##### **[00:00:00.910] - Caren**

All right, there we go. Welcome, everybody, to August 11. We are just one class away from the end of the summer. It goes so quickly, doesn't it? Yeah. What we'll do today, we're going to... Today, my goal is to correct what... We got askew last time, correct that whole prana thing, but then really move into more the way prana works within the chakras, how this karma is starting the chakras, and to take us down that route, which I find just so fun and fascinating and almost liberating to recognize that so much of the stuff we think is our fault, that is something wrong with us, is really just our karma firing as an opportunity to get stronger or learn something. It's a way to just change your whole perspective, and I find it quite liberating. So between This week and next week, and next week is in person at my house for anybody who can, we'll be doing this. Before we start, I did have a question. When I asked you to do the reading, did I ask you to come back and share with us in a sentence or two? Did I say that was for today or next week?

##### **[00:01:37.940] - Angela**

You just said to have something that stood out or, what did it say? Pick out a new concept or something that stood out.

##### **[00:01:48.970] - Caren**

Okay. That's the takeaway. So did enough of you because I would love to do some of that today, but then I was thinking, Oh, gosh, wait, did I tell them they had two weeks? What did I say?

##### **[00:01:57.510] - Angela**

I don't remember what you said. I don't know if you said a time limit. You just said...

##### **[00:02:02.260] - Caren**

Okay.

##### **[00:02:03.150] - Caren**

Those of you who've gotten, we can maybe take a little time to do that today, which would be lovely. Okay, so how about for today, Mary B., will you do find your seat? Yes. And Angela, will you do pranayama? Okay. And Jeremy, will you do the dedication? And then, KES, would you be Are you willing to do the ishta? Yeah. Then, Maggie, we're just going to let you be this time, right? Just nothing. Yeah. Okay. So Okay, so you're going to do Ishtar, and then I'll just take us into Hong-Sau. All right? And then now, will you do the refuge? Okay. Okay. So if you're ready, are you guys ready enough to just enjoy a little meditation together? So, Maggie, you can lay down for this if you want. Although the pranayama, if you lay down, you never turn your head for resurrection breath, okay? When you're on the floor, you don't do that a quick motion with your neck. So you'll just do resurrection breath front. Like that. Okay, Maggie, go ahead and lay down if you want, sweetheart. And Okay. Mary B., I'm going to turn it over to you.

##### **[00:03:39.750] - Mary B.**

Okay, I'm finding my seat. My feet are on the floor. I'm getting them on the floor. But feel my seat on the chair. I come into my body right here, right now in this moment. I take a three-part, resurrection breath. I'm sorry, three-part, yogi breath. As I release, I release my forehead, my cheeks, my jaw, my neck, my chest, my arms, the rest of my torso, my hips, my legs, and my feet. And I feel, out of the bottom of my feet, I feel like a tap root going down into the Earth, connecting me all the way to the center of the Earth and grounding me in the Earth. And then I move up my consciousness, up my spine and out the top of my crown chakra and out into the universe and connect with universal love. I allow myself to be in that space right here, right now.

##### **[00:05:49.850] - Angela**

Now we'll move in. Excuse me. We will move into our pranayama sequence, and we'll be doing three sipping breaths, three Eee Mantra, and three alternate nostril breathing. We're going to begin with the Resurrection Breath by taking a deep breath and turning our head to the left. Oops, turning my head to the left and breathing out twice. Anyway, let's begin. Begin with sipping breath. Now we'll begin with three Eee Mantras. Take a deep breath. Eee. Moving into three... Excuse me. Alternate nostril breathing. I'm putting my thumb on my right nostril and my, I don't know what finger that is, the fourth finger. I'll be taking a breath into my left nostril. We can go at our own pace.

##### **[00:10:46.230] - Angela**

After my third sipping breath and exhaling through my left nostril, I release my hand gently. I'm thinking we were supposed to do, or I was supposed to do another type of-

##### **[00:11:08.570] - Caren**

If you want to, do you want to try and do the one where we breathe in the light on one side and then exhale the smoke on that same side? Would you be willing to try those?

##### **[00:11:20.090] - Angela**

Sure. Is it three times breathe in the light and then three times, or is it-

##### **[00:11:25.180] - Caren**

It's one on the left and then one on the right, and you do three of each.

##### **[00:11:30.960] - Angela**

Okay, I'll be willing to do that.

##### **[00:11:33.420] - Caren**

Do your best. See what you can do.

##### **[00:11:36.110] - Angela**

Now we're going to try another alternate nostril breath. I am going to try another nostril. Oh, my goodness. Anyway.

##### **[00:11:44.970] - Caren**

You're doing great.

##### **[00:11:46.370] - Angela**

We are going to breathe in on the left side. As we breathe in, we are going to inhale light, warm whatever color light you feel like, breathe that in, and then we will exhale the dark, smoky, discolored stuff. So begin by putting your thumb on your right nostril, and then we'll breathe in through the left, the white light. When you're done with the three on the left side, switch sides and do it on the right. Gently release your hand when you're finished. I generally just take a deep breath into my belly and up into my chest and into my shoulder area. That completes the pranayama sequence.

