

Feel the Energy and Recharge Yourself



MARIE IZ RIJA



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YOGA & WITCHCRAFT SPIRIT

For Witches: YOGA, KUNDALINI, FIRE, WATER & CANDLE
Feel The Energy and Recharge Yourself
exercises, poses and knowledge

Marie iz Rija



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THANK YOU very much
for taking the time to read this book.

I HOPE IT POSITIVELY IMPACTS YOUR LIFE
IN WAYS YOU CAN'T EVEN IMAGINE!



IF YOU ENJOY THIS TITLE,
THEN FEEDBACK ON AMAZON WOULD BE
GREATLY APPRECIATED



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Be a Witch?



Being a witch means working with something that is magical. And no, I'm not referring to flying brooms, invisible potions, or even the elixir of life.

Magic is something that arises from the resolution of the conflict between human being and nature. That healing, that connection that rises like a wave of the sea, a green wave that brings care, respect, simplicity, warmth.

It is magical to watch a finch eating a sunflower seed. The courgette that you pick in the garden is magic, just like the flower that sprouts between the steps of your building, outside. The moon is magic, it is magic to see life in everything that seems inanimate - in everything that does not speak your language.



How can you awaken the witch in you? Well, first of all you need the tools, the ones that every witch possesses, without which magic doesn't happen.

The first is awareness: I would say that magic is nothing more than transforming your desires into reality. And to do that you need to know what you want, and how to get it.

- You can create a bridge between your imagination and reality, get help from herbs, stones, drawing, collages...
- You can dye a fabric in the color that represents your desire;
- you can make a drawing in the sand; you can collect herbs and sew a small fragrant pillow;
- you can ask the tarot for advice to better see the way to go.

Each witch is a bridge, in effect - a person who connects two worlds, the inner one with the outer one.

Another tool, which you cannot do without, is **the dream** : the ability to be amazed, to get excited, to use the imagination as if it were a game. Have you ever read Anna with the red hair? She was very good at this game: don't forget to use your imagination, to let it wander to find new ideas, to plant wild seeds in your days.

You can start keeping a Dream Journal: what can you discover about yourself, through your dreams? Explore them, as if they were wonderful adventures: each of them holds a secret, a key that can help you better see a situation in life.

The third tool of the witch is rooting: if on the one hand it is okay to develop

fantasy, imagination and nourish poetry in your days, on the other hand, it is essential to maintain an excellent relationship with the earth, with reality and with nourishment. Live day by day, with your feet planted in the earth; to keep alive the contact with this element, with the mother Earth that nourishes, that gives, that sustains. Discover that everything is magical, because everything is alive, and is interconnected with the other. Be patient, know how to wait for the seed to bear fruit. Contact with the Earth is contact with nature, with everything around you; build a bridge between earth and sky, between roots and flowers. Rediscover the name of the plants that live near you. Observing this world with new eyes: here it is, the real magic - it is in the eye of the beholder, because she knows how to dream and is aware of the wonderful life that is in every cell in every vibration of the wing, in every breath of the earth.

Finally, learn to preserve spaces of solitude

The witch knows that being alone is important: and by being alone I don't mean isolation, but space and time in which, alone, you can regenerate, find yourself, take things calmly and at their right time. Alone you can explore your garden, observe the flight of a butterfly. You can write a song to sing at the Full Moon, you can eat a mango on a step in the sun. Alone you can listen to yourself, and your heart beating to the rhythm of the earth, to the rhythm of the lullaby of your ancestors.

People often ask me "*How do you know you are a witch ?*"

And often the question behind the question is "*Am I a witch? Am I magical ?*"

They often ask a little nervously because of the shadow that accompanies this word... **WITCH !!!**

We owe this shadow to patriarchy, to the rules of the male-dominated society that has pervaded the planet for over 5,000 years. It is not the masculine, but a perversion of masculine energy that has brutalized, raped and suppressed the feminine.

The witch hunts of Salem and Europe built a mass hysterical mentality against women, against the feminine.

They rounded up and killed wise women and natural healers, any woman who owned land they wanted or women who were out of the social status quo, who refused to conform to the rules of Christianity and patriarchy.

Basically, it is for fear of the power of the feminine that women, the earth and its creatures have been massacred under false and hysterical pretexts.

It is crucial to reclaim ourselves and the beauty, the power, the legacy of the word "Witch". A witch's purpose is the very land we need to save.

How to attract positive energies

Having a positive mood depends on many factors. First of all, there are contingencies that can harm anyone's optimism. And then, there are periods in life that lead to abandoning the so-called rose-tinted lenses. But what's amazing is that a lot can be done to increase positivity and stave off negative thoughts by applying simple strategies.

As well as to keep away not negative people but negative thoughts that can pour on us some types of personalities who are probably powerless to find ways out of anxieties and anguish. And then, instead of pushing them away, we could try to infect them with our point of view ...

Surround yourself with positive people

First, who are the positive people? The concept is very subjective. In fact, positive people are those who manage to inspire you, pass energy to you, give you another point of view. It is not always a question of people with a good character, with a smile permanently on their face, constantly optimistic. They are simply people who have a good feeling with you, with whom you can establish a positive connection that can be made of silences and smiles or even animated discussions. What should come to you is a sense of well-being, rationally almost unjustified but present and with a "healing" power.

The passions, these healers

One of the strongest sources of positive energy is passion. Passion for something, for someone. A passion that is born in you and that you want to cultivate with generosity. It can relate to literature, art, gardening, cooking, politics, socializing, eroticism ...

The common thread is always the same: recognize the passion because it

makes you feel good. And if you are being stifled and overwhelmed by daily activities and obligations, make it your goal to regain possession of your passions. And dedicate yourself to what makes you feel good: if it's an unproductive activity, that's even better! Passions attract positive people, lucky situations, and wonderful changes.

Release your spiritual energy

Each of us has a spiritual energy. Unbound from any kind of dogma. It is that kind of inner fire that you feel flaring up when there is something that involves you but also when there is apparently no reason to feel that heat. Contemporary life, with its oppressive everyday life, deadlines and hyperproductivity silences this fire. It's like it's keeping it hidden, but it exists.

It is up to you to renew it and free it from the yokes. To do this, take time each day to meditate. The ways of meditation change from person to person: the first few times you can be guided by a coach or even an app. But then you will find your very own way of meditating and getting in touch with your center.

Laugh more, without constraints

You know, laughter has therapeutic power. So much so that there are even disciplines to start laughing again, think for example of the yoga of laughter! And then it is really true that the more you laugh the more you desire to laugh.

And this attitude can lead you to attract positivity but, above all, to feel good and full of energy. No one must determine when you are allowed to laugh: learn to follow your instincts and do not allow yourself to be constrained in any way. Give in to teenage laughter with friends, acquaintances, partners, and even alone!

Revolutionize your home

Beyond the feng shui and the various disciplines that teach you to arrange

your home in order to attract positive energy, it seems that tidying up, getting rid of the superfluous and making changes to the place where you live can also change your attitude towards life. And bring energies full of positivity towards you.

Choose the moment you prefer and start taking care of your place, of your nest, the perfect place to relax and receive the people you love. A naturally scented candle may suffice, but also a full flowered terrace.

Get out of your shell

It's nice to be pampered by the nest. But it's just as nice to get out, especially from the usual comfort zone. In fact, sometimes it takes very little to find yourself immersed in a completely new atmosphere, meeting people different from those you usually frequent. Receive new opportunities, be inspired and let go of the fear of the unknown.

The feeling of "leaping into the void" is so adrenaline-filled that it can only lead you to fill up with positivity. Furthermore, getting in touch with each other is a source of free exchange and detox. What about "negative" people? You will no longer see them if you move freely in the world, confident in yourself and wanting to follow your desires.



Chapter 1 How to Feel the Energy and Recharge Yourself

So often we feel tired, low on energy, and wish we could recharge easily.

“Everything is energy and that's all there is to it,”

said Albert Einstein.



We can claim to live in an energy field just like fish in the sea, but just as fish are unaware of the water they live in, how many of us are aware of the energy that flows in and out, which pervades, and is, everything?

The first step is therefore to pay attention to the fact that everything is energy, everything is alive and vibrant. How to perceive it? It is first of all

necessary to get out of your head and nurture a more conscious presence in the body.

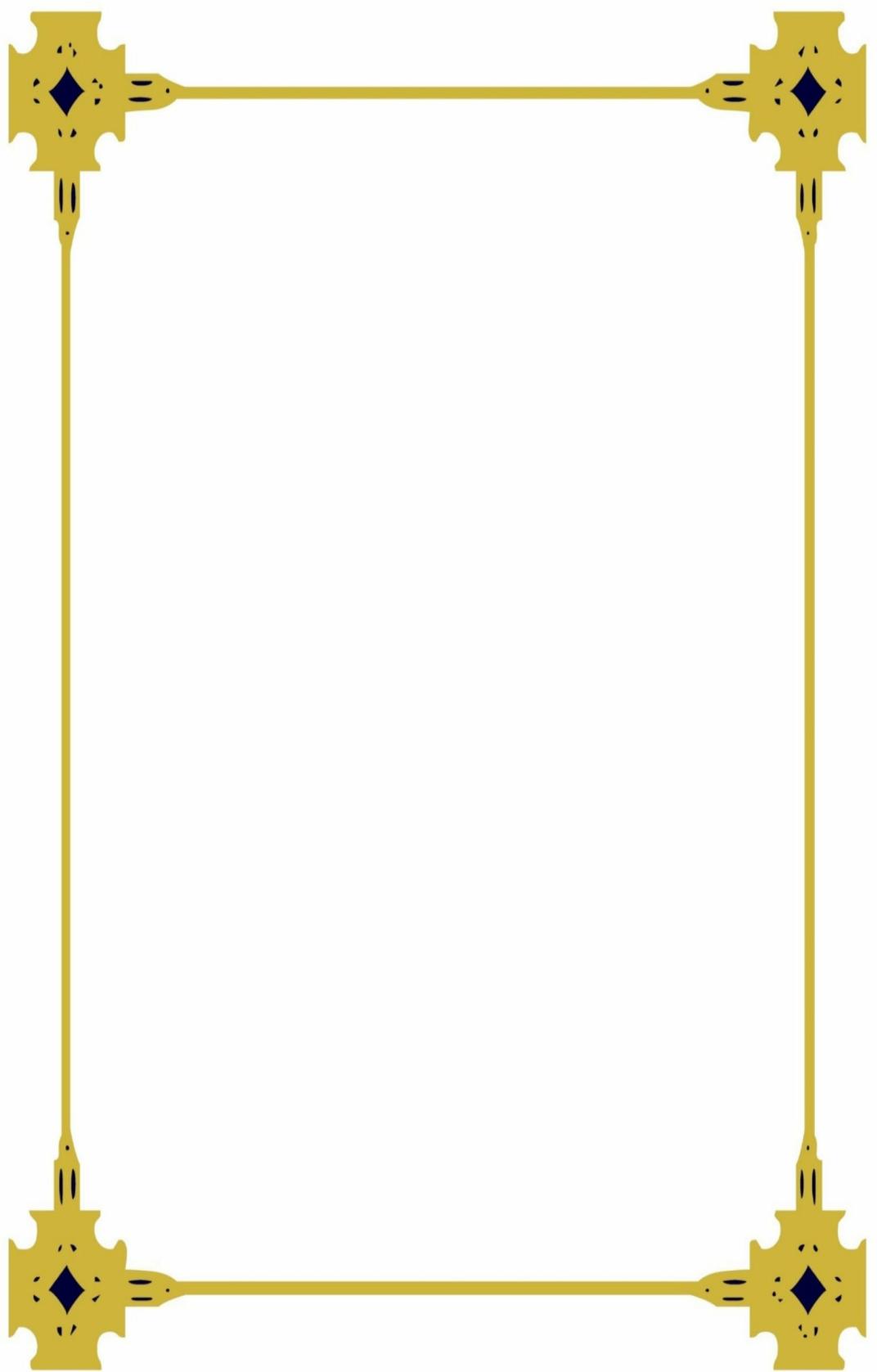
How to feel energy and recharge

Exercise 1

You can do this exercise sitting or standing. While seated it is easier, however it is not essential.

- Now place your hands on your thighs, palms facing up.
- Direct your attention to the palms of your hands, try to feel the air touching your skin.
- Can you feel the temperature, movement, or air pressure on the palms?





Sit for a while to focus more and more on your sensory perceptions in the hands. Now direct your attention solely to the contact of the air on the skin of the palms... Soon you will begin to feel a particular sensation, a kind of tingling, or vibration, different from what we normally experience.

Over time you will feel that it becomes more and more defined. We can define this thing that you feel as "**energy**". Imagine that this energy is flowing from your hands, causing the skin membrane to vibrate as it passes through. Imagine what you feel are your hands filled with energy, and feel the energy radiating from your hands.

Keep attention on this feeling in the hands; place them facing each other, about 50 centimeters apart. Now slowly bring them closer, then slowly move them away, and repeat this movement several times. Can you notice that you have a different sensation when your hands come closer than when they move away?

Now **imagine having a ball of energy in your hands** and compress it by bringing them closer, adding more energy and making the ball even denser. It's like making a snowball, only it's energy. You may soon be able to feel the contours and surface of this sphere of energy as you hold it in your hands.



Exercise 2

With a partner, take a position facing

each other, each with their own ball of energy, and move your hands so that you can feel the other's energy. For example, you can place your hand some distance between your friend's, and move it up and down through his energy field to notice how you feel as you do so. Your friend must do the same. Keep going for a while. Then relax your hands and share your observations.



Exercise 3

1: Take a few deep breaths . **Rub your palms together for twenty seconds** . Start slowly, and then rub faster and faster, until your muscles feel tense. Feel your palms warm up. Then, suddenly, stop and keep your hands within inches of each other. Do you feel them tingling? By rubbing your hands together and using your arm and shoulder muscles, you have built up energy. It flows between your palms while holding your hands in front of each other.

2: Immediately after rubbing your hands while they are still

tingling, **visualize or imagine this energy** as electric blue or purple discharges. Is it different what you feel in the right (projective) palm compared to the left (receptive) one? (Of course, for left-handers it's the other way around).

