##### **[00:04:22.24] - Caren**

Good morning, sweetheart.

##### **[00:04:24.17] - Natalie**

Good morning. I'm gonna be quiet while Crew's still sleeping, and then miss Ellie's coming right around 8:30, and I probably have step way to get them settled, and I'll get her out the door with him.

##### **[00:04:34.17] - Caren**

Um. Oh, she's not coming till 8:30.

##### **[00:04:37.11] - Natalie**

He sleeps until 8:30.

##### **[00:04:39.10] - Caren**

Okay. Okay. All right. Okay. So what'd you guys end up doing last night?

##### **[00:04:49.24] - Natalie**

We went to the pool, and there were some moms from Maple's there, and so he had his little friends and I hang out with the moms. And then we went to Burgerville for dinner, had a shower together, and watched Bluebee in my bed. It was very sweet.

##### **[00:05:03.16] - Caren**

Aw. Oh, how lovely. Lovely. Okay, hang on here. I want to make my screen a little bigger. And so, Maggie, how's John? We just love hearing these updates.

##### **[00:05:23.10] - Maggie**

Oh, he's fantastic. I'm gonna actually. I may not be on tomorrow. I'm going to drive down and see my sister and my nieces for a couple days. So he's doing well enough that I can dump him.

##### **[00:05:38.05] - Caren**

Yay.

##### **[00:05:40.04] - Maggie**

Yeah, well, just Justin will be here to help him. He still can't. No BLT. That's what they say. Bending, lifting, twisting.

##### **[00:05:49.22] - Caren**

Okay.

##### **[00:05:50.22] - Maggie**

He's doing good. We go out and walk every morning. He's doing fantastic. Mary, how's your knee? You're muted.

##### **[00:06:01.11] - Mary Beth**

It's doing really well. It's. It's coming along very, very well. I'm just in a hard part of the PT that's going to be really, really painful. Breaking up that getting. It was the first two weeks they only wanted me to go 90 degrees. Now they want me to go, you know, 120 or 140 or whatever it is. I don't know. So it's breaking up that scar tissue. Scar tissue is kind of hard, but. Yeah, but it's fine, and it's going well, and I'm going along as expected, and. And I have a good attitude, and I'll just. I'll grit my teeth and bear it.

##### **[00:06:41.24] - Maggie**

You know, the one they gave. They give you so many ways of doing that. And the one that I like the best, because I could do it while I was sitting, watching tv, is you're sitting on the... On a hard chair, like a folding chair or something, and you just push yourself forward a little bit with your feet. I don't know if they gave that to you or not, with your feet together, you know, and you just push yourself and bend it a little. And bend it a little and bend it a little. And then you release. It's like, ah, that one seemed like I could. I could tolerate that one.

##### **[00:07:16.12] - Mary Beth**

That one might be better for me because he didn't suggest that.

##### **[00:07:20.19] - Maggie**

Actually, my PT gave me that.

##### **[00:07:23.18] - Mary Beth**

Oh.

##### **[00:07:24.20] - Maggie**

I didn't... I didn't just randomly make it up like something.

##### **[00:07:30.10] - Mary Beth**

Yeah. Well, that's a good one. I'll try that. And a little bit gentler, maybe. Than what...

##### **[00:07:34.22] - Maggie**

Well, it's just that you have so much more control. You know? Like, if you're just, like, scooting it up or bending it, you know, it's just like you have no control. But in that one, you can actually like. Okay, I can take that. A little more. A little more. Yeah. Good luck. I know that's...The scar tissue is the worst part.

##### **[00:07:56.03] - Mary Beth**

Yeah, but it's... But it's coming along. And yesterday I felt so good, I was just tooling around here, not even using the cane much, so. But I think I'm paying for it today a little bit. But that's okay.

##### **[00:08:10.03] - Maggie**

That's the problem. You start feeling so good, you forget. Which is good. You know, you take the shit with the sugar, as they say.

##### **[00:08:20.17] - Mary Beth**

I love it. I have to write that one now. You take the shit with the sugar.

##### **[00:08:24.22] - Maggie**

Maybe that's a southern one or something.

##### **[00:08:28.16] - Caren**

I've never heard. That's awesome.

##### **[00:08:30.18] - Maggie**

Really? Yeah. It must be a Texas thing.