##### **[00:14:43.890] - Jeremy**

While I'm enjoying the after effect of the pranayamas, which I always love, I'm thinking about the Four Immeasurables and the Dedication. May all beings have happiness and the causes of happiness. May all beings be free from suffering and the causes of suffering. May all beings never be separated from the joy that lies beyond suffering. And may all beings abide in equanimity free from the attachment and anger that holds some close and others distant.

##### **[00:16:36.990] - KES**

Okay, now we can move into the Ishta attunement. We visualize your Ishta in front of you up at a 45-degrees angle. Visualize the Ishta that is my Ishta and your Ishta. It's up above at a slight 45-degrees angle. For me, my Ishta is more of a swirling, glowing, just loving, compassionate, just... Such a loving, loving feeling of love and compassion and joy. And from my Ishta's, See how I'm trying to remember which... Well, it's the third eye. For some reason, I'm blanking on which planet's.

##### **[00:17:58.860] - Caren**

It's the Ajna Chakra, the Sun Center.

##### **[00:18:01.770] - KES**

Sun Center.

##### **[00:18:02.970] - Caren**

Sun Center.

##### **[00:18:04.130] - KES**

Sun Center. Thank you. How could I forget? Ajna. She, the energy is really feminine and yin. And that just Ajna just is filled with the love, compassion, and joy all together, swirling, comes down and touches my Ajna, my Sun Center, and just fills it with light and love. Just bask, bask in that. And then from the Mercury, the throat, that center. I can't remember the Sanskrit. Maybe Caren can say.

##### **[00:18:57.750] - Caren**

It's not important. Mercury sign.

##### **[00:18:59.240] - KES**

That center is just filled with knowledge and love and wisdom and just compassion and joy. We've been working with joy, and I'm just learning how to just appreciate joy. Then the Venus, the heart, the lungs, from my Ishta to me, in my heart, in my lungs. They just feel with that love, that compassion, the joy, the joy. Then the joy just bubbles up in all three, and I send it back to my Ishta with gratitude and love and just so much appreciation and gratitude. Oh, thank you. I just receive it back, back from my Ishta. All that compassion and joy and love and just wonderful feelings. We just go back and forth and I just fill up. Tears are welling in my eyes with such gratitude. Thank you, thank you, thank you. I just stay here and appreciate for a minute. I just drink in and receive the blessings. I just am so grateful, so happy. Thank you, thank you, thank you.

##### **[00:21:35.240] - Caren**

And so from that space, that space that we're feeling, I tend to just, somehow I'm floating and I become aware of my breath again. It's usually quite shallow. It's quite shallow right now. I just just effortlessly slip into Hong-Sau, and it's just a very gentle, almost shallow Hong-san. But But it's really I feel my energy body, the pranic body, just gently pulsing with the Hong and the Sau. For me, it's not even a physical breath right now. It's really just more of a... A gentle expansion and contraction that comes with the breath in my energy body. I'm going to just float away into Hong-Sau, but I'm aware that's not the purpose of this, so I bring my mind back. I release Hong-Sau, and I rest in that just very still but alive, awareness.

##### **[00:23:50.620] - Natalie**

I take a deep breath. This is I'm feeling really motivated, yet I'm also very grounded in the Hong-Sau, and then I say the invocation, a lot more meaning than I would have meant it at the beginning because I just feel very connected. Say, I take refuge in Enlightenment, the Great Pathway. I take refuge in the Dharma of Truth, the Great Teacher. I take refuge in Guru, internal, eternal, great friend and great companion. I give refuge to Stillness, the Great Revelation.

##### **[00:24:59.920] - Caren**

So when you're ready, just go ahead and come back. Open your eyes. Thank you, everyone. Thank you, everyone. Thank you, thank you, thank you, thank you. So-

##### **[00:25:24.290] - Mary B.**

What if you're not ready?

##### **[00:25:26.570] - Caren**

What?

##### **[00:25:27.390] - Mary B.**

What if you're not ready?

##### **[00:25:28.620] - Caren**

Then just stay there and Listen to me. I'll bring you back. It'll hurt a little bit, but I'll talk and you'll eventually just go, Fine. I'll land on the Earth plane. But what I'm loving about is your comfort with doing this, for each of you, which is really beautiful to see. And it's a struggle to do the I and the you, right? And I just wanted to just stay in the I for a bit because I really don't want you to step into teacher mode yet. I want you to just become really clear of what you're experiencing, because the other benefit of that is that it shows me what you're doing. And I think if you're ready today, I can refine things now. Well, actually, the reason we do it this way is this. Actually, this technique is this. So if you're up for that, what if we do a little clarification right now?

##### **[00:26:30.160] - Caren**

Because I noticed some wonderful stuff. I just want to be really clear, you're not doing anything wrong. What we're going to use is an opportunity for me to just make the point that anything you do to make yourself feel good, we're going to be happy with, right? I mean, we're all going to develop our own way of entering into a place of meditation. That's part of the whole point, right? However, when we're teaching, it's this technique, it's this technique, it's this technique. And the more clear we are what the technique is, then when we're teaching, that's what we do, right? So that when people come in, if we're teaching students, there's clarity. There's clarity to just know the techniques. It's like... It's a lot easier to listen to row, row, row your boat gently down the stream, right? Then Beethoven' Fifth. Beethoven' Fifth takes a lot more... It's ecstatic, and it's all this, but..Whoa. And so when we come in as teachers, we want to just help people just start simple. Start simple. Okay? So to that end. You all did great. So I'm not going to... I just want you all to know that.

