##### **[00:00:00.970] - Jeremy**

There it is.

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

There it is. Okay. Oh, jeez. Thanks, guys. Yeah, we don't want to... These are one of the ones we don't want to miss the recording, right? There's two ways we can do this. One is I can talk more about chakras and energy, or we can start with your questions, and your questions will be... As I answer your questions, we get there. And so which one are you... Do you have questions Would you... Is there a way to start there, or would you rather I just start talking? Yeah, Nat.

##### **[00:00:50.830] - Natalie**

I don't know. If people have questions, great. But I feel like you did leave off we didn't get to the Venus chakra, so you haven't gone through them yet. So I would still like to finish going through and then maybe go back.

##### **[00:01:03.790] - Caren**

Is that why it says left off at Mars chakra?

##### **[00:01:06.350] - Angela**

Yeah, because on the diagram, I was writing stuff down that you gave us, and I think it stopped there like Nat said.

##### **[00:01:13.780] - Caren**

Okay. Because I looked at that and I went, I can't remember. What am I talking about? So now we know. Okay. So let's do this. Let's talk about this diagram first. Where did I put it? Jeremy, I want you to know it's only for you. I wouldn't have given these. You guys are going to get some really cool handouts because April was working on them. Jeremy goes, Oh, I want that. And so I thought, All right, we'll put them in. We'll put them in. So you guys, you've got a handout on mudras that I think that went up there for you, mudras, because it is about the energy body. And a hand out on karma, which is a lot of what we covered in the karma workshop that I don't usually go into that depth here in this class. So you guys are so lucky. Not only are you an amazing group, but April and Jeremy live together. So Jeremy sees things that otherwise would be unknown to the world. And when he says, oh, can I have that? My heart goes, Of course. All right. So flow of prana. What is it?

##### **[00:02:34.500] - Caren**

Guys in the chat, is that? Yeah, she does, doesn't she? Exactly. Okay, you guys.

##### **[00:02:45.380] - Caren**

Flow of prana. Up, left. And what you think about, think of it as rotating this way, right? But it dips. It finds an opening and it zooms. So the swirl really is left to right. And it was actually really fun. Nat? What?

##### **[00:03:08.840] - Natalie**

Left to right? Just really quickly. Up, left.

##### **[00:03:12.560] - Caren**

On the left.

##### **[00:03:14.330] - Natalie**

Up, down, left, dip, up right, around.

##### **[00:03:17.470] - Caren**

Okay, but here's what I'm telling you. This is what I'm trying to say. Yes, it comes up, and yes, it does this because left channel, right channel, it's coming in like this, right? But it's a field that is swirling this way, and it passes an opening, and it goes, bloop bloop bloop bloop, and back up. So you You still want to think. You still want to think about it as a field. You guys need to unmute because I can't hear you. It's Natalie, what are you laughing about?

##### **[00:03:57.520] - Natalie**

It's bloop, bloop, bloop, bloop.

##### **[00:04:01.210] - Caren**

It'll be fun to see how Jeremy puts that in the transcript, right? Bloop, bloop, bloop. But do you get my point? There's a field, a pranic field that It's going like this, but it's also moving through us. Okay? All right. So that's clear now?

##### **[00:04:24.020] - Mary Beth**

Now, as in in left, as in counterclockwise, right? Am I messing it up?

##### **[00:04:32.030] - Caren**

It's counterclockwise.

##### **[00:04:33.500] - Mary Beth**

Yeah. Okay. That helps me.

##### **[00:04:35.330] - Caren**

Okay. That was my moment for the view, you guys.

##### **[00:04:36.720] - Mary Beth**

I don't do left and right very well, but I can do counterclockwise. Okay.

##### **[00:04:40.230] - Caren**

I have no idea how much energy that took for me to do this, visualize a clock, visualize a clock, and go, Yes, counter. Okay, it's counterclockwise.

##### **[00:04:53.430] - Mary Beth**

When it comes down now.

##### **[00:04:56.990] - Natalie**

I don't want to get this more complicated. I think the clockwise depends on whether you're the clock or you're looking at the clock. So what I'm going to stick with is it's coming up on the left, dipping down and going right, like the circle is going this way.

##### **[00:05:09.090] - Angela**

Maybe if, Caren, one thing I was thinking about is that if you just have a chance once you can guide us through the actual process, and that we clarify it as we do it for ourselves, because you'll be guiding us and saying, Okay, we're going to breathe in, and we're going to visualize that prana coming down our Pingala and up our... No? It's okay.

##### **[00:05:41.590] - Caren**

No, no, no, no, no, Okay. You want to try something then? Because what you've learned...what you've learned it, and we'll talk about this today, you've learned the breath moving up and down in a way that neutralizes karma. We haven't really learned it just as it's really flowing. So let's try that. Let's try that, Angela. Let's see what happens. So go ahead and sit. I see Maggie and Nat, just be comfy.

##### **[00:06:30.040] - Caren**

So let's all find our seats and find a place of... Really, find that mountain where your seat is so grounded and then your body is so still. And let's go ahead and do what we do in group meditation. And let's just take that awareness from our tailbone, from our sit bones, and just let that grounded sense travel so deep that We sense ourselves connected to the center of the Earth, that very grounded, grounded, stable. That's the important part, stable. Then what we're going to do is we're going to float back up. We're going to come from the center of the Earth, and we're going to just gently lift, and we're going to lift, and then we'll lift into the spine, and we'll move up the spine, through the neck, up through the head, and then out through the top of the head.

##### **[00:07:39.020] - Caren**

As you come out the top of the head, let your awareness move down towards the right, and then let it move underneath your feet, and then come up on the left. And just imagine that there's this, we call it the Wheel of Shiva. If you ever see any of the statues of Shiva, there's a circle with the energy, the flames, the representation of the energy. Just imagine there's this hula hoop that's spinning, and it's spinning so that it's moving down under your feet and coming up along your left side, moving over your head, down your right, under your feet, and you're just moving around. And just let your mind just gently follow the path of that hula hoop and let it just be just a vibrant. Let's just go with white for today, you guys. Let's just go with white. Okay, does everybody have that? All right. So now just keep this, ring, of vibrant prana that is moving down the right, under your feet, and coming back up the left, over the top of the head, and have a sense that as it's coming up over the top of the head, it's passing over that crown chakra, which is just this beautiful opening, this source of It's a portal.

##### **[00:09:33.880] - Caren**

And at some point, as that energy is moving up on the left side, it passes over that Moon, Nadi, the Ida, and it just gently moves down. And then it comes back up the Pingala, and then it begins to continue flowing down on the right. And it's not taking all of the energy above you. The energy is still swirling, but it's taking some. And it's just moving down the left side of your spine, coming back up the right side of your spine, and then flowing down. It comes back up top of your head, and then this flows down the right under your feet. If you'd like to, if you've got that, as you're inhaling, now imagine the breath coming in through the top of the head, down the left side of your spine with your inhale. As you exhale, it just moves up the right, the Pingala, and then out and back and joins up with that circle. We're still on the same plane. It's moving down. The breath is moving down the left side of your spine, and it's coming up the right side of your spine. And you don't need to breathe any special way.

##### **[00:11:03.570] - Caren**

Just breathe. Just let your breath be however it is. We're not doing Hong-Sau, you just with your breath. But what I'm hoping you're finding is that as you're inhaling, you're taking some of that wonderful energy that's swirling around you. Just some of it is moving down the Ida and moving back up the Pingala and joining with that with that beautiful ring of pranic energy that is circulating around your being, your body. Okay, so go ahead and release. First, just release the breath moving in and just let that energy continue to move around. Up on the left, down on the right, up on the left, down on the right. Find that. And then, gently, let's bring that awareness. Just gently pull in. Just pull in. And just have a sense that you're bringing all of those currents into the center of the spine. Bring them all in.

