutes.

Rest in Baby Pose for 4-5 minutes, allowing blood flow to relax the brain cells.

Heart of Gold

1. Yoga Mudra: In Lotus (or Easy) Pose, bend over placing forehead on the ground, hands in Venus Lock behind the back, index fingers extended, and raise the arms straight up, pulling the shoulder blades together with long deep breathing for 3 minutes.
2. In Easy Pose, lean forward to 60°, grasp opposite shoulder blades and pull right arm under left, and hold with long deep breathing for 3 minutes.
3. Arms stretched straight out in front, parallel to the ground, spread the fingers wide apart, feeling heat at the base of the palms, and hold with long deep breathing for 3 minutes. Then tense hands and relax. Brings energy to the heart in 2 shifts.
4. Rub hands in a circular motion around the centers of the palms for 3 minutes.
5. Upper arms at sides, bring left one out to the side away from the body and hold the right one close in, palms facing each other, and meditate on the energy between the hands for 7-15 minutes.
6. Ego Eradicator: Arms up to the sides at 60°, fingertips on pads and thumbs extended up, breathe long and deep for 1-2 minutes, and then follow with 1-2 minutes of Breath of Fire.
7. Repeat #4.
8. Place palms 4-6" apart at the heart center, palms facing each other, right one above, left below. See a golden ball of light between the hands. Expand the light with each breath for 10-15 minutes.



Heart's Delight

1. In Easy Pose, with hands pressed together in Prayer Mudra at heart center, breathe long and deep, concentrating on the heartbeat for 3 minutes.
2. Back Platform on elbows: Support the straight body on the elbows and heels, and hold with long deep breathing for 3 minutes.
3. Sternum Rotation: Circle the chest only, forward, right, back, and left, keeping head and hips in place. (Practice this isolation lying on the back: lift the chest, only, several times, then slide it left and right a few times.)
4. Bear Grip: Clasp fingers like hooks, left palm facing out, right in, at heart center. Then inhale and pull hands with maximum force; exhale, pull hands, and apply Mulabandha. Repeat 4 times.
5. Hands in Gyan Mudra, raise left arm up to 60° at the side, fingers pointing up, and right arm to 30°, fingers pointing down, so that they form an almost straight line. Keeping the eyes open and focused on a point straight ahead without blinking, pull Mulabandha and breathe long and deep for 5 minutes.
6. Place left hand at center of back, palm out, and right palm on heart. Feel the flow of energy between them and meditate with long deep breathing for 5 minutes.



Head Set

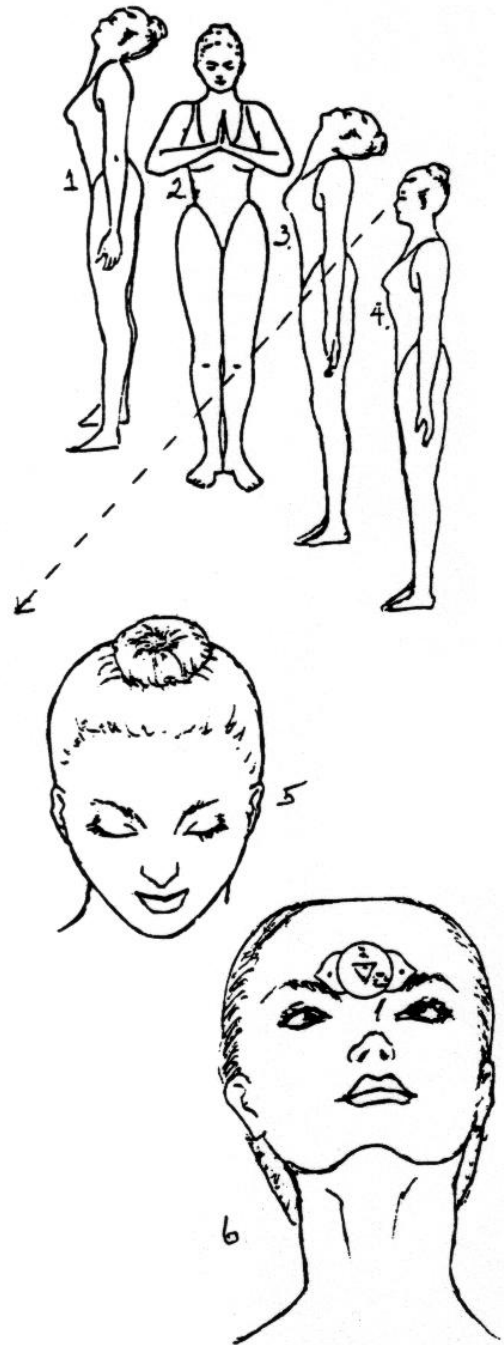
For the brain, mind, intellect, concentration, will power, memory, throat, eyesight, teeth, facial muscles, halitosis, pimples, and nervous tension.

All exercises are done standing up.

1. For clearing the pharynx: Tilt the head slightly back, keeping the eyes open and hold with gentle breathing. Clears phlegm. Good for singers. 2-3 minutes.
2. Prayer Pose with long deep breathing for 2-3 minutes. Sublimates the sexual drive and aids concentration.
3. For mind and will power: Feet together, tilt the head way back with eyes open and do Breath of Fire for 2-3 minutes.
4. For developing memory: Stand up and focus the eyes on a spot 5 feet in front of the toes, with Breath of Fire. Good for mental fatigue and improves the memory. 2-3 minutes.
5. For developing the intellect: Press chin into the notch in the sternum and do Breath of Fire. "By doing Jalandhara Bhandha, the nectar that drips from the 1,000-petaled lotus is not burnt up in the digestive system, and it controls the life force, kindling the Kundalini." 2-3 minutes.

COMMENTS: #1 through #5 are effective in curing states of mental and nervous strain, causing nutrition to flow to the brain, tissues, and glands. Bending the neck interrupts venous return and stretches the spinal cord and the peripheral nerves.

6. Improving eyesight: With all your will, stare at a spot between the eyebrows, feet together and head tilted back. Stimulates the junction of nerves between the eyes and ears and aids the muscles that move the eyeball, the iris, and the coordinating of those muscles. Prevents blindness and cures all eye diseases. Throw away glasses after a 40-day practice! 2-11 times. *(continues next page)*





7. Rejuvenating the cheeks: Join fingertips and close nostrils with thumbs. With eyes open, inhale through this “crow beak” (puckered lips), hold the breath and close the eyes, dropping the chin into the sternal notch, and puffing the cheeks out with the breath. Hold as long as possible, then return head to normal, open eyes, and exhale *slowly* through the nose. This aerates the oral cavity, bringing fresh air where germs breed. Good for facial muscles, strengthens teeth, cures pyorrhea, halitosis, and pimples! This practice frees one of old-age symptoms and gives the longevity of a camel. Repeat several times.

(Times added by Guru Rattana.)