##### **[00:28:07.080] - Caren**

Mary Beth, when we're doing... And for everybody, actually. It's not even just for the person saying it. It is a very real thing to have your feet on the ground, and especially if you do yoga, right? Feel that sense of deep, deep connection to the Earth, and we can feel that rootedness in our feet. Yes. If and when we're having somebody ground in their seat, feet on the floor, feel your feet on the floor, feel the connection to the Earth, feel your butt in your chair, right? The technique we're doing in group right now, where we anchor to the middle of the Earth, and then we lift back up that line of energy, up the spine and up and out, that's a different technique. And so if we're going to go down into the root and then back up the spine. Then we go back, we go down into the root, into the Earth, through the spinal column, which means down through the sit bones, down into the Earth that way. Do you see that it's a subtle distinction Mary, you're muted. Yeah.

##### **[00:29:18.380] - Mary B.**

Rather than down through the feet.

##### **[00:29:20.340] - Caren**

Mm-hmm. Okay. Exactly. Because if we're going down through the feet, the feet are in... It's a different... If we're working with the chakras, the feet are a different chakra level. We don't want to work with the faint level of the chakras. So it's a subtle distinction. But I thought it was a beautiful opportunity to make that distinction.

##### **[00:29:44.140] - Mary B.**

Thank you.

##### **[00:29:45.080] - Caren**

Yeah. So did everybody follow that? Yeah. You guys are getting so much more stuff than the other classes have gotten. We're going to get to the teacher retreat, and it's going to be like, Yeah, well, they had a better class, the different class than everybody else. They've just learned more stuff. So there was that one. And then, okay, a couple of things on guiding a pranayama. And this is hard. And this is It's hard. It takes a lot of time to learn this. So don't feel bad when you don't do it because you don't know. I've learned this after lots and lots of not doing it, right? And learning how. But a Resurrection Breath, the whole point is I'm inhaling, I'm getting rid of everything, and then immediately, I'm breathing in fresh and new. So we always want to give somebody, what are we breathing into fresh and new?

##### **[00:30:48.330] - Caren**

And so if that first is sipping breath, great. If it's three-part breath, great. If it's just your own breath, that's fine. But just guide people so that when they're taking that first inhale, it is a Resurrection breath as opposed to... Does that make sense? I'm not sure I explained it clearly. Okay. All right. Excellent.

##### **[00:31:10.740] - Caren**

And then this ring finger. That's, ring finger. Fourth finger works. Just so you know, you're muted, Angela, if you don't want to be. If you all want to unmute right now for questions.

##### **[00:31:24.560] - Angela**

No, it's fine. I know. I was just like, you know I went blank for a second.

##### **[00:31:29.030] - Caren**

But here's what you did, was you handled it so beautifully. You just stayed in it. You laughed, you smiled. I don't know. That was perfect. It was absolutely perfect. You don't have to do anything any differently. It was genuine, authentic. You could absolutely lead a meditation doing exactly what you did, which is me giving every single one of you permission to be human in your meditation when you lead it. I've said it before, and I'll say it again, there's nothing more meaningful and enjoyable for a student or group than when the person leading the meditation goes, Oh, wait, wait, wait. No, no, no. That wasn't it. Okay, wait. Let's start again. It's like, oh, my God. I remember when Anne did it. It's like, Anne, even you did that? Sally did it, Kriyananda did it. It's human, right? So it was beautiful what you did, Angela. And I encourage everybody, have that level of okay with it. And so, fourth finger works, ring finger works. I'm going to talk just a little bit about the new altered version with learning, and we'll do more with it a little later, okay? After this, because I don't want to stay in this flow for now.

##### **[00:32:54.080] - Caren**

But so... You can do it all on one side. You absolutely can. That's bona fide. You can.

##### **[00:33:05.770] - Angela**

Oh, okay.

##### **[00:33:08.630] - Caren**

Three, right? And then the other side. We're still doing alternate. We're still in the world of alternate because we're trying to balance the energy on the left, right side of our being, right? So what we're doing, and you'll understand after when I teach you the next level of the technique. But when we're bringing the light in on one side, and then we want to do the same on the other side. And it'll become clearer when we go into the next level of the technique, okay? Because we're bringing light in one side, and then we're going to bring... Yeah, KES, I'm sorry. I don't mean to do this. We do it this way. I'll tell you now. Let me tell you now why we're doing it that way. Because we're bringing in light, and then we're smoky, get rid of the uckies, right? But what we're going to start doing today is you bring it in, and as you get rid of the yuckies, you just imagine that whole side of you getting brighter and brighter. And so now we're going to go to the other side. And then now both sides are brighter. And then we're going to do it again.

##### **[00:34:24.430] - Caren**

This side is even a little brighter. Oh, this side, now they're really both bright again. Do you see? So we're bringing it up step by step, step by step. And after that third one, we're in this beautiful, just bright. And at this point, we do want it to just be white light for this technique. There's other techniques where you breathe in red and blue, right? But for this.

##### **[00:34:53.430] - Angela**

But white light, yeah. I remember it after I said that.