##### **[00:08:33.15] - Mary Beth**

Must be.

##### **[00:08:35.18] - Caren**

Must be. So hang on 1 minute. All right. Okay. So Angela had her 1st first of the month without all of the first of the month accounting shit.

##### **[00:08:51.14] - Angela**

Yes.

##### **[00:08:52.21] - Maggie**

Congratulations.

##### **[00:08:54.21] - Angela**

Yeah. Thank you. Yeah, it's good feeling.

##### **[00:09:00.07] - Caren**

Oh, good. We're glad. Yeah. Yeah, yeah. And, Tammy, it looks like you've gotten some work, so that's good. You're back at work.

##### **[00:09:07.19] - Tammy**

I'm slowly picking back up. Yeah.

##### **[00:09:10.15] - Angela**

Oh, good.

##### **[00:09:11.16] - Tammy**

Very good. Yes.

##### **[00:09:13.03] - Caren**

Yes.

##### **[00:09:13.20] - Angela**

All right.

##### **[00:09:15.12] - Caren**

Okay, so hold on. Just got a text. Okay. Yeah. I don't know about you guys. My Internet is not doing well.

##### **[00:09:26.14] - Angela**

Mine isn't either. I was struggling getting video and. Yeah. I don't know.

##### **[00:09:31.11] - Maggie**

It's weird.

##### **[00:09:32.04] - Caren**

Yeah. Jeremy.

##### **[00:09:33.13] - Tammy**

Yeah. Yeah, me too.

##### **[00:09:36.15] - Caren**

Okay, so. So there's something going on. I don't know. Last night we. When we came back from... We can't...Uh... Anyway, we were just. We're in the. We're watching this really weird series, and so we put it on. But Netflix, the thing came up, but none of the other stuff. We could not get the, any of the information. We could just get the thing, but no information. And my Internet took a long time, so I think, Nat could probably tell us there's some big, deep terrorist thing going on somewhere and everybody.

##### **[00:10:11.09] - Angela**

Sunflares.

##### **[00:10:15.04] - Mary Beth**

She's being quiet. Because if she told us, she'd have to kill us.

##### **[00:10:18.07] - Natalie**

I couldn't actually tell you.

##### **[00:10:21.24] - Caren**

But here's the thing, is, the fact that she didn't say anything tells us. Okay. Otherwise, she'd say, no, no, no. All right. So, Jeremy, you got on. We were happy. People were having trouble, too. So. Okay. Yeah. So.

##### **[00:10:38.20] - Caren**

Okay, well, you guys, we're in August now. We're starting a whole 'nother section, basically. And I think it's fun and exciting, and at first glance, it's like, what relevance does this have to meditation? Right? And yet, hopefully, we'll introduce us to why. At some point in here, you'll grasp why it is relevant, but diving into it is a much more advanced type of meditation that we're not going to get into that. But we are going to give you a lot of background and a lot of insight and a little bit of technique, and then the. But then we'll. Anyways, Caren, that's enough right there. So what I'd love to do is start us off, though, with our meditation that we've been doing. And so I want to switch it up. So, let's see. Last week, Maggie did find your seat. So, Maggie, what if this week, you do the pranayamas? Are you up for that?

##### **[00:12:03.15] - Caren**

I should ask the people who are traveling who don't have all their stuff. Maggie, what if you had to do the pranayamas? The dedication, the tuning to your Ishta, Hong-Sau or the Invocation of Refuge? Which one of those is doable, given what you've got with you?

##### **[00:12:21.05] - Maggie**

Oh, um, I'm just thinking about the, the pranayamas. What, what they are.

##### **[00:12:28.18] - Caren**

It's just sipping breath. I mean, you'll take us into a little three-part breath.

##### **[00:12:33.18] - Maggie**

Yeah. Okay.

##### **[00:12:34.08] - Caren**

Actually, it's a resurrection breath. Three-part breath. Sipping breath. Eee mantra.

##### **[00:12:40.14] - Maggie**

Okay.

##### **[00:12:41.11] - Caren**

Okay. So, Maggie, your prana, who wants an easy morning and to just find their. Find. Help us find our seat, Jeremy. Okay. Own it. Okay.

##### **[00:12:55.21] - Caren**

Find your seat. And then, Angela, would you take us through the dedication?