For the Eyes

1. Stretch legs out in front and bend over, grasping and pulling on big toes. Roll eyes to the third eye and hold until pain comes. Prevents blindness.
2. Seated in Easy Pose, hands in Venus Lock in the lap, look to third eye, sending energy and white light to the eyes for 3 minutes.
3. In Easy Pose, look out the back of the head for 1-3 minutes. Inhale, exhale, and pull Mulbhand, holding for 30 seconds.
4. In Easy Pose, close eyes and roll them in a circle for 3 minutes. Inhale, pull Mulbhand, and continue to circle the eyes for another 30 seconds; then exhale to end.



Sat Kriya

Sat Kriya is one of the jewels of Kundalini Yoga that makes it possible to accomplish our goal of experiencing our Infinite Self — *if* we practice with awareness and pay attention to what's happening while performing the exercise and after its completion.

Sat Kriya is one of the most effective kriyas to repair and reverse the damage done to our system from taking drugs and from stress. It balances all the elements and awakens the neutral mind. It is recommended to include at least three minutes of *Sat Kriya* in our daily practice for these and other benefits:

- ◆ *Sat Kriya* helps heal sexual dysfunctions (including impotency, premature ejaculation, and sexual phobias) by strengthening the entire sexual system and by stimulating the natural flow of sexual energy. It balances sexual impulses by channeling sexual energy into our body systems and making this valuable creative force available for all our creative activities.
- ◆ People suffering from mental and emotional disorders can benefit from practicing *Sat Kriya* because it balances and channels the chaotic, stuck, and misdirected energy in the lower three chakras.
- ◆ We can improve our general physical health and strengthen our heart through the distribution of sexual energy and the rhythmic movement this exercise provides.
- ◆ *Sat Kriya* activates and channels Kundalini energy to nurture our whole system and awaken our consciousness.



Directions for *Sat Kriya*

Sit on the heels and stretch arms overhead, elbows hugging ears, fingers interlocked, index fingers extended straight up.

Chant SAT NAM in a constant rhythm of about 8 times per 10 seconds or at a pace that you find comfortable, being careful not to speed up. Chant from the navel and solar plexus, pulling the umbilicus toward the spine on SAT and relaxing the belly on NAM. (“Sat Nam” rhymes with “but mom.”) This creates a wave-like motion in the spine, with SAT creating a wave up the spine, and NAM allowing a wave down the spine.

Focus on pulling the navel point in, but do not try to consciously apply root lock (Mulband). The lock will occur naturally as the muscles used to pull in the navel are connected to the other muscles used in the root lock. The hips and spine do not flex, as the only motion is a slight up

and down movement of the chest and arms with each SAT and each NAM.

To end, inhale deeply, suspend the breath and lightly apply the locks, using the muscles from the anus, sex organ, perineum, diaphragm, and neck to allow the energy to flow up the spine and out through the top of the head. Exhale powerfully. Inhale deeply, exhale, hold the breath out, and apply the locks. The locks on the suspended breath can be done several times. Do the locks while suspending the breath on both the inhale and the exhale to balance and mix prana and apana.

If you have not taken drugs or have cleared your system of all their effects, you may choose to practice the kriya with the palms open, pressing against each other. This releases more energy but is not generally taught in a public class because someone may have weak nerves from drug abuse. It is also harder to maintain the position when the hands are not interlaced.

Continue for at least 3 minutes. Time may be built to 31 minutes, but 5-11 minutes is good.

One way to build duration is to start with 2-3 minutes and rest for 3-5 minutes and then repeat 2-3 minutes practice and 3-5 minutes rest. Or simply increase by one minute a day, or as you feel appropriate for yourself.

Always end with a long, deep relaxation immediately afterwards. Ideally, it is recommended to relax for the same amount of time as your practice. Never jump right up after any amount of time, even if you are feeling strong. Give your body the time it needs to integrate the effects. You want to ground in the benefits.

Practice Tips

It is important to do *Sat Kriya* rhythmically. Establish a comfortable, consistent rhythm that gives you time to allow the locks to engage while, and after, you pull in the navel. The relaxed cadence will move the energy in a wave-like fashion up and down your spine. The pumping of the navel becomes a wave-inducing mechanism that stimulates the activation of the Kundalini. Do not speed up.

Stay conscious to the sensations in your spine and to the pulse of light that intensifies and becomes more and more pleasurable. Enjoy the activation and immerse yourself in the experience. When finished, sit in meditation or relax on your back to integrate and enjoy the awakening of consciousness and the light of your soul.

See Guru Rattana's Sat Kriya video on YouTube for more tips and an opportunity to practice along with her class!

COMMENTS: *Sat Kriya* can be done by itself or added at the end of a set. *Sat Kriya* pumps sexual energy throughout our whole system and up to our brain and raises the Kundalini. Respect the power of this technology and allow this kriya to heal your body and to properly prepare your body for higher experiences. This is not just an exercise; it is a kriya that works on all levels of being, known and unknown, conscious, unconscious, and subconscious.

Sat Kriya activates subtle energies. This is not an aerobic sport. You can block the flow of energy and miss the subtle experiences of higher energies by pushing the physical body too much and being too aggressive in your practice. Or with too much stimulation, you could have a rush of energy or a fleeting panic experience, but be unable to integrate the released energy into your psyche. So prepare yourself with constancy, patience, and moderation. Transformation is assured.

Short Set to Balance Prana & Apana



- A. Lying on back with one leg up 90°, do Breath of Fire for 1 minute. Switch legs and repeat.
- B. Still on back, raise both legs 1 foot, arms stretched overhead, with Breath of Fire for 1 minute. Or do one leg at a time until you are able to do both.

Relax for 7 minutes.

After navel and leg exercises as above, place one or more fingers on your navel and check to see if you feel a pulse. The goal is to feel a strong pulse, which is an indicator that your navel chakra is aligned.

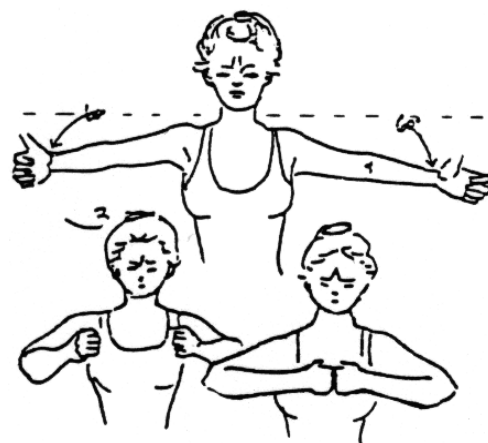
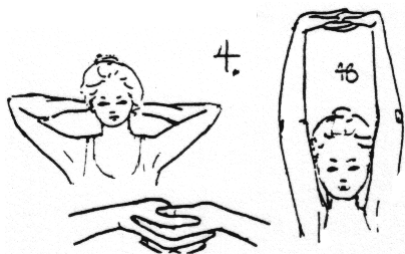
Preparatory Exercises for Lungs, Magnetic Field, and Deep Meditation

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 C and D sequence for another 2 minutes.

3. Without resting, 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 and release the tension, maintaining an angry face throughout the exercise. Repeat and continue for 3 minutes.