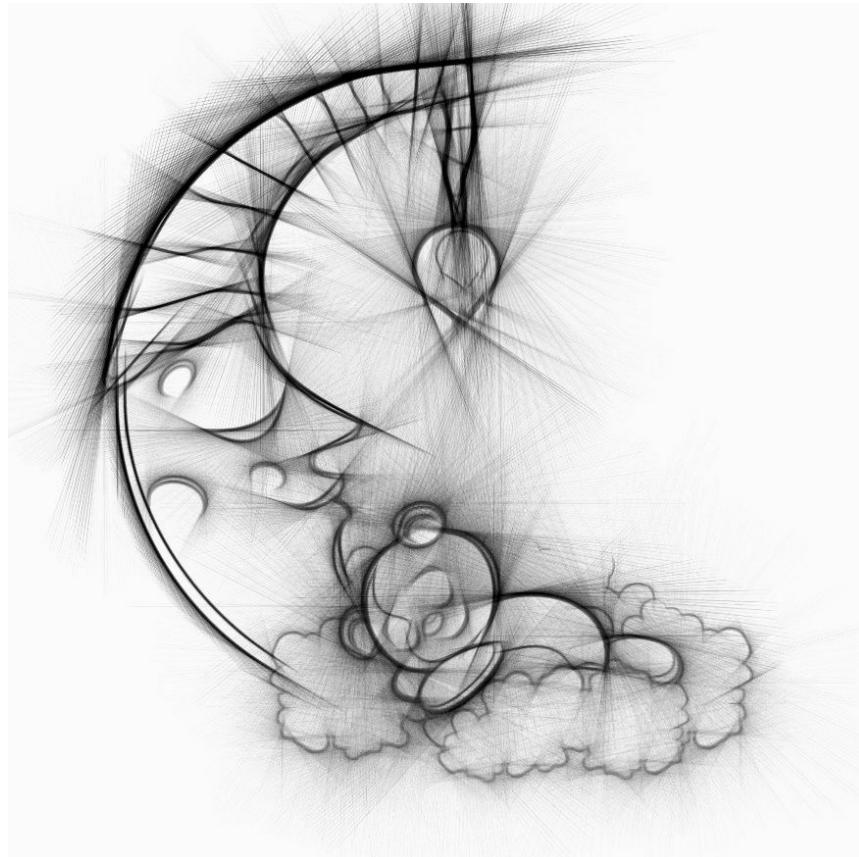
3: Now imagine this energy as a slow vortex that flows clockwise between your palms... and forms **a luminous, pulsating ball of energy**. Observe its size and color, feel the strength and warmth it transmits into your palms. This is some of the energy you released with the muscular effort of the rubbing. Cup your hands around the ball. Visualize and feel it increase or decrease in size by moving your hands with this intention. Finally push it into your stomach and reabsorb it into your system.

Western woman lacks a tradition of listening to his own body.

The body is our tool , to gain a more conscious contact with energy, the breath is undoubtedly a precious means.

“ Breath is the bridge that connects life to consciousness, that connects the body to our thoughts. Whenever your mind disperses, use your breath as a means to take your mind back into your hands ,” says Master Thich Nhat Hanh. And Omraam Mikhaël Aïvanhov states: *“ Whoever knows how to harmonize with cosmic breathing, enters the divine consciousness .”*

And the air not only contains oxygen, but is filled with prana, or life energy. From the Hawaiian Huna shamanic tradition , **Ha breathing, a powerful technique allows us to accumulate Mana, vital energy** , as well as helps us develop greater presence in our daily life.



Breathing technique to recharge with energy

This type of practice helps us to perceive our body as an energy channel, a bridge between the earth and the sun, and to connect energetically to the sun or the earth; for this reason, it is recommended to perform it sitting in the sun or on the ground.

Breathe normally, visualize the energy of the sun or earth filling the space around you. It can be helpful to imagine it in the form of white light all around you. Breathe the white light into yourself slowly. Repeat the sequence until you feel the energy fill your whole body.

With your will, direct it to fill all your cells, to recharge and harmonize all parts of the body and mind. Pause where you feel tension, pain or contractures, sending the white light to melt and rebalance all the parts that are particularly in need.



Recharge your energy with meditation and physical activity

Meditation is one of the most recommended activities to achieve optimal well-being for the mind and body.

Even a short time each day is enough to immediately feel less tired and invigorated. Sit on the ground with your legs crossed; hands on legs with palms facing up. Close your eyes and begin to breathe very slowly, paying attention to the air coming in and out.

1. When the mind is calmer, you can dedicate meditation to positively

suggesting to the organism by adding the visualization of a place that gives you well-being and serenity, of a particularly pleasant moment. It is about stimulating one's positive energy to reinvigorate the vital charge.

2. The second exercise consists of alternate nostril breathing .

Sit down, close the right nostril with a finger of your right hand, breathing only from the left nostril for a few minutes.

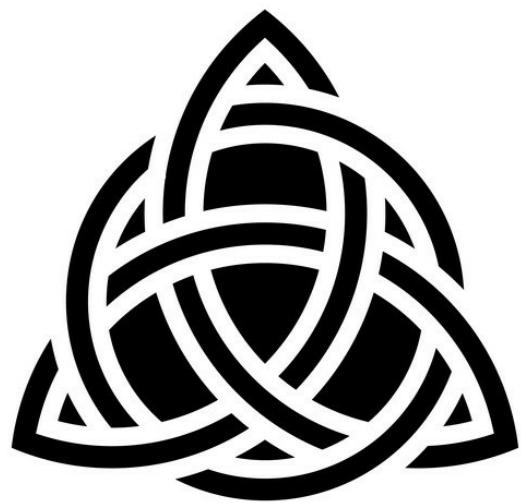
By instead plugging the left nostril with the left hand and breathing for a few minutes only with the right nostril, the central nervous system will be activated and it will be possible to recover energy charge to recover and refocus.

3. The third exercise to recharge can be performed daily, regardless of the weather : go out into the fresh air for a walk or a run, remaining present to the sensations of the body and to the present moment, instead of letting the mind wander with thoughts.

Even just a short time between heaven and earth, preferably oxygenated by green areas, causes so many endorphins to be released, to stimulate the central nervous system to release wellness hormones and improve vitality and well-being in a natural way.

Finally, let's not forget that what discharges our energy the most is the activity of a mind that continues to be disturbed by past traumas and consequently also projects a negative future that generates fear and depresses us.

Inside of us there is everything we need; it is only a matter of cleaning up the memories and bringing to light the infinite potentialities buried in the unconscious.



CHAPTER 2 Techniques to Increase Energy

The first practice that I propose is a breathing technique that allows us to reconnect our energies with those of Mother Earth (Tonanzi). Everything we want to create must exist on this plane and must be accepted by mother Earth. Re-establishing this connection allows us to be nurtured and assisted in the manifestation of reality and allows us to rediscover our true internal movements and rhythms.

The practice is based on ancient Toltec knowledge of universal mathematics, in this case the cycles of the Earth.



PRACTICE

Find a relaxed place to sit – it's much better if you practice this technique in a place of nature. Avoid areas where there are signs of rot (rotten leaves, etc.). Look for a place that attracts you and that communicates good feelings to you, remain silent and keep in mind that you are in a special place to perform a special act, returning to vibrate with the rhythm of the Mother. Now offer some tobacco as a gift to Mother Earth, if you have a rattle use it to recall the spirit of the earth, ask it to bring you back into harmony with it and with the whole galaxy.

Start breathing now: inhale for a count of 4 - hold your breath for a count of 4 - exhale for a count of 4 - Hold with empty lungs for a count of 4.

Do a minimum of four repetitions. Four repetitions form a cycle and since Earth's cycles form at a rate of 18, the ideal is to repeat 18 breathing cycles every day for 20 days. Start with 4 repetitions repeated over the day, then gradually increase until you complete the 18 cycles in a single session.

RECAP

Breathe in 4 phases of 4 equal times, make 4 complete breaths (one cycle), continue for 18 cycles for 20 days. Breath to increase power, strength and vitality. This simple breathing practice increases the energy field by more than double its range, increasing health and vitality, causing the subtle bodies to become brighter and denser.

PRACTICE

Connect the tongue to the palate. Breathe into your belly. Inhale for a count of 6, hold for a count of 3, exhale for a count of 6 and hold again for a count of 3. We repeat for 5 breathing cycles. We can use breathing whenever we feel the need, whenever we feel tired or need clarity and power.

Channeling Energy from The Earth, Air and Trees

We acquire energy from the environment around us, every natural place is potentially a place where there is power. Different places have different energies and communicate specific energies to us. For example, the energy of the earth is more stable and denser than that of the air and therefore more suitable for stabilizing us. In healing it is the energy of the earth that allows you to heal the physical body such as wounds or bones.

PRACTICE

Go to an energetically clean place in nature. Take off your shoes and socks and press the center of each foot several times with your thumb to activate the energy centers. Sit with your back straight and the soles of your feet firmly on the ground, offer tobacco to the earth. Now start practicing the breath as described above, continue for 10 breathing cycles. If you want you can go on much more.

Associate with breathing the concentration on feeling the energy that enters through the body from the earth; feel the feet and the whole body breathe. At the end, always remember to be grateful for the nourishment received.

We can use the same practice to harness **the energy of the air and trees**. Concentrate on the palms of your hands, raise your arms upward and practice breathing as you feel the energy enter your body. To absorb the energy of a tree, go into a forest and let yourself be attracted by one of the trees. Offer tobacco to the spirits of the plant and ask if you can absorb its power. You will hear the answer in you, if it is "no" choose another tree.

Place your hands on or near the trunk of the tree, focus on the palms and feel the energy enter, practice energy breathing for 10 cycles or more. Then remember to thank the tree. It is easy to experience a feeling of numbness or tremors or a vibration in the whole body... After being filled with energy it is time to let it circulate throughout the body. Imagine yourself full of energy and with the intention of continuously circulating it from back to front and vice versa, from front to back.



CHAPTER 3 Yoga

Yoga is an ancient discipline practiced mainly by oriental peoples. The numerous benefits that it manages to bring about concern in a special way the body, the mind, but also the spirit. It is never too late to start, as the exercises that are practiced are simple and by practicing them you will finally begin to give a fundamental value to breathing and meditation.

Most people today face a fast-paced life with few breaks . **Not taking time for yourself and neglecting yourself, however, you risk losing sight of the true values of life.**

Yoga is thus able to **connect in a very profound way** the elements that connect man to the universe. Nature is certainly one of these. The term yoga actually means union or connection.

Practicing yoga alone is naturally **relaxing** but if done in the right place it benefits the whole body even more. Developing a deep bond between the earth and the surrounding environment allows you to know more about yourself while removing the accumulated stress.

Yoga, in addition to giving a feeling of **union with nature** , also, thanks to the practice of breathing, lets you find an immense inner peace that has long been missing inside yourself.

Green spaces are able to bring numerous **benefits** to human health, including tranquility, beauty and amazement for the simplest things, but above all silence. Nothing is more pleasant than walking barefoot in a meadow while the chirping of birds can be heard in the air.

Meditation in nature allows you to better understand and appreciate its immense beauties and the respect that must be reserved for the surrounding world. So it will be enough to mirror yourself in the blades of grass that are born and come to life, to identify yourself and find normal balance.

The various techniques of yoga

There are numerous techniques known and used to practice yoga.

As the **Tibetan** monks explain, the practice of walking meditation is fundamental. In this way of meditating, you have to focus only on your steps and on your breath to keep the attention exclusively on yourself.

For **beginners** there are special exercises such as sitting comfortably cross-legged on a lawn, closing your eyes and focusing mainly on the rhythm of your breathing. The luxuriant sounds of nature will then be fundamental, which will allow you to better understand the signals coming from your body.

Before starting it is good to admire the surrounding landscape, the trees, the sun and the animals.

All this will make the person involved feel ready to devote himself completely to his own well-being.

1. Position of the mountain



Stand with your back straight and your legs hip-width apart. The arms are extended at the sides. Feel how your feet are firmly rooted to the ground. Each time you inhale and exhale through your nose, try to feel the energy flowing through your body. Hold for 10 breaths.

Effects:

- improves posture;
- strengthens thighs, knees and ankles;
- brings the body into harmony with the spirit.

2. Tree



This exercise serves to improve balance, center and harmonize the body.

Stay straight in the mountain position. Lift your right leg and place the sole of your foot on the inside of your left thigh. Then try putting a hand at heart level. If possible, raise your other hand as well and bring your palms together in front of your heart. Can you keep your balance? After five breaths, switch sides.

Effects:

- strengthens balance and promotes concentration;
- strengthens hips and ankles.

3. Variation of the tree

Staying in the tree position, lift your arms straight up and straighten them. Look up at the sky. The exercise can be completed by closing your eyes, trying to maintain balance with your eyes closed and taking five breaths. Are you ready to face the storms of life?



4. Shiva dancing

The dancing Shiva position stimulates balance, widens the chest area and strengthens the legs. Seeing is believing.

The beginning position is that of the mountain. Flex your right leg back and get the lower leg with your right hand. Pull the heel away from the backside. Lift and expand your left arm.

Twist your middle somewhat forward and move your (right) leg as distant from your body as could be expected (press your foot in your grasp, don't pull it). Hold for five breaths. Switch sides.

Effects:

- advances the loosening of the body and soul;
- it makes an amicable and settling difference.



5. The position of the corpse - Savasana Übung

Lie on the mat with your legs hip-width apart, your palms facing up, your eyes shut. Inhale through your nose and feel your midsection rise and fall each time you breathe in and breathe out. Feel the association with the climate around you and ignore everything. Unwind as much as you can.

Effects:

- discharges strain and stress;
- empowers energy to think.



CHAPTER 4 The 5 Elements in Yoga and Ayurveda

Yoga and Ayurveda have the same philosophical root, Samkhya, one of the six major classical schools of thought in India.

According to this philosophy, everything in nature is made up of the 5 elements:

*earth,
water,
fire,
air and
ether.*

In yoga this knowledge is very important because the practice works on these 5 aspects and knowing them allows yogis to use the laws of nature to obtain happiness, wisdom, strength and health, both physical and mental.

They are also the basis on which Ayurveda and yoga therapy operate.

The ancient sages understood that originally the material world had manifested itself as Ether: **immobile space pervaded by the subtle vibration of Aum .**

This moving element produced **Air** . The movement produced heat and light, the **Fire** . Thanks to the heat, some elements turned into liquids, **Water** , and others into solids, **Earth** .

The five elements are nothing but different ways of manifestation of matter

According to Ayurveda it is the combination of the three gunas that gives life to the five elements (tattva), and in fact each of them is under the influence of the gunas, being subject to rajas (movement), tamas (non-

movement) and sattva (equilibrium).

The 5 elements testify that the universe is made of energy and intelligence that can take different forms.