##### **[00:13:05.20] - Angela**

Sure.

##### **[00:13:07.01] - Caren**

Okay. And, Natalie, will you take us through the Ishta?

##### **[00:13:18.21] - Natalie**

Yeah, I just need to be kind of quiet. That's okay.

##### **[00:13:22.01] - Caren**

You can talk like that, and it's all going to just ahh.

##### **[00:13:27.02] - Natalie**

Okay. Got it.

##### **[00:13:30.04] - Caren**

You don't have to talk loud to do a meditation. That's good.

##### **[00:13:35.08] - Natalie**

Am I doing the whole, like, Ishta Attunement thing with, like, the circle of light or just my checking in with my Ishta that we normally do?

##### **[00:13:41.19] - Caren**

You're guiding us through the Ishta comes and the beams of light. And then we just yummy it for a few moments. And then from her we'll have. Tammy, would you take us into. Wait, when everybody's here? We don't have. We have. One person gets the day off. But Tammy, you're here. So, Tammy, why don't you take us into. Or, Tammy, have you been doing the meditation? Are you familiar with the... So, so? Are you going to be here tomorrow?

##### **[00:14:26.18] - Tammy**

Yes, I will be here tomorrow. And I would love to do the closing. The end. The closing.

##### **[00:14:31.11] - Caren**

Okay, so you do the invocation. And so, Mary B, will you do the Hong-Sau. And so, KES, you're home free today. Okay. You know, you get to just participate.

##### **[00:14:46.07] - Tammy**

And I want to say, KES, I loved it last time because I listened to the recordings as much as I possibly can, but I loved your, the dedication, The Four Immeasurables. It was so beautiful the way you said it. So. That was really nice.

##### **[00:15:01.22] - KES**

Thank you so much. Thanks. And I'll do it again if you want.

##### **[00:15:09.12] - Tammy**

It was great. It was so beautiful.

##### **[00:15:10.21] - Caren**

Yeah, we're all, we're. What I want to do is [inaudible] during the month of August so that you all have a chance, kind of just taking us along with you as you do the, the meditations. And so just remember, I think one of the things I decided after last week is don't say you say I, and now I'm experiencing this and I'm experiencing this and now I'm puckering my lips and say, okay instead. Because sometimes some of you would use you and I felt like it pulled us out of the meditation. So. So just carry us with you. So it's an I. It's an I thing. Okay. Is that enough?

##### **[00:15:53.02] - Maggie**

May I have a point of clarification?

##### **[00:15:56.00] - Caren**

Oh, yes.

##### **[00:15:58.12] - Maggie**

On the pranayama. Because in my notes it's like three sipping breaths, three eee's, three alternate nostrils. But we're going to do three sipping breaths, three-part breath after that?

##### **[00:16:10.15] - Caren**

No, we'll just do the three-part breath, like resurrection breathe to get us started, three-part breath to settle and then take us into sipping breath. It's just like one three-part breath. Or you can do three three-part breaths. Let's just do three, three, three. And then. But it's. We're not doing alternate nostril today. We'll do that tomorrow. Okay.

##### **[00:16:30.11] - Maggie**

And then that's it. And then that eee. And then the eee's. And then the eee's. I'm done after the eee's. So whoever's after me comes.

##### **[00:16:39.02] - Caren**

Whoever's after you will wait in their yumminess of the techniques and then start us up with the dedication, which is Angela. Yeah. So. Okay. So you got it. And you can, you can talk and ask questions. It's not, like performance time. It's not performance. It's. It's just. We're just. We're in it all together.

##### **[00:17:07.02] - Maggie**

I'm glad you said that, because I. I have an innate performance anxiety.

##### **[00:17:15.01] - Caren**

Okay, so, there we go, right? This is just us together doing this opening routine we've been kind of using as our meditation for the summer. And you're just helping us to do it by giving us an insight into how you do it and what you experience when you do it and where your mind goes when you do it. You know? So. And, like, last week, there was a point. There was somebody wasn't sure, and they asked a question, and it's totally fine. It's totally fine. Totally fine. Okay.

##### **[00:17:49.15] - Caren**

So, with that, Jeremy's gonna start us off.

##### **[00:17:55.17] - Maggie**

We lost him, though.

##### **[00:17:57.12] - Caren**

Oh, we did?