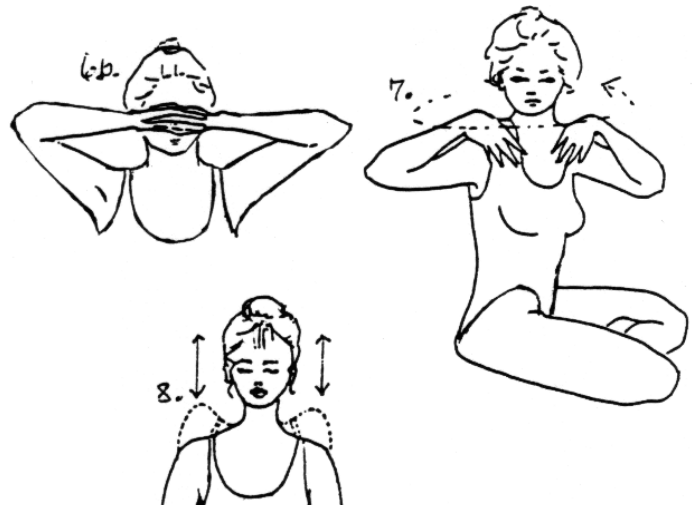


4. Interlace the fingers as before with palms facing up and place them behind the neck. Inhale and stretch arms up overhead; exhale down behind the neck for 2 minutes.



5. Stretch arms straight overhead, palms together, thumbs crossed, inhale and twist to the left; exhale and twist right for 2 minutes.
6. Interlock fingers at chest level with palms facing down. Inhale and bring hands up to eye level; exhale back down to chest level for 2 minutes.

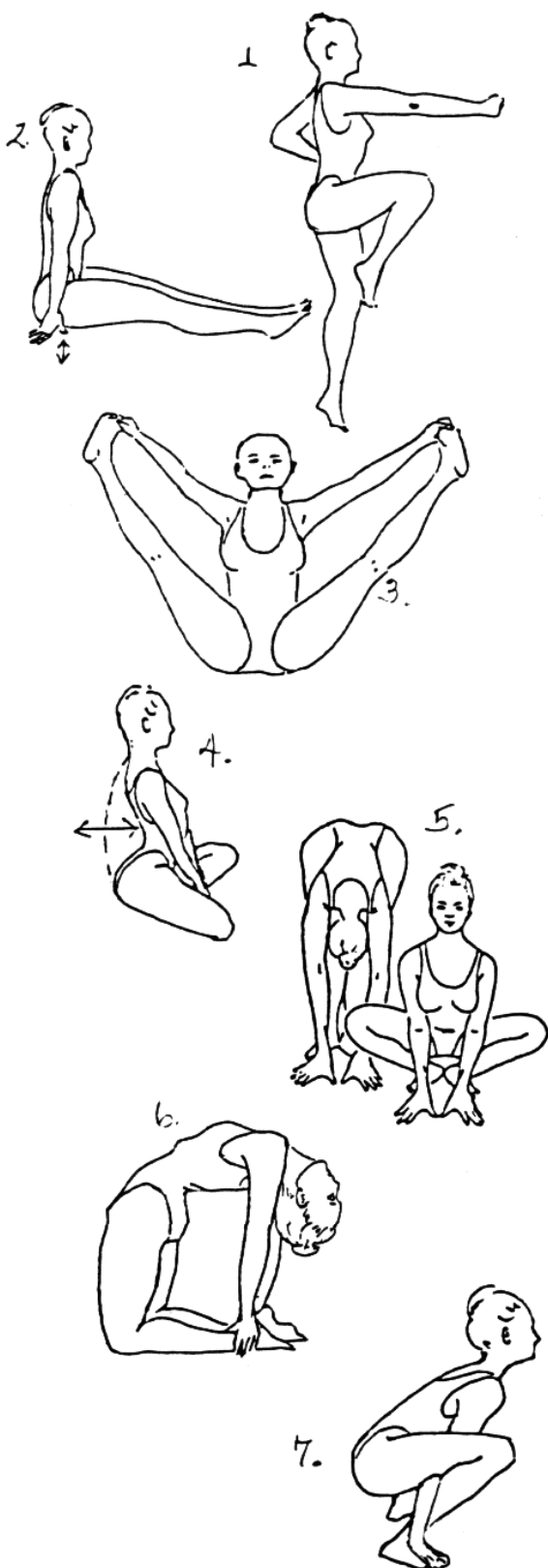
7. Place hands on shoulders, fingers in front, thumbs in back and, keeping elbows at shoulder level, inhale twisting left; exhale twisting right for 2 minutes.
8. In Easy Pose, place hands on knees, inhale and flex shoulders up; exhale and relax them down for 2 minutes.



9. Then, with hands still 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 minutes.

COMMENTS: This series purifies the blood and expands lung capacity, stimulating the circulatory system. The secretions of the thyroid and parathyroid are added to the increased circulation, and the upper magnetic field of the body is enlarged. This is an excellent preparation for beginners who need to learn deep meditation.

Kundalini Set #2



1. Run in place for 1 minute, facing each direction (1 minute north, then 1 minute east, south, and west).
2. Body Drops with legs stretched out in front for 1-2 minutes.
3. Kundalini Lotus Pose: Balancing on buttocks, grasp feet and raise them, keeping arms and legs straight (holding on to big toes, if possible) with long deep breathing for 2-3 minutes.
4. A) Spinal Flex in Easy Pose for 2-3 minutes.
B) Spinal Flex 5 times per inhale and 5 times per exhale, for 2-3 minutes.
5. Frogs, 54 of them. Squat into Frog Pose, heels raised and touching each other, fingertips on the floor with arms straight between legs. Inhale, lift buttocks, lowering head to look at knees. Exhale, returning to original squat, head looking straight ahead, always keeping the heels raised and touching.
6. Camel Pose with Breath of Fire for 1 minute. Sit on heels, arch pelvis up dropping head back and grabbing heels. Press the pelvis forward.
7. Chair Pose: Squat and pass arms inside thighs, outside forelegs, hands on feet, and sit up as much as possible, with long deep breathing for 1 minute. Continue with Breath of Fire for 1 more minute. Then inhale, exhale, and apply Mulband.

8. Maha Shakti Pose: Sitting up, back straight, but leaning back, supported by hands behind hips, raise straight legs approximately 2' off the ground with left foot 6" higher than right foot, and do Breath of Fire for 2 minutes.

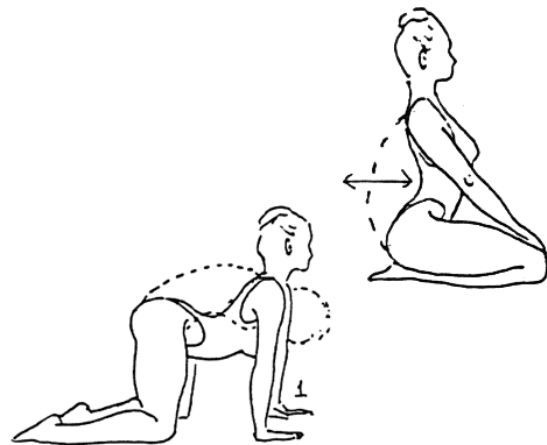


9. Stretch Pose: On back, raise head and hands 6" (arms and legs straight) and look at toes, with Breath of Fire for 2 minutes.