##### **[00:34:56.720] - Caren**

Yeah. Yeah.

##### **[00:34:57.910] - Jeremy**

So I ask a good question about that?

##### **[00:35:01.750] - Caren**

Yeah.

##### **[00:35:02.740] - Jeremy**

The way you're describing it, it sounds like I'm breathing in that white light through one side and I'm displacing the smokey. There's less and less. It's like when you're trying to get rid of smoke in your stove, there's smoke in the house, and the more that fresh air fills, the less that there is smoke in your house. Is that what you're saying? Like we're displacing the murky stuff with the light that we're drawing in?

##### **[00:35:34.160] - Caren**

Yeah, I would never have thought to explain it that way, but that's perfect. That's beautiful. It's like first one layer of light, get rid of that. Okay, now that light. There's more fresh air in the room now, right? We do it again, but we do on the other side so that we're doing it. We're moving up this way.

##### **[00:35:52.790] - Angela**

Thank you.

##### **[00:35:55.970] - Caren**

Yeah, Mare.

##### **[00:35:57.960] - Mary B.**

I think I may have gotten it totally wrong here. I was thinking that you breathe in this side, and then when you breathe out, you switch and breathe out the other side. Am I right on that?

##### **[00:36:14.100] - Caren**

That's alternate nostril breathing, Nadi Shodana regular way. The way we're doing with light, which we're now going to use the smoke for, we inhale and exhale on the same side. Then we come back and we inhale and we descend on the same side.

##### **[00:36:34.860] - Mary B.**

I'm glad because I had it totally wrong on the light. I was doing it the opposite way. I was doing it the old way, but with the light.

##### **[00:36:42.060] - Caren**

With the light, yes. Which we've done. I'm just totally... That's not a wrong technique. We have done it that way.

##### **[00:36:48.400] - Mary B.**

Okay.

##### **[00:36:49.400] - Caren**

We've done it that way. Absolutely.

##### **[00:36:51.530] - KES**

Thanks Mary.

##### **[00:36:51.740] - Mary B.**

So I'm not crazy.

##### **[00:36:55.410] - Caren**

No, no, no, no, no. this is one of the reasons we're learning this in steps, is because it's like, there's versions, there's variations, right? And we all know basic alternate nostril now. We've learned alternate nostril. We've done it in group where we bring in light, and then, okay, it's like the Roto Rooter. In comes the light, and it pushes out the dark. Now we're learning another version, which is now much more visualization. I mean, you can sense it, too. But now the smoke is going, as Jeremy so beautifully I said, Now let me get the other side bright. I'm literally feeling my left, my right sides of my body getting brighter, that channel getting brighter, which makes my whole being brighter. And then now I've brightened up both sides. Now I go in again and I brighten up a little more. Now I'm a little bit brighter. And then this is the last one. We're getting all the smoke out of the house. Coming this side, getting that half of the house, getting this. And now the whole thing fresher brighter.

##### **[00:38:01.270] - Mary B.**

Okay.

##### **[00:38:02.350] - Caren**

Yeah. So you've got now three versions, three versions that are distinct variations of alternate nostril breathing. And there's more.

##### **[00:38:18.950] - Caren**

But this is... Actually, let's not call it alternate nostril. Let's call it nadi cleansing. We're cleansing the nadis. We're purifying the nadis. In fact, purifying is a better word than cleansing. We're purifying the nadis. And these are three different ways in, in varying levels of beginning, a little more a little more energetic, and then, oh, this is way more esoteric, the one we're doing today. Okay, KES. Yeah.

##### **[00:38:52.380] - KES**

Could you go through the... So I only know two versions that we're doing. So what's the third?

##### **[00:39:00.300] - Caren**

Okay, so-

##### **[00:39:01.140] - KES**

I know the hold your nose and breathe. Okay, that's one. And then the new light.

##### **[00:39:09.190] - Caren**

Okay, the new light is actually the third one. The third one, the middle one that we may I may have just done it in other group meditations before the training. But the other one is where you're still doing this, alternate nostril, as you inhale on the left and you imagine, just imagine it's a drain, right? And it comes down and then it flushes out this way. The first inhale is the water coming down, pushing, pushing, pushing, bringing the white light in. And then as you exhale, all the guck that's being flushed out of the nadi, flushed out of the drain, you imagine that guckiness being exhaled.

##### **[00:39:54.390] - KES**

And then you stay on that same...

##### **[00:39:56.490] - Caren**

On the opposite. Yes.

##### **[00:39:57.900] - KES**

okay, so that's opposite. That one is... Okay.

##### **[00:40:01.870] - Caren**

So what it is, is it's taking Nadi Shodana, alternate nostril breathing, and we're adding a pranic energetic component to it. So it's an augmentation of Nadi Shodana. Once you start doing it, that way you do it like that quite a bit. And the key, KES, is it's inhaling. It's coming down my spine, and I'm exhaling, pushing, pushing. That light is pushing all the gunk out. I'm just imagining gookies. But now when I inhale, I inhale light, and I bring the light down on the other side. And as I exhale, exhale gookies.

##### **[00:40:43.960] - KES**

Okay, so it's It's still similar, but the third one is we stay on the same side.

##### **[00:40:49.160] - Caren**

Yes.