##### **[00:12:39.960] - Caren**

And now staying here, staying here for a moment. So now what I'm going to ask you to do is you brought everything into the spine, all your awareness is in the spine. You have a sense of the current, perhaps moving up and down your spine. What we're going to do now is we're going to shift our orientation.

##### **[00:13:17.800] - Caren**

As you inhale, you're going to imagine that the breath is flowing in through the mouth of God, through the Moon Center, and going down the spine. As you exhale, it's coming back up and moving out through the Sun Center. We shifted the path of the prana now, 45 degrees or 90 degrees, whatever that is. Now, you are consciously bringing the breath down behind the spine. Think of it coming down, actually, through the spine. As you exhale, it's coming back up the front of the spine. Think of it that way, right? It's coming in, down, the back of the spine. Actually, as we exhale, let's have it come up through the center of the spine. It's flowing down the back of the spine. As you exhale, the currents are moving up the spine and out the Sun Center. This, this patterning right here, is the beginning of a breathing pattern that neutralizes karma. Now, we can talk about that a little bit later. But so what we've discovered are two breathing patterns. Yes? Yeah? Got it? All right. Okay, so let's just go ahead and just gently release your awareness of the currents. Let's come on back when you're ready, and we can have some questions.

##### **[00:15:11.850] - Caren**

And if you want to take a moment to diagram that... But so, yeah, go ahead and take whatever notes you want on what we just did, and then let's have some questions. How does that sound? Angela, that was actually a really good idea. That was a really, really good Yeah. Yeah. Yeah.

##### **[00:17:29.920] - Caren**

What do you think? You got enough there? If you want to... Anybody ready to ask some questions? Okay. Did you guys like that? I thought that was a really good idea of Angela's, and it really... Let me just say this before we... No, actually, I'm not going to say anything. If you want to just verbally try and say back what you think we just did, or if you have questions about it, any of that is good. KES, yeah.

##### **[00:18:27.700] - KES**

I think you didn't I didn't say it out loud, but I figured. So we were breathing in on the left, and then up on the right, and then around, and then in on the left, and up on the right, and around. And then you switched, And so we were breathing in on the right, and up on the left. Oh, wait, I got it all mixed up. Is that right? Oh, I felt that. I don't know.

##### **[00:18:55.250] - Angela**

I know what you mean. I think it got mixed up.

##### **[00:18:59.800] - Caren**

I I got it mixed up?

##### **[00:19:01.050] - Angela**

Yeah, I think you said the down the right and up the left one time.

##### **[00:19:06.680] - Caren**

I did.

##### **[00:19:08.770] - Angela**

Is that right?

##### **[00:19:09.670] - Caren**

Then I was wrong. It's coming down the Ida the left. It's coming up the right, the Pingala on the right.

##### **[00:19:19.900] - Angela**

I didn't say it wrong. No. That must be that I had it wrong.

##### **[00:19:25.200] - KES**

Well, somehow I heard it, and it felt really good to do it that way. But maybe I just projected it.

##### **[00:19:36.000] - Angela**

No, anyway, it was really good. I loved how... Because it really showed me how the left and the right, and then we have the back and the front. So it's almost like we've got each side going like those.

##### **[00:19:49.960] - Caren**

It's like you've got this, the path of prana, this direction, and then we're turning it, and we're turning it, right? Got it.

##### **[00:19:59.640] - KES**

Is that what you did?

##### **[00:20:00.580] - Caren**

Is that what you meant to do? That's what we're doing. We've got that energy that's flowing this way around. This is the body. This is my hand is the body, and we're doing this. And then we do this, and we do this.

##### **[00:20:17.270] - Angela**

Got it. You had it right there, and I'm sorry. I got the words.

##### **[00:20:23.200] - KES**

I was talking about the first when we're doing the Ida and the Pingala. It sounded like we switched and went the opposite direction. So we were going down on the left and up on the right four or five times. And then somehow it felt like we went down on the right and up on the left. But that's not what you meant.

##### **[00:20:44.960] - Caren**

It could have been me. You guys know I'm not a right, left person. I shot my wad when I said to Mary, Is it counterclockwise? That whole visualization to try and get there. It exhausted me, and I did it. But now my left and right is probably done for the day. So it could totally be me.

##### **[00:21:07.180] - KES**

It felt really good cleansing. But then turning at 90 was really good, too, coming in from the Moon and up to the Sun. That felt really good, too. Because I seem to have my Moon Center's pretty developed. I can feel my skin move.

##### **[00:21:25.920] - Caren**

Yeah. Yeah. Yeah. That's real. Yeah, Mare. Cool. You're muted.

##### **[00:21:41.170] - Mary Beth**

Either way, it comes in through the Ida and goes out through the Pingala on Both of these, correct? Okay. So I can get rid of left and right. I can just do Ida and Pingala.

##### **[00:21:52.910] - Caren**

And when we're doing this direction of the prana, the fact that it moves this way, where very Very much, Ida is on the left side of the Sushumna. It's not behind. It's on the left. If this is the Sushumna, this is the left. It's coming down. And then it's coming out on the Pingala on the right. Okay. So yes, that works. And just as KES was doing that, I do see the confusion with the Zoom. It really is hard to see somebody moving their arms and your mind is going, which... Because I'm looking at KES trying to go, Wait, which is her right arm? Yeah. I think Nat had a question, Jeremy. Hang on. Nat, did you have one?

##### **[00:22:37.340] - Natalie**

Yeah, just a quick one. Would you ever do it a different way? Is this the way? It's okay. For what reasons? I realize that's probably a very long discussion, but when would you go in through the Pingala and out through the Ida? When would you reverse it?

##### **[00:22:58.560] - Caren**

Let's put it this way. I don't know I don't know that we would necessarily reverse it, but we're going to talk about that today because that's a karma neutralizing. That's where we're going, is that the spinal rotations, there's two ways to do them. And one way is the natural way of the breath, which is you inhale and you move your energy down, and you exhale, you move your energy up. But as you know, there's times, those of you have been with me for for a long time, remember, I've said at Hamsa, we are ambi-dex-, we are "ambi-breatherous," which means we learn how to do it in different ways. Because if you breathe up as you inhale, and you bring the energy up the spine as you're inhaling, you are creating friction with the current that is coming down. So we've immediately started creating heat, friction. And that friction, that heat in the Sushumna, burns up the karma that's being stored in the chakras. For us, for most of us who are living real lives like this, it doesn't necessarily mean the karma is going to go away completely. But the way Kriyananda would say is instead of breaking your leg, you'll stub your toe. Instead of having a major blow up that divides the whole family, you might have a moment of...pph. So it's huge.

##### **[00:24:37.090] - Caren**

Softening your karma is huge. This is all level two stuff. I just want you to know. I don't even know if we got here in level two. But you guys are just so we're here. So what it is, is that remember, the karma is stored in the petals of the chakras. And the chakras have polarities, which is what... And when that polarity starts moving... Oh, my gosh, my fingers, you guys. I'm just doing this. My fingers are like going phoom phoom phoom, they're feeling the field. You guys have magic powers. Okay, so anyways, try this. If I'm feeling it, you guys might, too. Just try rotating your fingers like this. Can you feel the field of energy in them. Do you feel that? Holy shit. That is really cool. Some of you felt it, I know. If you don't feel it, don't feel bad. But it's like you just... Okay, that was cool. What's happening is that karma is stored, and it's stored for the right time and the right place and the right intensity that you imprinted when you incarnated. That moment of your first breath is when all of the things you came here to learn and experience are imprinted in your soul.