If we think about it, however, the ways in which matter can manifest itself are innumerable but to have a system on which to work yoga and Ayurveda divide these manifestations into 5 groups: earth, water, fire, air and space.

These 5 terms should not be considered as purely physical substances but as a set of qualities combined together.

As Mohan clearly explains in his yoga therapy manual:

“ The term earth does not refer to sand or rock, but only to the qualities present in it, such as hardness, dryness, stability and heaviness. These qualities are commonly found gathered together in many other objects, but of all these the most classic model is the earth itself. Similarly, the term water refers to qualities such as humidity, coldness, liquidity and the tendency to adhere and amalgamate ”.

I FIND THIS EXAMPLE VERY USEFUL TO MAKE IT CLEAR WHAT IS MEANT BY THE 5 ELEMENTS.

Again, as Mohan explains in his text:

“ The fundamental principle of this theory is not that the world is made up of 5 elements, or forms of matter, but rather that the world has myriads of qualities and functions that Ayurveda groups into these 5 categories for sheer convenience .”

Everything reflects a part of God. The Earth is a part of God, and so is the wind, water and air. Akâsha (space, ether) is also part of God. This was the reason why in ancient times all these elements were venerated as expressions of the Divine. The Earth Mother or Bhu Devi, the River Ganges or Ganga Devi, the Wind (Air) God or Vayu Deva, the Fire God or Agni Deva and the Space God or Akâsha Deva. The ancients saw God's presence in everything and worshiped him.

The presence of the basic elements within a yoga session is not often emphasized, yet we are made up of the 5 elements, which in varying degrees

make up the entire universe in which we live. It is God himself who reflects and shapes himself in every element. **So how can we get closer to an understanding of the role of the 5 elements in our life, starting with that protected and concentrated space that is a yoga session?**

Let's start with the earth

The earth element is very dense, visible, stable and welcoming, **fresh and dark**. When we do positions on the ground, sitting or lying down, and keep them motionless and effortlessly for at least 8 long and quiet breaths, we begin to experience the qualities of this element, which gives us calm and love. If we reach about 15 breaths, always without effort, we will have the possibility of finding an inner silence that we can compare to a field ready to make the seeds buried in it germinate.

In the first place the Indians venerate Mother Earth: it is She who provides food to every living creature. "Oh, Bhu Devi, we eat what you give us and from this food we draw our strength!" If earth did not exist, there would be no harvest. It is therefore Mother Earth who protects us in all circumstances; for this the ancients worshiped the Earth Goddess above all else.

Now let's try to perceive the water in us

When our positions are standing and active, here we feel the heart beating, the circulation flowing, here our joints are stressed, and in the end we will notice that we have awakened the lymphatic circulation, slower and more stable than that of the blood, draining the excess fluids from the tissue, and perhaps we will have to run to the bathroom!

Bliss occurs when Sat and Chit unite. Sat means "Truth" and Chit means "Knowledge"; when combined, they give the experience of bliss. Sat is like sugar that sweetens anything you mix it with; coffee becomes sweet if you add it, tea becomes sweet and water becomes syrup; therefore, the sweetness is permanent. This is why it is called Sat, or Being, which means immutable

and eternal. Chit means Prajana or Full and Constant Awareness which, in Vedanta, is described with the expression Prajnanam Brahma (Brahman is Supreme Awareness). Prajana is the life of every being and water is the basis of life; therefore, Chit is compared to water. When sugar and water are separated, sugar is sugar and water is water; if you mix them, you get syrup. Similarly, when Sat and Chit unite, bliss is the result. Bliss is your real form. Sat is none other than the Principle of Atma, which is eternal; without it, the world does not exist.

Then let's try to notice the fire that gives us heat and digestive power

- the positions that arch the back, such as the bridge of the pelvis and the position of the monkey, engage us intensely and activate our metabolism, digestive power, and mental strength. **The greeting to the sun**, with its fast rhythm and the succession of bending back and forth, often produces a sound gurgling in the abdomen that indicates the release of energy and digestion.

Fire burns in every human stomach in the form of digestion.

Without the digestive fire that burns in the stomach, no one could assimilate food and receive the substantial energy from it. The seven secretions of the body emerge from the fire. The skeletal and muscular systems of the body are the result of these secretions (rasa swarupu). God shines in every limb as the principle of Light:

He is the very form of that Fire.

We experience the air in us

In every position we become aware of the **slow and peaceful flow of breath**, which brings prana (vital energy) and oxygen to the cells, we feel that we can guide it inside the body until it reaches every part of it. And again, we feel that we can simply observe in stillness the spontaneous breathing, which happens without our attention most of the time, and we

reflect on the role of Life in this breath, on who breathes in us when our mind is engaged somewhere else.

Fourthly there is Air (Vayu), life's greatest friend (prema). It is experienced in the inhalation and exhalation: So-Ham. All human life is characterized by the cycle of inhalation and exhalation. In Sanskrit "He" is Sah and "I" aham. Hence, Sah + aham = Soham. This combination of He and I demonstrates the truth that "I am He". Therefore, the Air principle gives this teaching: "I am He", "I am He". Air dispenses the great, pure and sacred teaching of unity (ekutvami). This Air circulates through our body 21,600 times a day. Life is useless without air. Hence, the fourth manifestation of God is Air itself.

Let us abandon ourselves to space

- which completely envelops us and permeates most of our organs. It is in space that we move, that we can make balance positions and movements of all kinds. Space is what binds the objects of our universe and allows communication between them. Space is not only a void, but also a fullness, and it is the one that best reflects the image of the Divine: it can only be described with negations, it is not this and it is not that, but it exists and permeates everything.

Ether (âkâsha) is the fifth element. It is referred to as "Divine Transcendental Sound" (Shabda Brahma), that is, "God in the form of sound", and from this originated the other elements: earth, wind, water and fire. Earth, water, fire and wind originated from the ether, from space: therefore, they are children of space. The five elements unite, pervading the entire universe and supporting all living beings.

Thus, reflecting within a yoga session, we can realize the 5 elements within us, and during relaxation we can go even deeper into them.

Having taken a comfortable position, we become aware of the Earth that supports us, relying completely on the support of Mother Earth. We observe the heartbeat that calms down, the delicate and diffused warmth of our living space, the light breath that expands as if we were a light sphere of light that expands and contracts with each breath, and we melt into the infinite presence of life that expands.

Even during meditation, we can enter the elements and gradually transcend them, expanding into the pure presence of the I Am.

Our journey from matter, from the 5 elements, to the Divine which is beyond the elements thus takes place, lightly, even during a simple yoga session.

The 5 elements are primordial forces and their balance determines every aspect of human life.

They change in cycles of different duration: days, months, seasons, years, life. Knowing them allows you to select the different yoga techniques based on your individual characteristics and to choose a lifestyle that promotes health.

- The earth represents the quality of solidity that gives resistance in action.
- Water represents the quality of liquidity and fluidity that allows life.
- Fire represents the quality of the light energy of transformation.
- Air represents the quality of movement that manifests speed in action and thought.
- The ether represents the quality of connection allowing communication and expression

They are considered in 3 groups of combinations with related characteristics:

1 Water / Earth - defines biological humors as lymph, which in excess becomes mucus and fat.

2 Fire / Water - occurs with hot and acidic liquids such as gastric juices: it governs the digestion of both food and emotions.

3 Air / Ether - is present in the empty spaces inside the body: when in excess it becomes gas and alters the nervous system making the mind unstable.

Yoga, the five elements and the interconnection with the seasons

Spring

In spring there is a predominance of the **water / earth elements**, which have qualities of heaviness, stillness and freshness. To counter them and avoid the common feeling of drowsiness, allergies, retention of liquids and fats in the body, introduce opposite qualities to the practice of yoga and lifestyle to bring lightness, movement and warmth.

Benefits :

- doing this detoxifies,
- activates the metabolism,
- increases vitality and
- spring truly becomes an opportunity for rebirth.

Things to avoid that aggravate water / land:

- Sleeping too much and during the day
- Getting up after sunrise (water / earth time, which then aggravates them)
- Consuming fresh milk and dairy products
- Eating sweets and sugar (the sweet taste, even of cereals, increases the water / earth elements)
- Do not engage in physical activity

- Do a very static yoga practice

Yoga Positions: Prefer the Standing Positions - the contraction of the lower limbs promotes lymphatic circulation, the "scavenger system" of our body; the twists (preferably standing up) because they "squeeze" the entire organs, in particular the liver and spleen, favoring their metabolism and their detoxification functions.

Methods of practice: The positions must be held briefly and performed with little or no interruption between one and the other. This favors the movement and lightness qualities of the air / ether elements. It is essential to practice fasting to activate the metabolism and optimize the detoxifying effects of the practice.

Breathing : Prefer warming, stimulating and activating practices such as Bhastrika Pranayama (the breath of the bellows), which increases the digestive fire and supports the elimination of toxins.

Bijamantra Krim, the seed syllable of electricity, which awakens the force of transformation and purification of the fire element. You can recite it 108 times at the end of your practice, or even during the day, preferably out loud.

Recommended flavors: Spicy and bitter flavors increase fire and air, thus favoring the qualities of heat and movement necessary for the elimination of toxins.

Summer

In summer, the fire element predominates, which has qualities of **warmth, lightness and movement**. When in excess (as happens on the hottest

days) it manifests itself with inflammation, irritation, short temper and stress. Introduce opposite qualities into your yoga practice and lifestyle: freshness, heaviness and stability.

Benefits :

- Enjoy the moment of summer expansion and
- assimilate the powerful solar energy, without burning your vital forces.

Things to avoid in order not to increase the fire:

- Getting angry
- Getting little sleep at night
- Spending a lot of time in the sun
- Spicy, too sour or salty foods
- Consuming coffee, alcohol and other excitors
- Practicing yoga in the hot hours, with a competitive spirit and exercises / modes that make you sweat.

Yoga Positions : choose the flexion positions, sitting in particular, which have an action on the water / earth elements and refresh. The lateral flexions have a dispersing action that contrasts the concentration of the fire; lying twists reduce fire and improve digestion that is often weak in the summer. Commits 75% of your strength (pushing the limit increases the fire). Take a short break between one position and another, remaining with your eyes closed, in stillness and listening. Practice with abandon and kindness.

Breathing : choose refreshing and calming breathing techniques, such as Sitali Pranayama and / or Chandra Pranayama.

Bijamantra Som, the seed syllable of lunar energy, which refreshes and pacifies, giving physical and mental relief. You can recite it 108 times at the end of your practice, or even during the day, preferably whispering.

Recommended flavors: Chewing aniseed and fennel for a long time after meals promotes digestion.

Autumn

This is an important step, from summer expansion to winter recollection. It is characterized by an increase in air / ether qualities that lead to dryness, dispersion and lightness. When they are altered, symptoms such as anxiety, insomnia and fatigue appear. To prevent this from happening, introduce qualities of moisture, stability and regularity into your yoga practice and lifestyle.

Benefits :

- Doing this allows you to peacefully cross the autumn passage after the summer expansion;
- gather to experience the support for introspection,
- meditation and
- the return to Essence in the gradual shortening of the days.

Things to avoid in order not to increase air / ether

- Excessive physical exertion
- Irregularities in eating and sleeping
- Cold / raw, spicy, astringent and bitter drinks and foods
- Consuming too few liquids and few fats
- Too much communication, images, information and travel
- Dynamic yoga practices and dorsal arches

Yoga Positions: Sequences with a predominance of "central" positions; balance positions that tone the nervous system connected to air / ether (the level of difficulty must be such that it allows you to maintain the positions for a long time); lying positions that bring the knees to the chest, act on the main air / ether seat, reducing abdominal swelling and nervousness.

Methods of practice: Inhalation and exhalation must be equivalent; between one and the other, introduce a short break. Repeat each position 2 times, calmly, trying to maintain a uniform rhythm, this somewhat "monotonous" mode counterbalances the dispersive quality of air / ether.

Breathing : Prefer practices that make all the breathing phases equivalent such as Sama Vritti Pranayama and find a way that allows you to perform them in a prolonged way without effort.

Bijamantra Sham the seed of peace, which gives security and confidence in oneself and in life.

Recommended flavors: sweet, salty and acid which increase earth, water and fire, giving stability and warmth.

Winter

The peculiarity of winter is that in the first part, as in autumn, the **elements of air / ether prevail and in the second part water / earth prevail, as in spring**. Therefore, in principle, the indications given for autumn are valid in the first part and those given for spring in the second part.

The changes from one season to another should be progressive; considering the rates of expansion and retraction of solar energy, the practice should vary accordingly both in the choice of techniques used and in the method of

execution.

CHAPTER 5 Kundalini: The Power of Enlightenment

The chakras fully open and develop their full divinity when we awaken the power of Kundalini. Kundalini is a Sanskrit word, which means "snake". It is the mighty force, also called shakti, which lies asleep just below muladhara chakra. Traditionally, this "snake" is said to be twisted three and a half times.

Kundalini symbolized in the Shiva lingam

Swami Kriyananda explained that the Shiva lingam is **an ancient symbol of the inner spine**. It is always placed on a yoni, which symbolizes muladhara chakra. A cobra is often painted on the Shiva lingam, or the reproduction of a cobra is placed around it, facing upwards: this represents the current of Kundalini. The cobra has its hood open on the top of the lingam to symbolize the opening of the higher chakras. The result is a powerful inner light, much brighter than the sun, yet not burning.

This brilliant inner light, created by the ascent of the Kundalini current, has been seen by mystics of all faiths. The Christian saint Basil the Great wrote, for example, in his Philokalia: "Quite inexpressible and indescribable is the Divine beauty, dazzling like lightning ... If we name the brightness of the dawn or the light of the moon or the brilliance of the sun, none of them are worthy of being compared to the glory of the True Light, and they are farther from it than the deepest night and the most terrible darkness are from the clear light of noon."

As long as Kundalini is "asleep" (ie the "snake" does not rise), it represents **our mortal illusion**, as it magnetically draws our energy downward and outward into the material consciousness which is completely dark. It is the serpent that tempted Adam in the garden of Eden and represents our

separation from the Spirit, our material bondage, our suffering. It is a terrible snake with poisonous jaws and can only be tamed by those who know how to charm it.

Indeed, only by "**enchanting this serpent**", that is, by awakening or raising Kundalini, will we be able to win our eternal battle, or arm wrestling, within. Kundalini awakening is the supreme key to enlightenment. Only by awakening this strength can the soul return to its native land: the Spirit.