##### **[00:40:50.440] - KES**

And it's more smoky instead of heavy gookies.

##### **[00:40:55.000] - Caren**

Yes. That's a good way to put it. That's a really good way to put it. It's a really good way to put it. It still comes under this one we're learning. It was taught, it was still used the words alternate nostril because you're still alternating between light, light, light, light, light for that purifying effect. But it is a little confusing, right? Because it's technically not alternate nostril breathing in the sense that you breathe in one, exhale out the other. Mary, yeah.

##### **[00:41:30.600] - Mary B.**

Just to clarify. So I breathe in, left side, breathe out, left side, switch, breathe in, right side, breathe out, right side, switch, breathe in, left side, breathe out, left side. Got it. Thank you. I just wanted to clarify.

##### **[00:41:45.460] - Caren**

No, it's excellent. Thank you. I've told you this, and I'll just keep saying, so you don't feel bad about this. It's like we can go through a retreat five days, Sally, seven days, and by the second or third day, they're asked for questions. And still on the very last day, people are, Wait, what? Okay, is it this? Because it takes that long for it to land. There's nothing wrong with you here. This is the learning process. It is the learning process. So you're right where you're supposed to be. Good job. Okay, Jeremy. Yeah.

##### **[00:42:29.780] - Jeremy**

Just a really quick observation. I find it really helpful when the person leading tells me what hand because I always forget. Then I'm in my head again. I'm like, Is it right-hand? Is it left hand? Left nostril. Okay, that's my right-hand. I'm doing that. I love it when it take your right-hand gently. It helps me so much. Anyway.

##### **[00:42:53.110] - Caren**

Oh, that's beautiful feedback. Thank you. That is part of the other thing that happens when we're doing this is you realize by listening to each other give instruction, which instruction is actually meaningful to you and which ones you miss when they're not there, which helps you know how to teach it your way. Because you can't in every time you do the technique, you can't give every step of the technique. You can't. So you just give bits. Yeah. Any other questions on this one then? No? Okay. All right. So let's move on.

##### **[00:43:38.800] - Caren**

So Angela, back to pranayama. Remember she said, so after pranayama, I usually take a deep breath, right? And it's like she grounds herself back in. Great. Wonderful. If we're going into Hong-Sau after pranayama, which we're not in this case, but Ishta might be similar. But if you're going into Hong-Sau after pranayama, which is, I talk that way for years, right? We open with meditation, pranayama is when we're in Hong-Sau, you don't take that deep breath because the floaty of the pranayama Just... Right? Yeah. Yeah.

##### **[00:44:24.630] - Caren**

So, KES, when you were doing your Ishta technique, it was beautiful. I mean, it was very evocative, right? It was beautiful. It was very evocative. It was beautiful. You did a fabulous job. What I want to do now is clarify what we're doing. This is a technique for attuning to your Ishta, which is the qualities of your Ishta. I'm assuming your Ishta is love and compassion. Yes. Let me think how to say this. So just to be clear, there's this, there's this, there's this. There's attunement to my Ishta, which is the quality of love and compassion, which you get to say because you say, This is my Ishta, and everybody else is attuning to their quality, right? And then what we're doing is we know intellectually, this attunement is one thing. You don't need chakras to attune to your Ishta. Attune. What we're doing is we're adding a chakra level of attunement. So the light, and it's a beam of light. It's a beam of light because this is a version of Guru yoga. Guru yoga is about attunement, and often it's about beams of light. So the light is coming from Sun Center to Sun Center, throat to throat, heart to heart. And it's a beam. Depending on your technique, the beams of light might be different colors. There are techniques. In this technique, it's white light. It's just plain white light, okay? And it's important for you to know that because you may, the quality of yours may be pink, and it may be that as you adapt the technique for yourself, you've got this beautiful pink light coming from the chakras of your Ishta to you. But that's your unique, precious quality of your Ishta. So when we're doing the technique group, it's white. Because I don't want to impose on Angela that mine is this beautiful sea blue or your pink. We don't want to impose that. So it's white when we do the technique. Is that clear? So if when you're guiding us, you say, and my Ishta, the beam is pink. Caren, I know it's white. You could just say that. Just so I know that if you were ever going to do this, you would do white light and not put your Ishta's color onto somebody else's experience.

##### **[00:47:45.580] - KES**

I didn't say anybody's color. I didn't say a color.

##### **[00:47:48.730] - Caren**

No, you didn't. I'm just making a point.

##### **[00:47:50.230] - KES**

I thought maybe you-

##### **[00:47:52.040] - Caren**

No, I'm just making a point.

##### **[00:47:53.920] - KES**

Okay, thanks.

##### **[00:47:54.880] - Caren**

I'm just making a point.

##### **[00:47:56.070] - KES**

I just wanted to clarify.

##### **[00:47:57.510] - Caren**

Yeah. And so... And the swirly quality, the swirly quality, we want it just be a beam of light. That may have been part of what prompted that for me was, we, we want... It's literally a connection. It's like we're setting up an umbilical cord, right? Between boom, boom, boom, boom. And the white light is the... Is the power.

##### **[00:48:32.840] - KES**

Okay.

##### **[00:48:33.630] - Caren**

Okay? It's unmodulated. It's the pure.

