##### **[00:00:01.400] - Caren**

Maggie, do you see the record button? Tammy, do you guys see the record button on there? Okay. All right. Okay. So this idea of refuge is huge in Buddhism and in yoga, they just don't talk about it in the same way. But it's this idea that, in my way of looking at it, once we start walking this path, we are no longer in the mainstream. We're not living the way other people live. We're not looking at life the way other people look at life. We're on a different journey, and it can become incredibly lonely. And those of you in any kind of marriages or partnerships where your partner isn't on this journey, it's like, oh, it feels so lonely. Right. And so this idea of refuge is this place that says, we recognize that it's really, really hard out there, and we recognize that we're trying to do it differently. So let's know that we can come here and take refuge in these things. Because if you just think about it for a moment, refuge means I'm safe. It means I'm okay right here. There's nobody on me. Nobody. Nobody trying to... To hurt me, nobody trying to want anything from me.

##### **[00:01:21.890] - Caren**

I'm absolutely safe. And so the teaching is we take refuge in the Buddha, which means the teachings, the Dharma, which is the... Living, the lifestyle. No, I better say this differently. No, the teachings. Yeah, let me do it differently. Well, what I'm trying to do is the Buddha. We're not taking refuge in the Buddha as, like, a Jesus figure. The Buddha is not a Jesus figure. The Buddha is a way of being that we already have within us. So that's why I was saying the teachings. But it's probably the closest thing is your Ishta. You take refuge in something that is already a part of you, that you are learning to connect with, which is why in Guru Yoga, you have this connection with the Buddha or, our Ishta, and you bring it into you. And for that moment, you are not Natalie, you're not Jeremy, you're not Angela. You're this quality. That's who you really are. And for a few moments, we have that. And little by little, it's like drops of that. It changes us, and we become more and more aware of that as a real place of being, even as we're walking in the world. So we are part of the world, but we're not of the world anymore. Does that make sense?

##### **[00:03:06.270] - Angela**

Yeah.

##### **[00:03:06.801] - KES**

So are we the quality of enlightenment?

##### **[00:03:06.900] - Caren**

So I think enlightenment is a little. Enlightenment is the recognition of it. It's when you realize this is who you are. I think the quality is of you are the way the Buddhists would say it is. You are luminous, radiant being. The Eckhart Tolle would say that your pure consciousness, Kriyananda would say, you are pure, balanced awareness. Self awareness. Self awareness. Thank you. S with a capital S. Thank you. Self consciousness.

##### **[00:03:51.860] - KES**

Self realization.

##### **[00:03:54.220] - Caren**

That would be a. That would be a. That is like the enlightenment. That is the process of recognizing who I am. But who are you? You are this eternal, luminous, radiant awareness. That is. That is maybe is the way to put it.

##### **[00:04:15.900] - Jeremy**

If this is the time, if it's not, okay.

##### **[00:04:20.300] - Caren**

Yeah.

##### **[00:04:21.110] - Jeremy**

So the religion that both April and I came from, there's a scripture. I don't remember where it is anymore. I used to know, that is, you must be no part of the world. You have to be separate from the world. And they really focus on that. And what it means to them is you're going to be in the world around you. But we are different, and we are separate, and so you must not connect with those people. You must connect only with us. So it turned, they turned that concept into a physical barrier, that you must only be part of us, not part of anyone else. It's just so when you said it, and, like, that can be used in such a controlling way, and this is the opposite of that control. This is acknowledgement that we do have this separation because we're thinking about different things. But it's not saying you must divide and never be part of them or move into an ashram and never talk to other people. It's not saying any of that. But it was. It was misused.

##### **[00:05:28.740] - Caren**

Well, let's give them some grace and let's say it was misunderstood.

##### **[00:05:34.440] - Jeremy**

Yeah.

##### **[00:05:35.660] - Caren**

And a lot of times, I'll be honest, I've misunderstood things, and I'm preaching out there, like, I get it, and I knew it, and I totally didn't. Right. So. So I really want to try and stay out of a place where we're slipping into any kind of judgmental interpretation. It's like, did they probably use it to control empower? Absolutely. Absolutely. But let's even we do it. It's a data. I'm just looking at the way they're using it. Oh, they're using it to control the masses. It's a data point, not a judgment point. But that's wonderful. I never thought of that. Yeah.

##### **[00:06:15.700] - Jeremy**

It occurred to me that the idea of predated Jesus.

##### **[00:06:18.870] - Caren**

Yeah.

##### **[00:06:19.430] - Jeremy**

Where did that come from? That was already here for thousands of years. He just said it in a way that people started to hear it. They weren't hearing it in that way before.

##### **[00:06:27.540] - Caren**

in the West. Yeah, yeah, yeah.

##### **[00:06:31.600] - Jeremy**

That was so interesting.

##### **[00:06:32.770] - KES**

Yeah. I was wondering, not to get off the subject, but I was wondering how you can, how you absorb, take in the difference, because I was thinking this is a lot like what you grew up in, but it's more open, you know, it's more. You can take it or leave it, you can come or go, but there's a whole lot of the. Don't you think? The teachings, the learnings, the way of.

##### **[00:07:02.960] - Caren**

I don't know if [inaudible].

##### **[00:07:04.830] - Jeremy**

There's a really fundamental difference.

##### **[00:07:06.650] - Caren**

Yeah.

##### **[00:07:07.160] - Jeremy**

This is everything I need is within me, that their way was. Everything you need is within us because we are speaking for God. So you can't trust yourself. There's nothing in you. You're worthless unless we tell you you have value.

##### **[00:07:22.150] - KES**

And it's a like, that's kind of Christian Catholicism, too.

##### **[00:07:26.360] - Jeremy**

It is, it is, yeah.

##### **[00:07:27.820] - Caren**

Okay. But so we go ahead.

##### **[00:07:29.410] - Mary Beth**

Yeah, I mean, I think these are Jesus teachings, but the difference, it's just. It's a juxtaposition of the way you interpret it, which the way, at least the way I interpret this is we are all a part of all of it. We are all a part of all of creation. We are not separate from each other or anything else in creation. 7th day Adventists or Donald Trump or whatever, you know, it's all. I'm a part of all of it. I'm not separate. And so if I judge a part of it, then I'm judging myself too, because it's all part of me. And. So I don't know. That's the way I look at it. And I don't know. And so when I find refuge in the teachings, it's just this deep, this deep understanding and almost a stillness that comes out of it because I can relax into it because I know I'm just a part of everything that I am the breath. Everything is the breath of God.

##### **[00:09:02.700] - Caren**

Yeah. I'm telling you. You guys can't see Mary Beth and she's doing all this great talking, all this great stuff. Okay Mary, talk again.

##### **[00:09:11.610] - KES**

Say it all again.

##### **[00:09:13.670] - Mary Beth**

Well, just. It's just. Can they hear me?

##### **[00:09:17.550] - Caren**

Come on over here camera. Come on. Here we go. Okay now you talk

##### **[00:09:20.870] - Mary Beth**

I'm talking. Hello. Oh, you can see my hand. Talk to the hand. Anyway, you guys probably heard me. That was what was important, was what I was trying. And it probably may or may not be important. It's just what I was saying. It was important to me at the. Time, so.

##### **[00:09:51.410] - KES**

It is important.

##### **[00:09:52.000] - Mary Beth**

Anyway.

##### **[00:09:53.700] - Caren**

So let's go back to. Okay, we've talked about refuge, right? Huge concept. But there's refuge in enlightenment, the Great Pathway. Why is enlightenment the Great Pathway? Why would they use those words? Anybody? Okay, go for it.

##### **[00:10:13.740] - Mary Beth**

Well, my teacher just did a whole talk on this not too long ago, and it was about the fact that enlightenment, you know, we look at enlightenment as though it is. Like, when I get enlightened, everything's gonna be okay. But enlightenment is a pathway. It's just a pathway. We're working on enlightenment. And maybe we're enlightened already, but it's a pathway to get us to a place of refuge. So it's not the goal, it's the pathway.

##### **[00:10:52.770] - Caren**

I would just take. It's not to get us to refuge. We're taking refuge in the fact that we are on a path that is waking us up. We have come to this path and you said- Well, no, you said it great. I'm just clarifying that one point. It's like to be able to sit in your home and just say to yourself, okay, they don't get it. They're operating under a different set of rules, a different set of awarenesses. This is what I'm seeking. I want to wake up. I want to remember. And so if I just keep showing up every day for my life as it is, that's the way to enlightenment. Right. It's not about blah, blah, blah, blah, blah, blah, blah. And so there's. And once you're on the path, Kriyananda would say, you can never fall off it. And we all, you'll all say at some time in your life, oh, my God, I've left the path and you don't. You never do. Once you're on it, everything is conspiring to help you wake up. Even those periods where you have to, where you feel like you've dropped and you haven't meditated in years, or whatever it is, it's that you haven't.