##### **[00:17:58.23] - Maggie**

I don't see him? Oh, maybe I don't have enough mirror windows here. I don't know. Hi, Jeremy. Sorry. There you are. It's my phone.

##### **[00:18:09.20] - KES**

Why can't anybody see you're not here? I can't see you.

##### **[00:18:13.06] - Maggie**

Okay, I hear you, but I don't see you.

##### **[00:18:17.20] - Jeremy**

Caren, now, I have a clarifying question, too. Am I gonna. Obviously, finding your seat, spine is straight. Do I do any of the almost, like, three-part breath kind of thing as part of that? Or is that the next person?

##### **[00:18:37.22] - Caren**

You can do, the way we're doing it in the group meditations, where I use that inhale to help us find that connection to our seat. Absolutely. You can use that. But you're not guiding us through three-part breath. We're using the bottom of the breath to find our seat. And then in the group meditations, you're noticing we're using the expansion, the other side, so we're doing the two poles. Right. The grounded and the space. And if you want to use that to help ground us in our seat. Absolutely. Absolutely.

##### **[00:19:09.02] - Jeremy**

Okay. I might. I might. Or I might not, because I don't have it clearly in my head what I would say for that, because I don't actually do it myself.

##### **[00:19:18.09] - Caren**

So then guide us through how you ground into your seat.

##### **[00:19:23.22] - Jeremy**

Okay.

##### **[00:19:25.24] - Caren**

How you become. How you ground into your seat. And just for the record, what we're doing in group meditations is always being done for you. So don't think group meditations are just, oh, something else. They are an essential part of your curriculum. Okay. It's a parallel track. And so what we're learning in group right now is really relevant to you this month. Okay.

##### **[00:19:54.07] - Jeremy**

When you just said that, all I could think of is what I would say in 8th grade, which was, ugh, not this again. I'm so bored. That's what I was thinking. That's not how I feel.

##### **[00:20:09.07] - Caren**

Okay, so, Jeremy, come back into your fifties and take us through finding your seat. Yeah.

##### **[00:20:21.05] - Jeremy**

All right. I am gonna find my seat. Just settle in to my chair. If you're... I'm wanting to say you. I'm gonna stick with me.

##### **[00:20:34.01] - Caren**

Yeah.

##### **[00:20:34.24] - Jeremy**

I'm. Let's take a quick breath. A breath making my body comfortable. I'm noticing if my spine is straight. Straighten up my spine. And then I'm aware of my, whether my chin is level to the ground. My feet are flat on the floor. I'm starting to think about some of the tension that I'm just holding naturally, that I hold most... Most of the day. I'm going to let that settle into softness. I think about the top of my head, my jaw, my neck, just relaxing my shoulders, and I'm noticing my breath just easing into... Letting breath be what it is. Not worrying about what I think, as a meditator, I should do, but just letting my breath be. I'm also thinking about releasing my hands and just letting them sit on my lap naturally. My eyes are closed, and I'm noticing that when I breathe, that I can draw the breath into that groundedness of my seat and enjoying the sensation of being supported. Then when I take another breath and breathe in, I can feel it filling the areas of my body, lowering that diaphragm so that it has a sensation of my belly expanding and into my chest, my collarbones.

##### **[00:22:54.23] - Jeremy**

And then thinking about that breath moving down into the base of my seat, reinforcing that it is always here. And then up through the top of my head, the breath is present in my body, and just enjoying that.

##### **[00:23:28.13] - Maggie**

I'm taking a deep inhalation, turning my head to the left for two quick exhales, turning my head back forward, breathing all the way down into my sits bones. One breath there, and then I'm finding a line from my sits bones to my back body at my lower ribs, the kidney area, and then breathing along that line. And as I find that line, I'm lengthening that line. Then I'm finding a place right there in my center back, my kidney area, breathing expansiveness into it. And now finding a line to my front body again under the collarbone from my kidneys to my collarbones, finding length in that line. And now I am breathing from my sits bones to my center back body to my front collar bones. Three-part breathe, lengthening and expanding my body in vertical way, but also horizontally, filling up the rib cage. Now I'm going to take, three sipping breaths.

##### **[00:26:44.20] - Maggie**

Then, just enjoying the after effects of those three sipping breaths. This sort of natural release of the tongue and my mouth. I feel a little glowy in my forehead. It's very nice. And I'm going to move to three eee mantras. Eee.