##### **[00:48:41.160] - KES**

It's pure being.

##### **[00:48:42.640] - Caren**

Yeah. Yeah. And so that's that.

##### **[00:48:51.480] - Caren**

Now, the other thing here is the chakras have qualities, right? Sun Center, wisdom, throat chakra, communication, heart heart center, beauty, love. When we're doing a technique like this, you know intellectually that you are connecting this, and it's really a wisdom heart center to Ishta, to you. Communication, dreams, the subtle realm, there's so much this chakra connotes. But if we start to define what that chakra is, we limit it. So we're working in the world of symbols here, right? So for a technique like this, you know it's this chakra. That's enough. Because if we use the word communication or anything like that, we've limited the range. So in a technique like this, you know you're working Mercury to Mercury, Venus to Venus, Sun to Sun. But in this technique, we don't talk about that. We stay completely in the symbol world, which is the symbol of me attuning to my Ishta and my Ishta sending me, giving me this boon, this blessing.

##### **[00:50:23.040] - KES**

So you would just say, white light to white light, the giving and receiving.

##### **[00:50:30.320] - Caren**

Yes.

##### **[00:50:31.290] - KES**

But you don't say what you're giving and receiving. Just the white light.

##### **[00:50:37.620] - Caren**

Yes. Exactly. Good job. Yes. And It doesn't mean you don't... I really want to stress. It doesn't mean you don't know it.

##### **[00:50:48.880] - KES**

So I can feel it and send it.

##### **[00:50:52.010] - Caren**

Yes.

##### **[00:50:52.390] - KES**

But I don't label it.

##### **[00:50:55.690] - Caren**

You don't label it because a label contracts it. It limits it. And so whether you want to use forehead to forehead, throat to throat, heart to heart, Sun Center to Sun Center, Mercury, Venus, if you want to use Sun Center, you could even say Throat chakra. You can do that, right?

##### **[00:51:24.030] - KES**

Or Vashuda. I see.

##### **[00:51:25.450] - Caren**

Yeah, it is Vashuda. Most people that you're will not know what that means. So I thought that was so sweet. You wanted to know what it was. And I think it's nice for us to know, but I think it actually takes years for the Sanskrit names to really become embedded in us because it's such a different language.

##### **[00:51:48.550] - KES**

We have to hear it about 100 times, and then we'll remember it.

##### **[00:51:52.260] - Caren**

Yeah. Now, what did I write here? When we're talking the heart chakra here, the heart chakra is an energetic center. The lungs are part of the physical body. When you're communicating with another group, with other people, you want to let the physical world be in the physical world. And if we're working in the chakras and the beams of light, it's not about the lungs, which is why you just don't say that stuff. Just stay in the symbols. Just stay in the symbols. And the more your mind can just be with the symbols, it's like your subconscious knows what to do, and it becomes very powerful on a subconscious level that bypasses the intellect. And it's very tempting when we're learning these things, the analytical mind, to kick in and go, Oh, it's doing this and this. But the actual power is to just hold the symbols and let the rest of your being absorb it, digest it on levels that we can't intellectually grasp. Now, this is not something we've taught in the other teacher training. So did that make sense, though? Did that make sense? Okay.

##### **[00:53:31.060] - KES**

Yeah.

##### **[00:53:31.020] - Caren**

Yeah. Well done, you guys. And then what was after that?

##### **[00:53:41.550] - Caren**

Oh, dedication, Jeremy. Good job. I saw you having a coughing thing, right? And I was almost about to say, hey, you want to switch? But you pulled it together and you held it. And so nicely done. You found your way back into it. And it was very simple straightforward, but it allowed a lot of room, at least I know for me, to just be with it, especially after all the weeks of everybody helping us get more and more into our space. It was lovely.

##### **[00:54:15.630] - Jeremy**

I saw a meme recently that said something like, I've reached the age where I swallow spit, and choke for no reason whatsoever. That's what was… I was like, I just started choking. I'm like, Oh, boy. Yes.

##### **[00:54:31.570] - Caren**

yeah. And just know in future. I mean, that happened to me. Was it Tuesday night? I just started coughing at the end and Brenda, God bless her, goes, What she's trying to say is, please unmute and say goodbye. It was like, Thank you, Brenda, because I just had... And we want to be that kind of sangha that Jeremy could have just... Somebody else, somebody else. I'll catch you later, right? And we're good. And we're good because that's how we're learning to hold that center place. No matter what happens.

##### **[00:55:16.990] - Jeremy**

I did have one question for you.

##### **[00:55:21.390] - Caren**

Yeah.

##### **[00:55:21.940] - Jeremy**

I noticed I'm trying to really tune in to what my body is doing.

##### **[00:55:28.320] - Caren**

Okay, hang on a minute. I need absorb that. I'm so happy.

##### **[00:55:32.420] - Jeremy**

Okay.

##### **[00:55:33.070] - Caren**

I'm so happy. Yes. Good job. Oh, hang on. Good job. How does it feel to say that?