10. Spinal Flex in Rock Pose, 108 times. Inhale as the spine arches forward, exhale as it contracts back.

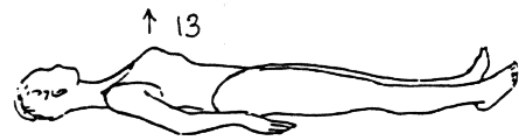
11. Cat-Cow: On hands and knees, arms and thighs parallel to each other, and press the back up, dropping the head down (like a cat) as you exhale, then relax the back down and arch neck up on the inhale, 108 times.



12. Spinal Flex in Rock Pose with hands in Venus Lock behind the neck. On each exhale, press elbows forward toward chest. 108 times.

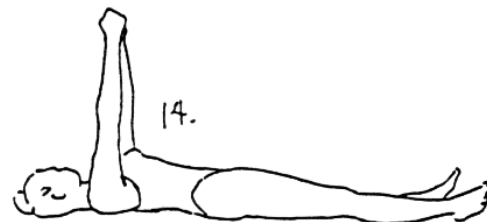


13. On back, push chest up and out with 5-10 lbs. of pressure, concentrating on the heart chakra for 2-3 minutes.



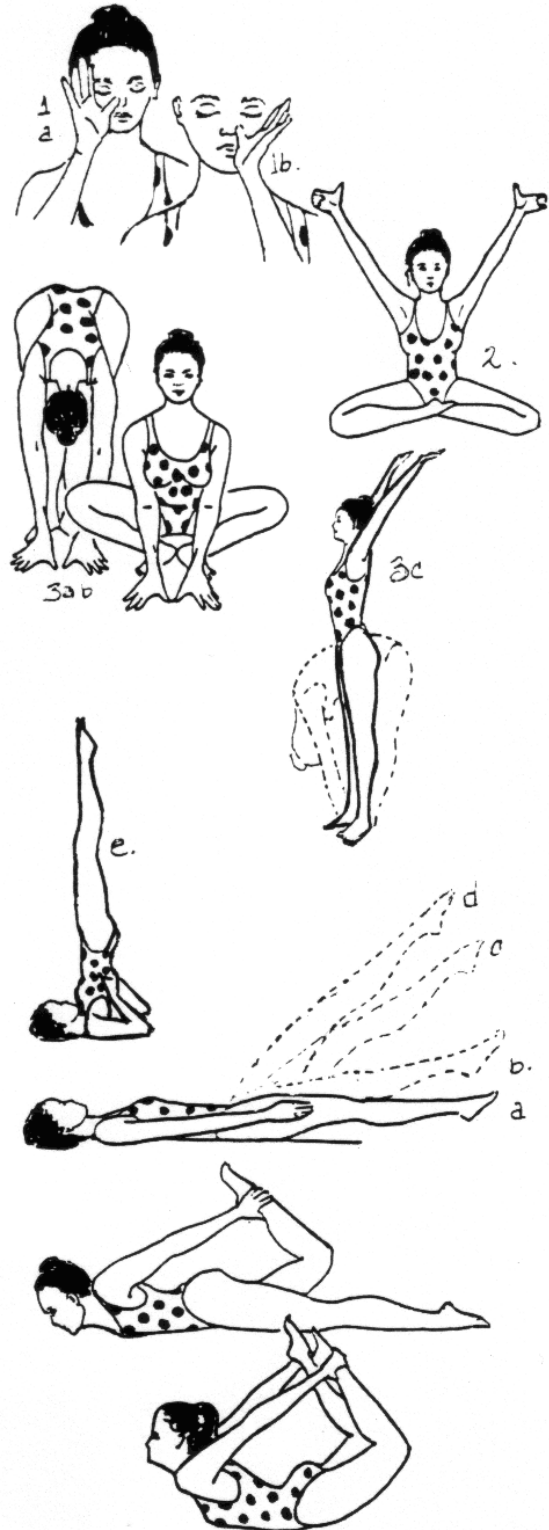
14. On back, raise arms to 90° with long deep breathing for 1 minute. Then inhale and draw tension to the chest and relax.

(Times added by Guru Rattana.)



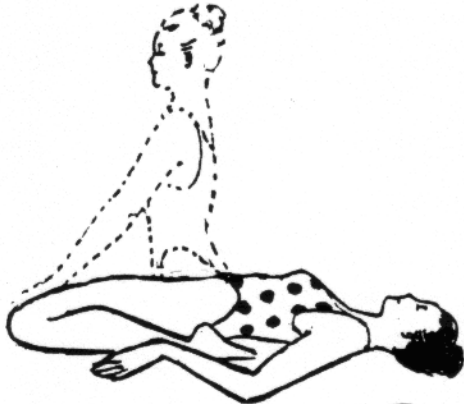
Kundalini Set #3

1. Left nostril breathing for 2-3 minutes. Then right nostril breathing for 2-3 minutes.
2. In Easy Pose, extend arms up at 60° with Breath of Fire for 2-3 minutes.
3. a) 26 Frogs (see Kundalini Set #2 above) inhaling up and exhaling down.
b) 26 Frogs, exhaling up, inhaling down.
c) Inhale, stand up and stretch arms overhead, arching the back, then exhale and bend forward to touch the floor 26 times.
4. a) On back, raise legs 6" with Breath of Fire for 2 minutes.
b) Raise legs 12" and hold with Breath of Fire for 2 minutes.
c) Raise legs up to 45° and hold with Breath of Fire for 2 minutes.
d) Raise legs to 60° and hold with Breath of Fire to 2 minutes.
e) Lift torso in Shoulder Stand and hold for 2 minutes.
5. a) One-half Bow Pose with chin on ground and left hand holding right ankle with Breath of Fire for 2 minutes.
b) As above, but reversed, with right hand holding left ankle for 2 minutes.
c) Bow Pose with both hands holding corresponding ankles for 2 minutes.





6. a) Life Nerve Stretch: Both legs stretched out in front, inhale up and exhale down for 2 minutes.
 b) Life Nerve Stretch with Breath of Fire for 2 minutes. To end, inhale, exhale, and pull Mulband and hold.



7. a) Celibate Pose, lying on back, hips on floor between ankles, with Breath of Fire for 2 minutes.
 b) Upright Celibate Pose: Kneeling, sit between shins and feet with long deep breathing for 8 minutes.
 c) Camel Pose with Breath of Fire for 2 minutes.



8. Sat Kriya in Siddhasana (Perfect or Accomplished Pose). Sit with left heel in perineum, and place right heel on top of left calf, tucking toes in between thigh and calf crease. Raise both arms overhead, palms together (or in Venus Lock with index fingers extending up), and chant, pulling on the navel,

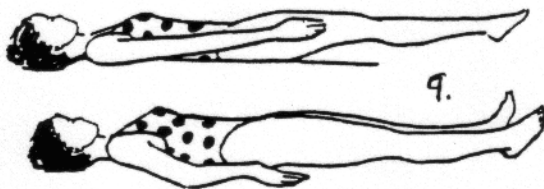


SAT

Then chant, relaxing the contraction,

NAM

(See *Sat Kriya* above.)
 Continue for 5 minutes.