##### **[00:12:07.180] - Caren**

You're still on the path. Everything is helping us wake up. Everything. So if you trust the path, right? That's part of The Surrender Experiment, right?

##### **[00:12:21.470] - Angela**

Yeah.

##### **[00:12:22.310] - Caren**

Trust your life. Your life is your path. Trust it. Trust it. Yeah. Okay, so what about I take refuge in the Dharma of Truth? The Great Teacher? So, the Great Teacher, they didn't say, it's Guru. They didn't say, what do they say? The dharma of truth is the teacher. Anybody?

##### **[00:12:49.470] - Jeremy**

To me, it means that I'm doing the things that I'm practicing the things. And that's what will teach me is by just doing the practice. That's kind of what I think of when I think of that.

##### **[00:13:03.430] - Caren**

Because your experience is your experience is your experience. And that if you show up your actual experience, not this, not your interpretation, then that's truth. That's the truth, though we're taught to, I mean, especially depending on our religion, to deny, not believe, to discount, to discredit, to, oh, it's wrong, right? And that's part of this whole program, is your truth. Is your truth. Your experience is a hundred percent validly your experience. And if we can own it and learn to be authentic with it, then what is true becomes clear. And what do we know that we don't want to admit? We know that there is immense cruelty in humanity, and we know there's immense kindness and compassion. Both are true. You cannot become enlightened until you grasp that. But, so if we look at the world and we don't want to admit that cruelty is out there, if we want to look at the world and not, not admit the war, not admit all those things that... I mean, we're in our bubbles, right? But when we do that, we're not seeing things as they are. But if we see things as they are, that's our teacher. That's our teacher.

##### **[00:14:41.810] - Angela**

Then when we take refuge in that and knowing that, or wanting to see things without coloring it or placing our interpretation or our perceptions, when we work at trying to see it as it is, then it becomes more clear when you let go of that constant judgment or perceptions or how you want to see it. How you rather see it.

##### **[00:15:11.220] - Caren**

Yes. Or how you want that person to be.

##### **[00:15:15.080] - Angela**

Yeah.

##### **[00:15:16.480] - Caren**

You're in a relationship and you're pissed at your partner because you want them to be this. And they're sitting there going, I'm this, I'm this. And our wisdom is to be able to say, I see you. This is who you are, okay? And not try and change them.

##### **[00:15:44.090] - Angela**

That is the teacher, or that situation or person is the teacher.

##### **[00:15:50.980] - Caren**

Bingo bango. Isn't that lovely?

##### **[00:15:53.600] - Mary Beth**

And that accept- the acceptance is the teachings.

##### **[00:15:56.350] - Caren**

Yeah. Yeah. So I love that line because to me, it's like, oh, if I can just see life as it is and allow truth to reveal itself to me, you know, what is true lasts, right? Or will become evident. And there is a true for the physical world, different rules than true. In the subtle realm, it's different rules. And it's really important not to conflate the two. And for us, as we're on this path to remember that we're on this path and we're working by a different set of rules, and it doesn't make anybody wrong. And, for part, some of us, it's really important to. What is it? What they call it? It's a code switch. When you can speak one way and speak another way when you're with different groups, it's for us to learn how to code switch.

##### **[00:16:55.670] - KES**

But then our perceptions come in color, things. It's true. But then I've made these patterns or whatever, and I see somebody doing something that... I'm trying to find the word. So I want to see something as it really is, but I have these perceptions and these patterns that get in the way of seeing something as it really is sometimes. And that's what I'm working on, letting those go and releasing and seeing what really is. But I always have these things that come in, and then I have to say, oh, wait, wait. There's another, higher truth to this.

##### **[00:17:50.910] - Caren**

And to what KES is saying. This is... There's levels of this. What you were just saying that is profoundly important to recognize that if we can't see something because of our filters, we literally can't see it.

##### **[00:18:07.400] - KES**

Yeah.

##### **[00:18:08.700] - Caren**

I was at my son's the other... Was it two weeks ago when we were supposed to go to Hanks? And we're walking around. They've got this. They're planning all this stuff, and they've got this greenhouse, and. And it's all very organic and wild, and she. Nothing's planted in rows. It's all. Ugh. And we're walking. It's wonderful. And we're walking around, walking around. We're standing. I'm standing, looking at his house, looking back out over where the peach. The little trees are starting. And I say, now, mind you. Okay, I'm sitting here. I've come around, around the greenhouse. We've gone through the greenhouse. We've come around, and I'm now standing here, looking out this way, and the house is here. And I say, whatever happened to that couch we gave you? Outdoor couch we gave him. And Hank and Bill looked at me, and they went, it's right there. I literally was on the other side of the greenhouse. I walked towards it. I'd been standing by it. I literally couldn't see it. And it was. I took it. And that moment, it was a symbol to me. It was like, oh, my God. This is what we all do.

##### **[00:19:15.550] - Caren**

This is. We have a filter, and we see things through that filter, and we don't see. We don't see what's right in front of our face. Right. So that's why the Dharma of Truth, to me, it's like, it's not as simple as it sounds, right? Yeah.

##### **[00:19:38.700] - Caren**

Okay, so what about the next one? I give refuge to Guru, internal, eternal, Great Friend, Great Companion. Maggie, is that- you gonna say something?

##### **[00:19:48.960] - Maggie**

Oh, no. Well, I think that I would just comment that, for me, the second one sort of answers the first one. Like, if we are spirits looking for an earthly existence, that thought always comes up for me.

##### **[00:20:12.880] - Caren**

Which thought?

##### **[00:20:14.540] - Maggie**

We worked so hard for this spiritual existence that we have forgotten, but we were put here for this, for the experience that we're having. Anyway, it felt like the second one. The second discussion answered the first.

##### **[00:20:34.240] - Caren**

I love what you said. I'm going to ask you guys to think about changing one word. Not, we were put here, but I chose to be here for this experience because old religion. You were put here. This yoga path, the Kriya yoga path. I don't know as much about the Buddhist path, but I know in the Kriya yoga path, we are here by choice. Actually, in the Buddhist path it is, too, because it's an honor, it's a privilege. It's such a rare opportunity to get to do this, and I will share that with everybody. I have to actually hide from that teaching, because then I'll start to feel pressure, like I should work harder. But I've learned that I'm working as hard as I can. I just can't be any less lazy. This is who I am, you know? I mean, I'm doing my best. And so this idea that they're trying to really. [inaudible] No, but, you know, they're trying to say it to motivate you, just like, oh, let me. But what I've learned, I think I've learned is if the karma is thick, the karma is thick. And the most important thing is to just show up with equanimity.

##### **[00:21:47.730] - Caren**

And the thick karma eventually eases and we move through. It's like. But that push thing doesn't work for me. And so I just want to, if anybody else, it works for them. Just so you know that that is a way. That's an approach. Yeah.

##### **[00:22:05.400] - Angela**

Struggle with that all the time. That's why I was joking, because you amaze me. Like, you say you're lazy.

##### **[00:22:15.360] - Caren**

No, I didn't say I'm not doing enough. I feel I am lazy.

##### **[00:22:19.500] - Angela**

That's the wrong words, maybe.

##### **[00:22:21.600] - Caren**

Yeah, no, I know me. But I get a lot. I do accomplish quite a bit. But at the same time, let me go binge on Netflix, man. That's my favorite thing. Let me just escape. You know? Fuck all that shit, you know?

##### **[00:22:46.300] - Jeremy**

Just tell you, in my little software world, the phrase the good programmer is a lazy programmer is real. It's because you're finding the shortest path to the most impact. There's no purpose in being toiling with all the things you could do. If you're focused on delivering the smallest thing with the least amount of effort. That is the way.

##### **[00:23:08.010] - Caren**

That is the way. Okay, so some of you talk about internal, eternal Guru, Great Friend, and Great Companion. Isn't that a. What do you think of that line? Let's hear from you guys.

##### **[00:23:25.380] - Mary Beth**

Well, you can even look at the ishta as your guru.

##### **[00:23:28.340] - KES**

Yeah.