##### **[00:26:13.350] - Caren**

And I think we've talked about this, but if we haven't, remind me. Actually, I'm going to get there. Is any other questions on the flow of the prana and what we just did with the breath? Let's make sure we've got that set first. KES.

##### **[00:26:33.430] - KES**

So something that Angela asked about was, so when we turned and we went Moon and Sun, are we still doing Pingala and Ida, you say?

##### **[00:26:46.440] - Caren**

Yes, because remember this?

##### **[00:26:51.340] - KES**

Yeah.

##### **[00:26:51.770] - Caren**

It's actually spinning around. And so, yes, we're still... It's still Ida Pingala.

##### **[00:26:59.640] - KES**

And Ida is behind the spine, at that.

##### **[00:27:04.900] - Caren**

Yes, Ida is the Moon Center, and Pingala is the Sun Center.

##### **[00:27:09.580] - KES**

Okay, thank you.

##### **[00:27:11.530] - Caren**

Yeah, good question. Jeremy.

##### **[00:27:14.760] - Jeremy**

The flow never changes direction, but we sometimes, in other techniques, can direct it, the energy, in the opposite direction of the flow. So the flow is always moving. The reason this is important is because now I think I have it. I'm looking at a clock across from me right now. It's above, it's on the wall. I'm looking at the clock, and the prana is traveling in the direction that the arms are traveling. They're going up this side, I'm following the clock, and down this side, I'm following the arms of the clock. The arms of the clock never reverse when I'm looking at a clock. That helps me to understand my brain. Like, Oh, I'm looking at a clock, and I'm watching the arms go, and the energy is always going that direction, and it never changes. Find a clock with arms. That's hard today.

##### **[00:28:19.760] - Caren**

I know. Okay, shit. Okay. So it's going like this on the clock?

##### **[00:28:26.590] - Jeremy**

Yeah.

##### **[00:28:29.330] - Caren**

And that's exactly what it's doing on me.

##### **[00:28:33.060] - Jeremy**

Yes. It's like I'm just pulling those arms coming closer to me, and then it's just continuing to go. That helps me so that when it comes to the top, 11 o'clock, let's say, it goes down the Ida, and then it goes back up at the Pingala, and let's say it goes out at one o'clock, something like that. Okay, I think I got it finally.

##### **[00:29:00.960] - KES**

I'm more confused.

##### **[00:29:02.460] - Caren**

Yeah, just let it go because that gets into clockwise. When we're in person on next Sunday, it will help. But I think Jeremy's the only flaw in what he just said is clockwise, clockwise. That blah, that. So you just have to let go of that. Yes. Yes. And so imagine now what we're doing is we're taking that clock and we're turning it like this. And that's where we begin to... We begin to... With our mind, we are bringing... I'm going to just word tapas, heat, to this process, which is what helps to, they'll say burn off the karma, but it's really just softening the karma because we're in the Sushumna. We're spending time in the sashumna, right? And you all know this. Just think of the time where you had Hopefully, all of you have had a time where you had just really fabulous sex, and you just felt so good afterwards. And imagine that you have a kid who came to you and just said, Hey, dad, can I use the car? You'd go, Sure. Sure. Here's the keys. You just be like, whatever. It's like you're just in a whole 'nother... Now, assuming the kid is old enough to drive, okay?

##### **[00:30:40.800] - Caren**

But you know what I'm saying? It's like you're in a space of equanimity and everything's okay. "I'll have what she's having." Exactly. Exactly. Exactly. Yeah? And any time we spend in there, a little more of it sticks. A little more of it sticks, right? Okay, that was great. Okay, Mary.

##### **[00:31:09.050] - Mary Beth**

Okay, Caren, this is something I've wondered about for a while. You're talking about the prana coming in through the Ida and going out through the Pingala, that's the normal way it comes. When you decide to switch it and have it breathe going the opposite way, is there still some prana coming down, and is that what causes the friction?

##### **[00:31:40.630] - Caren**

Exactly.

##### **[00:31:41.520] - Mary Beth**

Thank you for clearing that up because I've always been afraid to ask those questions. Thank you for being present to ask questions, to.

##### **[00:31:51.490] - Angela**

Yes. I appreciate it. Yes, it's wonderful.

##### **[00:31:55.090] - Caren**

Thank you. Okay. I hear you, Mare. I hear you.

##### **[00:31:57.590] - Angela**

And those directions and flow of prana are also in relationship to how we're breathing, correct? Yeah. So depending on which direction you're going when you inhale versus the direction you're going when you exhale.

##### **[00:32:15.520] - Caren**

Mentally.

##### **[00:32:16.360] - Angela**

Mentally. That's all I mean is mentally, yeah.

##### **[00:32:18.930] - Caren**

Because where the mind goes, the energy follows, the prana follows. So in the beginning, we're literally just doing with our mind. Over time, you will feel the prana. You will feel it, and you'll know, Oh, the prana is moving in a different way. I mean, it is moving. Yeah? One of the things that will happen as you start doing this, we're going to talk more about this next week in person, but we'll just see it a little bit today because it's nice to hear things more than once. So one of the other things that happens as we're doing these rotations. Don't worry about the direction my hand was going. It's the rotation, right? Is that as we become more balanced, as the currents become more balanced, What we call the Kundalini energy at the base of the spine begins to wake up. And the symbol of the Kundalini is the snake. And what happens is the snake... You know how the snake is coiled? And then in the yoga world, there's three coils of the snake. Three. Here we go again. Three. Magic number. Symbolic number, right? And as we balance, the snake uncoils and it travels up the Sushumna.

##### **[00:34:10.840] - Caren**

If we're not balanced, the current comes up and it hits the Jupiter chakra and it goes... We know some politicians or very rich people who go, Oh, I want more, more, more, more, more. Imbalanced, right? Or people who are so scared and timid and afraid, afraid. Imbalance. And so Kundalini is smart. It's intelligent, and it waits for balance before it can start. It's going to start to rise up. As it rises up, all it does... Do I want to say it that way? I'm trying to just dispel any fears people have around Kundalini. As it rises up, what it does is it reveals to you that awareness that is so connected. It's a alive, vibrant, conscious awareness. Kriyananda used the words, It's balanced Self with a capital F. Not my individual personality, but the Self in the Buddhist sense that is part of the whole. So it's balanced, Self-conscious. In other words, I'm aware. I'm awareness. It's balanced, Self-conscious awareness. We're not asleep. We're not dull. We're completely awake in this moment. And even just a heartbeat of it is lovely, right? So what happens as this Kundalini is waking up is that... And some of you, when you breathe Hong-Sau, have experienced this.

##### **[00:36:25.530] - Caren**

It's like you're breathing Hong-Sau, and it feels like your body is just kind of... it wants to rock a little bit, right? And... I can't believe I'm fucking teaching this. Okay. If you're stable and still like a mountain. Stable. Stable. Grounded is not the important word here. Stable. So you're supported. You're anchored. Stable. And you're still. There's a stillness in your body. What happens is as the energy wakes up, you feel it, and the energy moves your body. You don't move your body. The prana, the energy moves your body, which is why in Hong-Sau, and some of you, I see you. I know that you have this experience. It's like It feels like your body is just moving. It's the prana. And the key here, the key here is to keep the body soft and still and test it. Just ask yourself, Am I doing this? And you'll be able to tell when it's prana and when it's you. And if it's prana, it's coming from inside. And your body is so relaxed and so soft that it's the prana that moves your body. It's the prana that moves your body. And so when that happens during Hong-Sau or any technique, and we'll go more into this next week, the important thing, this is what Sally taught me, is to not be afraid of it and to not try and control it because it's waking up.