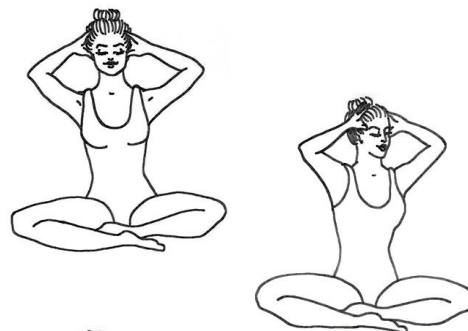
9. On back, raise legs to 6" and hold for 2 minutes. Then relax on the back.

(Times added by Guru Rattana.)

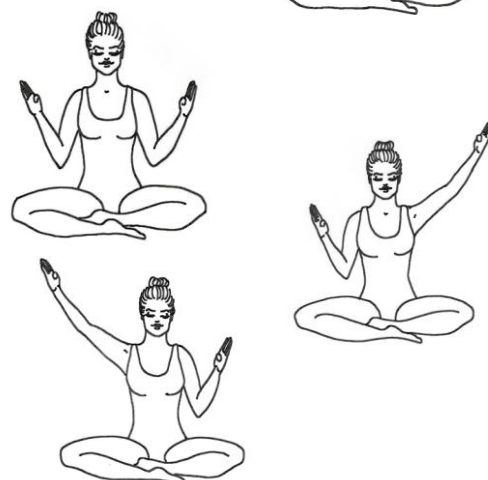
Open the Heart and Cleanse the Lymph Glands

Original times are the maximum times given below. Begin with one minute each or as appropriate for your constitution and level.

1. Sit in Easy Pose as fingers rest lightly on top of the head and thumbs completely close off the ears, elbows up and out to the sides so heart is open. In separate motions, twist left, center, right, center, and continue. 3 minutes.



2. In Easy Pose, thumbs touch the mounds of the little fingers with elbows bent, palms facing in near the shoulders. Keep the spine pulled up with chest out and chin slightly in. Palms facing in, raise one arm up to a 60° angle at a time, feeling the stimulation at the heart. As one arm goes up, the other comes down. Move powerfully with a quick breath coordinated with the movements. 3-4 minutes. *This exercise stimulates the lymph glands of the arms and chest.*

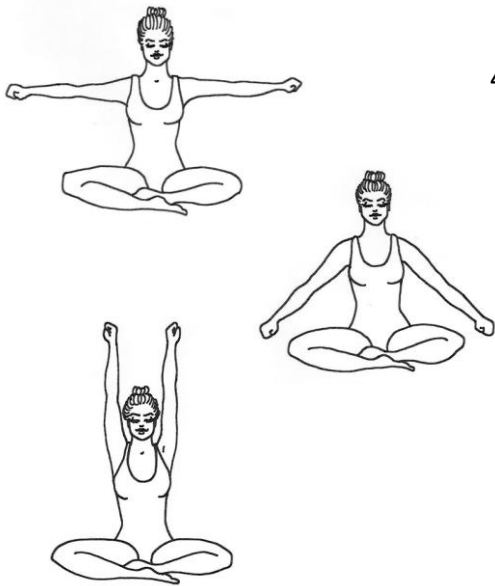


3. In Easy Pose, hands resting palms up on the knees, relaxed but firm, inhale through the mouth, lifting the arms high and back over the head. The elbows may bend slightly. With the mouth wide open and lips rounded, make a deep sound on the inhale, which becomes like a lion's roar. Exhale through the mouth as you return the hands to the knees, or almost to the knees. This exercise is done very powerfully. 4-5 minutes.



“There are a lot of dead cells in the lungs. A lot of mucus doesn’t come out. The cleansing system of the lungs isn’t working properly; the lymph glands aren’t doing their job. If this continues, ultimately you will get a disease that can’t be cured. Thousands of years ago there was a saying: When anything above the navel point goes wrong, it is almost always a permanent problem. Below the navel point, a problem can always be cured.”





4. In Easy Pose, press the thumbs on the mounds of the little fingers and close the fingers to make solid fists. With palms facing down, extend the arms straight out to the sides. Quickly lower the arms about a foot, then raise them back to horizontal, then raise them overhead, then back to horizontal. Moving quickly, lower the fists about a foot, then return them to the horizontal. Coordinate the breath with the movement: inhale with one movement, exhale with the next. Repeat the four-part, separate and rhythmic motion for 3 minutes.

“Done powerfully, the motions become automatic. The breath will carry you through. You will breathe through every pore of the body. The sympathetic and parasympathetic nervous systems will come into balance. If you have drunk a lot of coffee in your lifetime, you may find this exercise difficult to do.”



5. Frog Pose: On toes, heels off the ground and touching, fingertips on the ground between the knees, inhale and raise the buttocks high, head facing the knees (5B). Exhale and return to the original position, head looking straight ahead. For 3-4 minutes, or 26, 52, or 108 frogs.

Frog pose is good for the circulation, hearing, and eyesight; for building and transforming sexual energy; and for prevention of breast cancer and tennis elbow.



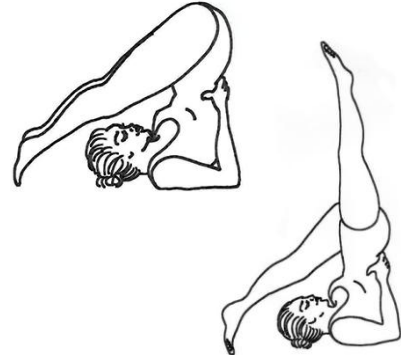
6. On the back, with hands in Venus Lock under the neck, begin a bicycling motion with legs up, making big circles for 3 minutes.



7. In Shoulder Stand with the hands supporting the lower back and the back as straight as possible, hips thrust forward, legs high in the air, begin bicycling for 2-3 minutes.

The Power of Neutral

8. Bring your legs back down over your head in Plow Pose and then begin a scissors motion, alternately touching toes to the ground for 1 minute. This exercise helps prevent backaches.



9. In Easy Pose with spine stretched straight up, left hand is in front of the right, left palm facing forward at shoulder level in front of the chest. The right palm is closest to the body and touches the back of the left hand. Holding this position, chant in a monotone for 1 minute.

HARA GURU SIRI GURU WAHE GURU



10. With the same hand/arm position and same mantra, lean forward from the waist a third of the way down as you chant *Hara Guru*. Come two-thirds of the way down as you chant *Siri Guru*. On *Wahe Guru*, touch the hands to the floor (maintaining the mudra). The head may touch the floor or not. Come up quickly and continue without breaking the rhythm for 5-6 minutes.



11. In the final position for #10, with the arms touching the floor, do heavy Breath of Fire for 1 minute. Then rest in this posture for 1-3 minutes as you say a silent prayer.



Total Mind-Body Balance Kriya

1. In Easy Pose, right hand in the lap. Left arm up to the side at 60°, fingers together, palm facing up, stretch the fingers back and pull the wrist downwards so there is a slight tension in the wrist. Keep elbow straight. Pull back as far as possible. There will be a pressure on the elbow muscles. Continue for 4 minutes and then switch and do it with the right arm.