##### **[00:23:29.030] - Mary Beth**

You know, it's the internal that you can always look to. Always your companion, always there, always supporting you, always, you know? And yet it's within. I love great teacher, great companion.

##### **[00:23:47.710] - Caren**

Great friend and great companion.

##### **[00:23:50.870] - KES**

Yeah.

##### **[00:23:51.570] - Mary Beth**

Beautiful.

##### **[00:23:52.300] - Caren**

Mm hmm. Nobody ever told me God was my friend. Yeah. You know, my companion. God was God, you know, testing, judgment.

##### **[00:24:05.470] - Tammy**

God was judgment.

##### **[00:24:06.910] - Caren**

Yes.

##### **[00:24:08.310] - Tammy**

Yes. And you had to live under that judgment all the time.

##### **[00:24:14.160] - Caren**

Yes. Yeah. And to switch it around. Friend? Companion? I mean, that's so gentle, that's so accepting. And how does that affect you with your.

##### **[00:24:29.290] - Jeremy**

It's complicated because they say that to us, or they did when I was there, that there are scriptures that talk about it, but in practice, what they don't say is, oh, well, if you do something wrong, you're out. And they'll say, well, God will never forsake you. The flip side of that is you might forsake God, and then God has nothing to do with you. So it's not really true the way they teach it. It's like a circular reasoning to. It doesn't make sense. And you have to just, well, God is a mystery. I can't really understand it. So I guess whatever happens, happens that in a way that's okay, but in another way, it's really destructive because you have no one to go to. Then you're. The only way back is to go to that external thing to give you completion. I'm never complete. I'm never safe. I'm never. I can't trust me. This line gives me so much. This is probably my favorite now that I've really looked at this whole thing. It awoke in me, like two or three weeks ago how fundamental these four statements are. Because I take, I take, I take and I give the switch in the last line put it all together, and it was like, oh, I have everything I need inside of me.

##### **[00:25:56.050] - Jeremy**

I've heard this before, but I finally am getting [it]. I can go inward when I need something. I don't need to go outward when I need something. I might still choose to have a cookie, but I have everything I need in me if I just learn to tune to that. That is so freeing. I don't need anything else. I like other things. That's different.

##### **[00:26:20.150] - Caren**

That's different. Wow. Wow, wow.

##### **[00:26:24.490] - KES**

Yeah. I also really like the analogy that I heard. God is like electricity. You know, it's like. Except don't think about the way, you know, the. Out there, the electricity plant, because that. Can anyway-

##### **[00:26:45.330] - Caren**

The power station.

##### **[00:26:47.320] - KES**

The power station. But it's like the electricity in the wall that it's always available. You just plug in. You just plug in. Yeah. So I. Because sometimes the power goes out, then you can't plug in. But God's not like that.

##### **[00:27:07.540] - Caren**

And what a radical concept to think that you're the generating station. You're the power generating station. It's all inside us. That's big, right? Yeah. Yeah. I am that. I am that. I am.

##### **[00:27:24.200] - KES**

A picture from the Sistine Chapel where it looks like God is stretching, stretching, stretching. And man, or whatever is just kind of sitting there. And all he has to do is, like, lift his finger and connect. Let's talk about lazy. Just lift his finger and connect. I just. Those are, you know, that picture.

##### **[00:27:43.830] - Group**

Mm hmm. Oh, yeah.

##### **[00:27:43.910] - Caren**

But more, it's in here. God isn't out there reaching out. It's in here revealing.

##### **[00:28:00.390] - Jeremy**

Such a huge change for me. Even with Ishta and all the things, the inclination is to say, oh, I'm bringing in this external Ishta who is outside of me like a God. And then when I realized, wait a second. These are just kind of metaphors with different ways of connecting to the fact that it's always in here. It is not. I'm reliant on an external thing, even the fabric of humanity. I'm not reliant on any of that. I am part of that, but I don't. I have everything I need within me. It's mind blowing.

##### **[00:28:40.290] - Caren**

Yeah, yeah, yeah, yeah. Okay. And so then I give refuge to stillness. The Great Revelation.

##### **[00:28:53.450] - Angela**

Oh, my gosh. What's in that stillness?

##### **[00:29:03.560] - Caren**

So, okay, so if you take it from the standpoint that you, you, you give refuge to stillness.

##### **[00:29:19.880] - Angela**

Oh. So we're allowing stillness to be with us or be. We don't even really have to go to it. It's here.

##### **[00:29:29.780] - Jeremy**

Like, okay, to me, that's what blew me away. Wait a minute. I am holding space for stillness, which is in me. But if I just hold space for stillness, everything else, and that's what I'm really trying to do, is hold space for stillness. I'm meditating to be still. And when I'm still, then I can, I can think, oh, it's out there. Wait a second. It's, it's all in here. But the stillness is how that... What? My job is to hold space for the stillness to make, to give refuge to it, make it safe for stillness to be just by be allowing it.

##### **[00:30:11.790] - Caren**

Yeah, yeah, yeah.

##### **[00:30:14.630] - Mary Beth**

It's when you reach that point in your meditation, that point of stillness.

##### **[00:30:18.813] - Jeremy**

Yeah.

##### **[00:30:18.930] - Caren**

which why in meditation, the first thing we do is find our seat. It's like basic. We've got, little by little, we learn to still the body because it's hard for most of us to become aware of that because that stillness isn't empty nothing. It is. It is a palpable, dense field, right? And it's, it's, well, it's, it's kind of like the Causal, isn't it? It's kind of like just pregnant and full. But I know that I don't really, I don't access it unless my body is still. And then maybe I can move a little bit and still hold it. But, you know, as I move into this. Right. But little by little, it's, it's, it lives there and we come more and more aware of it. Aware of it. Which is why the really amazing teachers, there's a [sound] about them, they're just always. Sally was like that. Ann is like that. Kriyananda is like that. Although Kriyananda had so much joy in his. You know, Eckhart's like that. There's just, you know, it's like... It's deep. So it's like we find it, we give refuge to it, but then it, it becomes, it becomes the ground of our being.

##### **[00:31:57.210] - Caren**

So anyway, yeah. Yeah. Does that enrich that for. Yes, everybody now. Okay.

##### **[00:32:06.160] - Jeremy**

It also helps me to let go of. I struggled for years with Eckhart because, and same with the Surrender book because he says, I'm gonna sit still until you let me have enlightenment. 3 hours later, he's enlightened. And I'm like, I don't really believe that. But if you think of it as stillness, that's what you're really trying to find. That does not mean I know all the secrets of the universe. That means the secret of the universe is, stay still enough to just be aware and be. And all the things. The stillness is the secret.

##### **[00:32:46.430] - Caren**

In the stillness is the revelation.

##### **[00:32:48.140] - Jeremy**

Yes.

##### **[00:32:48.660] - Caren**

Yeah. That's why I think it's just such a great word. Yeah.

##### **[00:32:51.710] - Jeremy**

And then it lets me let go of those. Oh, that's just bullshit. They can't do that. Like, sure, whatever. Okay. That it lets me let go of the skepticism because it's not. I'm now an all knowing God. It's oh, I can be still. And that reveals. It will reveal over time. And I'm. Whatever's there is there.

##### **[00:33:12.180] - Caren**

Oh my God. And we're right back to number one. Yeah. I give refuge to enlightenment, the Great Pathway. So here I am on my path, unfolding little by little. Oh my gosh, I just thought of that. Well, okay, so yeah. Any other questions on this? Beautiful, beautiful.

##### **[00:33:35.400] - Jeremy**

I do have a practical question about our... I've now confused myself with when to take breaks between the stages. Because sometimes it feels like with Hong-Sau, it's almost like you go from one and you don't take a breath between. You go right into hangs off. Are there breaks between each of those steps where you just rest or do you move contiguously, one to the other?

##### **[00:34:05.350] - Caren**

It's a really good question. Let me figure out how to answer it. Cause you're not gonna like the answer.

##### **[00:34:22.290] - Jeremy**

Yeah, that sequence. Because when reading about Hong-Sau and stuff and then sometimes we say move right into Hong-Sau.

##### **[00:34:29.200] - Caren**

Okay.

##### **[00:34:29.790] - Jeremy**

Does that mean don't take a breath between the last one and the next one because you're in it and you gotta go with it?

##### **[00:34:35.610] - Angela**

Yeah.

##### **[00:34:36.090] - Jeremy**

Or do you rest for a minute?