##### **[00:38:24.890] - Caren**

It's waking up. And what happens is we get scared of it. And so we try and hold our body still in it. And as soon as we do that, it shuts down. Because, well, I don't know if way far down the line, maybe that's not true, but at least in the beginning levels where I'm at with this, right? My body needs to be really soft so that there's no resistance in it, and there's none of me controlling. Back to Hong-Sau. Back to Hong-Sau. So that the currents are doing whatever needs to be done because they're intelligent. They know. They know what we need. And next week, when we're at my house, I'll demonstrate to you what it can be like. So. Now I lost track of what I'm talking about. I've been feeling the current, so I'm a little spacey. Let's have some questions. Let's have some questions to ground me back in my body. Jeremy.

##### **[00:39:48.170] - Jeremy**

I'm not understanding the connection between that and the chakras. I just want to connect the two in my mind.

##### **[00:39:57.540] - Caren**

The symbolic serpent at the base of the spine is the energy that is still asleep. It hasn't woken up. Remember, we talked about the chakras are sleep. Then they wake up, then they wake up. And so the Kundalini is the name of the current that lifts up through the Sushumna, that lifts up through the Sushumna, helping to wake up the chakras. That was a very good question.

##### **[00:40:37.680] - KES**

Repeat what you just said, please.

##### **[00:40:39.950] - Caren**

So the chakras, we talked about the symbol of the chakras. It's a flower that's like this. It's just asleep. [sound]. And then as the current moves up or as the chakra opens, wakes up, the flower, it goes from a sleep to flower. When it flowers, the current can move through it. The Kundalini is a very real... The name of the experience of the current being able to run cleanly and just up through the chakras. Angela, you're muted. Yeah.

##### **[00:41:36.170] - Angela**

But you also said that, not but, but something about we have to be balanced before that prana can flow. But if it takes the kundalini or that prana, that energy flow, to open those chakras, does it mean... So the open chakras, that doesn't necessarily mean if they're closed, they're unbalanced. Because I guess I'm trying to understand, do we have a process of that flow off and on to gradually help open those chakras? I guess I'm trying to fit in the balancing portion of our energy, the chakras, and then where the Kundalini comes in, because I know that the Kundalini, like you said, if a chakra is unbalanced, it's going to jet off and do weird things and... Not to be afraid, but just-

##### **[00:42:48.220] - Caren**

No, because your kundalini-

##### **[00:42:49.550] - Angela**

I don't know what the real question is there, but-

##### **[00:42:55.230] - Caren**

Let's see if this helps.

##### **[00:42:59.540] - Caren**

Our Earth life is what's helping us balance the chakras. Right. Okay. As we're learning to become less reactive, as we're learning to detach and not believe our anger, our fear, our shame, as we're learning in a moment when we're exhausted, we're tired, and something's going on, and you just want to be snappy. And instead of snapping, we go, Okay, okay. And we become present. We just become present instead of reactive. Are you following me? Does that make sense? That's what's balancing the chakras.

##### **[00:43:40.610] - Angela**

Right. Okay.

##### **[00:43:41.430] - Caren**

Yes. As we do rotations, that does help. But it's our Earth life is what's balancing the chakras, which is probably why I get a little... And it's a flaw. This is not an attribute you want to mimic. But I get a little… I don't know what the word is because it's not really frustrated, and it's not really impatient, but I get a little elitist when we're working with chakras, I think is what it is. And I was raised in a family where the arrogance was the antidote to the shame and the inferiority, right? And this is one spot in my life where I see it coming back is that, okay, you can do all that chakra work, but it's got to be done on the Earth plane.

##### **[00:44:41.740] - Caren**

It's got to be done on the Earth plane to sustain it, right? And so there is work you can do energetically, but if it's not partnered with learning how to live with more patience and kindness and clarity, and I don't get to have my way. Yes, you can have your way. If it's not balanced with all this other stuff, it's like... To me, the word they use, it's a spiritual bypass. That's really the word they use. It's a spiritual bypass. It's like I'm saying, I don't have to deal with my Earth life. I'm just going to do all this spiritual stuff. And that makes spiritual. But what makes you spiritual is being able to get along with the people in the world without judging them, without blaming people when things go wrong. Am I making sense?

##### **[00:45:42.880] - Angela**

Yeah. It really does make a lot of sense. Then we come to our cushion, we learn this technique, we're running the energy, the prana, we're trying to open. I don't like-

##### **[00:46:02.630] - Caren**

You're coming into the Sushumna, you're coming into the Sushumna with your rotation. And it's like little by little. Here's the way Kriyananda described it. It's like You've got Ida Pingala over here, and you've got the Sushumna right up the middle. And it's a filament. It's one one thousandth of a baby's hair. That's how fine it is, right? And it's... And what happens is with our breathing techniques, we're taking these energies that are very... Poles? Opposite poles, like this.

##### **[00:46:45.730] - Group**

Polarizing? Polarized.

##### **[00:46:48.110] - Caren**

Polarized. Yes. But they're here. The Sushumna is this fine little thing in here. And what we're doing is we're trying to bring the energy. Bring the energy, bring the energy. And what happens as you get closer and closer to, quote-unquote, center, right? Is that there's a point where these just dissolve and the Sushumna is there. And so we're living in a world where it's like, I'm taking all the doorways into this as I can. I'm going to do my breathing because my breathing, you feel it after pranayama. Yes. You feel it, right? You've got yourself closer and closer. Are you really in this, Sushumna? I don't know, but we're closer, and it feels good, right? And then the question is, how long can you sustain that?

##### **[00:47:40.310] - Angela**

Yeah, that's what I'm saying.

##### **[00:47:41.440] - Caren**

You get up and your dad has just escaped again with his friend, and you don't know where he is. Are you still there or did you go to, Ah, right?

##### **[00:47:50.330] - Angela**

Totally.

##### **[00:47:51.500] - Caren**

We do it with our breathing, and we get to know a little more what it feels like to be closer to the center. But then we're also using the tools in our daily life. And between all of those, we get closer and closer. And the way Kriyananda says it, being out here, we all know what this feels like. As we get closer and closer, it's like it feels so good. It feels like we've touched enlightenment, right? Because it feels so good. And yet the magnitude of actually getting into the Sushumna is the same magnitude of going from living out here to the way we feel after a retreat, right? It's like, Oh. Well... We're close. Are we in the Sushumna?

##### **[00:48:49.700] - Angela**

And then the Kundalini then-

##### **[00:48:53.490] - Caren**

Is when you're in the Sushumna.

##### **[00:48:55.480] - Angela**

Yeah. Okay. And then that I guess it sounds like a really dumb way to put it, but-

##### **[00:49:03.880] - Angela**

I'm going to ask you right now to take that back. I'm going to ask you right now to take that back because-

##### **[00:49:08.610] - Angela**

Yeah.

##### **[00:49:08.900] - Caren**

Find another way to say it.

##### **[00:49:10.140] - Angela**

Forget I said that. I don't… Okay. What ultimately the purpose of the Kundalini is to hold the Sushumna, hold us in our Sushumna and help us stay balanced? Or am I going...

##### **[00:49:38.650] - Caren**

No, that's a really good question. Couple of answers. One is, we remember. We remember. The veil is gone. Maya Illusion, we remember. Okay. We touch it. We touch that. And we know. We know we're connected. We know we're part of something that transcends all of this. And in Kriyananda's words, if you even have a moment of that, that's enough. That's enough. Because that's not the purpose of the Earth plane. The Earth plane is to balance our karma. But if we're lucky, we have a moment, and that moment, we hang on to it. We hang on to it because now we've remembered, and we can come back and do this knowing that all of this is helping us to-

##### **[00:50:33.160] - Angela**

Stay aligned.