Kundalini is mystically described in the Bible as follows: "Moses then made a copper serpent and placed it on the shaft; when a serpent had bitten someone, if he looked at the copper serpent, he remained alive" (Numbers 21:9). He "remained alive" in the same way that the prodigal son returned to life when he went to his father, who said: "For this son of mine was dead and has come back to life" (Luke 15:24). The mighty Kundalini is the true river of baptism, which leads us to an experience in which we truly feel reborn in the Spirit: "Verily, verily I tell you, unless one is born again from above, he cannot see the kingdom of God." (John 3,3).

In the Hindu scriptures, we find the teaching of Kundalini, for example, in the famous Hatha Yoga Pradipika, a text on Hatha Yoga dating back to the fifteenth century: "When the sleeping Kundalini awakens thanks to a guru, then all the lotuses (chakras) and the knots are pierced".

Kundalini awakening is a sacred topic and is not intended for everyone. In truth, it concerns only those spiritual seekers who devote their entire life to spiritual growth. The necessary techniques and blessings are passed on from a true guru to those who follow him wholeheartedly.

The awakening of Kundalini **requires wisdom and also a heroic spirit**, because it leads us to a revolutionary inner experience:

"I am not a person,
I have no form,
I have no name,
I have no age,
I have no sex".

Kundalini, in other words, radically transforms the perception of who we are and the world we live in, which suddenly appears to us as nothing more than a dream. Few people are ready to lose consciousness of matter in such a drastic way.

Kundalini awakening has many other effects as well

Usually the chakras, or lotuses, have petals, or electric rays, pointing downwards, while they perform the various functions of the body. With the awakening of Kundalini, all the petals turn upward simultaneously. The chakras, then, are completely open and express our divinity. A chakra, in fact, is not truly awakened or opened until Kundalini has passed through it with all its strength.

Kundalini "burns" all the vritti (the vortexes of karmic energy) in the chakras and all the samskaras (the tendencies that dwell in the spine and brain). It is the greatest purifier.

Kundalini completely disconnects our consciousness from the five senses and from the body bringing us directly into the realm of the Spirit.

Kundalini transforms the brain into a divine radio, capable of attuning to the sermons of the angels and divine forces and of picking up the cosmic vibratory voice of God.

Kundalini stores energy in the brain, allowing the ego to establish celestial connections.

Kundalini develops inner yogic powers. Traditionally, these powers are eight (we will explore them in the next few pages).

Above all, Kundalini awakening is an experience of overwhelming bliss.

The Autobiography of a Yogi tells the story of a humble postman, Brinda Bhagat, who experienced this blissful awakening while practicing Kriya Yoga. "Gurudeva," he said in alarm when asked if he wanted the higher initiations, "*Enough initiations, please! How can I assimilate higher teachings? I came today to ask for your blessings as the first divine Kriya filled me with such intoxication that I cannot deliver the letters!*" Lahiri Mahasaya, his guru, commented: "**Brinda is already swimming in the sea of the Spirit .**"

The powers that develop in the chakras

The ancient scriptures explain that the yogi, by awakening the chakras thanks to the awakening of Kundalini, develops eight specific powers. These yogic powers are called aisharyya or siddhis. Sri Yukteswar (Yogananda's guru) explained them this way in his book Sacred Science (original 1920 edition):

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1. *SOUL: the power to shrink one's body or anything else at will, even down to the size of the atom (anu).*
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2. *MAHIMA: the power to make one's body or anything else mahat, that is, as great as one wishes.*
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3. *LAGHIMA: the power to make your body or anything else laghu, that is, as light as you wish.*
-
4. *GARIMA: the power to make one's body or anything else guru, that is, as heavy as one wishes.*
-
5. *PRAPTI: the power to get whatever you want (apti).*
-
6. *BASITWA: the power to bring everything under one's control (basha).*
-
7. *PRAKAMYA: the power to satisfy every desire, kama, with an irresistible willpower.*
-
8. *ISHITWA: the power to become isha, Lord of all things.*
-

Yogis, however, are **warned against desiring these powers** or considering them important, as they often become a trap. Should they occur spontaneously, they should not be used, unless the yogi feels divine guidance to do so. Countless yogis have fallen in love with these siddhis, which represent just another deception of maya, illusion.

The term Kundalini is a Sanskrit word born from Hindu mythology, deriving from Kundala which has the meaning of "**twisted**", "**wrapped**".

In the Hindu religion, Kundala was a goddess with the appearance of a sleeping snake, coiled at the base of the spine with great feminine connotations. It was ready to awaken "vital energy" by passing on the energy points of the body called chakras, charging them with strength and capacity for transformation.

Kundalini is given the meaning of **profound power**, a latent power waiting to be released by manifesting its great truth and releasing power and bliss in the body.

***Energy is always moving outward or inward.
It can never stand still.***

So, everything is moving somehow.

Osho Rajnessh

All meditations are for the **benefit of the body and mind**, the harmony between the two parts is a fundamental thing for the well-being of the person. In particular, Kundalini meditation is a technique that focuses mainly on making body and mind aware of the presence of seven energy points, positioned in specific points of the body, called Chakras, hence the name Kundalini chakras.

When the body acquires this type of awareness, it is ready to receive and allow the propagation of vital energy through energy channels.

To help awaken the Kundalini on the body, **sounds or vocalizations** called mantras are used, which are repeated for the entire duration of the meditation.

These vocalizations **create vibrations** that, thanks to the ribcage, expand throughout the body, helping the reactivation of the energy channels, making the energy flow again.

Kundalini meditation is closely related to sexuality, it is in fact also called "Kundalini awakening". Once activated, the energy points are

channeled into the primordial energy of the person, creating vigor, sexual power and spiritual energy.

Don't

The contraindications of Kundalini meditation

"Do it yourself" is not a good approach, as many people enjoy trying this type of meditation on their own, then find themselves having to manage something too big. Something never experienced before, a flow of energy that if not managed correctly can lead to disturbance and anguish, thus having the opposite effect of what this meditation should be.

Kundalini also brings **inner peace and deep well-being between body and mind** by reducing stress, but the main purpose is to reactivate the body's energy, allow and restore the flow of energy and reactivate weak chakras. It

- reactivates and increases sexual pleasure;
- increases the flow of energy by strengthening the chakras;
- increases awareness;
- increases bliss;
- favors the mystical communion between body and mind;
- awaken your being as you practice;
- increases the introspection of the spirit.

Activate Kundalini

In this meditation technique it is very important to be aware of the increase in spiritual energy that will be released in your body .

It is not a meditation with a purpose or a goal, meditation **only has a beginning, but not an end**, you may also decide to stop to analyze what is happening inside you and how it is changing you.

A person who begins the Kundalini awakening must understand that there is no goal, often in life you start a path with a specific goal while in this case **the goal does not exist** , you just need to know how to understand the transformation that occurs day after day.

The duration of the meditation depends only on yourself, it can last 5 minutes or 4 hours, **It must be a daily practice.** And remember that the mind must be free from future commitments in the following hours, so as not to have thoughts for the "after".

Kundalini meditation

Find a quiet place without noise;

Make yourself comfortable and close your eyes;

Focus your mind on your breath and heartbeat, trying to synchronize them; always choose the mantra based on the chakra in which you want to act, paying attention to your psychophysical state (this is the only feedback you have to understand the path you are following, at times you may feel more nervous and therefore a mantra too strong);

Think about the chakra you want to strengthen and focus on that area of the body;

Imagine a bubble of light energy that expands and strengthens more and more, trying to feel its power in your chakra;

Meditate for as long as you can by repeating the mantra;

*To close the meditation, **stop with the mantra 5 minutes before and calmly regain control of your body**, listening to the movement of the fingers, limbs, and finally open your eyes using slow movements for the next 2 minutes.*

CHAPTER 6 Transcendental Meditation: How to Practice It and What Are Its Benefits

Meditation has become increasingly popular in recent years and is practiced by a large number of people around the world.

The merit of this success is mainly due to its countless benefits.

To confirm that these advantages are real, science has investigated it. In fact, scientists have proven that meditating helps you to decrease stress, increase serenity and realign both body and mind.

Now there are no more doubts: **the benefits of meditation are real .**

As a meditation image you will surely have that of a seated person who keeps his eyes closed and recites a mantra.

However, you must know that this is not always the case, in fact you can also meditate while doing other activities, such as walking or even cleaning the house.

In this chapter I want to talk to you about a type of meditation that is practiced simply by **sitting and closing your eyes** : I am talking about transcendental meditation, a technique that has to do with the full use of our potential.

What is transcendental meditation?

Transcendental meditation is a meditative technique that allows you to develop and improve different potentials.

This type of meditation has nothing to do with either psychology or religion. It focuses solely on **brain waves** .

Several scientific studies have shown that each person uses very little the capacity of their brain, on average no more than 10%. A really limited use

that conditions our daily lives even if we don't realize it.

There are many people who believe that their potential is reduced and this is a serious mistake that you must not make.

Transcendental Meditation allows you to realize that there is no limit to your personal reservoir of creativity and intelligence.

The master who created and introduced this technique to the world, **Maharishi Mahesh Yogi**, says that transcendental meditation allows you to cancel the negative effects of electromagnetic fields.

The verb transcend means to surpass *a limit of reality*.

And this is what occurs during meditation: the mind calms down, surpasses the level of thoughts and experiences the infinite consciousness of the inner self.

This happens because during the practice our mind remains awake and manages to reach ever more subtle thoughts, up to what is the main source of our thinking.

This coincides with the state of rest, where there is no longer any trace of negative elements such as stress or depression.

The mind is in the best possible condition and the body benefits as well.

How to practice transcendental meditation

As I mentioned at the beginning, this type of technique requires **classical practice** . *Which involves the sitting position, with the back straight, the eyes closed and the recitation of a mantra.*



There are many mantras that you can use for your transcendental meditation, one of which is **the OM mantra** .

What you must do now is to set aside 15-20 minutes to start your meditation, making sure you find a quiet corner away from any distractions.

Now you are really ready to start your transcendental meditation and remember: *to get all the benefits of this practice, the secret is all in the consistency with which it is practiced!*

The benefits of transcendental meditation

Only if you maintain good consistency will you be able to experience the advantages of this technique first hand.

This meditation produces positive effects on both the physical and mental planes.

But what are the benefits of transcendental meditation? Let's see them together:

- Reduces anxiety and depression
- Helps develop greater resistance to stress
- Relieves headache and cholesterol
- Relieves asthma
- Improves our social relationships
- Develops our brain potential

As you can see, the benefits affect both mental health, allowing you to have more security in the relationships you have daily with other people, and in specific parts of the body, helping you to feel good.

I want to remind you once again of the enormous importance that **perseverance** has in meditation. You have to think of this technique not as an exercise to be performed but as a real lifestyle.

Only in this way will you be able to fully enjoy all the benefits.

The principle of TM is simple; **Being is bliss in its nature, it is infinite happiness**. The mind always goes in the direction of greater happiness, it is the experience of each one. - Maharishi Mahesh Yogi

Meditation has become an essential practice **for anyone** who wants to develop their wellness and health capital. Our inner life is full of small

pitfalls that we try to eliminate by any means: stress, anxiety, concentration problems, the list is long! It's hard to make everything disappear, it's true! The flow of thought is intrinsically connected to the functioning of the brain. Even during sleep, with dreams, thinking does not stop!

However, we can certainly manage to distance ourselves a little from certain events and factors, in order to **survive** them more easily.

Meditation can help us in this sense: the detachment it creates between us and the surrounding environment, paradoxically, manages to put us in communion with others, to make us understand that we are all part of one thing. And that it is useless to be in conflict with each other for trifles.

Of course, here we are at high levels, at the levels of those who have meditated for years, every month, every week and, sometimes, every day. We are talking about people who are able to truly make the void within themselves when they meditate: they only listen to their own breath, without controlling it, without forcing it in one direction or another. In this way it is possible to go deeper.

We are talking about people who have found peace: peace with themselves and peace with others. Said like this, it seems an unattainable thing: something that is good only for gurus, those with long hair, those with long beards, the object of admiration of all aspiring yogis. But in reality, meditation can work for each of us.

Anyone can get there; anyone with a bit of perseverance and application, of self-denial, with some renunciation, can succeed, passing from one step to another, up to Nirvana, perhaps, one day.

Many people are exposed to burnout, stress from too much work, too many commitments and responsibilities. Meditation appears, then, as a potential solution. Of the thousands of meditative practices that exist, transcendental meditation stands out from the others. There are now many books, for example: choosing between one method and the other can be difficult.

Sometimes criticized, sometimes praised, it has the merit of attracting interest. Focus on a particular meditation technique, try to find the one that best suits your case, your expectations, your potential. Certainly, you will not waste time, indeed, you could really earn some!

CHAPTER 7 The Magic of The Moon

The Moon is undoubtedly full of charm that leads us to observe and contemplate it.

When we turn to her, a **magical power is activated in us and a magnetic energy is created**, but the Moon also carries within itself a sacred power linked to life and cyclical, in fact it reflects sunlight, conveys it.

The work of the Sun on Nature continues at night: just think that in the nights of a full moon the fruits are loaded with water and in the new moon the roots take on vigor. Without the Moon the cycle of birth-growth-death could not be complete and it is thanks to this observation that it is also possible to understand the seasonal cycles and the importance of collaboration in Nature between all that exists. Every aspect is like a gear without which everything would stop.

The lunar cycles also help to perceive what happens in us, on the physical, emotional and spiritual levels as based on the moon phase it is possible to perceive different sensations and states. It is important to observe these aspects to better understand each other and understand what our link with the Moon is.

For some of us, **connecting with the Moon** means coming into contact with ancient memories, retracing the steps of our ancestors or our previous lives in which we raised our eyes to the sky and observed the Moon.

The Moon also represents a mother, able to give us her messages when we need them, she knows how to communicate with us on emotional and spiritual levels and when you connect with her, even just by looking at her, over time it becomes extremely natural and necessary to celebrate her, or perform actions based on the moon phase, such as in the full moon we are more inclined to go out, to donate the abundant energy inside us, perhaps to charge an object of power.

HOW CAN THE MOON BE CELEBRATED?

Often the rites are spontaneous, sometimes they arise without being programmed but **simply following a need that comes from within**. The study of rituals and practices is especially important at the beginning of the path, to have the bases on which to build your own rituals, for example the properties of some herbs to use or the most useful activities in each phase, but over

time this knowledge is rooted in us and we no longer need to consult books because the practice becomes spontaneous, so spontaneous that it can happen in front of the altar in a completely unusual phase! It is important to respect these references, because they often hide the need to observe some dynamics that occur in us and to which Mother Moon invites us to pay attention. When a relationship is established with her, it becomes **a daily connection** that is perceived in every moment of the day by a Witch because her life becomes full of moments of inspiration and spontaneous gestures that are charged with the sacred.