##### **[00:34:37.510] - Caren**

Well, let's play with Hong-Sau then. Let's just play with Hong-Sau. Okay, so 1st. 1st round of Hong-Sau. First round of Hong-Sau. Here's what we're gonna do. We're gonna just take a resurrection. We're gonna take a Resurrection breath and move right into Hong-Sau. So with Resurrection breath, come forward, start Hong-Sau. Okay, let's just all do it. Here we go. Okay. What happened?

##### **[00:35:20.100] - Mary Beth**

Takes you a while to get there.

##### **[00:35:21.680] - Caren**

I know, but what happened? Where was your Hong-Sau? Where was your breath?

##### **[00:35:24.900] - Angela**

Quick.

##### **[00:35:27.100] - Caren**

It was quick and shallow. Quick and shallow.

##### **[00:35:29.830] - Mary Beth**

Yeah, I guess.

##### **[00:35:30.730] - Caren**

Quick and shallow. How about Tammy, Maggie, how was your breath. Where was the breath? Oh, thank you, KES.

##### **[00:35:38.110] - Maggie**

Mine was deep. It felt good.

##### **[00:35:41.430] - Caren**

Yours was not shallow. Yours was deep.

##### **[00:35:43.750] - Tammy**

Same. Mine was deep.

##### **[00:35:46.270] - Caren**

Okay, so I'm gonna. I'm going. Okay, now there's two Pisces there, so I'm not quite sure what to do with our pisces here. So here's what we're gonna do, okay? We're gonna stand up. You can't do this. Oh, yes, you can. You're gonna just do it on your... You're gonna just do this in your chair. You're not gonna stand. I don't want to risk you losing your balance.

##### **[00:36:13.070] - Tammy**

Are we all standing?

##### **[00:36:14.540] - Caren**

Yeah. You guys can stand too. Okay. And you will not stop till I say stop. Okay, ready, set. Resurrection breath. Now. Go, go, go. If I was nice, I'd have put on Beyonce, but it didn't occur to me until just now. Go, go, go. Okay, stop. Sit. Resurrection breath and Hong-Sau.

##### **[00:37:20.480] - Caren**

Okay, I'm still a little out of breath, but. So what's happened? What happened when you sat down? How was your breath?

##### **[00:37:27.130] - Natalie**

Irregular.

##### **[00:37:28.250] - Caren**

It was what?

##### **[00:37:29.040] - Natalie**

Irregular.

##### **[00:37:29.910] - Caren**

Irregular. Okay.

##### **[00:37:32.140] - KES**

Mine was deeper.

##### **[00:37:33.780] - Caren**

Yours was deeper.

##### **[00:37:35.020] - Jeremy**

Me too.

##### **[00:37:35.540] - Caren**

Asthma. So you were probably needing to breathe in deeper to get some air. Right. Okay. So your body was going. Okay. All right, good to know. How about you, Angela?

##### **[00:37:46.570] - Angela**

It was quick because I was. Yeah, it's just.

##### **[00:37:52.130] - Caren**

So it's way shallow. Tammy, how was yours?

##### **[00:37:55.050] - Tammy**

It was irregular. I mean, it was short, and then it would kind of go long again. I don't know. I felt big circles, and I felt little circles and breathing.

##### **[00:38:06.130] - Caren**

Oh, God, I love you. Okay, Maggie, how about you?

##### **[00:38:12.590] - Maggie**

Oh, I think I settled into it pretty quick, but I think I know what that feels like, because when I lay down at the end of the day to go to sleep, I feel a very tight, short breath in my body because I haven't gotten to that place yet or that mode. Right? And I can't breathe deep. And sometimes I just think Hong-Sau to go to sleep. I don't know if that's legal or not, but there it is.

##### **[00:38:50.930] - Caren**

I don't know if that's legal or not. Well, so here's. Here's the thing with Hong-Sau is everybody's hangs out is going to be different. But for each one of us, the most important, important is... To trust the breath just as it is. And the breath isn't... It isn't about it being even balanced. Deep, shallow. It's, the key is allowing it to breathe you. That's the key. That's the key. And it's kind of like the couch, Hank's couch. It's like we don't even see how we're controlling it. We don't even realize. And the more you do, Hong-Sau, the more the layers just gently, gently kind of release, and we discover, oh, I was controlling it. Oh, and Hong-Sau as we surrender to the breath, Hong-Sau is a... It fills us with prana. It's a prana-energizing technique, right? Because once, if the prana has. If you are prana-ized, then there's no need to breathe. And so Hong-Sau leads you, over time, years, to that stillness and no compulsion to breathe.

##### **[00:40:57.810] - Angela**

And is this strictly in terms of meditation or are you speaking of as we go through life in general?

##### **[00:41:08.050] - Caren**

Whoa, whoa. Well, there are stories.

##### **[00:41:19.750] - Angela**

I've heard, and I've actually watched them talk. And they live just on their breath. Prana.

##### **[00:41:27.620] - Caren**

Yeah.

##### **[00:41:29.470] - Angela**

It blows my mind, but I see, I get how it's. I think I get how it's possible. I'm not that I even ever done that, but.

##### **[00:41:44.630] - Caren**

Well, I think this is Autobiography of a Yogi simply reading that. He talks about the saints, you know, and. And this ability to just. It's. You're living off the prana. It's. We don't live by the breath alone. It's the prana that really sustains us. Right. And I don't know. I have not had the experience of being hours without a breath, right. But I do know that touching those moments of breathlessness because you're floating, you're so alive with Prana that they change. You know, that something shifts. You realize, you know, for yourself there is more. It's not an intellectual thing. It's not something cool you read in a book. It's like, oh, my gosh, this, this. I am more than this body. Nat.

##### **[00:42:41.650] - Natalie**

In the book, we, you know, the chapters when he was talking about, he was saying that the prana actually activates a lot of your latent gray matter, which is what allows a lot of that. And I thought that was really interesting, like that whole. Because there's a scientific reason why then your brain can keep you alive and manage all those functions without the breath. Right. If your prana is right.

##### **[00:43:05.070] - Angela**

Yeah.

##### **[00:43:06.510] - Caren**

Yeah. And the prana. The Prana is what wakes up the kundalini, the energy and that... And what we are, what Hong-Sau does is it balances us. Hong-Sau is balancing. It's prana energizing, filling. And it's a breath that literally takes us out of ego, small self awareness, and allows us to have an experience that remembers who we really are so we can, or what's possible maybe is a better way to put it. What's... Just a glimpse of the latent. Yeah. The latent possibilities with the potential within us so that it gives us more strength, more ability to find refuge here so that we can live in this world and not succumb to the cruelty and the greed and the jealousy and the values of the physical world, and we can come back again and again and again. And it's like, oh, wait. When this body is gone, none of this is going to matter. What's the quality of my soul? What's the quality of my soul? My awareness? And so the phrase they use is, we do all this work to awaken the kundalini. But really, the kundalini is about. It's a distraction. It's a phrase that can become a distraction, because now we think it's all about a kundalini experience, and it's like.

##### **[00:45:21.200] - Caren**

It's about waking up. Buddhists don't call it a kundalini experience. I went to my Buddhist teacher because I was having these experiences before she was my teacher. She was in Portland. I asked her, so, da da da da da. And she just looked at me like, huh? And that woman is awake. Let me tell you. I mean, that woman is awake. Kundalini is not in that vocabulary. I mean, she'll throw the word in once in a while if somebody asks a question. So it's a term that represents a waking up. And for some of us, if that's our path and if we're here, we're Kriya yogis on some level. That energy is, as it moves, it is helping us wake up. It is helping us balance things on an inner, on the inner planes, as Kriyananda would say. But I think my experience is to trust it. We need to balance our earth life. We need to... Yamas Niyamas. We need to be able to see what is right and see that we have a part in this Earth drama, and we just have a part to play. And if our ego starts to rise up, oh, I'm better than so and so, because I did this.

##### **[00:47:04.510] - Caren**

Ooh, look at me. I can do this. Did you see that?

##### **[00:47:11.970] - Group**

What is that you have the AI features on? Probably.

##### **[00:47:16.000] - Caren**

I was doing. It just did sparkles and hearts. It just literally went into sparkles.

##### **[00:47:21.500] - KES**

That is trippy energy.

##### **[00:47:24.140] - Caren**

Whoa. That was. That was trippy because I just looked at the screen and it's like all this. Yeah, yeah. But hopefully it's on the video.

##### **[00:47:39.370] - KES**

I saw the sparkles when I looked up.