Then do it with both arms up at 60°, pulling both wrists back. "Meditate calmly on the flow of energy ... just sit quietly in that posture and let the energy start balancing you. The breath will start going in and out at a particular rate. It will correspond to the energy flow." 4 minutes.



2. Hold both arms up at 60°, thumbs inside the fists. Slowly move the fists in circles, keeping the elbows straight. Go very slowly without haste or pressure of any kind for 3 minutes. Then bring the upper arms out to the sides parallel to the ground, maintaining the fists. Do the same wrist motion as above, adding a circular motion in the elbows. Continue for 3 minutes.



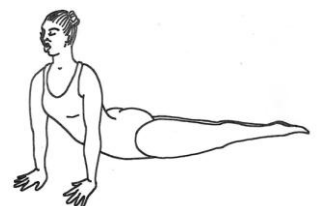
3. In Easy Pose, arms out to the sides, parallel to the ground, elbows and neck straight (not pulled in). Fingers and thumb are together in a slight cupping position facing down. Let the breath adjust itself or do long deep breathing. Do not do Breath of Fire or heavy breathing. Go past the state of wanting to yell, and there will come a time when AHHH will just come out. 10 minutes.



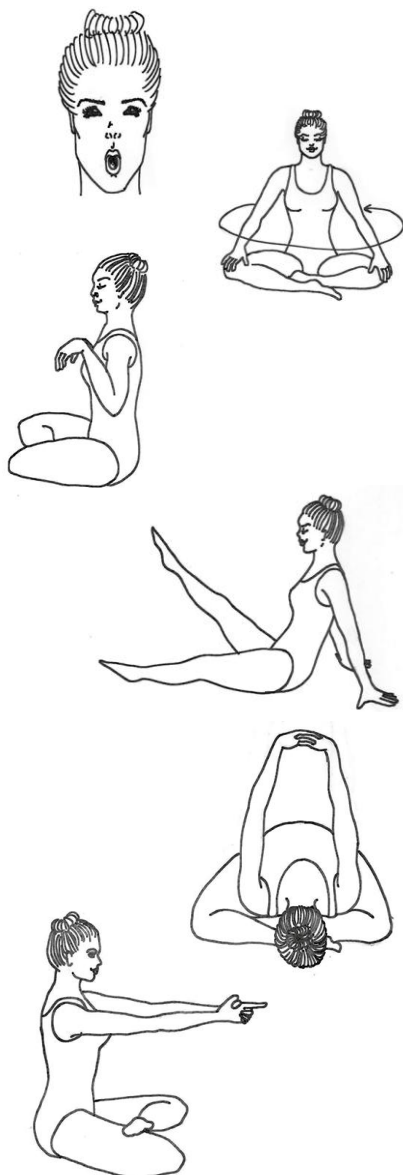
4. Stretch the arms up over the head with arms touching the ears. Make fists with the thumb inside. Alternately stretch and close each finger beginning with the index finger. Open each finger completely. This is a brain exercise. Continue for 2 minutes.



5. In Cobra Pose, stick the tongue all the way out, holding the chin up. Breathe long and deep through the mouth for 2 minutes.



The Power of Neutral



6. Sitali Breath: Curl the tongue and stick it out. Inhale through the rolled tongue and exhale through the nose. Continue for 3½ minutes.
7. In Easy Pose, with hands on the knees, make deep rotations from the navel and base of the spine, moving the whole lower torso, 52 times in each direction.
8. In Easy Pose, with the arms bent at the elbows in front of the chest, hands hanging loosely, roll the shoulders forward for 3 minutes.
9. “Celibacy Kick”: Legs stretched straight out in front of body with hands behind on the ground, alternately raise one leg at a time, bringing each knee (without bending) to the nose and then back down. This affects the lower spine and opens up the sinuses, if done properly, and works against any headache. Continue for 3 minutes.
10. In Lotus Pose, interlock the hands behind the back and bring the head down to the ground in front. Raise the hands up and be very peaceful in this position for 2 minutes. In the same position, chant HEALTHY AM I, HAPPY AM I, HOLY AM I for 1 minute. Inhale and pull up further and relax the arms down.
11. Maintain the Lotus Pose and stretch the arms out in the front of the body parallel to the ground. Fingers are interlaced, with the first fingers together pointing forward. With a straight spine and elbows, focus and project from your heart to Infinity for 3 minutes.

COMMENTS: You will feel so balanced after practicing this kriya, which has many beneficial effects. The aura becomes coherent and strong. The kriya also produces an overall cleansing and elimination of toxins and develops muscular coordination. The most wonderful thing is that the kriya is an antidote to mental sluggishness and brain fatigue. It is a brain tune-up that facilitates clear decisions and precise movements.

Exercises #1 through #4 regulate the pranic body and balance the brain and aura. Yogi Bhajan said that exercise #3 was part of a system of therapy to balance the brain. Exercises #5 through #8 cleanse the body of the effects of poor digestion and high toxicity. Exercises #9 and #10 open the lungs and head. Exercise #11 consolidates mental focus and creates a one-pointed projection from the heart. You will feel more consolidated and function better during the day. Can't beat that!

Kriya for Self-Centering, Self-Nurturing, and Sacred Space

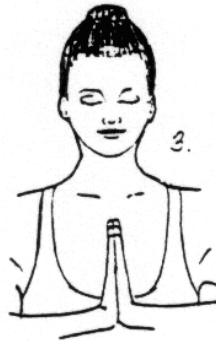
1. In Easy Pose, rub palms together briskly for 1-2 minutes.



2. Then raise arms to 60°, palms facing each other and hold with Breath of Fire for 2 minutes. Inhale, exhale, and bring palms together at chest.



3. Palms at chest, breathe very deeply and very long for 3 minutes.



4. Breath of Fire through left nostril for 2 minutes. Then Breath of Fire through right nostril for 2 minutes.



5. Alternate rapidly inhaling through left nostril and exhaling through right (like Breath of Fire) for 2 minutes.

6. Spinal Flexes in Easy Pose, hands on knees, elbows straight, inhaling SAT and exhaling NAM for 2 minutes.



7. Inhale, shrugging shoulders up, exhale, dropping them down for 2 minutes.



8. Roll the neck slowly, 1 minute in each direction.





9. In Easy Pose, cup hands and place them on floor before ankles, focusing eyes on horizon. Inhale, exhale, and allow lower spine to relax for 2 minutes. Then, keeping eyes fixed on horizon, exhale making a *Hummnh* sound through the nose. Inhale, repeat, and continue for 3 minutes. Then inhale, focus, and project mind beyond the horizon. Exhale, close the eyes.

10. Twist spine to the left and to the right for 1-2 minutes.

11. With hands on knees, alternate slumping to the left and right for 1-2 minutes. Then inhale, raise arms overhead, clasping hands in inverted Venus Lock, exhale, and relax.

12. Meditation: In Easy Pose, Saturn fingers under thumbs, Sun fingers straight, Jupiter and Mercury fingers back (straight), with arms relaxed at sides, forearms perpendicular to floor. Concentrate at brow, and inhale through the nose and exhale through the mouth whistling, for 10 minutes. Then, with same mudra, chant rhythmically for 3 minutes

SAT NAM

Inhale, exhale, and meditate at center of skull. Twist spine left and right, stretch arms up, and relax.