##### **[00:55:47.440] - Jeremy**

Good. It's part of this journey that I'm on. What I noticed that was fascinating is when it was about to become my turn, I'm doing all the things that... I'm preparing in my mind. Okay, it's going to be my turn. I better have my shit together. Okay. I'm thinking about that stuff. But what I noticed is I take my feet off of a grounded floor and I put them in a... I'm on the balls of my feet. My body starts to tense up a little bit. I'm on the balls of my feet and I'm like, Okay, now it's time to be nervous, is what I'm thinking my body is doing. It's really interesting to notice that because I'm very comfortable with my feet flat on the floor and all those things, but there's something inside that says, You got to get tense to do the right thing. I think that's not true. I think that's a subconscious thing that's happening. It was just an observation that I wanted to get your thought on because I just don't think I have to get nervous.

##### **[00:57:04.960] - Caren**

Don't have to. It's so beautiful. What you have just noticed by doing this, Jeremy, and this is for everybody, is our bodies have a memory. And in the Coping with Stress class, I talked about how our bodies know before our minds know what's going on, right? So your body knows before your mind has even started thinking about... It's about my time. Your body is already doing its habitual response. It doesn't know yet that it doesn't have to do that. And by you noticing it and going, Oh, this is my old pattern. Now, every time it happens, it's a little... It's like, Oh, yeah. No, we're okay. We're okay. We don't need to stress. It's like your mind needs to let your body know it's going to be okay. And so it's just beautiful. I don't know about you guys, but I have a similar thing. I used to have a similar thing that if I was about to ask a question, oh, my God. We were at a retreat and I was about to ask a question of Kriyananda. Oh, my God. My whole body would just start, I would be like this because I'd be so scared, right?

##### **[00:58:22.150] - Caren**

And then like you, Jeremy, I've been going through that process of recognizing, Oh, my body is having that response. It's like When it comes, I say to it, Yeah, it's okay. I know we're going to be asking a question here soon. It's okay. It's okay. And I've changed it now to that, Oh, are we a little excited? Are we a little excited to find the answer? Because I just needed to find a way to change it from scared, right? And it happens so infrequently now, but every once in a while, it'll happen again. And I'll feel myself, Oh, okay. No. There you are. No. We're okay. We're okay. We're okay. And I just use my breath, but I stay in my body, Jeremy. I stay in my body with it. I think it's that, hearing that from you alone right now is beautiful because that's been your project, really, right?

##### **[00:59:20.480] - Jeremy**

Yeah. I just have to add that in my mind this whole time up till now, this applies to singing, by the way, like lyrics and stuff. This is how I arrived there. The feeling is, if I just know it so well, my body won't be tense. And that was the approach, not pay attention to what your body is doing and embrace it and say, Oh, you're excited. You know this place, and it's okay. And that is a way different thing than, I must know it inside it out. And if I don't, I'm a failure, because that is the conclusion I don't know it well enough. I failed. I'm punishing. Versus, Oh, hello. You're doing a thing in your body. You're doing a thing, and that's okay. But also, I'm here for you. I won't abandon you, and it is okay. Anyway, I just love the difference. The shift is really powerful.

##### **[01:00:27.080] - Caren**

It's really loud, but it's a bell moment, you guys. Jeremy, well done. Well done. Well done. Well done. Well done. Okay, now I forgot where we were. Oh, okay. And then... Okay, so, Jeremy, we did Refuge, we did Ishta, and then...

##### **[01:00:57.070] - Caren**

And Nat. You closed us out with the With the Kriya Invocation of Refuge. And I just love the way you just even transitioned us into it. It was lovely. Just lovely. And I wasn't looking at you. Do you have that? Did you do that from memory or did you have your sheet?

##### **[01:01:15.140] - Natalie**

No, I'm pretty close, but I was also aware that I was saying it in front of people, so I had it there to read so that I didn't mess it up.

##### **[01:01:24.010] - Caren**

That's fine for now. That's fine for now. Absolutely. And none of this stuff has to be memorized. You've always got it. You can always go back and look at it. It's just after a while, some of it's easier to memorize, but then you don't do it for a year or two, and then you're like, doing your best, and you may not get it right the first time, right?

##### **[01:01:44.570] - Caren**

What I'd like to think is that as teachers, all of this is going into a bank. It's going into somewhere in there. And the day will come where you're going to be giving a teaching and it'll pop up and you'll be okay to share it even if it's not perfect. In other words, you're just in the spot and you're like, I think refuge is the right thing here. I give refuge to enlightenment. You can't remember the next line. You go, I give refuge to the Dharma of Truth. The Great Teacher. I remember that one. I give refuge to Guru. And then you can't remember what? But you know what I'm saying? You just go with it. And you don't swallow it and stifle it because you can't remember it perfectly. This is the beauty of being able to be authentic. You know that there's nothing wrong with you if you don't have it perfect. Does that? Okay. All right. So beautiful, beautiful. I'm going to ask you guys two more things, two more things, and then we'll take a break. Okay.

##### **[01:02:59.810] - Caren**

Eee mantra. Eee mantra. Face soft. Face soft. It's not... It's... And my face can still be soft. And it's just a thing to just... Yeah, there we go. It's just a soft face. It's in here. And I know almost everybody, when they're first learning Eee mantra, it's a whole face experience. It's a whole I had experience. And I don't say anything in the groups. People have found their Eee. But for you guys, just to be aware, as you work with Eee mantra now, softening, softening. So it's just right here. It's here. Because tightness and tension in the body affects the flow of prana. So we're engaging just enough to get the vibration. But it's the softness in the rest of the body that allows the the pranic currents to work their magic.