##### **[00:47:43.340] - Caren**

So. So my suggestion to you with all this, I was. I was in a place is one of the ways to learn to trust Hong-Sau is to, first of all, find stillness in the body. We need to find stillness in the body. And if you. I think we mentioned it last week or the week before that, you will start to sense the current. And Sally just calls it the meditation current. Kriyananda calls it currents. But there is a. It's like in that stillness, something is alive. There is a. There's a. Hmm. Something in there. And as it wakes up, I mean, I could say as it rises through the levels of consciousness, which is what the chakras are, right. Levels of awareness. As it rises through that, it's. It's. It's balancing, because it can't go to the next level unless it balances. And so what this teaches us on one level is that, oh, if I want to balance a chakra, let me lift to the chakra above it to help me be able to see metaphorically and balance. It's like if I can stand up on my roof and I can look down, I can say, hey, honey.

##### **[00:49:24.830] - Caren**

Yeah. Move that there and move that there. When I'm down there in the middle of it, I can't see the whole picture. Right. So we move up to the chakra above to help us balance the energies of the chakra below. And as that kundalini is rising, that's what it's helping us do, is it's rising up. It's helping us balance the currents. So when you're. Go ahead.

##### **[00:49:48.160] - KES**

When I move to the chakra above, then I realized that this chakra has issues. And then I move to this one, and this one has issues.

##### **[00:49:57.880] - Caren**

What do you mean, has issues? What does that mean?

##### **[00:50:01.360] - KES**

Well, that it's not balanced.

##### **[00:50:04.550] - Caren**

How do you know it's not balanced? How do you know it's not balanced?

##### **[00:50:08.880] - KES**

I don't know. Maybe. Well, it just feels unbalanced. It feels like. It feels. I need to work on it. Some more challenges, I guess. I'm thinking about my solar plexus. Sorry if I'm messing up here, teaching.

##### **[00:50:30.170] - Caren**

No.

##### **[00:50:31.570] - KES**

I think about my solar plexus, and it's getting way more balanced. But then I move up to my heart chakra, and I feel that there's a lot of balance, but there's a lot of imbalance in my heart chakra, too.

##### **[00:50:46.180] - Caren**

Okay, so. So let's. Let's back up a minute here. You may be. We may be speaking different languages. That's all I'm saying. That's all I'm thinking, because I'm talking purely on an energetic level right now. And one of the things. Can somebody tell me what time it is so I know how to. So we have. Are you guys okay to go through without a break at this point. Okay, so I have 30 minutes. So when we're just working energetically, moving up the chakras, the reason we would say it was balanced or imbalanced is because we can't lift above it. We can't, we can't, we can't, we can't. Like, okay, let's just do a spinal rotation.

##### **[00:51:37.700] - Caren**

Let's just do a spinal rotation. So sit comfortably. Spine as straight as you can comfortably have it. And let's first just settle, soften your body. Settle, see if you can find a modicum of stillness in the body. And then we're going to simply imagine that as we're inhaling with that inhale, that you can sense the energy flowing down through the top of the head and all the way down your spine as you inhale. And as you exhale, just imagine that the current is moving back up your spine and out.

##### **[00:52:22.510] - Caren**

Let's just go through the top of the head right now. And so just add a visualization might help. Just a little white ball of light. And as you're inhaling, that little ball of light just flows all the way down your spine. And you've maybe got Mula Bandha engaged. And as in that at the end of the inhale, it just pops, bounces right back up as you exhale and up, back through the top of the head. So it's inhale down, exhale up. Do just two or three more, and then release the technique. And see if you can simply pause and be aware of the sensations in the spinal column.

##### **[00:53:57.780] - Caren**

And with your eyes closed, slip into Hong-Sau. Just slip gently into Hong-Sau. In other words, when I say slip, what I mean is just gently let your mind just slip its attention to the breath without changing it or disrupting it. It's like you're just spying on it, just spying on the breath. And you're adding Hong-Sau mantra to the breath. Okay, so go ahead and release Hong-Sau. And I'm going to ask you to just make a mental note of what you experienced. And when you're ready, open your eyes and just jot something in your journal. What did you experience when the breath was? When we were doing a very simple spinal rotation, bringing the breath down with the inhale and up with the exhale. Could you notice anything? And just to be clear, when I started this, I couldn't notice anything, right? There's something wrong with that. And if you noticed anything, maybe just in one area of your body, what did you notice?

##### **[00:56:15.790] - Caren**

And when we slipped into Hong-Sau, what did you notice, like, when you slipped over, what was your breath doing?

##### **[00:56:37.840] - Mary Beth**

I didn't have a lot of inclination to breathe. It wasn't. Wasn't very necessary.

##### **[00:56:46.130] - Caren**

so it was...

##### **[00:56:51.890] - Mary Beth**

It was not non-existent, but it was not. Wasn't regular and it wasn't. Took me a little while before I even.

##### **[00:57:01.740] - Caren**

Well, there you go. That's it. It took a while before I even found a home, you know? Yeah, that's what I mean. Yeah. That's what you write down. Just took a bit to find the home. Then it was a while before the Sau showed up. You know, it's like, that's okay. Yeah. Okay.

##### **[00:57:23.720] - KES**

And I think part of the confusion for me was I'm dealing with the physical body, and I wasn't. When you were talking, I was thinking about my physical body.

##### **[00:57:37.600] - Caren**

And I'm not done. I'm still answering your question. I'm actually still answering KES's question, so. Okay, so. So what you will discover, like, if we're gonna say our chakras are out of balance in this realm of working energetically with them, it's like, it was, as I was trying to imagine the current moving down, I couldn't find it. It's like, oh, I couldn't find it. Or it was... It seemed to get stuck in a certain place or was just kind of coming down, going [sound]. That's the out of balance. When we're working in the energy world, it's like, it's down and up and it's very smooth, and it's just moving right down and up. And all of us, it's. It can be like, even when I was doing just now, it was like, going, what was it doing? Hold on. It gets all walled up right over here. And then it goes down. Right. It's like I can hardly find it. It's like. And there are places. It was kind of coming. It was, it... And you'll tune into it and you'll feel it on that level. And that's what we're talking about.

##### **[00:58:52.990] - Caren**

It's like there's a... And so all you do is you just keep breathing. You just keep breathing and imagine that the current is moving. Use your little white ball flowing down, flowing up. And what that does is, over time, it kind of redistributes everything, all of those... And we balance using the breath. And so that's why when you're talking about that, it's like, that's a different kind of, you know.

##### **[00:59:26.240] - KES**

When we were doing the breathing, it went down my back really easy, but then coming back up it gets kind of stuck.

##### **[00:59:34.410] - Caren**

Good. Nice observation.

##### **[00:59:35.850] - KES**

Yeah.

##### **[00:59:36.180] - Caren**

Nice observation. Yeah. Yeah. So, yes. So when we're doing... I've got several threads here... So let's going to go back to Hong-Sau, then we're going to come back to the spinal rotations. Okay. Hong-Sau is a karma neutralizing technique by just virtue of the fact that you've surrendered and the breath is. The breath is doing the breath. It's doing- you've surrendered, and the breath knows how to... How to soften and balance your karma. That's what it's doing. When we do a spinal rotation, we are deliberately creating heat, and the heat comes as we're becoming more able to focus on the energies and feel the energies moving up and down, up and down. And what we just talked about, where it's kind of redistributing the stuff. When you're doing a really deliberate spinal rotation, especially if we're going the opposite direction of the normal in breath and out breath, it's like I could just say. I could just say, move, or I could go, move. When I'm doing Hong-Sau, it's move, go there, go there. And it's very gentle. When I'm doing a rotation where I'm going the opposite direction of the breath, I'm.

##### **[01:01:34.060] - KES**

It's not coming through.

##### **[01:01:37.220] - Caren**

Oh, you guys can't see my papers? I was blowing papers. You got the gist of it. Yeah. So. So when we're doing a spinal rotation with the breath, where we're. Ask a question. Somebody asked a question. I don't even. I've forgotten where we are.

##### **[01:02:03.460] - Tammy**

I have a question.

##### **[01:02:04.650] - Caren**

Yeah. Yeah.

##### **[01:02:06.120] - Tammy**

Okay. So when you're talking about the little white ball going up, going down, and going up, my little white ball is going down and up, but it's spiraling down and spiraling up. It's like going around.

##### **[01:02:26.200] - KES**

Like a rotation.