##### **[00:50:34.250] - Caren**

Stay aligned, yeah.

##### **[00:50:35.450] - Angela**

Remember.

##### **[00:50:36.240] - Caren**

Well, to sustain. To sustain that. Because most of us, we have it, and then we come back, right? And so the more and more we can sustain it, and the idea is sustaining it to the point that even as we die, we sustain that awareness. We can sustain it even as we die, even as we move into the realms. And then ultimately, you're like, Yogananda and Shelliji, Tishraji, where you remember. You remember your past lives. You remember your future lives. You just remember it all. You're just aware.

##### **[00:51:13.160] - Angela**

Does the Kundalini have to be awake to be in that space where you see the star and get through that gateway? I don't want to go too far off track, but I guess I'm just trying to understand because I was reading that in the book, and I was feeling I had mixed feelings about the whole thing because it's something like, I am so far from that. It's just, I don't see a blue light. I don't see the golden ring. I don't see the white star. And yet I have hopes for that. I didn't really even know about the white star, but it excites me to think about it. Do you have to get through?

##### **[00:52:13.160] - Caren**

Here's what Kriyananda said. He told this story. He had a disciple whose name was Bhakdunanda. There are a lot of stories about Bhaktananda. Kriyananda loved this guy, and this is a Bhaktananda story. So So Bhaktananda... No, you got to... Most of the stories around Bhaktananda involve women because he loved women. He just loved women. In this particular story, he's feeling so all it because he's seeing the blue ring, the blue light. He's seeing the blue light, right? And he's like, all that. So he goes to a bar. A yogi walks in a bar story. And he's talking to the woman who's serving the drinks, and they're chatting and everything. And somehow this thing, they're talking about some of this meditation stuff. I'm not even sure about the conversations, but she goes, Oh, yeah. And that blue light, that da, da, da, da, da. And he's like, How does this woman who's serving drinks in a bar know about the blue light? And he had just discovered it, and he was like this yogi for decades. And so Kriyananda's point was, You don't have to see the blue light. It's not the measure. It's not the measure.

##### **[00:53:41.050] - Caren**

Some people see it very easily. Some people may never see it in this life. And maybe I haven't said it here, but I know a yogi whose main ambition in this life was to learn all the Kriyas, all the Kriyas. And Kriyananda did a special boon for him where the stories he tells, what he has learned from yogis, things that are secret, he knows all the Kriyas, but he's never seen the blue light.

##### **[00:54:16.700] - Angela**

What color? Because I see a tone of blue sometimes, not always, but it's more of an indigo deep color. I'm just curious because I don't know if it's a light blue because it said something about opalescence or something. But opaline, I think is the... Anyway, sorry. I don't mean to get too technical-

##### **[00:54:40.540] - Caren**

No, no, no. These are great questions. This is the only place to ask these questions. And everybody else has them, too.

##### **[00:54:47.450] - Angela**

Yeah. Okay.

##### **[00:54:48.920] - Caren**

So I had the same wonder, and I would just sit there and imagine a blue light. I thought that's what I was supposed to do is just imagine it, right? So I thought, imagine it, imagine it. And then in 2003... So I've been doing Hong-Sau for five years at that point. Yeah, it was 2000. No, it was spring 2004. Spring, so I've been doing it for six years. I've been doing Hong-Sau. I'm trying to imagine a blue light. And I'm in France to go to a retreat with Kriyananda. It's the first time we're going to meet him, right? And I'm in the hotel, and I'm just breathing Hong-Sau And I'm aware that he's probably somewhere in the city because that's the way to get the [inaudible]. And I'm doing Hong-Sau, and all of a sudden, this blue just shows up. And I had this like, Oh, that's it! And it was being close to him, I think, opened that up, right? And there's lots of times I don't see it, still. But what's most important is that you accept accept the color you see.

##### **[00:56:33.430] - Angela**

Yes. Okay.

##### **[00:56:34.510] - Caren**

That's your training to trust your inner guru.

##### **[00:56:39.400] - Angela**

Yes. Okay. Thank you. That really helps.

##### **[00:56:42.480] - Caren**

You're seeing the color. You're seeing the color. You're seeing it. You're seeing it. So trust it. And the more you just when you see it, you welcome it, right?

##### **[00:56:58.250] - Angela**

Yeah. And it just... It's not a pointed... It's not a shape, and it comes in a cloudy, and then sometimes it's all across above. Then... It hasn't happened for a while, but when it was happening a lot, it almost would surround... I could almost feel it on the outside of me, and then it was just... Anyway, I don't I need to keep going. I'm just trying to understand if I know-

##### **[00:57:35.890] - Caren**

I want you to stop right now. Stop right now. I want you to go back and go back to, and it just feels like it's all around me. Then don't say I'm taking too long. Don't say that. Don't say that. Just go all around me and then say the next thing. Leave that part out. You do get to talk. It's your class. This is your chance.

##### **[00:57:55.170] - Angela**

Thank you.

##### **[00:57:56.310] - Caren**

So please, can we try this again? And just be okay.

##### **[00:58:00.050] - Angela**

Okay.

##### **[00:58:00.620] - Caren**

Be okay to take the time.

##### **[00:58:02.920] - Angela**

Okay. Yes. So when it starts to happen, it starts first with these white, fluffy clouds. And then as long as I don't try to focus on them or grasp it, there's a certain way, and I can't find the words, when I know that it's flowing and I'm not going to disturb it. Sometimes I can get it and sometimes I don't. And then the white, it's just all over. And then it slowly, voom, will come this deep violet blue, and then maybe it'll dart out and then it'll come back in. But it's no shape. And then come in more. If I don't grasp, it just depends on what I do. If I'm having a really good meditation or moment, then it fills the whole upper... I say upper because it feels like it's above me in my mind. The longer it stays there and just sustains, which is, I don't even know how long it is because I'm lost in it. It feels like my whole body just was awash and released of stuff. There's no way to explain it, but I just feel this huge relief. I have a lot of physical pain and things sometimes.

##### **[00:59:54.970] - Angela**

When I come out of it, I notice later, Oh, I I feel better today. I just feel so fortunate when that happens. But it does seem like it only has happened the more I meditate. I have to meditate for over an hour, at least. But I'm not always in a deep meditation. I'm coming in and out, but it's only when I have a sustained length. All summer, I haven't spent 20 minutes or whatever, so I just take what I can get. Anyway, so thanks for letting me share that. I love to share. When I was reading that and thinking, Well, I don't know if that's blue or not. But whatever it is.

##### **[01:00:52.200] - Caren**

So next time, you're going to say, I'm trusting my experience.

##### **[01:00:58.170] - Angela**

Yes.

##### **[01:00:58.640] - Caren**

This is what I see. You can let go of, I don't know if it's supposed to be this or not.

##### **[01:01:03.080] - Angela**

Yeah. Okay. Thank you.

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

This is my experience. This is my experience.

##### **[01:01:06.270] - Caren**

Yeah. So along the lines of what Angela was beautifully bringing up, this is the hardest part of our training, is to not get attached to the blue and not grasp and not need it to affirm that I had a good meditation because I saw the blue light. It's like, that's the hardest part, is to be neutral.

##### **[01:01:36.500] - Angela**

I know. Oh, my gosh. I'm so glad you said that because that's what I have to think about. So that's what has been happening this summer because I'm not having it right now. And it's like, okay, I'm falling behind. You know what? That's the way we do that to ourselves. And it's not true.