##### **[00:28:49.05] - Maggie**

Now I'm enjoying the after effect.

##### **[00:29:15.20] - Angela**

I'm now moving into our dedication. And before I do that, I check in and place my attention in my heart and soften around my heart. And then I say, may all beings have happiness and the causes of happiness. I check in again and feel how I would feel when I feel happy and feel the love. May all beings be free from suffering and the causes of suffering. And I feel this feeling of really longing for people to be free, not feel suffering all the time and feel compassion for each other. And may all beings never be separated from the joy that lies beyond suffering. And I imagine a world of people, joyful, happy, loving, kind. And may all people abide in equanimity, free from attachment, anger that holds some close and others distant. And I look within myself and I see how I can, what it would be like to not be attached and angry. And I. I wish that for myself and everyone. And my heart feels much softer and much free... You know, just free in this moment.

##### **[00:32:32.20] - Natalie**

So I'm getting ready to welcome my Ishta, which makes me happy. This is my favorite part. She is already kind of always behind me, but I say, you know, hello to her and bring her forward. So she's in front of me. And at first I just kind of breathe it in and just enjoy being in her presence. And then for me, she smiles at me and I can see she's just got bright beams of light coming off all around her. For me, it kind of creates this bubble we're in together of just light. And I try to feel it coming through my entire body and just infusing me with her feeling of connection, which is my intention and love and joy and light. And it just feels like it's going through every cell of my being, waking me up and just filling me up. And I'm sending it right back at her from my heart, just feeling it come back and forth, just so much love and joy and a feeling of really deep rooted connection. I just take a few moments, sort of sit and breathe it in and exchange that and let myself get electrified with her light.

##### **[00:34:45.22] - Natalie**

And then usually I'll sit, and tell her thank you. And that light will stay, but she'll kind of go back to her position behind me, and she just holds me, and I can just sit here and enjoy being held and being filled up.

##### **[00:35:20.13] - Mary Beth**

And as I'm basking in this love and light from my Ishta, I can just relax into not needing to breathe, to just relax and not even breathe. And sometimes I ask my Ishta, she would help breathe me into Hong-Sau. And I just relax until the universe gives me a breath. And as the universe gives me a breath, as I breathe in, as it breathes me, I say, Hong. And it stays there until the universe decides to breathe me out. And as it breathes me out, I say Sau,s completely letting go of any control. Hong. Sau.

##### **[00:37:29.13] - Mary Beth**

And as the universe breathes me, I can feel the breath go down through the center of my body, all the way down with the Hong, all the way down to my Saturn chakra. And Sau comes back up and out my Sun Center, into my Moon Center, Hong down, back up, Sau, up through my Sun Center. And I just rest in the after effect, as I release it.

##### **[00:38:59.21] - Tammy**

And as I release the Hong-Sau and let the after effects wash over my entire body, I will take refuge in enlightenment, the great pathway. And I will breathe that in with a pause and let that encompass my body and heart. And I will take refuge in Dharma, the truth, Great Teacher, and know that that person, that being, is always with me inside me. I take refuge in Guru, internal, eternal great friend and great companion. [inaudible] will hold me in every aspect of my life. I give refuge to stillness, the great revelation, and breathe in that pause and maintain that quietness and that stillness that we so need in our daily lives. And I thank them. Thank you. Thank you, thank you.

##### **[00:41:07.24] - Caren**

Well, class is over. We can go home now. We're done. That was so amazing. Did you think so, too? I mean, wow. Wow.

##### **[00:41:21.24] - KES**

Such a gift to just revel. I didn't have any performance anxiety. Wow. Everybody just. It was fantastic. Thank you. Thank you, thank you. Yeah.

##### **[00:41:36.05] - Caren**

Yeah. I think what. What is, I hope what you're all noticing is that as each person does it and they bring them to it, it opens up your experience, too. Right? And. And so I... I'll just make a few comments. Jeremy, really, you can see the, like, Jeremy, the detail. I never say these things anymore in group. Feet flat on the floor, chin level to the ground. Right but those are basics. If you're teaching a newcomer meditation. Palms flat on your lap. There's other ways to direct the position of the chin. But, you know, just that basic, those basics. It's so nice to be reminded of those, right? And then. And then, as you took us through. And I love it. See, it's so much better when you say I, because I'm doing this. And what it's training you to do is to be doing it. And hold the space and not lose it when you talk, right. So you can still be in your zone while you're talking. And so you took us through. It was just beautiful the way you took us through Jeremy.