##### **[01:04:05.190] - Caren**

That was one. And the other one was, anybody find that as they're doing pranayama, as they're finding that... Because we know pranayama, we want the spine straight, right? That you're finding mula bandha just engaging. So the gentle way of saying, engage mula bandha as you do pranayama. Nat.

##### **[01:04:31.970] - Natalie**

I just had a question about that. I totally forgot about mula bandha. Is that something we're supposed to be doing all the time?

##### **[01:04:38.970] - Caren**

When pranayama, what we would like to do is train you so that you sit. You sit and you first see, you know your pranayama, so your spine is straight. Nat, I'm going to ask you to work on that because you tend to just be really comfy. But pranayama, spine is straight. As possible, right? And then as you... It's like as soon as you do... It's like mula bandha just engages. And with all the work we do with Agnieszka, it's a lifting. It's an engagement. And then as that current is slowing down, boom, just bounce right. And we've got that beautiful up and down going. It just doesn't dissolve into the nothing. So... So if you can, if you can, just gently start trying to have mula bandha engaged as you're doing sipping breath, Eee mantra, and alternate nostril breathing. Those are our main pranayamas right now, right? And it'll take a while. It'll take a while. You'll engage. And then when you exhale sipping breath, it'll release. It just takes a while. But my goal would have for you is that as soon as you start pranayama, you don't even think about it. Your body knows that part of pranayama is mula bandha. And mula bandha leads to uriana bandha, which is the stomach, just that little lift in the stomach, which is what helps the currents rise and lift.

##### **[01:06:20.250] - Caren**

And so if you can. And Mary, yeah. You're muted, sweetie.

##### **[01:06:30.920] - Mary B.**

I forgot. Should I have done that in the preparation? I mean, I know I forgot to sit up straight and tuck your chin and get straight. But should I have said engagement? That would be for when the pranayama starts, right?

##### **[01:06:51.720] - Caren**

Yeah, that's not for [inaudible]. Okay. I don't even say it in group, right? I rarely say it because we have enough people who don't know it. But if you wanted to say that in the group now, when you get to pranayama, and even if you started sipping breath and go, Oh, wait, wait, wait. And now I'm engaging mula bandha. I forgot all about it. It'll help all of us to, Oh, mula bandha. Because there's a lot of pieces and parts you're learning. We're gazing at the Sun Center. We're doing this and this and this and Eee and hold and odd. Now, had Mula Bandha.

##### **[01:07:34.650] - Angela**

I feel like when thinking of all those things in my whole body, I'm really trying to work on relaxing as I'm doing all that. I feel like the next... When I try to engage Mula Bandha and do my Eee mantra or my... Because I do it randomly. Sometimes I'll remember and I'll try to do it right in the middle. But it's like the rest of my body tenses. I really have to think about that.

##### **[01:08:04.290] - Caren**

It's beautiful awareness. Just take the victory. You're aware that your body is tensing, and it's practice to learn how to soften it. Releasing the rest of the body is way more important than mula bandha. Okay? So if we're going to give you steps, it's like, first get the technique. When you're inhaling, when you're holding, when you're pausing, and then where's your eyes, gazing. Sun Center would be next, in my opinion. And then the body, make sure the posture is right, making sure that you can soften, you can do sipping breath without... It takes a lot of practice. But the body soft with the spine straight is way more important than the mula bandha. And the mula bandha, it would almost on its own start to want to show up. So great awareness, Angela. I mean, that's like Jeremy's level of awareness. Truly aware of the-

##### **[01:09:14.570] - Angela**

It's really related to what he said. I just felt like, Thank you, Jeremy, because that's exactly what I'm noticing. My right foot goes up onto my toes. My heel comes off the ground.

##### **[01:09:25.930] - Caren**

I just got to give you this, Angela. This is big.

##### **[01:09:29.490] - Angela**

This is It just seems annoying more to me because I'm like, Why is that doing that? I am relaxed. I thought I was relaxed. Oh, well.

##### **[01:09:40.980] - Caren**

Okay, so we'll move through. We'll notice the annoying. That's an important little piece, right? We just breathe out of annoying into, oh, victory. I'm noticing what my body's doing. And this is a gift that will keep on giving because there's layers and layers and Even 10 years down the road, you're still going to suddenly realize, my body's doing this. It's been doing this for 40, 50 years, and I didn't even notice till now. Wow, victory. It's a big deal. Big deal.

##### **[01:10:17.230] - Caren**

Okay, on that note, let's take a break. Why don't we come back at 5 to? Because I know I'm going to go downstairs and I'll see my grandson. I don't think he's down for a nap yet, and I'll want to say cute things. And then when we come back, why don't we... Well, let's go back over into the chakra prana world for a little bit, and we'll save some more of that discussion about what you might have seen in the books. I love the thread where you realized that you read it and it was a whole other thing now. You saw it so differently, right? That was what I'd hoped would happen.

##### **[01:10:56.950] - Caren**

How about that? So we can dive into the yummy, yummy stuff of chakras and when we come back, and karma. Okay. All right. I'll see you at 5 to.