VENUS KRIYAS TO END: With a partner, stand, and holding each other's elbows or wrists, keeping chest forward, twist hips back and forth, breathing powerfully and deeply. Be light on the toes. Then, eyes looking into each other's eyes, holding wrists, do Crow Squats for 3 minutes, inhaling up and exhaling down. (Some times added by Guru Rattana.)

Annex I: Your Birth Chart and Energetic Blueprint

Attain a Copy of Your Birth Chart

To get a copy of your birth chart, you need to know the *date, time, and place* of your birth. There are free charts available online. If you do not know the exact time, be as accurate as you can. The Ascendant (how you view the world) and house positions are determined by the time and place of birth. For your energetic composition, the exact time is not as important.

I suggest that you get a chart that includes not only the major planets, but also the five asteroids, which represent very personal aspects of your personality. It is not necessary to include the asteroids, but their inclusion will give you a better idea of the resources of your Soul.

There are endless ways to use your birth chart to explore the blueprint of your Soul. *For your initial investigation, the most important things to identify are*

The total energetic composition of your chart

The basic energies of your Sun, Moon, and Ascendant (and other planets)

Energetic Blueprint of Your Soul

The simplest way to identify the basic energies expressed in your birth chart is to find a program on the Internet that gives you this information, i.e., the number of planets in each element and in each of the three modalities (Cardinal = Generating, Mutable = Organizing, Fixed = Deliver/Destroy).

Count the number of planets you have in

Polarities

Male — Stable/Mind/Masculine (Air and Fire)

Add fire and air to get the total of planets in Stable/Mind/Masculine.

Female — Flowing/Feeling/Emotional/Feminine (Water and Earth)

Add water and earth to get the total of planets in Flowing/Feeling/Feminine.

Modalities

G — Generate

O — Organize

D — Deliver

The Power of Neutral

Elements

F — Fire

A — Air

E — Earth

W — Water

And there you have it. That is the energetic blueprint of your Soul! As you work with the 10 universal energies, you will be able to better understand your gifts, challenges, and lessons. This is an illuminating way to get to “know thyself.”

Sun, Moon, and Ascendant (and Other Planets)

Identify the energetic nature of your Sun, Moon, and Ascendant, which have a strong influence. Use the charts below to identify the following information for all your planets if you wish.

My Energetic Inventory

Planet	Sign	Polarity		Modality	Element
		M	F		
Sun (conscious will)					
Moon (unconscious will)					
Ascendant (lens to view world)					
Mercury (mind and activities)					
Venus (what we love)					
Mars (active energy)					
Jupiter (what expands us)					
Saturn (lessons and manifesting)					
Chiron (heal to be empowered)					
Uranus (freedom and individuality)					
Neptune (fantasies/Divine)					
Pluto (transformation)					
North Node (what we must learn to evolve)					
PLANET TOTAL					

Annex II: Breathing and Locks

Pranayama Techniques

Breath of Fire

Breath of Fire is one of the most common and basic pranayama techniques used in Kundalini Yoga asanas and meditations. To perform Breath of Fire, pull your navel in sharply toward the spine to “push” the exhale out in a rapid and rhythmic manner (similar to panting). After each short exhale, allow the navel to relax and go back out on the inhale. Focus on the short exhales only, not on the inhale, which happens automatically. The inhale and exhale are of equal length, which allow you to continue without hyperventilating. Also, keep the muscles of the shoulders, chest, and face relaxed. Breath of Fire is done as a light, staccato, relaxed rhythmic movement of the diaphragm and navel. It is not a deep, heavy breath, so do not engage the abdominal muscles.

If you are having difficulty doing Breath of Fire, start with long deep breathing (see below) to become aware of your diaphragm muscles and your breathing mechanism. Panting with your mouth open can also help you get in touch with using the muscles of the navel and diaphragm and avoid a heavy breath.

When learning Breath of Fire, if the breath starts to feel heavy or not right, stop and allow the breath to relax before recommencing. It often takes some time to get it right, so don't force it. Practice Breath of Fire for short periods of time, even if only for a few seconds before stopping and restarting, until you feel comfortable and can continue for longer periods of time without feeling out of breath or winded.

Long Deep Breathing

Long deep breathing is another basic pranayama technique used in Kundalini Yoga practice. In long deep breathing, you slowly inhale deeply down to the bottom of the lungs by allowing the lower part of the diaphragm to expand downward and out against the abdomen, allowing the stomach to protrude. The back should also expand behind the solar plexus area. (If you put your hands on your back, you should be able to feel the expansion.)

On the exhale, slowly release the breath from the top of the lungs downwards until there is an inward and upward contraction of an area just below the navel and then in the solar plexus. To increase your lung capacity and experience more of the technique's benefits, on each inhale expand a little more, and on each exhale, contract a little more too.

The Bhandas or Locks

When to Apply the Locks

In general, the locks are applied after completing a yoga exercise, while still holding the posture, and with the breath held out or suspended following a deep inhale or exhale. While suspending the breath and applying the locks, the rest of the body should be relaxed, which creates a dynamic space for the movement and integration of energy.

For many kriyas in this book and others, the instruction to apply the locks is not always specified. It is assumed that the student will apply the appropriate locks to anchor in the internal effects after each asana. Gentle locks are also applied to maintain the internal posture while doing an exercise and during sitting meditation to maintain a straight spine and open heart.

Root Lock or Mulband

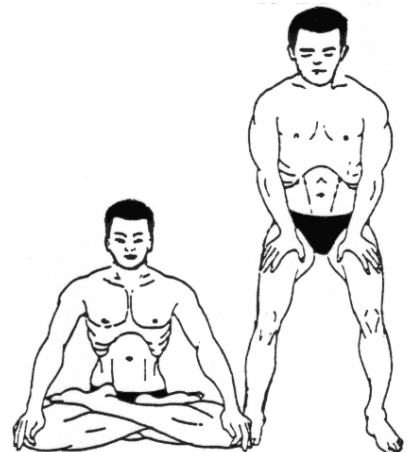
The complete root lock or Mulband is done by first pulling the navel center in toward the spine, then slightly contracting the muscles of the rectum or anal sphincter, the perineum, and the sex organ. When the Mulband is applied while retaining the breath, the two major energy flows, prana and apana, are united. This generates psychic heat that triggers the release of Kundalini energy.

Root lock adjusts the lower three chakras so that the energy cannot be lost or leak out through the base of the spine. As a consequence, the energy stays in the body and can flow up the spine. As with all the locks, root lock is done either while holding the breath in or out.

Diaphragm Lock or Uddiyana Bhand

Diaphragm lock works with the solar plexus and the heart chakra. It is easier to apply this lock while holding the breath out, when the diaphragm muscles are already pulled in and up. This lock is performed by raising the diaphragm, sucking in the solar plexus, and pulling the diaphragm muscles toward the spine and up. The chest will then expand, and the spine will straighten.

Diaphragm lock massages the heart muscle and causes the thymus to secrete. It is also used during chanting, when, rhythmically applied, it enhances the effects.