The Moon inevitably leads us to feel, that is, to connect with that part of us called intuition and to act accordingly by choosing our tools such as herbs, candles, cauldron, water, the use of dance, of voice and silence. During the lunar rites the ancestors are always welcome as well as our guide animals and the spirits of nature to whom special offers are reserved, as they are our travel companions, always present.

The Moon has always been associated with women and the first lunar cults celebrated the mystery of life that was born from the round shapes of a woman. And so **the full moon was associated with life**, and its cycle so similar both in duration and in manifestation to that of a woman became another element that united the woman to the Moon. At a certain point in our history these cults were replaced / flanked first by the cult of the Earth and then definitively relegated to marginal cults, by Indo-European cultures whose divinities were male and devoted mainly to the Sun, linked to the masculine (not to the man, but to the masculine!) and not to the feminine.

We now well know that **everything in Nature exists in its dual form of union of opposites**, which makes each being complete and unique. In this sense, we human beings, as part of Nature, also have these two essences that highlight a masculine and a feminine more or less developed, depending on many factors, therefore the connection with the Moon, and with its more feminine aspect linked to the intuition occurs when anyone manages to get in touch with their feminine side. It is therefore not a question of man or woman, but of masculine and feminine. There may be women in whom the masculine is very pronounced who have difficulty connecting with the Moon and vice versa.

It must be said that **many men are deeply integrated in the mind and rational**, and have more difficulty than a woman to enter the world of emotions, but this depends on the cultural conditioning that can be overcome also thanks to the help of women as they have always been holders of the lunar cult and can also awaken ancient memories in man, when life on Earth was regulated by the alternation of light / dark of the Moon: hunting and moving, for example, took place with the full Moon while in more recent time the warriors used the darkness of the new moon to avoid being discovered.

Working in harmony with the MOON CYCLE is a powerful tool for us women as

the Moon Cycle reflects our SACRED CYCLE.

What is a new moon ritual?

A ritual is simply **a special ceremony** that is created for oneself or for others. It is a way to create a space for you, to stop and give you the attention and care you need so much.

You get to disconnect from the outside world and become one with yourself and nature.

Don't let the ritual word discourage you. It's another word for "routine," but it creates a sense of magic and power, infused with spirit.

The Moon is attractive, mysterious and magical. It is pure energy that helps us to know ourselves deeply and that if addressed with positive intention helps to create the life we want.

For about 20 years I have been using the moon phases to discover myself, amaze myself and observe myself, but also to attract what I want, need and dream, and remove what annoys, irritates and disappoints me.

There are those who believe in it and those who do not. It matters little! What matters is what you believe. Because if you believe it, everything is true and can become reality.

Having said that, I follow the phases of the moon and depending on the phase, I eliminate what I do not want from my life or "I grow" the desires that create my ideal life.

Moon phases: eliminating and planning

Following the phases of the moon helps to let go, detoxify, relieve yourself, during the waning moon, of what you no longer need. Welcome and design the new in an increasing phase. It is enough to formulate a positive intention, thinking that the moon amplifies it and helps you to realize it with its energy.

The moon with its phases helps you to **distinguish what you want** to strengthen in you, from what you want to eliminate, recognizing it at the level of thought.

Your every thought, belief, emotion, brings you precise results!

If you continually think that you are missing something, the chances of realizing what you think about increase and therefore you will live in lack, while positive and loving thoughts attract love and positivity into your life.

Remember that you attract what you think, of which you are convinced and "feel" as true. Positivity attracts positivity just as negativity attracts negativity.

The moon: a celestial body full of energy

The moon is endowed with **a profound energizing power**. Not only does it affect gravity and, consequently, the tides, but it seems to be able to influence human well-being as well. You may have already noticed, for example, that you don't sleep very well when there is a full moon.

According to some yoga styles, **in very specific points of the human body there are energy centers** (in addition to the chakras) that respond to the lunar energy: they are the so-called ***lunar points***, which are activated during the various phases of the lunar cycle. ***Women have eleven of these points***. One of them is located between the eyebrows. When the moon's energy is concentrated there, they are often in an imaginative phase, get creative and make plans.

Lunar energy changes every 2.5 days, completing a 28-day cycle that begins and ends with the new moon. Just as lunar energy varies according to the phase of the moon's cycle, our emotions and worldview can also change with the phases of the moon. With a single lunar point located on the chin, men have far fewer of these energy centers than women. The moon symbolizes the feminine strength and represents the opposite pole with respect to the masculine energy of the sun.

The greeting to the moon in yoga:

The roots of the moon salutation lie in Hatha Yoga. This sequence consists of 17 slow Asanas, which, performed to the rhythm of breathing, create an energizing flow for the body. The circular movements of the arms mimic the individual phases of the lunar cycle, which begins with the new moon, continues with the waxing moon and flows into the full moon, when the moon can be admired in all its beauty. After that, the moon enters the waning phase, until a new cycle begins.

If the **cold energy** of the moon balances the sun, the "Chandra Namaskar" moon salutation - which means "saluting the moon" - is considered the opposite of the sun salutation.

While the greeting to the sun welcomes **a new day** and the warm, invigorating energy of the sun, which flows outward (Yang), with the greeting to the moon we embrace the introspective, calming and energizing force of the moon (Yin). Thanks to its refreshing action, this sequence is ideal to do in the summer.

Here's how to practice the moon salutation

The greeting to the moon is divided into 17 positions that give life to a soothing and regenerating flow.

The moon salutation is equally **suitable for beginners and experts**. Depending on the style, it can be interpreted and performed in various ways.

While not as well-known as the world-famous sun salutation, this sequence (in Sanskrit Chandra Namaskara) is extremely beneficial and can be practiced by anyone.

In many respects it is very similar to the sun salutation, but the positions that compose it are different.

First of all, we must remember that the moon has a great influence on numerous natural phenomena such as the behavior of animals (including ourselves), the growth of plants, the tides and therefore also on our energy.

According to yoga, one should be aware of all this and adapt one's practice to the various phases of the moon.

According to Hatha Yoga for example, the style that most refers to tradition, the whole practice of yoga aims to rebalance the two energy channels, the solar one (Pingala) and the lunar one (Ida). It is precisely this balance that allows the experience of union and bliss.

According to Ashtanga Yoga, however, it is advisable not to practice when the moon is full or when it is new. In fact, during these days, the body's energy is not normal and therefore you risk getting hurt. If the moon is full, you feel more energetic and risk exceeding your limits excessively. On the other hand, if it is new, you feel weaker than usual.

If you really can't do without it, as often happens to me, you can very well adapt the practice to how you feel by practicing more gently

In other styles, however, we take advantage of the full moon to do more meditative practices because these days it is easier to dissolve energy blocks.

The balance of opposites: when to salute the moon

One of the many purposes of yoga is to **rebalance our lives**. Effort and relaxation, contraction and expansion, inhale and exhale are just some aspects of yoga that highlight how the practice of yoga is based on the balance of opposites.

And the moon salutation can be considered as the opposite of the sun salutation.

In fact, the sun salutation is associated with **heat, activity, light**, and for this reason it is advisable to do it in the morning, at the beginning of the practice or in any case whenever you need to raise your energy.

The greeting to the moon, on the other hand, is associated with **cold, inactivity and darkness** and it is recommended to practice it at the end of the day, at the end of practice, or in any case whenever you need to lower your energy.

The positions of this sequence are in fact calming and relaxing for both the body and the mind and prepare the body for a night's rest.

Just like the sun salutation, the moon salutation also has **numerous beneficial effects**. Let's see what they are:

- As already mentioned, it is excellent for rebalancing and lowering the body's energy;
- It is excellent for calming the mind and reducing stress;
- Strengthens the abdominals;
- Very useful for women because it regulates the hormonal system;
- Rebalances the internal organs;
- Improves blood circulation;
- Reduces back pain;

You should also know that in any living being, regardless of sex, both the male and female aspects are present at the same time and the latter is connected to the moon.

Sometimes we tend to think that, precisely for this connection, the greeting to the moon was designed especially for women.

But is not so.

It is for all those who want to **improve some very important skills in our life**, such as letting go, creative skills, acceptance or intuition. All these are found innate in man, but very often we neglect and forget them.

The greeting to the moon works precisely by **awakening the feminine part** that is in us and bringing out these subtle qualities.

This sequence is so well known and beneficial that various versions have been devised over the years. Some slightly more demanding, others less.

It includes twelve positions that are performed one after the other at the rhythm of one's breath such as the sun salutation.

My advice is to first practice one position at a time and then practice the complete sequence.

1. Posture of the greeting (Namaskara Mudra)



Sit on the ground extending your legs and placing your hands straight in front of you. Sometimes keeping your back straight without the help of your hands can be difficult in this asana. Therefore, if putting your hands on your chest is too demanding or you are unable to maintain the natural curve of the back, I recommend that you perform Dandasana, which is slightly easier. It is better to perform a simpler position with an upright back than to perform the more difficult version with a bent back. Start in this position and stay there for a few breaths trying to make them deep, calm and regular.

2. Position of the open half-moon (Ardha Chandra Purvottanasana)



Breathing in, bring your hands up and have your gaze follow your hands. If you can, bring your hands slightly behind the line of the shoulders, otherwise they are also fine straight above the head.

Here, too, be careful to keep your back straight because you tend to lose the natural curve and back pain could arise.

3. Position of the closed half-moon (Ardha Chandra Pashimottanasana)



Pashimottanasana open half-moon variant. Exhale, bend forward and bring your hands to your knees. The position is practically the same except that the hands are on the knees instead of reaching the feet.

Remember that the bending must take place at the level of the pelvis and not at the hips. The final version would be with the forehead resting on the knees, but it's not easy. So, try to get where you can without forcing too much.

It is not as important to make the perfect finishing position as it is to reach your limit. Each of us has a different range of muscle stretching and you have to work gently to increase it, otherwise you will hyperextend your muscles and get hurt.

4. Position of the boat (Paripurna Navasana)



Inhale, raise your torso, bring it slightly behind your pelvis and lift your legs as well. At this point you will find yourself doing the position of the boat.

Complete Navasana, with the legs extended, is a rather demanding position for both the abdominals and the spine, so I recommend to those who have not practiced for a long time to do a simplified variant of Ardha Navasana (the version of the half boat that you find in the image), which consists in keeping the legs bent and parallel to the floor.

If this is too demanding, you can initially help yourself by placing your hands on the ground behind your pelvis.

5. Pillar position (Stambasana)



Pillar Position. As you exhale, unroll your spine while keeping your legs straight (or straightening them if you did the simplified version of the previous position) and bring it to the floor. Bring your hands perpendicular to the floor like your legs.

Once you have both legs and hands at the right angle, place them both parallel to the ground.

This position is called precisely the pillar because it is as if our limbs were four pillars that support something.

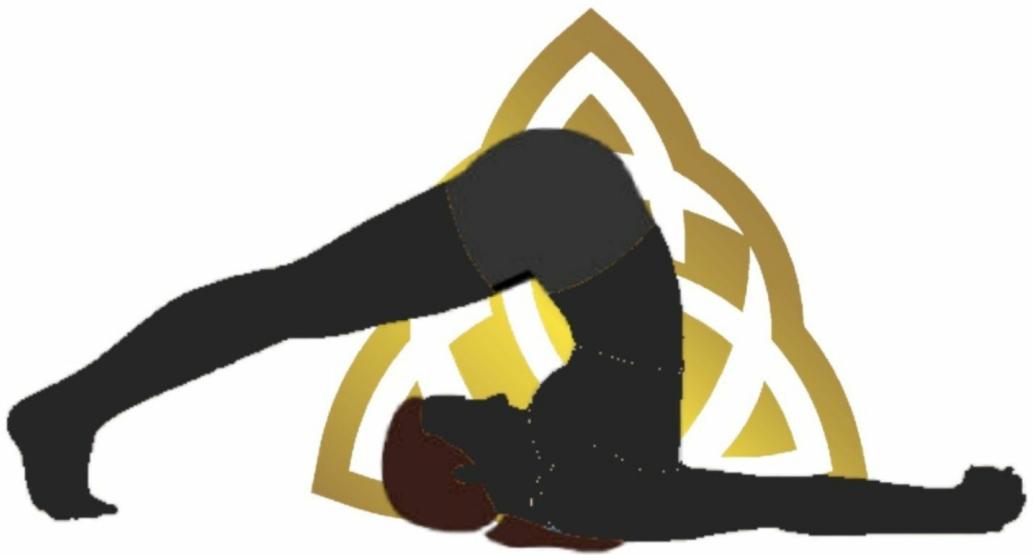
6. The position of the candle Sarvangasana



Breathing in, raise your pelvis and bring it over your shoulders making the candle. During the moon salutation this position should be done without supporting the back with the hands but, being quite demanding, I recommend that you help yourself with your hands the first few times you do it.

Once you are familiar with the position and the sequence, you can perform it even without the support of your hands.

7. The position of the plow (Halasana)



Exhaling, bring your legs back and perform the plow position.

The pelvis is above the shoulders, the legs are active and the feet rest on the mat.

8. The position of the knees to the ears (Karnapidasana)



While inhaling, stay in the position and exhaling, bring the knees towards the ears.

The first few times you do this and the 2 previous positions (Halasana and Sarvangasana) it can be quite challenging for the cervical area.

I therefore recommend that you practice them separately with a pillow that supports the shoulders as shown in Halasana. This little trick is useful to reduce the work done by the neck and the entire cervical area. The position is thus much less demanding and can also be maintained for longer.

At this point you need to perform some of the positions just carried out and then return to the starting position.

9. Inhale, return to the position of the boat



10. Breathing out, return to the closed half-moon position



11. Breathing in, in the open half-moon position



12. The Moon Salutation Posture (Chandranamaskara Mudra)



And finally exhaling, this sequence is concluded by doing the position chandranamaskara mudradi, salutation to the moon.

This is assumed by keeping the back straight, the soles of the feet join in front of the pelvis (as in Buddha Konasana) and the palms of the hands also join together in front of the chest.

Tips for better execution

To improve the practice of Chandra Namaskara, try to do the sequence consistently and keep the following tips in mind:

Just like the sun salutation, even when you say hello to the moon you have to coordinate your movements with your breathing. Each breath corresponds to a movement.