##### **[00:43:00.04] - Caren**

And then Maggie. Fortunately, we've all had Agnieszka, so everybody understood what she was doing. From sit bones diagonal to the back, bottom ribs, right. And then to the sternum. And so. And, Maggie. I loved how you did that. You took us in, and then you still named that. It was three-part breath. I liked that. That was just a nice. Yes. This is what we're doing, everybody, don't worry kind of thing, you know?

##### **[00:43:26.09] - Caren**

And then Angela taking us through the dedication. It was just... I hope everybody had that moment. Well, I don't know. Maybe you didn't, but it's like, you know, you learn these things by rote, and it becomes, may all beings have happiness and the causes of happiness. May all beings be free from suffering. And it's just words. And words have power, but they don't have intensity of power. When the feeling behind it is there. That's when they have power. And so, I loved how you... You showed us how, after you say each line, you stop, and you. You actually connect with the words in a heart space. And your... You were... You got choked up there, and that transmitted to me. I mean, I, I was just. I think everybody seeing the nods, it was just so beautiful, you being authentically with it.

##### **[00:44:27.12] - Caren**

And. And it would have been okay to say dullness. I almost went and go, dullness. You can say it, but I didn't want to. You were in such a beautiful vibe. You were such a beautiful vibe. So say it the way you say it. It's okay. It really is okay. You don't ever have to change it. That's your version. And you can do it wherever, whenever. Okay, so that was just beautiful. And that's a transmission, right? Angela was in the energy. She was in the feeling state. And it transmitted. It transmitted through Vak, voice. Through the vibration of the voice. And the vibration of the energy inside her. Carried through.

##### **[00:45:10.19] - Caren**

Natalie. Lovely, lovely Ishta. Oh, my gosh. Right? And you made it, and you just went so personal with it. And so I think it helped all of us also go real personal with it, you know, and, Yeah.

##### **[00:45:27.00] - Natalie**

Well, I had a question about that because I was doing it. I was like, I'm sure I don't follow the directions here. I don't actually remember what we're supposed to be doing with the Ishta that I just do what I do each time. So are there things that I. And I know there's no shoulder supposed to, but if there's key parts of that that I'm actually supposed to be doing, can you maybe retell those? Because I don't do them, obviously.

##### **[00:45:46.03] - Caren**

So what you did right there, that's beautiful. You just do that for the rest of your life with your Ishta. That's beautiful. Perfect. Okay. We are learning a technique here. When I'm having you do Sun Center to Sun Center, throat to throat, heart to heart, from your Ishta, I'm actually, I'm actually imprinting a patterning for a technique that we'll work on worth later.

##### **[00:46:13.23] - Natalie**

And is it just, her light comes to my Sun Center or to my...

##### **[00:46:15.21] - Caren**

Yeah. It's just a beam of light that carries the quality of the... Yours is the connection, the love connection.

##### **[00:46:23.08] - Natalie**

Yeah.

##### **[00:46:23.16] - Caren**

Yeah. And so that's what. And it's going sun to sun, throat to throat, heart to heart. Okay. That's just a basic patterning for a whole school of meditation, which is why I'm introducing it here. So if for the rest of the month, you could just add that in, that's great. But it doesn't have to become your always. It's what you did today was your always, and that was perfect. Okay. All right.

##### **[00:46:54.02] - Caren**

And then Mary B, the Hong-Sau, that was just lovely. It was just lovely. And. And I want to just make sure everybody understands. Mary's been doing Hong-Sau for 20 years practically, right? 20, 15, 20 years. And so Mary has some patternings of Hong-Sau that are easier for her to find. In the beginning, we don't teach Hong down Sau up in the beginning, we just teach Hong-Sau. We just teach Hong-Sau. But Mary has. Over all the years, you find the current. And over the years, though, the other piece I want to make sure is just because Mary did it that way doesn't mean it's the only way to do Hong-Sau and make sure everybody understands that that's the way Mary was showing for Mary today, it may not even be the way Mary's gonna breathe Hong-Sau two days from now.