Neck Lock or Jalandhara Bhand

The neck lock involves a very subtle movement: ever so slightly tuck the chin, pull the head back so it feels like the head is resting on the top of the spine, and pull the head up to elongate the spine. The chest will open up as you shift from a slumped posture and caved-in chest to a

straighter posture and open heart center. The shoulders should relax, drop, and release downwards. The tongue and throat should also relax. To make sure your head does not protrude forward, look from the third eye to the horizon. (Eyes are usually closed.)

Straightening the cervical vertebrae allows the free flow of prana to the brain and opens the connection between the head and the heart.

Tongue and Eye Lock

Yogic texts may stop with the neck lock. However, to complete the stimulation of the sixth and seventh chakras, what we call the tongue and eye locks are also applied. In tongue lock, the tip of the tongue presses gently to the roof of the mouth, and in eye lock, the eyes look up as though looking out the top of the head. You may feel the pulse at the crown chakra.

Mahabhand

Mahabhand is the application of all the locks at once. When all the locks are applied, the nerves and glands are rejuvenated and the Kundalini energy flows (even if this is not apparent).



Bhanda Exercise

To fully understand and experience the bhandas, sit on heels and spread the knees wide apart, palms on thighs. (A) Apply root lock and relax it; (B) apply diaphragm lock and relax it; (C) apply neck lock and relax it. Repeat in rhythmic alteration for 3-11 minutes, pulling locks on the exhale (the breath naturally goes out on the first 2 locks). *Practice on an empty stomach.* This will help you distinguish the locks and perceive energy movement along the spine.

About Guru Rattana, Ph.D.

Guru Rattana earned her Doctorate in Political Science from the Graduate Institute of International Studies (University of Geneva) and received her Master's degree from Johns Hopkins School of Advanced International Studies (Washington, DC, and Bologna, Italy). She has taught International Environment and Development Studies at Dartmouth College, MIT, and New Hampshire College, and Philosophies of Life and History at the U.S. International University. She has also taught at the Institute of Transpersonal Psychology in Palo Alto, California, and at Stanford University.



She is author of four of the original and still globally popular Kundalini Yoga and Meditation manuals: *Transitions to a Heart-Centered World* (2nd edition, 2014), *Relax and Renew, Sexuality and Spirituality*, and *Introduction to Kundalini Yoga*, as well as *The Destiny of Women Is the Destiny of the World*. Her most recent books are *The Inner Art of Love*, *The Gift of Womanhood*, *The Power of Neutral*, and *Your Life is in Your Chakras* (expanded edition, 2014).

Guru Rattana began studying with Yogi Bhanan in 1977 and is a KRI certified Kundalini Yoga teacher. She has attended over 100 White Tantric Meditation courses, including Summer and Winter Solstices, and over a dozen Khalsa Women's Training Camps, where she has taught many courses.

A pioneering teacher and prolific writer, Guru Rattana has written over 200 issues of the *New Millennium Being* e-zine (now Guru Rattana Blog), featuring insightful articles on spirituality, astrology, and Kundalini Yoga.

Her international teaching tours have included England, France, Sweden, Russia, Ukraine, the Netherlands, Germany, Italy, Turkey, Czech Republic, Switzerland, Portugal, Denmark, Norway, Montenegro, and Croatia, including an annual Gift of Women Retreat. She is lead trainer and co-creator of KRIYA Kundalini Yoga Teacher Training Courses, registered with Yoga Alliance. Guru Rattana lives in Coronado (San Diego), California.



Guru Rattana's manuals and an extensive selection of Kundalini Yoga CDs, DVDs, and manuals are available from Yoga Technology, <http://www.yogatech.com>. You can also sign up for "Guru Rattana Online" Streaming Video Classes (over 100 have been produced), discover a wealth of information, and subscribe to my Guru Rattana Blog.

Endnotes

- ¹ Yogi BhaJan, with Gurucharan Singh Khalsa, *The Mind: Its Projections and Multiple Facets* (Española, New Mexico: Kundalini Research Institute), 1998, 4-5.
- ² Ibid., 8.
- ³ Ibid., 51.
- ⁴ Ibid., 55.
- ⁵ Ibid., 57.
- ⁶ Jeanette Winterson, cited in Richard Tarnas, *Cosmos and Psyche: Intimations at a New World View* (Viking Press, 2006), 485.
- ⁷ Neutral is also referred to as *shuniya* and a point of zero. In this book we simply refer to “neutral,” which is both our neutral/peace channel and the foundation or access point to higher consciousness.
- ⁸ *The Mind*, 94.
- ⁹ Keiron Le Grice, *The Archetypal Cosmos* (Edinburgh: Floris Books, 2010), 100.
- ¹⁰ Ibid., 12.
- ¹¹ Ibid., 43.
- ¹² Ibid., 138.
- ¹³ Ibid., 43.
- ¹⁴ Ibid., 50.
- ¹⁵ Ibid., 251.
- ¹⁶ Ibid.
- ¹⁷ Ibid., 59.
- ¹⁸ Ibid., 62.
- ¹⁹ The polarities, phases of creation, and elements are discussed in detail in Guru Rattana, Ph.D., *The Inner Art of Love*, 81-110. Available at <http://www.yogatech.com>. How to awaken the two polarities of the soul and heal their wounds, and the expression of the phases of creation and elements is covered in detail in Guru Rattana, Ph.D., *The Gift of Womanhood — Inner Mastery, Outer Mystery*, chapters 6-30. Also available at <http://www.yogatech.com>.
- ²⁰ *The Archetypal Cosmos*, 245-247.
- ²¹ Ibid., 210. How to identify the blueprint of your soul is explained in Guru Rattana, Ph.D., *The Inner Art of Love*, 66-79.
- ²² *The Archetypal Cosmos*, 255.
- ²³ Ibid., 86.
- ²⁴ Ibid., 87.
- ²⁵ Ibid., 157.
- ²⁶ Ibid., 174.
- ²⁷ Ibid., 157.
- ²⁸ Ibid., 158.
- ²⁹ Ibid., 153.
- ³⁰ Ibid., 43.
- ³¹ Ibid., 237.
- ³² Gurucharan Singh Khalsa, Ph.D., *The 21 Stages of Meditation* (Santa Cruz, NM: Kundalini Research Institute), 378.

³³ *The Mind*, 288.

³⁴ *Ibid.*, 274.

³⁵ *Ibid.*, 275

³⁶ *Ibid.*, 111.

³⁷ *Ibid.*, 113.

³⁸ *Ibid.*, 112.

³⁹ Quotations excerpted from *The Mind*, 68, 113–115.

⁴⁰ Eckhart Tolle, *The Power of Now: A Guide to Spiritual Enlightenment* (Novato, CA: New World Library), 29.

⁴¹ *The Mind*, 78.

⁴² *Ibid.*, 119.

⁴³ *Ibid.*, 124.

⁴⁴ Yogi Bajan, *The 21 Stages*, 50.

⁴⁵ For a more in-depth discussion see Guru Rattana, Ph.D., *The Inner Art of Love*, available at <http://www.yogatech.com>.

**Love to All.
Light to All.
Peace to All.**