Doing this is not easy at first and you will feel like you're out of breath, especially if you've only recently started doing yoga.

Try to do this by focusing on your breathing, letting your breath guide you and not the other way around.

As you perform the sequence, try to keep in mind that **the purpose of this sequence is relaxation.** Then do it calmly, with a fluid movement and prevent the energy from rising as happens when you perform the sun salutation.

If you see that your energy is rising, you can also stay in the positions for longer trying to slow down, calm and deepen your **breath**.

One way to improve the overall execution of the whole sequence is to initially **do one position at a time**, staying there for a while and then practice the complete moon salutation.

FULL MOON CEREMONIES AND RITUALS

I have been living and dancing with the lunar cycles for many years now. Following these rhythms, life becomes fluid and soft. I don't push or pull myself at a speed that doesn't make me feel good. I honor my cyclic body and tune into the energy of the moon, and use both to guide me on my Journey.

When the time is right, I accelerate and do more.

Other times, I give myself permission to slow down, go slow, and reflect.

This is the meaning of LUNAR TIME.

Living in the **flow with the MOON** can be very powerful because we women and the moon are inextricably linked.

Women have been looking to the sky since the beginning of time to tune into their natural cycle.

The four main phases of the moon are:

- New moon
- Crescent moon
- Full moon
- Falling moon

Each phase represents a different archetype and a different phase of our menstrual cycle. And each stage brings its own unique energy and power.

The two most powerful phases of the lunar cycle are the new moon and the full moon.

If you've never worked with the moon before, **A FULL MOON RITUAL** is the perfect way to start receiving its overflowing silver energy and immerse yourself in its magic.

What is a full moon ritual?

A full moon ritual is a ceremony or celebration in honor of the moon. It can be as simple or as complex as you like.

The ritual allows you to connect with the energy of the moon and use its power to let go of anything that is not working in your life and welcome more of what you want.

There are four main elements that are fundamental to any

spiritual practice, such as a full moon ritual.

These are:

- **Willpower**
- **Intention**
- **Symbolism**
- **Ritual**

When these are combined, they have the power to create an intense and transformative impact on your unconscious mind. This is the key if we are to generate true change in our lives and experience growth.

What does the full moon symbolize?

The full moon is a time of completion, celebration and expansion. The Full Moon ILLUMINATES the shadows, FEEDS, EXPANDS the MAGIC.

Having increased during the growing phase, the creative energy is also at its peak. The full moon is harvest time, a time to reap what you sowed at the beginning of the cycle.

Basically, a full moon is full of **LIFE and NUTRITION, like a MOTHER.**

It asks us to meet and face everything that lurks in the darkness within us and within the collective consciousness.

Can the full moon affect behavior?

Yes, the moon definitely influences our behavior during its cycle. This is especially true for us women, as we follow the same cycle.

The Moon **illuminates** us with its silver light and asks us to do the inner work, which many ignore.

The full moon is a window into **Energy**. It increases your sensitivity, which can mean that you are feeling more emotional than usual. Many people have difficulty sleeping and have more intense dreams on full moon nights.

Ignoring what presents itself in you is a mistake. Bringing **awareness** to what is arising and learning to let it **FLOW** without mental judgment has the power to create profound transformations both within and without.

What are the benefits of creating a full moon ritual?

The cycle of the moon reflects the **menstrual cycle**, the **four seasons** of the year and the **four female** archetypes (*girl, mother, wild and wise woman*).

There is a reason why so many of us feel overwhelmed, burned out and disconnected from our bodies. Our world today is patriarchal, male-oriented, it does not honor women. We live within an artificial construct of weekdays, weekends, calendar months, and years.

Before this system was invented, every human being followed *the natural cycle of the moon*. Each year it had 13 moons instead of 12 months. Women rested during their bloody days and focused their attention inward. We weren't walking against the natural rhythm like we do today.

Living in sync with the lunar cycle is a powerful way to **live in flux and harmony** with our cyclic nature and mother earth nature.

Moon rituals are very much in vogue lately, along with ritual items like crystals, candles, and incense. **BUT A FULL MOON RITUAL IS MUCH MORE THAN THIS.**

- It is a way to tap into and generate changes in the subconscious mind.
- It is a way to open the door to your soul and the Divine.
- And it is a way to access your true potential and create a profound transformation in all realms of your being.

This is the power women can access and embody when working with the moon.

But you don't have to do it! If it doesn't feel right for you, respect yourself. Though, since you're here reading this, you might want to try creating a full moon ritual at least once before deciding it's not for you.

A full moon ritual can be **incredibly simple**. Yours could consist of a lit candle.

The most powerful full moon rituals are those that are **imagined and created by your intuition**.

Don't worry if you are not yet in tune with your intuition because working with the energy of the moon is one of the best ways to strengthen it.

If you don't know where to start, I've created **a list of ideas** for you to help you find your own magical full moon ritual.

Keep in mind that the best time to open a full moon ritual is the night of its astronomical climax. But, in general, you can also hold it up to two days before and two days after.

1. Make it authentic to you!

For a ritual to work, it must be meaningful and aligned with you.

Some women love to sing or dance naked in the moonlight. Others love meditation and a journal. Some women like to take part in a moon circle with other women and others prefer to create a ceremony on their own.

It doesn't matter what you choose to do. What matters is that it is an extension of you, your heart and your soul. Because this will create a high vibration that will resonate with you on a deep level.

So, forget what the others are doing. Be authentic.

2. Find your tools

Here are some things you might want to create your full moon ritual with:

- *candles*
- *crystals*
- *essential oils*
- *incense*
- *sage / holy pole*
- *a diffuser*
- *deck of oracular / tarot cards*
- *diary and pen*
- *a nutritious drink*
- *music*
- *a fresh plant or flowers in a vase*
- *a yoga mat / comfortable pillow*
- *a nice scarf or piece of cloth (to create the base of your altar)*
- *a transparent pashmina (or magic cape) with which to cover yourself and enter inside yourself*

Again, **it's entirely up to you.** Pick a couple of things you're drawn to and see if they work for you. If not, try something else.

Continue adding or removing items as you see fit. This will likely vary with each ritual you create, depending on how you feel and the sensation you want to evoke.

There is no need to spend a lot of money on "ritual" tools and items. **You can create a powerful full moon ritual by lighting a single candle.** Forget what you saw on social media or online or how you think it should be. There are no dos or don'ts here.

I advise you to work with what you have to begin with. So, if you feel called to add another item or two, do it. But **build your moon tools gradually.** Charge every object you carry into your sacred space with an intention.

A note about crystals: the full moon is the best time to recharge your crystals. Just wash them under

running water, then place them in a bowl somewhere outside at night where they will receive the moonlight. This will purify them and strengthen their energy.

3. Create a sacred space for your full moon ritual

Creating a sacred space or altar is **vital to any ritual**. This signals to your unconscious that space is sacred and important, distinguishing ritual from normal daily activities.

Choose a place in your home where you can sit comfortably (on a yoga mat or sofa), quietly and not be disturbed.

Use the tools you have collected to set up an altar somewhere in the room. This could be on a window sill, a fireplace, a balcony, wherever you can find some space.

Once you're done, you may want to clean and purify the space around you. You can do it with:

- *white sage*
- *clapping of hands*
- *using an essential oil diffuser*
- *creating a white circle around you*
- *and voila: you just created a sacred space!*

4. Meditate

I like to put on **a mantra**, get comfortable, close my eyes, breathe deeply, cross my legs and sit quietly for five to ten minutes. I do this to ground myself, physically and mentally, in space. And also, to start connecting to myself and my inner wisdom.

5. Gratitude

The full moon is a wonderful time to **give thanks**. It is up to you how deep you want to go. You could simply list three things you are grateful for. Or you may be thinking about what you are especially grateful for in the last two weeks of this lunar cycle. Alternatively, you may feel called to express gratitude for the last few moons, the year, or beyond.

You may also want to break this down and think about what you are **grateful** for in different areas of your life: your home, health, wealth, work, and relationships.

6. Write in your Journal and set your full moon intentions

Traditionally, the new moon is the time to establish new **intentions** and plant new seeds. However, on a full moon we can bring out intentions of a different nature. Full moon intentions are more focused on releasing and evoking **a new vibration**. Keeping a journal is a wonderful way to make sense of what is being shown to you right now and to choose your intentions.

Grab a pen and notebook or piece of paper and write freely. Let whatever come out of you. Resist the

urge to censor yourself.

Here are some questions you might use for your journal as well:

What can I let go of?

What can I light up?

Are there shadows that need to come into the light?

Which archetype / Goddess would I like to embody the energy of?

What am I celebrating with this moon?

Avoid judging or over-analyzing everything that comes up. **Let it be.**

7. Full Moon Statements

The full moon is a great time to create an **empowering or healing affirmation** that aligns with the vibration you wish to invoke.

I love to start my affirmations with "I" and write them as if they are already in motion.

I am a strong, wise and courageous woman.

I open up to connect with kind and loving people.

I love and respect my body.

Once you have your statement, write it down. Then, repeat it out loud **three times**.

If the moon is in sight, you can admire it while doing so. Better yet, get out there and bask in its light.

8. Ritual moon bath

Bathing in the moon simply means **exposing yourself to the light of the moon and experiencing the freshness of the lunar energy**. It helps you to **communicate with nature**. In a way, the mystical moonshine enhances the tone and beauty of the body's skin.

Many women choose to venture outdoors, dive into the ocean or a lake, and bask in the moonlight. The moon rules the tides, so being in the water helps us connect with its energy.

Traditionally, women do it naked or wearing minimal clothing to maximize the effects of the moon's rays. But this isn't always practical, especially if you don't live near the water or don't have a private garden, or have neighbors living nearby!

You can find an indoor room where you can see the moon from the window. Lie down and drink your drink in the moonlight. As the light floods you, allow it to **heal and nourish you**. Imagine every inch of your being absorbing this new illuminating light. Feel awakened and relieved. Your statements amplified. If you can, spend at least 20 minutes in the moonlight.

9. Take a real ritual bath

In the bath, add salts, essential oils, flowers or make your own bath herb mix. Light a candle, play some soothing music, add a crystal to the water and pour yourself some herbal tea.

10. Close your full moon ritual

Quitting any ritual is important, otherwise your mind gets confused. It will not be able to distinguish between ritual and everyday life. Choose a way to close it that feels right to you right now.

For example:

- Ring a Tibetan or crystal bell
- Meditate again and note any changes within
- Offer up a short prayer
- Put your palms together and say a sentence (for example, as above so below, as in so out)
- Chant or say a mantra
- Dance to the moon
- Do three rounds of Greetings to the Moon

Once the ceremony is over, be sure to **drink some water**. Be open to any other inner guidance you receive and act accordingly. Observe the effects of the ritual on the following days.

Remember: there is no right or wrong way to create a full moon ritual. Trust yourself, follow your intuition and be open to doing magic.

Examples of Full Moon Rituals (to inspire yours)

If you are starting to work with the MOON, creating your own ritual may not be easy. That's why I want to share some of my ideas below, to get you started. Choose the one you feel most attracted to and start there. Intertwine it with your ideas and emotions. Have a good time.

SILVER STATEMENTS

You will need:

- A candle
- A lighter
- Access to the outside

Start by creating an empowering affirmation for yourself (see above for ideas on how to create one). Once you have chosen your affirmation, you are ready. On a full moon night, gather your tools, go out and find a comfortable place to **sit**. Light your candle to open the ritual. **Repeat** your affirmation of power to yourself (aloud or in your mind) ten times. **Watch** the moon as you do this and allow its light to amplify the energy of your words.

Spend as much time as you like here taking a moon bath. When you are ready to close the full moon ritual, **blow** out the candle.

LET IT GO

- A pen
- A small piece of paper
- A lighter
- A vase, a fireproof bowl or a cauldron

Prepare a sacred space for yourself where you prefer and open your ritual. Visualize the moonlight making a circle around you. **Choose** a feeling, memory or aspect of yourself that you want to release and write it on the piece of paper.

For example:

"I let this relationship go."

"I release my fear of venturing into the unknown."

"I let go of my judgment and self-criticism."

You may also want to **write** a letter to yourself or to someone else you want to let go (a former partner...).

At the **end**, fold the piece of paper and put it in the cauldron and **burn** it. See how it burns and turns to ash. Say **hello** to him/her. You can then go outside to scatter or bury the ash. When you are done, you put one hand on your heart and one on your lap and say: "It is done".

Remember to be completely safe when working with fire, especially indoors.

MAKE ART

You will need:

- A pen or pencil
- Colored pencils, pens, watercolors, acrylics or pastels
- A sheet of paper

All you need is a **quiet, safe space** where you can sit and draw for as long as you want. Set aside time for yourself and honor this time.

Once you've gathered your tools, freely **express** how you feel on paper. **Write** or draw what you are struggling with, what you want to release, what your greatest desire is. Don't worry about making it look like a masterpiece. **Let go.**

When you're **done**, give yourself some time to contemplate it. You may notice hidden words or symbols and meanings shining through that are all trying to tell you something. Place it on your altar until the next ritual.

Make a wish

You will need:

- A candle
- A pencil or pen
- A sheet of paper or your diary
- A lighter

The full moon has intense **energy**, which makes it a great time to **manifest** your most sincere wishes.

Light a candle and find a comfortable place to **sit**. Close your eyes and **lie down** for a few minutes. **Connect** to your breath. You can meditate if you want.

Think about whatever you want most right now. Bring it to your mind. **Visualize** your wish come true.

*How do you feel? What can you see, hear and smell? How does your body feel?
Who are you with?*

Write down your wish. Read it again to yourself. Imagine it already is.

Then, place your sheet of paper in the moonlight at night. It could be on a window sill, in the bowl of crystals you are purifying, or somewhere else.

The following night, burn your sheet of paper and release your desire to the Universe.

So be it, so be it, so it is.

Are you ready to create your own full moon ritual?

Lunar rituals **FEED** and **comfort**. ***They help us take care of ourselves.*** The lunar cycles help you to take care of yourself, to be fulfilled so that you can then give to others from an inner place of abundance. Create YOUR ritual. Gestures and words that make you feel good. Have a good time. Plays. Experiment. Practice magic.

CHAPTER 8 The Pink Moon

The term Pink Moon was attributed to the April full moon by the ancient American Indians and takes its name from a wild plant, Phlox, also known as pink moss.