##### **[00:47:49.06] - Caren**

Because as she said in the beginning, she lets the breath breathe her. She turns herself over to the breath symbolized by her Ishta. Right? So I just want to. I just want to clarify that there's different ways into Hong-Sau. In the beginning, it's just breathe Hong-Sau, Hong on the, inhale, Sau on the out side, exhale. That's all. Along the way, for you, who are my regular students at different retreats, in different classes, I'll give you a different patterning to think about, just to kind of unclog the drain and open you up to other possibilities of how to do Hong-Sau. But ultimately, we don't guide Hong-Sau with our brain or our mind. Hong-Sau reveals itself. But now that you've had this experience, and Mary, that's where we're going this month, is to that path of the prana, right? Is... It's a way, but it's a way that unfolds. If you're breathing Hong-Sau and thinking current down and you're breathing Sau and thinking current up, then you're not doing Hong-Sau.

##### **[00:49:08.23] - Mary Beth**

Well, that's just what showed up for me today.

##### **[00:49:11.04] - Caren**

Exactly. Exactly. So she just validated what I just said. She was sharing with us what was happening today. My only point being that the point of Hong-Sau is to surrender and let Hong-Sau show you. It will reveal to you, it revealed itself to Mary as that path of prana today. But other times, Mary, you breathe it, and it's a whole other experience, right?

##### **[00:49:41.13] - Mary Beth**

Actually, for me, the most powerful part is just releasing my control over my breath and allowing my breath to breathe me. And that's really all it really is. I mean, for me, that's the most. I shouldn't say that's not all it is, but, but for me, that's the most important part, is just, and lots of times, I can't. I can't release it. I just control it all the time. But today, I didn't. It just, I just did what it did. But.

##### **[00:50:11.10] - Caren**

Because it's in the air, it's in what we're going to be talking about in October. That's. I mean, in August, that's why. But notice what she said. Hong-Sau is a surrender, and it reveals itself. Stillness. The Great Revelation, Hong-Sau, takes you into that breathless space at some point. That's the revelation. So this is why it's our primary technique. This is why it's my favorite technique. Because if you just allow Hong-Sau to reveal itself to you, it will, and you'll know it all, you'll, maybe you'll experience it. It's an experience. And in that experience comes the knowing. Yeah. Jeremy. Yeah.

##### **[00:51:03.15] - Jeremy**

Is Hong-Sau a beginner technique? Is it something that you would introduce to beginners or is it something that comes later?

##### **[00:51:15.22] - Caren**

Well, let's table that question to just get. I want to talk to Tammy first and then we'll talk about that. Because that's, that's an excellent question. So if I get distracted from Tammy, Jeremy, pull me back to this within five minutes or so. Okay?

##### **[00:51:31.17] - Caren**

So, Tammy, I loved what you did with the Kriya Invocation of Refuge. Right? That was just beautiful. It was just beautiful. And once again, as you said those words, as you shared with us what was coming alive for you, with that, we felt it too. We felt it too. And that's, that's, that's what we want. Right? Whether you teach or not. But that ability to be so real in it that it transmits from you, that's what will transmit if you lead a meditation. It also just transmits as you move through your world. So it was beautiful. Thank you so much. Yeah.

##### **[00:52:21.00] - Caren**

And so let's go back to Hong-Sau. There are some people who say it's not a beginning technique. It's a secret technique that's only taught to disciples who grew to disciple. Teacher's mouth to your ear is the way it's said, and it's. It was for centuries, millennia, secret. It was not... You wouldn't find it written down anywhere. It's. It was just an oral tradition. I don't know if Yogananda was the first one to write it down when he did his SRF lessons. But I do know that even when the Internet first came out, right. Was first, you couldn't find much on Hong-Sau. It was. People still really held that it was a sacred, secret technique. But more and more books had come out in the seventies and the eighties that talked about Hong-Sau, that eventually it was out there. It was taught more as a non-secret technique, as So-Ham. So. So-Ham. S o h a m is the version that many people know. And it's. We'll get into that later. It is a version of Hong-Sau. It's reversed. Instead of Hong-Sau, it's Sau-Hong. But it becomes So-Ham. And we'll get into the Hamsa Hong-Sau and all of that a little bit later. That's not for today, but Hong-Sau. And let's be clear, it's... There's hung. Hung. H u n g is a separate word. It's a different word than Hong. And so when you're thinking thing, Hong Kong.