##### **[01:02:28.120] - Tammy**

I don't know. I don't know how to explain it. It's just like this light, little light ball is just going. Circling around the spinal and then circling back up. It's not a straight shot. Like you're saying. Is there... Is that wrong or right or?

##### **[01:02:51.460] - Caren**

I'm not gonna say it's wrong. You're a Pisces, so I don't know how sensitive you are to these, to feeling the currents. Right? Because we know that the energy is spiraling, but really, what we're trying to, by thinking of it in a straight line, what we're doing is we're. That's where we create the heat. That's where we create the... That's how we focus the energy. Energy that's doing this is that- it can't go boom, boom. It can't go up and down. It can't build heat. Cause it's doing... It's softer. It's... Energy is. So you may be feeling what the currents are actually doing. And so I guess it's your call. Cause I don't have the skill yet of tuning into what your currents are doing in your body to know. So you're gonna have to decide. And what I would do is play with both. Just as you're doing the rotation, see what it feels like to just follow the little white ball up and down. But then try it. Just make it go straight up and down. Make it. And see if that intensifies the experience, if it changes the practice.

##### **[01:04:12.670] - Caren**

So permission be a mystical scientist and play with it and see and then let me know. I'd be curious to know.

##### **[01:04:19.740] - Tammy**

Yeah. I think it's because I was taught through yoga practice a long time ago that somebody had taught me that. And it's like. It's like a deep circling kind of. And so you're touching every aspect around it and up and down. I don't know.

##### **[01:04:35.030] - Caren**

Well, then let's just say that's a different technique.

##### **[01:04:38.730] - Tammy**

Yeah, yeah, yeah.

##### **[01:04:39.820] - Caren**

And this is a different technique. So you've got that technique. So learn this technique. Just going up and down. How about that?

##### **[01:04:46.200] - Tammy**

All right.

##### **[01:04:47.230] - Caren**

Okay. All right.

##### **[01:04:47.600] - KES**

With the name rotation.

##### **[01:04:51.150] - Caren**

No, the rotation is up and down like this. It's this. The rotation is up and down. Well, we're ambi-breatherous. It can go either direction. Yeah, ambi-breatherous.

##### **[01:05:13.350] - Angela**

When we first started, I just started getting super hot. Like, super hot. Like a hot flush.

##### **[01:05:18.730] - Caren**

Yes.

##### **[01:05:19.000] - Angela**

Which I don't normally have, but I'm not feeling like. I'm not necessarily feeling the energy I'm making myself imagine it, but I'm not... Do you know what I mean? Instantly when I do that and my heart starts pounding. I mean, every time I do this, my heart, it's just like-

##### **[01:05:42.470] - Caren**

Is it uncomfortable, or is it...?

##### **[01:05:44.100] - Angela**

It... Kind of. I don't know. I don't know if it's physiology, physiological or if it is because of whatever. I don't know. It's odd.

##### **[01:05:55.490] - Caren**

If it's not uncomfortable and if it's something. Oh, notice my heart is speeding up, then. Then just keep going and it'll, it'll return, it'll balance out. But if it keeps doing that, it's uncomfortable, then that may not be the technique for you. Yeah. It's from the rotation. It's activating. Yeah. And it could be a heart chakra.

##### **[01:06:28.240] - Tammy**

That's what I was gonna say. Maybe there's something going on with your heart chakra that it's, all this energy is, like, in that area.

##### **[01:06:37.290] - Caren**

And so what we want to do is lift up, lift up to Mercury. Lift up to Mercury just so as you come. When you're, when you just bring it down. And then as you come back up, lift, lift, lift, lift, lift, lift. And just move through. Come up. Come up and see. Just see. Just see. The main thing is permission. If it's really uncomfortable, don't do it.

##### **[01:07:00.340] - Angela**

Right. Right. Okay.

##### **[01:07:00.930] - Caren**

Yeah. Don't do it. Yeah. But these rotations, I think we're going to start doing more and more of them because I think they're a really powerful, wonderful technique, and they'll prepare us for if we, if we, when and if I get the Kriya program in place. But.

##### **[01:07:26.400] - Caren**

But one of the ways that you can develop your sensitivity to the currents, to feeling it is, is when you're doing Hong-Sau, and you're still, the body is still in. This is where Hong-Sau... Really, it's, you need to be in- you can't be leaning back in a chair. You need to be sitting at the front of a chair or so your spine is free. It's almost like your torso needs to be free, right? But so what will happen is as you're breathing, Hong-Sau, not a rotation. Hong-Sau, you'll, you'll. You'll sense that something's moving. And so hang on. Tell me if my body's moving or not. Not yet. The current is just doing it. The current is just lifting my spine up. Hold on. Is my body moving? Yeah. All right. So what you'll feel is you'll feel in the beginning, if you can become soft enough, you'll sense an impulse.

##### **[01:08:46.240] - Caren**

That's for me today, it's going this way, but in the beginning, it kind of started doing just back and forth a little bit. And I think I see quite a few of you doing the back and forth. Right. With the Hong-Sau. it just happens. But so what happens is, woo. Here we go. Shit. So it just kind of, it's like, this is not. I am not doing this. This is just the current. And if you're in a place where you can, you just allow it because you want to keep your body soft. You just want to keep your body soft. And if your body's soft, the current moves your body, and it just. And it's okay. And I used to be so scared of this. And my teacher, Mary's teacher, nobody would answer. Sally was the one who basically said, you've got to just trust it. Just trust it. And I think that this Surrender Experiment thing, right? I mean, there's a level where can you trust that energy for whatever reason? It's really just doing this, but can you just trust the energy. Is my computer... I might hit it. Somebody move it.

##### **[01:10:21.540] - Mary Beth**

Well, you don't want to hit the chair either, Caren.

##### **[01:10:23.710] - Caren**

Somebody just move it. Okay, thank you. I'm so still inside right now.

##### **[01:12:22.720] - Caren**

My breath is just like Mary said before, just barely. My point being. My point being, it took me a long time to trust, to trust that I wasn't going to get hurt, something bad wasn't going to happen. But. And this is Maggie. I truly believe that the energy knows. And it. It. All our yoga poses, I sincerely believe they came out of people like this. And when I'm doing this and it turns me into a twist, it is a. It's not going to do it today, but if it spins me into a twist, it is, it is, it is. Everything Agnieszka teaches us, but it comes from inside, and I'm not doing it. It just literally. Just into a twist, I go. But it's symbolic of trusting, trusting. And this thing right here, I found out later, this is a opening. This is for opening the crown chakra, that kind of thing, you know? And I'm not saying that's going to happen to you. Some of us, this happens to, but you. In other words, all I'm trying to say is, trust the currents. Trust the currents. Some of you don't even really know they're there yet, but they are.

##### **[01:14:21.710] - Caren**

And they're going to start to show up and you're going to feel something like, I cannot... This one's always there. Yeah, it's just. You find that one, too, right? This one is. And it's like, just allow it. Just allow it. When I went to see Amma that time, before she even starts, and I didn't know what was going on at the time, she sits there with her eyes closed, and she's. She's just. She's got all that and she's got, you know, it's her way of allowing the currents to work through her, you know, and... You couldn't see it, but it's like my body was putting me into Jalandhara Mudra and I was Mula Bandha, and it was like the bandhas were all in place as I was in there. And it's a... I've learned to just, in other words, trust. Trust your teacher, trust your... These aren't evil energies that are... There's so much out there that they're going to make you crazy and you're going to go nuts. And it's like, no, they're actually balancing things, and they're. They're clearing. Clearing channels for energy to move. And Hong-Sau. Hong-Sau is what opens this up.

##### **[01:15:45.950] - Caren**

Now, it was decades before Hong-Sau did this for me, but part of it was because when I first started feeling this kind of stuff in there, I go, woah, and I put my spine straight and I try and control it. It's like. And so I think there's a place for controlling and having the body still, but I think there's an enormous amount of the journey. The fun is the, can I trust? Can I trust this energy inside me to be my teacher, to know, to know what my energy body needs to balance itself out? Does that make sense, what I'm saying? And I don't want it to ever become a measure, because not everybody's going to have this response, but that doesn't mean you can't surrender. And if you surrender, you will still, at some point, that Hong-Sau, that current, you'll... It's like just how you slip into Hong-Sau. You're in that space, that floaty space, and you slip into Hong-Sau, which means spy on it. Just spy on your breath, and don't try and change it in the same way. Just kind of just get out of the way and notice what's the experience you're having without shutting it down, closing it down, because then ultimately, that's how you become your teacher.