The spring flowering of Phlox anticipates that of all other plants. For this reason, its manifestation announced the end of Winter to the ancient population and marked the beginning of the seasonal flowering cycles. The moment when Nature is reborn and Spring suddenly blossoms luxuriantly.

This time of **rapid transformation and regeneration** of the Earth coincided with the April full moon, which for this reason is considered sacred by Native Americans.

The Pink Moon is a spokesperson for impending prosperity and beauty, as well as a symbol of physical and spiritual rebirth.

Moon Water is a magical tool useful for many purposes

- We can use it to water our plants and herbs, to make them thrive.
- Mixing it with the water of a ritual bath helps to relax and purify the body and spirit.
- We can use it to enhance rituals and potions, purify tools or charge our crystals with energy.
- Adding it to tea and infusions will help clear the mind and increase our spiritual power.

How to prepare Moon Water

Water - Choose the water to use based on the use you decide to make of it.

Remember, always use potable water if you plan to drink it. Tap water will do just fine for any purpose, but you can also use rain or stream water if you wish.

Glass - You will need a clean container to fill with water. Glass, in addition to being the most ecological choice, will keep your Moon Water pure, which is why we recommend it. You can use a bottle, a jar or a bottle, the important thing is that you can seal it to keep the water pristine (especially if you want to swallow it).

Full Moon - Place your bottle under the moonlight all night if you can. Remember to remove the jar before sunrise and store it away from the sun's rays. You can put your Moon Water to charge on the windowsill, or wherever the moonlight can reach it.

It does not matter if the sky is clear or covered with clouds during the ritual, the energy of the full moon will still reach our Moon Water.

You can place - near or on top of your container - some rock crystal, selenite or rose quartz in order to amplify the flow of energy.

Or, you can add your intention to the ritual: write your intent on the jar and as you expose it to the moon repeat it aloud. This way your Moon Water will be charged with the energy you need.

The Full Moon is a phase full of energy, characterized by deep emotions and creative enthusiasm: it is the perfect time to give life to our personal rituals!

CHAPTER 9 The Energy of Fire: Joy and Healing

I am convinced that the evolution of man is closely connected to this wonderful natural element, fire. It seems that man began to have some control over fire a million years ago while its regular use dates back to 400,000 years ago. Fire was used to defend against ferocious animals, to warm up, cook food, becoming a focus for being together around it, dancing and telling stories. The inner healing and pacifying power of fire is enormous and often forgotten.

It is the only **natural element** that purifies without contaminating itself; according to the Chinese it is a vital source of Yang energy. If we think of the natural elements used to improve the home atmosphere such as air, water or salt, they become contaminated during the purification process and need to be renewed. Fire, on the other hand, always continues to purify itself. In the absence of the fireplace, a valid substitute is the candles that transfer yang energy into the rooms and are perfect if we want to create a special atmosphere.

Fire brings joy, purification and healing. Few people know that very distant populations in different parts of the globe have used fireworks - or walking on hot coals - in the context of emotional, physical and spiritual healing. The rites of passage now belong to the past and yet once upon a time, the girls of the Fiji Islands walked on fire during the rite of initiation into womanhood. The mystics of Hawaii, the kahunas, walked on fiery lava to affirm their attunement with the goddess of earth and fire. Tibetan monks walked, singing, on the bed of hot coals 108 times to deepen their power of prayer and concentration. In Bali, walkers on hot coals still perform in a ritual way today, on the occasion of parties and celebrations.

In the West, the ritual of walking on fire or coals, is used in courses and seminars to teach participants to overcome their fears. Only when we approach fire with the respect due to a master, bearer of inner healing, can we

intimately understand the real meaning of this ancient rite, that has little to do with Rambo-like manifestations of courage in overcoming one's own limits. On the contrary, only in the acceptance of our limits and fears, fire opens a door to our internal world and, regardless of the physical act of walking on coals, leads us to understand something very special: the possibility of following an evolutionary path, now forgotten, which the ancients knew deeply and used to celebrate the inner power of man and woman in connection with universal energies.

Letting go of the past: ritual with fire

A fire ceremony is a transformation ritual performed with the intention of releasing something that we no longer need. A way to release the past and negativity, old resentments, pain, grudges, regrets and focus on what is most significant for us and for our future.

The instruments:

- a sheet of white paper
- a pencil
- a candle, or a fireplace, if you have one.

1) Light the fire or candle

Take your time, clear your mind, take deep breaths. Seek the connection with yourself and with Mother Earth. In this rooting phase you can use the techniques that work best for you; incense, essential oils or crystals are valid allies.

2) Meditate and clarify

Think about all the limiting beliefs that you are holding onto and that you are ready to let go of.

What do you want to leave behind?

What are the intentions you wish to cultivate?

It is essential at this stage to be honest, open and true to ourselves. The clearer and more specific you are, the greater the power of the ritual. Once this is clear, write down what you are ready to let go on your piece of paper.

3) Burn and let go

Now that your intentions are defined, it is time to give them to the fire, as everything that is holding us back from renewal must be let go of. Burn the sheet of paper over the flame and let it burn in a suitable container or fireplace. Watch the paper burn and focus on what you are letting go of.

Now you are free from the burdens of the past and can go lightly wherever you want.

The ritual of fire is **an ancient cult** that has been observed not only in India, but also in many other pre-Christian civilizations: in the Roman Empire, among the Incas, the Japanese, the Sumerians, the Tibetans.

By coming into contact with fire as a purifying element, it begins to reveal its secrets.

Fire in India is considered a sacred substance, an element of union between the visible and invisible world, an energy of transformation of matter.

Fire is light and when light comes during meditation, it descends from above and ignites the Kundalini fire below. The substance that is released through this process reaches the body and invades it, the union of God-man, heaven-earth takes place. It is precisely here that we can understand the relationship between microcosm and macrocosm, in which all physical manifestations are seen as part of a continuous process of energy change. Fire becomes the instrument of an alchemical transmutation.

AGHNI (The fire)

The cult of fire is one of the dominant motifs in the **scriptures of the Vedas. The sacrifice** to fire is seen as a magical rite, during which

offerings are made to the Gods, heavenly controllers of the powerful forces of nature, to ensure the continuity of conditions favorable to mankind. The messenger between heaven and earth is Aghni, the fire, whose flames rise, as well as the aroma of burnt offerings, in the ascesis of oblation.

In addition to this, important functions are attributed to Aghni. He is inherent in every being, he is the priest of the Gods and the God of the priests. He is the honored guest in every home, who, with his own light, drives away the demons of darkness. Being born again with every stick of wood, he is perpetually young and therefore immortal.

The fire of the funeral pyre is then the altar of the dead, the last offering to Aghni.

Garhpatya is the name of the domestic fire, the sacrificial fire of the family, which is transmitted from father to son, thus forming a deep bond between each generation and establishing the relationship with the Divine. Keeping the Garhpatya constantly lit is the religious duty of every householder, since in the absence of this fire, the celebration of purifying rites is precluded, on occasions such as birth, marriage, death. Fire confers sacredness on the main events of human life.

THE DHUNI

The Dhuni is the pit where **the sacred fire is lit**, some Dhuni are perennial, that is, once lit, they are no longer extinguished.

The model of Dhuni that Babaji built in Hira Khan, (the one present in Cisternino) has eight sides and symbolizes the eight arms of the Divine Mother and also the heart chakra. By feeding the fire and meditating on it, we also feed our heart and burn all the impurities that cover the inner light.

Yaghyा or Havan is considered an effective means of communicating with divine energy and is celebrated for maintaining the balance between the elements of creation and for harmonizing all planes of existence.

An ancient Sanskrit prayer says:

OM

I offer to the spirit of fire

merits and faults.

To this fire I offer

my physical senses

and I use my emotions

as a vehicle of sacrifice.

Mantras recited during a fire ceremony create changes in the atmosphere, profoundly affecting the human psyche as well. The sounds of mantras contain the essence and spiritual power of the deities, since according to yogic science, the vibration of the sound of the various letters has an exact correspondence with the elements of the cosmos and the human body.

FIRE OFFERINGS

Various elements are offered to the fire, those that maintain our life, which is symbolically offered to God.

Rice, barley and sesame seeds are thus placed in the flames; the latter constitute the prayer to eliminate even the smallest karmic seeds from our mind. They are then offered: water, milk, yoghurt, sugar, melted butter, honey, fruit, dried fruit, certain leaves, incense, perfume and a coconut that symbolizes the abandonment of our ego.

As the officiants make offerings, they recite **the mantra Swaha** aloud, which means: **I offer.**

The Havan, or Yaghyā is a collective ritual, aimed at purifying all internal and external obstacles, which veil in us the light of knowledge,

represented by fire. The heat of the flames symbolizes the energy (the shakti) that we need to make the difficult path. The perfume that is released from the offerings is the aroma of the divine presence, the nectar of the Gods that must penetrate us to allow us to reach the Another Plane of Reality

CHAPTER 10 Candles in Magic, in the Occult and in Daily Life

the magical use of esoteric candles

The magical use of candles within Esoteric Art can be the prelude to **a complex and articulated ritual** - such as the ceremonial rites that involve the use of multiple altar tools and catalysts such as crystals - but it also represents the ability of the witch to conduct a ritual or spell with only the help of candles. In fact, the choice of using the magical power of esoteric candles in a wider and more ceremonial magical context or in an effective but less demanding way is purely personal.

To make a magic candle effective, it will first of all be necessary to carry out a loading process that allows this instrument to absorb the energy suitable for its purpose: this factor is undoubtedly fundamental in the deeper understanding of all magic. The magic of candles is delicate and powerful; ***therefore, it is imperative to understand that the simple act of lighting will not be enough to make a candle magical!*** From the shape to the length, from the color to its composition up to the dressing of a magical candle, there is a lot of information that we can extrapolate to best perform a magical spell!

Shape and size of magic candles

One of the first questions that arises when you want to start using magic candles is: **what shape and size should they be?** There are magic candles in all shapes, sizes and lengths but their choice is not always random! Most of the time, in fact, it is the so-called sympathetic magic - or imitative magic - that comes to meet us: it can be very useful, in many rituals and spells, to use the shape and size of the magic candles according to our intent. A very simple example would be to prefer a **heart-shaped candle for love spells**, as well as **a human-shaped candle when you want to**

work on yourself or another person - such as for **a ritual of protection**.

Composition and quality of esoteric candles

In the first place, among the information that every witch must absolutely take into account is the composition of the esoteric candles to be used in magic. This element, in fact, often tends to take a back seat, almost shunned in the priority scale. In reality, however, the quality of magic candles is of extreme importance and many times this choice can be particularly effective in the success of a spell or a magical ritual. Deciding to use a good magic candle over a poor candle is, first of all, a distinctive sign of devotion, love and respect towards the Gods, spirits and entities to which we appeal during our practice.

Paying attention to the use of special candles in dealing with the theme of magic, witchcraft and Wicca, is indispensable from many points of view such as the aforementioned respect for the deities, the positive outcome of a spell or ritual, but also the demonstration and personal satisfaction towards a spiritual path that deserves commitment and seriousness.

To better understand and recognize a good magic candle to use in your own ceremonies, here are some tips that everyone should learn to remember:

Of primary importance is the understanding of what material was used for the composition of the magic candle. The advice that every witch should always keep in mind is that the quality of a candle to be used in magic can be seen in the first place from the composition of its material: there are, in fact, many types of magical candles, such as the classic paraffin candles, the natural beeswax candles or vegetable wax candles.

Another focal point involving the use of the right candles is the observation of dyes. By this we mean the attention to the presence of color inside the candle. A good quality magic candle, you will notice, will always be colored both inside and outside: this, in fact, implies that the candle will have been kneaded and molded together with the dye rather than simply being coated with it at a later time. Although this may seem like a trivial

detail, the interior coloring is much more important than you think!

The last extremely important precaution to take into account is the scent of candles. In fact, magic candles tend to be scented only in specific cases in which this scent is consistent with the purpose of the ritual or spell to be practiced.

Types of magic candles

We are used to thinking of candles as a " **universal** " tool almost as if any candle can fit into esoteric practice. In reality, however, this is not the case at all! There are many different types of magical candles and each is used in different and very specific rituals and spells. It is good to specify that not all candles are magical: there are in fact decorative candles, scented and used exclusively for embellishment purposes and candles instead usable only and exclusively for esoteric practice. Confusing these two types of candles is an often-common mistake among newbies who - mistakenly - believe that any candle can be considered " **magical** ". *Magic candles have very specific parameters* to be respected in order to be considered as such, therefore it is necessary to remember that not all candles can be used during rituals.

Let's see together some types of magic candles:

Devotional candles. By devotional candles we mean those candles used as a form of offering for one's divinities or lit and used for their evocation, invocation or for the most disparate works connected to them.

Sabbath candles. These are candles created, consecrated and charged specifically to honor and celebrate the main Sabbaths.

Altar candles. For altar candles we generally refer to that type of magic candles useful above all for very long rituals - which therefore require a slower consumption of the wax. These candles are also particularly useful in those rituals and spells that require the engraving of symbols and seals directly on the reference candle.

Human shaped candles. Human-shaped candles are undoubtedly the most particular candles of the esoteric and ritual heritage since their use can

be extended to many different purposes. These magic candles, in fact, can be used in white magic rituals such as protection and abundance but also for couple rituals such as those related to favoring love.

Stylus candles. Stylus candles, that is those long and tapered magic candles, are the type of candle most used in magic and which can be used in a "freer" way by choosing mostly the most suitable color.

The above, of course, is only a small part of the many types of magical candles that can be used in spells and magical rituals. It is up to each witch to learn to recognize the type of candle to use in coherence and harmony with their intent.

How to dress up esoteric candles

A very important practice in witchcraft, in Wicca and in general in any magical practice is the so-called dressing of esoteric candles. Although it is common to use "raw" magic candles, a very effective method to amplify the power of your ritual or spell is to work the candles with specific oils and / or herbs. Wearing magical candles is just as important as loading and consecrating them, so it is recommended that you seriously consider learning how to do this whenever circumstances require.

But how to dress esoteric candles? Through the touch of our hands we can channel our energies and the power of our will directly into the candle - which is why it can be considered magical! - accompanying the sacred act of dressing using a specific magic oil or a mixture of herbs (or a single herb) suitable for our purpose.

We would like to give **a further suggestion** to our readers: if it is true that to dress candles the simple act of sprinkling them with oil or herbs (of course always accompanying the act with the visualization), it is also true that we can "seal" such dressing using the wax of another candle. To be absolutely taken into consideration is the imperative to always use virgin candles, that is new, never used for other purposes: also as regards the dressing of magic candles, it will always be necessary to use intact candle wax so that the oil or the herbs used remain well anchored to the candle they

belong to.