##### **[01:01:57.680] - Caren**

It's not true.

##### **[01:01:58.270] - Angela**

Every little bit, I'm Every little bit. Yeah. Okay.

##### **[01:02:02.720] - Caren**

And 20 minutes is huge. Two or three minutes of meditation is going to make a difference, right? Living your life aware makes a difference. It all feeds the same thing. And it's considered a real obstacle on the path that when we start to think that I need this experience to be successful in my meditation. I mean, that sounds so obvious, right? Except that it isn't obvious because we all do it. We all think, Oh, I saw the blue light. Yes, yes, yes. And then we don't see it, and now we're a failure. It's like it doesn't work that way. And that's part of our training. That's the equanimity. We should say, Instead of hold some close and others distance and abide in equanimity, if I see the blue light or not, it's just abide in equanimity, right? Yeah.

##### **[01:03:01.120] - Caren**

Great, great, great sharing and questions, Angela. Thank you. So, Jeremy, yeah.

##### **[01:03:08.540] - Jeremy**

Along these lines, I'm reading The Surrender Experiment, and the resistance I had to the book initially was, Okay, so you sat under a tree and you said, I am not leaving until I get enlightenment, which to me is the ultimate of attachment. I am going to force the issue and I'm going to cling to that until God damn it, the universe is going to give it to me or I'm not moving. Then it did. That part bothered me a little, but I let go of that. It's like, Suspend your disbelief. Then he talks about, I think it was Baba, but I don't remember, being in the room and puts his hand over him and he feels a sense of energy that he's never experienced before. Again, the skeptic in me is hard to accept that. That comes up. But then I realized as you're talking, and Angela's beautifully describing this experience, I forgot that at, I think it was the last retreat, but it may have been a previous one, that I was seeing some things. What I felt when I saw them again was this sense of overwhelming you're back, like a warmth that was so tangible.

##### **[01:04:30.710] - Jeremy**

Where I'm going with this is, I don't get that outside of retreat. I just wonder if it's the concentration of energy or having a teacher who's been doing this for so many years, there's just more abundant energy that I'm able to absorb. That helps me to dispel the chatter as I'm reading his book. I'm like, Oh, wait a second. I have experienced the same thing on a small level. I don't need the massive level, but I know it to be true when I think of it that way. Anyway, I was just like, Oh.

##### **[01:05:12.300] - Caren**

No, you're exactly right on, Jeremy. Right on. The reason our retreats are so powerful is because of us. It's not me. It's us. We come together and there's an energy that's palpable, and it... It energizes all of us. It's a field, right? And it's like you got one candle, you bring another candle, another candle. And pretty soon, you've lit up the universe. And it's like that. We all come. And that's why they're so powerful. I'm glad you're reading it, finally. Good. And thank you for being a cynic. It's okay to be a cynic I don't want anybody to ever just take my word for it, take his word for it, right?

##### **[01:06:07.010] - Jeremy**

I do have a question, if that's okay.

##### **[01:06:10.530] - Caren**

Okay. Yeah. Is it on the chakras karma stuff?

##### **[01:06:16.190] - Jeremy**

No. What's it on? It's related indirectly.

##### **[01:06:20.810] - Caren**

Can you save it for next week?

##### **[01:06:22.420] - Jeremy**

I can.

##### **[01:06:23.110] - Caren**

If it's indirect, yeah, write it down and save it for next week because I'd like to make sure that we've got a sense... We wanted to move from the Mars chakra up to Venus, and up to Mercury, and the two. By two, I mean Sun and Moon. So Venus chakra, we get through Mars? Yeah, KES.

##### **[01:06:46.670] - KES**

Just wanted to clarify, go back. So Kundalini is the name of the current that moves up through the Sushumna. So it's just the name of the energy. Okay, yes. Thank you.

##### **[01:07:01.570] - Caren**

Well said. Well said. Yeah.

##### **[01:07:06.160] - Caren**

Any other questions on that before we move into the Venus chakra? So Venus chakra is, as we said, it's Air. It's the Air element. I can't remember how detailed I got last week with the other chakras. Did I talk about the polarities last week?

##### **[01:07:35.640] - Natalie**

You did, and you said if you're balanced, unbalanced, the polarities, all those things, you went through each little part.

##### **[01:07:42.160] - Caren**

Okay. If you're balanced Venus chakra, there's a sense of an ability to see the beauty in life in all things. There's an open-hearted willingness till there's enough for everybody, as opposed to a closed heart chakra gets very jealous, very possessive. The sense of beauty is that very superficial awareness. It's that inability to see the beauty in someone's struggle, to see the beauty in a human in a being, even if they've got, bad word, but flaws, right? Even if they're struggling. To see beauty in the struggle, that's a balanced Venus chakra. To judge, judging. I was going to say competing. Competing is a Mars thing. What is the Venus level of competition? It's the jealousy. It's the jealousy. That's I know it would show up. Okay, Mary. Yeah.

##### **[01:09:17.490] - Caren**

That's how it would show up in the Venus chakra. And so a balanced Venus chakra is that ability to have an open heart, at the same time, not feel threatened by someone else's happiness or someone else's good fortune. And I forget, what other stuff did I cover last week when I was talking about the chakras?

##### **[01:09:49.180] - Natalie**

For each of them, you can look at an overview. Like with Mars, you're like this level we incarnate at. It's a God of war. This is what it does. This is what it rules. This is how it affects you. And then you I talked about when it's balanced, what happens when it's unbalanced, this is what happens.

##### **[01:10:04.720] - Caren**

And so Venus is the God of beauty and love and harmony, right? And so Venus, that's just the planetary, the name, the Goddess Venus, that alone is your insight into the Venus chakra, right? And so If you remember with Saturn, Saturn can be too cold and constricted, and Jupiter expands Saturn. Mars can be aggressive and strong and forceful, and Venus softens Mars. One of the gifts when we start to look at the chakras this way is we get to We recognize that if we're feeling a lot of, I don't want to use the word aggression, but frustration or anger with a person.

##### **[01:11:17.460] - Caren**

The antidote is to lift up to the next chakra. The antidote is always lift up to the next chakra. And so you lift up to Venus, and Venus is that place of not judging, that place of trying to see the beauty in everything that's around you. And so we look to the chakra above to help us balance out challenging energies, difficult energies in the chakra below. And then... Is that enough for Venus right now? Is that give you guys enough to work with? Okay.

##### **[01:11:59.370] - Caren**

So then we to the Mercury chakra. And the planet Mercury is a fast-moving planet, right? It's... Actually, don't go there. But it's Ether. It's not air. It's what we would call space in today's language. Previously, we would call it Ether because it was just whatever that substance is that holds everything. And Mercury is the energy that helps things travel through this realm. And Mercury is considered the Messenger of the Gods. So Mercury is the communicator between the Sun Center, the wisdom, and the Heart Center, the compassion. And Mercury is the chakra that we balance to bring These three chakras are important, connected. This is where we're trying to get to, is to a heart center that is informed by the Sun Center, a Sun Center that's informed by the heart center.

##### **[01:13:14.270] - Caren**

And that happens through the Mercury chakra, which is the Ether, which is the realm of all of our thoughts. This is the astral realm in here. This is your thoughts, your dreams, as in literally sleeping at night dreams, right? And so this is what helps us to bring these two centers into harmony. Because I think the way Kriyananda said is this is really this. And by this, I'm pointing to my heart center. The Sun Center is really the heart center. And the heart center, when it's balanced and wise, is... That's where we go in Hong-Sau. So these three, this is where we're lifting to.