##### **[01:17:19.870] - Caren**

And I don't understand it intellectually. I don't. I just know that... And it doesn't always happen. Sometimes it happens. I didn't know if it was gonna happen. In fact, I decided I wasn't even gonna go there today, and all of a sudden, it was like, no, go there. It's so fun.

##### **[01:17:37.820] - Angela**

Amazing how you could still talk. Still talking while you were in there.

##### **[01:17:46.270] - Caren**

Well, you guys do that. You guys are leading the meditation in the beginning of class. You're in there and you're talking.

##### **[01:17:52.950] - Angela**

Yeah, I know.

##### **[01:17:53.980] - Caren**

You do the same thing.

##### **[01:17:54.900] - Angela**

You were feeling the currents-

##### **[01:17:56.590] - Caren**

I know, I know, but I wasn't.

##### **[01:17:58.960] - Natalie**

It looks like you're overcome by the thing. So it's like, whoa. And so then the fact that you're talking is like, okay, it's not just leaving a meditation it's like, yeah.

##### **[01:18:10.180] - Group**

You didn't talk during. I didn't hear. Intense. You're right. The intense part. She didn't talk. No, no. But the first. At first when she was coming, because. I was like, did I miss something? She's speaking in tongues.

##### **[01:18:21.780] - Mary Beth**

You think about, like, the charismatic religions, people are on the ground writhing, and it's probably just kundalini.

##### **[01:18:28.790] - Caren**

That's what I think. Exactly.

##### **[01:18:34.460] - KES**

Is that kundalini?

##### **[01:18:35.040] - Caren**

Maybe I think might be. I mean. Yeah, yeah. I don't, you know.

##### **[01:18:41.400] - Tammy**

Yeah. I've seen people talk in tongues. Yeah. And then go to the ground and have all this experience. But, yeah, it's kind of like they're just saying similar, but they're just letting it be and not fighting it. They're just going with it. Kind of like what you were doing.

##### **[01:18:58.320] - Caren**

Well, here's what I'm going to ask, though.

##### **[01:19:00.660] - Tammy**

But I'm not. I'm not comparing the two.

##### **[01:19:03.790] - Caren**

No, no, no. But I. What? It's. It's. I consciously stay out of the way, and I've always wondered if I joined it and I started being part of it, then does it... Then it's about me. And so I've wondered with those ecstatics. Right. If there's an element of. Let's see, let's see. It's like, now I'm doing it. Okay.

##### **[01:19:53.320] - Caren**

First this is it doing it. Now I'm doing it. And it's like, it's doing, but I'm doing it. It's. As opposed to letting it do me. I don't know how to describe it. And I kind of wonder when it gets that..... That big and that if, you know, if I was sprawled out on the floor and doing this kind of thing, is that. Am I in it now? Have I... I don't know how to explain it. I don't know how to explain it.

##### **[01:20:25.580] - KES**

I see an energy change when you were letting it, and then you. You kind of controlled it. There was.

##### **[01:20:34.730] - Caren**

Could you see it? I mean, I could feel it.

##### **[01:20:36.780] - KES**

I could see it. I don't know, your back got stiffer or something. Yeah.

##### **[01:20:42.140] - Caren**

Okay. There's a real difference. And I encourage you to play with it. You know, if anything, it's like. Because I know some of you at least get the rocky stuff going, right? Especially if we're doing mantra. It's really easy for them for this. And that's that kundalini doing this for you. And there's it doing it from the inside, my body soft. And then there's me doing it. I've joined it. I've joined it. Now it's more intense. Now it's more intense. Whereas if I. It's doing-

##### **[01:21:16.770] - KES**

There is a softerness to it.

##### **[01:21:18.980] - Caren**

There is a softerness to it. Yeah. So my thought is... What I... What I was taught is to stay soft and let it do it. I don't know much more about it than this extent of my knowledge.

##### **[01:21:36.090] - Tammy**

I would just share one more quick little thing on this, but when we were at retreat with the sound bowls and I had that experience where my eyes wouldn't stop fluttering, I mean, and it wasn't me doing it. It was just something that. That energy was happening in it. I mean, it was. It was strong, and I just let it be, and I sat with it and not fought it. I mean, is this, like, what you're saying with this energy?

##### **[01:22:02.550] - Caren**

That's. Okay. Allow it.

##### **[01:22:04.600] - Tammy**

Just trying to clarify.

##### **[01:22:06.870] - Caren**

That's exactly right, Tammy. And that's. That's. Yes, allow it. I think I said in this class, right, where it's like my face will sometimes just do all this stuff. I'm sitting there meditating. Did I say this class? I don't remember. And I'll just. I'll be meditating. I'll send my facials. Yeah, it's just weird stuff. And I just. At first, I was like, huh... And then it's like, no, just let it and does it, and you just... Tammy, trust it. Trust it. That's what Sally taught me. Trust it. It's undoing stuff. It's. It knows. It was like Mary does Reiki. She just trusts the energy to do what it's gonna do. Right. And we just get out of the way.

##### **[01:22:56.080] - Tammy**

Gotcha.

##### **[01:22:57.240] - Caren**

Yeah.

##### **[01:22:57.820] - Jeremy**

It feels like we have a lot of little experiences that model it, like, what I notice, and I'm trying. What made me think of this is the Beginner's book when we did the reading, and he talks a lot about relaxation, because sometimes I don't. I'm not trying to relax. I am, sort of, but I'm also trying to be focused. Like, relax your body, but also focus on your breath. It's not just give in to whatever happens. It's... I'm deliberately choosing to focus, but also, I need to be in a relaxed state. But when he talks about relaxation, when you think you're... You've relaxed as you're breathing, I know for me, I'll. I'll come to different levels of it. Like, oh, I thought I was relaxed before. Now I'm much more relaxed, and then I do it again. And, like, I thought the last one, I was relaxed, and you keep laddering down until eventually. I'm not sure that this is the bottom, but it's the bottom for now, and I'm just gonna rest here. It's like, it's a modeling of letting go until I'm just here. And whatever is here is here. But it also reminds me a different thing is when there's various ways of getting to letting music take you away, and sometimes it's through substances. That's a shortcut to get to. I'm just letting go and letting the music move me. There are other times when the music is overwhelming and you cannot help but move. And I'm not doing this. It's just happening. It's like they're little examples, little models of, by the way, this is how energy works. And if you really go on the path and you tune into it enough, it works the same way. These are just examples for you to see.

##### **[01:24:49.730] - Caren**

I see what you're saying. Microcosm. Macrocosm.

##### **[01:24:54.880] - KES**

Yeah.

##### **[01:24:55.470] - Caren**

Right? Yeah, yeah, yeah. So, any other questions? We're kind of at time. We didn't cover absolutely everything. I wanted to, but we will by the time the class is over. But this would be my hope for you, because we're about to go on break, and I'll. I'll put some homework up on the website. But basically, what I'm going to be wanting you to do over these. I think we have two weeks off. I'm going to actually ask you to. Now, you have. We have our little routine, but I'm going to ask you to just take a little time with a real attitude of joy and experimentation when you hit the Hong-Sau part. Okay? So slip into Hong-Sau and literally think of it as you're spying on the breath, and you're gonna keep your mind over there just spying to see what it's doing, and you're gonna trust it, and it will mess with you to test you and just chuckle when it does. And then see if you can see what happens if you really surrender deeper and deeper from a place of stillness in the body, surrendering all your control of the breath. Just surrendering all your control of the breath.

##### **[01:26:29.090] - KES**

That'll be interesting.

##### **[01:26:30.470] - Caren**

I know. And, you know, I didn't say it, but it goes without saying, eyes are gazing at the Sun Center because that's part of the lift. Right. My gaze is always up here at the Sun Center. Okay. And then the other thing I'm going to ask you to do is I do want you to practice doing your meditation with each other. So when we come back, I'll probably divide you into groups, and we'll give everybody a chance to just practice the meditation you've been learning, just doing that with each other. However, I do want to stop for a minute before. When we get back, I'll go over Tammy and Maggie's meditations to give you now, although you probably could on your own, what's going on energetically in those meditations when we are choosing our symbol and we're running it through the chakras, right. What is going on when our surrendering to mystery. What are we doing energetically in those last two meditations?

##### **[01:27:34.540] - KES**

Well, the Surrendering to Mystery is tied to the symbol.

##### **[01:27:39.120] - Caren**

Oh, wait, yours? Is it yours? Okay. It's yours and Maggie's.