Duration of magic candles

Another question involving the magical use of esoteric candles is **their lifespan**. As we have mentioned in the previous chapters of this article, there are rituals that need more timing and spells - on the contrary - that we can consider faster. In the first case, in fact, when dealing with rituals that can even last days, it will be inevitable to choose candles created specifically for more lasting practices - such as the aforementioned cylinder candles.

On the other hand, when you decide to operate a ritual or a spell - or even a much simpler devotional operation - it will certainly be more appropriate to choose a stylus candle of the size that is considered most suitable. By the way, stylus candles are not all the same! There are, in fact, various measures relating to their length which, obviously, determines the duration of consumption.

In magic, every witch knows perfectly well that **every ritual or spell requires a virgin** - that is new - candle to be used whenever a new rite is to be celebrated; therefore, the choice of the magic candle of the right size is particularly useful for avoiding errors and waste.

Turning on and off the magic candles

If you believe that turning on and off a magic candle is simple and intuitive, you are very wrong! As we mentioned at the beginning, to start a ritual, a spell or a magical ceremony it is not enough simply to light a candle - as you would do with a centerpiece or a decorative candle - but it will be absolutely essential to pay attention to what we could define ritual lighting of the candles. Let's see the focal points together:

When we place ourselves in front of **our sacred altar**, in the imminent act of lighting, the first fundamental step to take will be the visualization. It is, in fact, very important because through the visualization of our intent, we

will program the candle towards its magical purpose.

Another very important step, after visualization, will be to channel one's energy inside the magic candles so that they respond to our will.

The magical use of esoteric candles, therefore, lives on the basis of essential rules and their switching on and off is certainly no exception! One of the most frequent mistakes in magic also concerns the extinguishing after the magical use of esoteric candles which - perhaps naively - neophytes often tend to extinguish by blowing on them.

Many schools of thought, in fact, argue that blowing candles when they are turned off is a highly disrespectful act towards the Fire Elementals and the entities connected to them. Blowing on magic candles, therefore, according to most pagan and neo-pagan cults would be a sacrilegious act to be absolutely avoided, preferring - on the contrary - different methods.

One of the **preferable methods in magic**, in fact, would be to let the magic candles completely consume - which is also why it is very important to choose the right size of the candles - so that they extinguish in a natural way; but this is not always possible, so how can it be done? There are various ways to extinguish the magic candles in the correct way, let's see them together:

Blow out the magic candles with your fingers. The most recommended and also the most common method is that which involves wetting the fingers (index and thumb) very well and extinguishing the candle flame manually. We would like to specify to pay great attention if you choose to use your fingers as a method of extinguishing the magic candles: getting burned could be an unpleasant inconvenience, therefore we recommend our readers the utmost caution. Alternatively - and equally effective - the following methods can also be.

Blow out the magic candles with the special tool. Those who can't (or can't feel like) extinguishing magic candles manually can take advantage of a tool called a candle snuffer. It is, in fact, a sort of brass or metal cap that is placed on the flame of the candle to favor its extinguishing.

Blow out the candles with the athame. A less used but equally effective method is the one that involves the use of the blade of the athame

(obviously from the flat side) to extinguish the magic candles: this is done by placing the blade on the flame until it is extinguished.

The magical use of esoteric candles opens up a boundless world where magic, intuition and creativity meet and mix in total harmony. The magical use of candles tells us about practices and details that perhaps not all newbies are aware of: details that can determine much more than you can even imagine! The magic of candles and their magical use is particular and demanding like any other esoteric and spiritual practice, therefore it is of primary importance to learn to understand their specific use so that each ritual and spell is not only an extension of the witch herself, but also a conscious and respectful act towards spirits and entities always present in front of our altar.

CHAPTER 11 Rituals of The Morning

In the morning it is a time of strong energy of the day. It is during the first moments of awakening that your mind is shifting from the unconscious stages of sleep to the most conscious state of reality.

During this transition, your mind and heart are open, alive and waiting to absorb the energy of the new day.

The wisdom of your soul is also more easily accessible and your creativity, problem solving and motivation are at the highest level.

This is why it is commonly believed that how you spend the first 30 minutes after waking up will determine the energy you move with for the rest of the day.

When you start the day with a power ritual it can help you:

- Maintain your energy vibration
- Feel more positive
- Feel more aligned with your purpose
- Feel motivated and inspired to create and do things
- Tune in to your intuition
- You are more productive

There are really no rules when it comes to creating the perfect morning ritual, here are some tips to get you started.

Morning ritual ingredients

Choose **at least 3** of the following options to create your ritual. Feel free to mix and match and shake things up as and when needed.

Gratitude

Take a moment to express gratitude for the day ahead. Thank and appreciate all the amazing opportunities the day offers you. You may also be grateful for your amazing body, the comfortable bed you slept in, and the beautiful dreams you had last night.

Forgive and release

Forgive and release yesterday. It is so important to see every day with fresh eyes and a fresh mind. Release and forgive any negative events or feelings. Remember that all is well and that today will be a new day.

Visualization

If there is an important event planned or something you feel nervous about, perhaps visualize the outcome you want in your mind and trust that you will be protected and supported by the Universe. You can even invite your spirit guides to be with you during this event.

Cleaning your Aura

As you shower, imagine that the water was washed off yesterday and the soap, cleansing and forgiving any harsh energy that may still be present. As the soap is washed off, imagine your body is clean in a beautiful white light.

Meditation / Creativity

Meditating in the morning has numerous benefits, but also deep breathing, travel journal and artwork. Spend time focusing on these activities for at least 10 minutes each morning. This little break from your day will help get your creative juices flowing and boost your vibes.

To feed

Starting the day with a nutritious meal is very important. Try to eat as healthy as possible for breakfast, as this helps kickstart your metabolism and can fuel your body for the rest of the day. Some good options include green tea, oatmeal, organic grains / granola, and green smoothies.

Affirmations

Find an affirmation of power or mantra that will support and guide you throughout the day. Recite it to yourself as you prepare for the day. Here are some great affirmations you can use that will help you align with your soul. Alternatively, a great mantra without fail is always "I love myself".

Exercise

Exercise is a great way to get your energy moving and flowing for the day. If getting up for a morning run or yoga isn't your style, just do a few light stretches and get the energy moving and flowing around your body. You could also put on some music and dance until morning.

Use these ingredients to create your ritual and if you can wait until you've done this exercise before looking at your smartphone, email or anything else.

CHAPTER 12 Eliminate Negative Energies at Home

How to cleanse the house of negative energies in 6 steps

1. Fumigation with Palo Santo sticks

They are well known and easy to find on the market. Palo Santo (*Bursera graveolens*, Burseraceae family), also known as "sacred wood", is a tree native to South America, whose purifying properties have been known since the shamanic tradition. The branches of this plant, however, must not be cut, but must have fallen spontaneously and left in their natural environment for at least eight or ten years.

The aroma of Palo Santo is very pleasant and induces meditation and relaxation. To perform this technique you need a white candle (or tealight), a Palo Santo stick, a lighter and a heat-resistant bowl (for example in terracotta). First of all, you need to close all the windows of the rooms you want to purify. Then light the white candle, and then light the Palo Santo stick.

Go through each room holding the Palo Santo stick in your hand, insisting especially in the corners of the rooms, where congested and / or stagnant energies tend to lurk. Once the procedure is complete, all the windows open, so that all the negativities come out with the smoke. This technique can be used both to purify a single room and to purify the entire home. The white candle (or tealight) should be left to consume completely.

2. Smudge spray

You can easily create a room spray with Palo Santo and White Sage essential oils. Take a 50 ml bottle (you can easily find it in home improvement stores), in which you will put ethyl alcohol, which is possibly odorless. Then add 35 drops of Palo Santo essential oil and 35 drops of White Sage essential oil. It is important to shake the spray bottle before use. With this technique it is also

possible to vaporize objects and furnishings.

3. Sea salt

This technique has its origins in the popular tradition. Salt is renowned for absorbing any kind of negativity or congested energy. For this technique you need to get a bowl or glass made of inert material (ie glass or terracotta), coarse salt and tap water. Put the salt and water in the bowl in equal parts and leave it in a corner, so that it is not too visible. If after 24 hours you will see small bubbles forming in the water, you must repeat this procedure until the water remains clear and without the formation of bubbles on the surface.

4. Tibetan bells

Tibetan bells are also known as "singing bowls" (or "bowls for singing"), you can easily find them on the market. However, the most efficient ones are made of an alloy comprising the seven planetary metals (i.e. copper for Venus, iron for Mars, tin for Jupiter, mercury for the homonymous planet, lead for Saturn, silver for the Moon, and gold for the Sun) .

By playing them in the corners of each room, it is possible to ward off negative or nefarious energies. Their harmonious sound is able to relieve stress and balance our energy centers (ie the Chakras), in order to harmonize body, mind and spirit. However, we must be careful when buying them, as often the striker and the cushion are not included in the price of the bell.

5. Burning incense in grains

Grain incenses are produced by drying the resins from certain shrubs, which constitute their lifeblood. Among these, we remember the Opoponax (or Opoponaco, known shamanic incense), the Olibanum of Arabia, the Dammar, the Guggul, the Dragon's Blood, the Benzoin (both from Siam and Sumatra), the Styrax (both that black than that coming from Honduras), the bark of Cascarilla, the Galbanum.

For this procedure you need a fireproof plate (which must be half filled with sand), a lighter, a pair of tongs, a carbon tablet (fast or slow ignition), the resin of your choice and a feather (optional) . Light the charcoal tablet by

holding it with the tongs. Once you see that small sparks are released, place it on the saucer and then put the resin directly on the charcoal. Fumigation with resins can last for about 20 to 25 minutes.

6. Classic incense

There are many types of incense on the market that are useful for purifying the home. Among these we remember the incenses with or without wood core, the Japanese Kodo, the Tibetan incense and the cones. The choice depends on your needs. In fact, the incenses with a wooden core they must be burnt completely and have an average duration of 40 or 45 minutes. Then there are the Kodo and the Tibetan incense, which have no wood core, and therefore can be broken and reused several times.

Finally, there are the cones (also without a wood core), which have an average duration of 20 or 25 minutes. The most important thing to take into consideration is that incenses must be made with natural substances and be free of artificial dyes (which could be inhaled during fumigation).

CHAPTER 13 Purification Through the Element of Water

"Water, air and sun are the greatest gifts bestowed by Nature to Man.

When people have learned how to use these three natural remedies, they will be able to defeat diseases. "

(Yogi Ramacharaka)

The system for achieving psychophysical well-being in India is Hata Yoga in its various forms, and together we find various phases of significant importance for the Hindu yogi. Among these, the treatment of water and with water.

In one word: hydrotherapy

In the West too, many practices with water are known and practiced, with the difference that the Indians value it and study it by combining it with the vital energy which is called Prana. The connection between water and Prana is essential. Prana is found everywhere, therefore also in water. If there is no Prana, there is no life. Prana is assimilated much more easily by those who recognize its existence.

In the case of water, Prana permeates every drop.

However, running water contains a much higher quantity than stagnant or still water (as in tanks, such as boiled water or simply inside a bottle for months).

However, **the lost Prana** can be restored to the water by making it come into contact with the air: for example, by emptying it from one container to another like a glass. Emptying the water from one glass to another several

times (hot or cold) having regained vital energy, it will also be more pleasant and stimulating.

Same situation for **hot baths**, with a container you should draw the water and throw it back, in order to give it life again during its sleep in the cisterns.

The Yogi is convinced that water is the most excellent natural remedy and that it can be used indefinitely both inside and out.

He considers water as the milk with which Mother Nature feeds her children.

And here are some simple actions (in addition to those just mentioned) to regain contact with water and therefore also with Nature.

From the time of the early Vedas to modern Hinduism, water has been considered a tangible manifestation of divine existence in India.

In the RgVeda it is said : “ *In the beginning everything was like an expanse of water without light”; and still today, in daily rites, one of the simplest and most common objects of worship is an olla or a vase full of water that represents the presence of the divinity and takes the place of a sacred image. For the duration of the cult, water is considered the residence or seat (pitha) of the divinity .*

The Waters have a character that we could define intermediate, they are neither air nor earth, they are on earth but they come from heaven, they bring life but they can also sweep away everything and give death; they purify but at the same time they can be muddy, they are on the surface but they also have dark, underground paths. They take the most diverse forms and have unlimited freedom, and by virtue of these qualities they therefore become the vehicle of divine energy itself.

Their first function is purification par excellence. Water is the basis of several purification techniques in the yoga tradition, such as, for example, Jala Neti (washing of the nose), Shank Prakshalana (washing of the intestine).

Water is used as an instrument of purification, but also as **an element present in everything that lives**, a symbol of omnipresence. Water is the feminine that expands, filling every void, penetrating every crack.



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Water **according to the Ayurvedic** and therefore yogic conception is one of the 5 mahabhutas, that is one of the 5 great fundamental elements that together with fire, air, ether and earth make up the entire universe and every single component (including human beings!).

The water element also called " Jala " within man is linked to his second chakra, Svadhishthana chakra located at the base of the genital organs, where the germ cells develop. Svadhishthana chakra therefore includes the entire genital and urinary system, including the kidneys or all those organs that regulate the fluids within our body. The perception, the visualization and the direct contact with the water element are for man as well as important, of primary and vital necessity! In our hand the water element is represented by the little finger and its base. Therefore, through the yoga practice there are different and many asanas and mudras that can allow us to get in touch and stimulate this important element. A mudra among these is the "TSE mudra" or " mudra of the three secrets" of which you can see the video by clicking here, while among the basic and best-known asanas we can undoubtedly include Marjariasana or the position of the cat-cow.

If, on the other hand, we do not want to practice yoga, we can also stimulate the water element just by simply drinking or touching it. Then there are some truly special waters that can act in profound synergy with our body and our being, such as the pure waters of a mountain stream, the salty waters of the seas or the waters of some particular thermal springs.

What also pushes yoga with its asanas, mudras and meditations to make us reconnect as often as possible with this element is finally the ability of water and its fluidity to distance us from all stages of depression and sadness. Water teaches us to flow and let go of all contingent reasons, that is, all those motivations linked to a specific moment or situation that create our state of anxiety, fear, depression or sadness. Even when sad and depressed we don't want to do anything, drinking water or taking a nice bath can help us overcome the state of apathy and regain a good psycho-physical balance!