##### **[01:14:08.110] - Caren**

But the reason we come up to the Sun Center is because the Sun Center has the least karma. This is the closest to the Sushumna right here. So when we meditate, we always keep our eyes, our gaze at the Sun Center. We're trying to lift all of our energies to this high point, and that helps us balance the heart. That helps us balance Mercury. And an unbalanced Mercury is somebody who talks way too much or somebody who talks not at all. A balanced Mercury is the ability to say what needs to be said, when it needs to be said, how it needs to be said, and know when nothing needs to be said.

##### **[01:15:02.430] - Caren**

A balanced Mercury is an ability to, when the thoughts start spooling, to bring the thoughts back into the present moment. A balanced Mercury is that ability to read the symbols of your dreams and read the symbols of your Earth life. A balanced Mercury is that ability to remember that it's not about this. The Mercury chakra is a really important chakra. It's a really important chakra. For many of us, it is... It needs balancing. I don't know how else to say it. Right? And so was that enough for the Mercury chakra for the moment?

##### **[01:16:29.770] - Caren**

And so then from Mercury, we would go up to the Moon Center. And the Moon Center is not... At the back of the head, KES's is nicely activated, right? But that's Eee mantra. Eee mantra is opening this. And the reason... The Moon Center is a complicated because the Moon is also our emotional world. And a Moon Center that's way too open is an energy that takes everything way too personally, very emotional, everything's about you in the sense of it's an inability to see that somebody else might be hurting, an inability to see the other side of the story.

##### **[01:17:35.590] - Caren**

I'm always front and center in the story, and it's emotional, right? The out of balance, Moon Center is colder, hard, unemotional, sterile, no emotion. Shut down, shut down. I mean, interesting, right? You shut down, Moon Center is like a shut down being, right? And so a balanced Moon Center would be that ability to be able to attune to those more subtle energies The intuition and the emotion, they're not that far apart, but to let all that emotional energy become a place of intuition, a place of... But intuition, if it's too closely spun to emotion, you can't trust it at all because then it's colored. Then it's totally... What's the word I'm looking for? It's biased. And so our Moon Center is also into...

##### **[01:19:14.280] - Caren**

Okay, Nat we'll see ya later.

##### **[01:19:16.140] - Caren**

Our Moon Center is that place of intuition, that place of inner knowing. But it's also one of the most difficult things to balance because to be open to your intuition, you have to be open. But most of us, when we get open, then we're drinking in other people's emotions and our own emotions, and it's just so freaking confusing, right? So this ability to be able to be emotionally balanced is what allows us to recognize.

##### **[01:19:52.360] - Caren**

Remember I said in a previous class, Caroline Myss's teaching that, I recognize what's mine, I recognize what's not mine. If our Moon Center is out of balance, we can't do that because we're not clear what's ours. So I think the beauty of balancing the Moon Center and the pranayamas we do are really I'm grateful for that, the Eee mantra, sipping breath combined. We do them both one after another, is that it really does help us to, I'm going to use a very modern term, regulate our emotions, understand them and balance them and not be at the mercy and whim of them. But everything Rain teaches us, we've learned how to use our emotions to transform us into wisdom. And that allows the Moon Center to open into intuition, guIdance.

##### **[01:20:48.170] - Caren**

And then the Sun Center is... It's kinda' command central. In its own way, because it's that ability to see clearly and make choices that benefit and work towards the goal or the purpose, whatever that might be. And so a Sun Center that's too wide open is... Well, think of the very self-centered, it has to all be my way. That self-centered, but in a very... A colder, more prescribed as opposed to maybe an emotional, I want it all my way.

##### **[01:22:06.900] - Caren**

Let me manipulate you to get my way. This is more of a, I want my way. This is how it's going to be, and I'm in charge of everybody. Whereas a balanced Sun Center is wise. It's the wisdom. It's the wisdom to see things as they are and see what needs to be done with clarity and compassion, which is part of what we're doing here with meditation, right? It's learning how to see things as they are. The Sun Center is our friend. As meditators, Sun Center, Sun Center, Sun Center. We always lift the Sun Center. We balance at the Sun Center. By just gazing our eyes at the Sun Center when we're meditating, symbolically, what we're saying is, I want to lift and balance my energies.

##### **[01:23:03.840] - Caren**

One of the ways... I don't think I did this on any of the handouts, so you may need to write this down if it's of interest to you. I didn't put this in there because I don't usually cover it. But in terms of karma, there are petals in each chakra. The reason we say this chakra has the least karma is because just two petals, Sun and Moon, just two petals.

##### **[01:23:41.410] - Caren**

Whereas the Mercury chakra has 16 petals. The heart chakra, I believe, has 12. I haven't thought about this in a long time. I think it's 12. The Mars chakra has 10. The Jupiter chakra has 6 and the Saturn chakra has 4. I think that's how it goes. I think that's how it goes. And the Saturn chakra, those 4 petals, that's the densest, heaviest karma. It's heavy, dense. It's like this, this handout I gave you. It's It's the thickest, heaviest, hardest to shift karma is a Saturn chakra. It's a karma on the Earth plane. Then you will find that it's the karma that is most going to contract and constrict and confine you. Then the karma, as we move up, the way they say it happens is that... See on this one, it says the flow of karma on the one side? What it is, is that as you're moving back up through the chakras, the heaviest karma, it's like there's a sieve or a net, and it holds the heaviest karma there. And then the next level up, the next level of less dense can't go through that mesh. And we go up and up until we get to the Mercury chakra, which is the finest karma, which is the karma of your thoughts.

##### **[01:25:38.710] - Caren**

The karma, that's... I mean, on some level, it's so subtle, that karma. You don't even know it's there. Your predisposition to the way you think and judge the thoughts we have, we don't even realize we're having the thoughts. They're so subtle. Whereas There's karma of the Earth plane, Oh, I lost my house, lost my job, broke my leg. That's obvious, right? Where we'll go next week is we'll talk a little bit more about the karma in the chakras, how to think about lifting ourselves up to that next chakra level to help us balance the ones below it. And we'll talk more about how to use this, what we call a spinal rotation, those breaths, and why those work to help soften the karma. Okay? Yeah, Mary.

##### **[01:26:47.760] - Mary Beth**

Unmute. You know how you were talking about raising to the next chakra to help balance the one below it? But then when you get to heart and Sun, it sounds like Mercury balances those together. Did I hear you incorrectly? Is that like wisdom heart or is that-

##### **[01:27:15.080] - Caren**

That is wisdom heart. Yes.

##### **[01:27:17.440] - Mary Beth**

Am I taking this wrong that it brings them together and they balance each other?

##### **[01:27:25.770] - Caren**

No.

##### **[01:27:26.700] - Mary Beth**

Or does the Sun balance the heart? Or does it help balance, soften and balance the heart.

##### **[01:27:32.860] - Caren**

If you were going to say, does the Sun balance the heart? I would say, what does the heart balance the Sun?

##### **[01:27:37.550] - Mary Beth**

Yeah, that's what I mean. It feels like it's-

##### **[01:27:39.790] - Caren**

And to do this work, we move through the realm. This is a subtle realm. This is the work that's done in the subtle realm of our thoughts, of our energy, of our dreams. This is the subtle realm.

##### **[01:27:55.690] - Mary Beth**

Okay.

##### **[01:27:57.130] - Caren**

I think it's fair to say that, Mary. I said it, but-

##### **[01:28:06.500] - Mary Beth**

You didn't really say it. I was gathering that. You did not say that. That's the reason I was checking with you on it, because you didn't say it.