##### **[01:27:43.070] - KES**

Yeah, because Maggie, you have to have done Maggie's-

##### **[01:27:46.320] - Caren**

To do yours yes.

##### **[01:27:47.800] - KES**

Because it comes up and it's when I was just like, what symbol? Yes, but then when I did the symbol one, then I got a symbol and. Yeah.

##### **[01:27:56.500] - Caren**

Yes. So what we'll do is we'll just. And if you will, we'll look at Maggie and KES's, and we'll look at them energetically. What are we doing energetically, symbolically in those meditations. Okay. And then. Okay, so that's kind of. We're gonna bring this- your meditations. When we come back, you'll each get a chance to do them for at least part of the group. And then we'll... I'm gonna ask you to go back and I'm gonna' assign some pages in our books, and I'm going to ask you to read them again now, just like we did with Spiritual Science and Beginning Meditation. [inaudible] I'm going to have you read some of those others and bring everything you know now to those books. It's a different thing, hopefully, to read it now. Okay. And so I'll post those. Probably not till tomorrow, realistically. Yeah, if that's okay. All right.

##### **[01:28:50.420] - Natalie**

So then our next class is Saturday, September 7?

##### **[01:28:53.280] - Caren**

Yeah, we're coming back Saturday. It's a double header that weekend because we're at that point we've got two months. You guys have been doing great. We want to start tying all the loose ends together.

##### **[01:29:04.340] - Natalie**

September 7. Are we still planning a pizza party that day at your house?

##### **[01:29:07.760] - Jeremy**

That's what I just realized I was looking for. Oh, I don't have my phone.

##### **[01:29:11.890] - Caren**

Can I say, does everybody have a chance for one more minute? Two more? Three more minutes? I talked to Jeremy. We want to bring up this idea of energy vampires, right. Because what happens? And we're all energy vampires to one degree or another. Right. But an energy vampire is someone who feeds off your light. It's like they, they're in your presence, and when they leave, they, they leave filled with your energy. And this is not a bad thing on that level because I always go back to the Reiki example. Are you Reiki person, too? Who else is Reiki?

##### **[01:30:03.550] - KES**

No, I just have seen it. No.

##### **[01:30:06.850] - Caren**

So in this group is Mary, the only Reiki practitioner in our group? So when Mary's practicing Reiki, she just gets out of the way and the energy flows through. When Kriyananda was, he wanted us to start up a whole women's program, and we, this woman who was kind of taking over, we had just come into the temple, and he walks up to us and he goes, how are my two favorite aggressive women? I went huh... Big teaching. But he was, she was filling him in about what we're doing, and then she said, and then we're going to need a retreat. We're going to have a retreat for us. And he goes, why do you need a retreat? She goes, so we can fill ourselves. So we can fill ourselves back up. And he goes, why do you need to fill. It's just this is what he did [gesture]. In other words, an energy vampire sucks your energy off you when you're not connected and there are... And then you're depleted. The fact of the matter is, okay, so we talked about it. There are people who literally come and they will suck it out of you, which is a whole vampire thing.

##### **[01:31:19.750] - Caren**

The prana. Prana is red blood, right. They're sucking the prana out. And I'm thinking about this since we talked about it, but the fact is that if you come to retreat, you're coming to be fed, and we all feed each other, right? And so I think what it is, is that it's an energy vampire is a limited view, is what I think. I've come to Jeremy because it means that I don't have enough. Enough. And so if somebody sucks it off me, I'm depleted. And you all know this. There's people. You're around and you're just like, afterwards, right? Exhausted. Exhausted emotionally, mentally, right. And I think what I, on one hand, we want to beware of those people until we're strong enough and stay away. You know who they are, right? Or we have energetically, we have our little thing we do. We have all known this, right, with the chakras where we just close them down.

##### **[01:32:18.400] - KES**

No. So I don't know that one, but I'll work on it. So you just close down your chakras when you?

##### **[01:32:23.840] - Caren**

It's what we did at the end of the retreat where we just close the chakras. And what you can be doing, you're talking to somebody and they're being... And it's somebody's energy. You're not. You're a little less strong than normal, and they're talking to you and you're like, woah, energy vampire. And you just kind of go hmm, and you just. And. But you're mentally holding close, close. And you're. You're just holding your energy and you don't let them in. So it's just a very gentle. I mean, you could do this, too, but that's. Everyone knows what you're doing when you do this. You do this.

##### **[01:32:59.500] - Angela**

Is there an element of your own thinking, though, that can not allow, like, I just think of my dad and his vibration. I just say vibration or his attitude or his mood. If I let it. If I let it brings me down. Like, I don't know if that's the same as an energy vampire.

##### **[01:33:26.730] - Caren**

It is absolutely the same. So.

##### **[01:33:29.480] - Angela**

But, so what I find is when I correct my thinking about my interaction with him, because it's just an experience. Like, I mean, you've all said, right? It's an experience I'm having with him. He... Yeah, okay. I can be disturbed by the way he's acting or being. Or his mood's low, or I can just say, you know, that's what my dad. And doesn't mean I want to stick around him for very long when he's like that. I just do what I need to do and help him and then. But it. But I find that it's really up to me. So, in a way, I guess that's a form of closing.

##### **[01:34:15.280] - Caren**

You don't need this.

##### **[01:34:16.700] - Angela**

That's why I'm.

##### **[01:34:17.740] - Caren**

You don't need this. Yeah.

##### **[01:34:19.470] - Angela**

Okay.

##### **[01:34:19.940] - Caren**

Yeah. You got it. It's up here. Yeah, yeah.

##### **[01:34:24.050] - Angela**

I mean, it takes work.

##### **[01:34:26.380] - Caren**

Yes, it does.

##### **[01:34:27.900] - Angela**

But I'm getting more natural at it. And I think it's. With all of this. Because of all of this. Yeah, yeah.

##### **[01:34:34.640] - Caren**

I think it's beautiful. So, in other words, we have different ways to get that and depending. Right, but, yeah, but ultimately, what you're able to do with your attitude and your thoughts, that's sustainable, that's. That's changing you on a really deep level. That's the big work. Yes, absolutely. Yeah, yeah, yeah, yeah. Nice. Yeah. So.

##### **[01:34:56.450] - KES**

And it's complicated.

##### **[01:34:57.980] - Angela**

It is.

##### **[01:34:59.130] - KES**

Because you've got all these, like, my one is my stepdaughter, who is an energy vampire. But. I really want to help her. But she doesn't want it. And I finally learned that she doesn't want it, and she doesn't. And so. But she still wants to suck the energy. But she doesn't really realize that that's what she's doing.

##### **[01:35:30.570] - Caren**

Yeah. No.

##### **[01:35:34.300] - KES**

Yeah. It's. It's. It's complicated.

##### **[01:35:37.640] - Caren**

It's complicated. And there's levels and layers. It's not just one way in. It's like Angela just said it. It's like with her thoughts, she's doing it, you know? But sometimes, especially our Pisces over there, you know, sometimes you just need to just close it down.

##### **[01:35:51.240] - Angela**

But I do have that Pisces moon, so I can get. I can let. It really gets. It gets me.

##### **[01:35:59.380] - Caren**

Do you have time to ring the bell before we go?

##### **[01:36:01.170] - Caren**

I do. Shawn has to be somewhere at eleven, so I have to go home to get trade off kids.

##### **[01:36:05.300] - Natalie**

Oh, you gotta run.

##### **[01:36:06.380] - Angela**

So good to see you.

##### **[01:36:07.540] - Caren**

Okay, let's just do an Om. Let's do an Om together.

##### **[01:36:10.350] - Angela**

Okay.

##### **[01:36:11.320] - Caren**

Okay. Ring the bell

##### **[01:36:13.270] - Natalie**

Three times?

##### **[01:36:14.390] - Caren**

Why not? Okay, let's close with an Om. Shanti. Inhale Om Shanti. With a smile to each other. Shanti. Shanti.

##### **[01:37:03.790] - Group**

May we be blessed. May we be blessed. And may we be triply blessed so that we may be an even greater blessing to others. Namaste. Namaste. All right, thank you. Sorry, guys. Bye bye.

##### **[01:37:21.710] - Tammy**

Have a good day, everybody.

##### **[01:37:34.930] - Caren**

Yeah. Let me just get this over here.

##### **[01:37:38.490] - Jeremy**

I have a friend who is why this question came up. He went through a really hard time. Divorce and some other stuff, and.