##### **[01:28:14.420] - Caren**

And I wouldn't say it as directly, because I'm not sure I ever heard Kriyananda say it that directly, but that's what I took from it. It's like, this is a message, or this is going, Hey, hey, hey, hey. Okay, you take it down here. Okay, you bring it up here. Tell him that. Tell her that. In my mind, that's what it does.

##### **[01:28:36.980] - Angela**

Okay. It would be behoove us or be very important for that Mercury chakra to be balanced or clear in order for that path to flow. I feel like that's my most blocked one.

##### **[01:28:54.710] - Mary Beth**

Me too.

##### **[01:28:55.780] - Angela**

I feel like some of the words I say make it worse if I'm not in the right-

##### **[01:29:03.140] - Caren**

Yes, but look how you're learning. Look how you're learning to own it and not apologize for it. I mean, you're doing so much better at that, Angela, right?

##### **[01:29:10.580] - Angela**

Yes.

##### **[01:29:11.170] - Caren**

So that's unblocking it. And that's why we have Mula Bandha to keep the energies bouncing. We have Uriana Bandha to help lift us over that marge, that Marsian... That's a tough chakra, right? To balance. So we have Uriana Bandha to balance. And then we have Jalindara Bandha, which is to help us move from [sound]... Help us move past the Mercury. So I don't know that we're going to get to any techniques with Jalindara Bandha in this training, but it's moving the energy from here up. Sometimes we need to just help it, just help it. And so we tuck our chin, and that helps to just open, bring the energy up.

##### **[01:30:08.660] - Angela**

Yeah. I actually feel... That's the reason I feel like I think mine is block I don't want to say block, but is when I'm running that energy, it's right there that I feel this. It goes ajar or it just doesn't...

##### **[01:30:29.020] - Caren**

Yeah.

##### **[01:30:29.870] - Angela**

Even though I can still get there different times, but it's just not a free flow.

##### **[01:30:36.910] - Caren**

I'm glad you said that then. When we go over the rotation next week, then we'll bring in some of that. We'll bring in some of the Jalindara Bhandha. Okay, we'll do it. Because I had to... There's a Kriya technique that... It was the same thing for me, and I actually ended up with real physical pain. And it And I finally had to back off the technique because it wasn't... And I had to do a lot of work to balance this chakra. And I would do this other... We'll do it. I'll help you. So if you start to feel that happening during a spinal rotation, that will be your... But the thing is, if you're going to engage this one, you have to have the others in, too.

##### **[01:31:25.410] - Angela**

Yeah. Okay.

##### **[01:31:26.950] - Caren**

We'll do that next week.

##### **[01:31:27.910] - Angela**

Yeah. Okay. Go ahead, Jeremy.

##### **[01:31:32.430] - Caren**

I'm so glad you said something. This is why I love it a small class, right? We can do this. Yeah. Jeremy, yeah.

##### **[01:31:40.370] - Jeremy**

There's lots of things, but the Sun Center really helped me because I've always struggled with it a little bit because I'm not... If I'm looking at the Sun Center or gazing toward it, I'm not relaxed. I'm trying to relax, and I've wanted to ask, how important is it? Because when I'm relaxing my gaze is down. But if I have to pull it up even just a little, there is a little bit of non-relaxing. But now I understand-

##### **[01:32:08.660] - Caren**

Where? Is it in here?

##### **[01:32:10.330] - Jeremy**

In here, yeah. And so naturally, I would gaze. If I was completely relaxed, it would just be gaze down. I have to actually draw my attention up a little, and it's a tiny bit, but now I understand why. It's worth it.

##### **[01:32:27.420] - Caren**

Yes, exactly. Do you want to know that I can't I can't even put my eyes down if my eyes are closed because I'm so trained? However, Buddhist meditation, your eyes are open and you're gazing down this way, but they're open, and then I can do it. But it's just practice. It's just practice. At first, It's tight, and it's tight, and it's opening up, and it can be a little… But yes, it's worth it, and you've got the right idea. It'll be a little tight. It's like opening up something that has been opened in a long It's tight. It doesn't quite want to do it. But the more you do it, it becomes just a habit. So yes, yes, yes to everything you just said.

##### **[01:33:10.830] - Jeremy**

And then really quick on the Moon Center, your explanation of intuition, because that's the thing that I've been... It was taken from me, quote, unquote, by cultish religion. I'm attuning to that, but it's proximity to bias. What I'm getting at my Mercury is out of balance, if I think I'm listening to my emotion and it's being influenced by bias that I have, and then I use my Mercury to say that, my intuition is, You need to get your shit together because you're doing this and you're doing that, then the power of those two things is really dangerous. If your Mercury was balanced, it would not be compelled to say the thing that doesn't need to be said. Instead, it would allow it to work itself out and you're not doing any harm with it. But anyway, it just was a connection. I made when you said that, like, Oh, intuition is not just no emotion. We are emotional beings, and there is an influence that you learn to balance. But if your Mercury is out of whack, you could say all kinds of terrible of things.

##### **[01:34:30.920] - Caren**

And it's not intuition. You need to do this. It's not intuition. Intuition is a... It's like, Oh, Call Jeff. It's not, You need to call Jeff. That's not intuition. Okay, I shouldn't say that. Every once in a while, you'll get a real pull, pull nudge for something like that. I've got a story about that because sometimes it does show up that way. Okay. All right.

##### **[01:35:10.240] - Caren**

You guys are so fun. All right. So the only homework for this week is please look through those readings, and we'll have time next week to discuss it. I think we can cover most of this, get through it next week. But if you have any questions where not making sense. Hold on. I just want to make sure I did... Did I catch this? I left... Okay, one thing I didn't get to. Two things I didn't get to, but that's okay. We got to a bunch of other stuff. Okay, so I'll add those. We'll get there next week. Okay. All right. All right, you guys. Enjoy the week. Try and see if you can do the meditation just a little bit. As Jeremy said, he read and he went, Oh, we're supposed to be doing this, this, this, and this.

##### **[01:36:00.140] - Caren**

Yeah. Find your seat, even if it's just one. Okay? All right, loves. Thanks so much.

##### **[01:36:07.740] - Angela**

Thank you.

##### **[01:36:08.580] - Jeremy**

Thank you.

##### **[01:36:09.500] - Caren**

Hope you feel better, Maggie.

##### **[01:36:11.200] - Angela**

Yes, Maggie.

##### **[01:36:12.560] - KES**

I have a question. A quick clarity. Oh, quick clarity question. What you were just talking about, we're supposed to do our own meditation, the one that we wrote up. We're supposed to memorize.

##### **[01:36:21.240] - Caren**

Yeah, you're supposed to still be working on memorizing that. Okay. Yes.

##### **[01:36:25.680] - KES**

I got it, but not totally, but mostly. Oh, good.

##### **[01:36:30.950] - Caren**

I think so. Good. All right.

##### **[01:36:32.480] - Angela**

When you said practice meditation, you mean the one we've been doing?

##### **[01:36:37.540] - Caren**

Well, I mean the summer meditation with the new breathing, right? With the light, and now we know we're getting bright on each side. Little brighter, little brighter. Yeah, practicing that. And then the sequence we've been doing, just the attunement to the Ishta with this technique. And like I said, if you don't have a lot of time, then just do the pranayama. Or just do the Ishta. Just so that there's some sense that there's a point in your day that you're dropping into a place that's connecting you to that other awareness. In other words, it's dropping us into the Sushumna for a little bit, somehow, someway. Yeah? All right, loves. Okay, I'll see you in group. Okay. Bye, everybody.

##### **[01:37:34.080] - Jeremy**

Caren, do you have a few minutes? Just have a-

##### **[01:37:37.300] - Group**

Thank you, girls. Okay.