##### **[00:54:44.12] - Caren**

Hong Kong, right. And the goose Hong, it's Hong and Sau, just like a saw. That's the way it's pronounced. And hung is a different, it's a different syllable. It's a different, it's used in different... It's a Tibetan word, syllable, and it's. Anyways, just so you know, they're two different things. So then when I was first learning Hong-Sau, you know, you're just, all you're given in the instruction is just Hong on the inhale. Sau on the exhale. And if it's not inhaling or exhaling, just pause. But let the breath guide you. Right? And the things to watch out for are letting the mantra carry the breath. The breath carries the mantra. And we can do this really easily. Go ahead and write that down and I'll show you what that is.

##### **[00:56:18.14] - Caren**

Okay. All right, so go ahead, just sit back, be comfortable, and just close your eyes. Make sure you're just really comfortable. Just surrender to your seat. To surrender. Just body completely soft. Okay. And we're gonna just, let's do resurrection breath. And as we come back, let's just drop into Hong-Sau. Here we go. Now, one of the ways that I've taught Hong-Sau, it's still a valid way to teach it is on the Hong, imagine that you're on a swing and it's swing up, Sau, swing back. Hong swinging up, Sau, swinging back. So it's like the breath becomes a wave moving into the shore, moving out from the shore, moving into the shore, moving out from the shore. And so it's Hong and Sau, you just follow the rhythm of the wave or the swing and watch how the mantra just, it starts to just kind of the mantra, the rhythm of a wave or that swing just takes over. And it's luscious. It's like it's just rocking. You see if you can find that. And if the rhythm shifts up a little bit, just follow it. But just let the mantra, the mantra, the rhythm of the wave in and out, the swing up and down. And you see how the mantra just kind of takes over and the breath is now rocking with the mantra. Okay, so go ahead and release that. It still feels good, the after effect. And then go ahead and you can open your eyes. Yeah, Tammy.

##### **[00:59:07.22] - Tammy**

So when I do Hong-Sau, I start with the breath first and breathing it in. And then I introduce Hong, and I do like a circle starting on my left side. And coming in around my heart. And then on the down, I breathe. And then I do Sau and breathe. So I keep the mantra in the middle of the breath, but I'm always starting with the breath and ending with the breath. But I do like a circular motion around my heart.

##### **[00:59:40.21] - Caren**

Did it do that or did you do that?

##### **[00:59:44.15] - Tammy**

Well, it's the way I'm learning it in a sense, I guess, because I'm starting with the breath.

##### **[00:59:53.05] - Caren**

Okay, hold that thought. We're going to talk about something in about an hour or so, maybe an hour and a half. And I want you to make the link to what we're going to talk about later and that. Okay. And I'm just going, oh, you Pisces you. Okay.

##### **[01:00:10.23] - Caren**

So did anybody feel how easy it would be to just get seduced into the Hong-Sau? Hong-Sau, right? Yeah. And so that's, that's the seduction. When the mantra takes over the breath, we still want to surrender. You can still look at it as a wave. You can still look at it like it's, it's a real entry point, a good entry point for people to find a sense of surrendering. Surrendering. The key is to surrender and not let the mantra guide the breath. You want to surrender at that same level, but the breath... Hong-Sau... Hong-Sau... Hong-Sau... And the breath, it's going to just do its thing and it's going to play with you. This is what I love about Hong-Sau. It's going to, in current vernacular, it's going to fuck with you. It's going to say, are you really surrendered or are you controlling me? And so it'll do things to shorten it up here or quicken it up there just to see, are you really following me or are you making me follow you?

##### **[01:01:39.24] - Caren**

And to me, it's that playful. There's a playful delight in Hong-Sau. So when those moments come, think of it as the breath. Just, it's like it's training you to trust it. It's training you to trust it. And as you. And then, because if you trust it, you're going to realize it's not dah-doom, dah-doom, dah-doom, dah-doom. It's not. Inhale, pause, exhale, pause. Inhale, pause, exhale, pause. It's not counting breath. It's whatever it is. It's whatever it is. And when you can surrender that way, that's where it will lead you eventually to that stillness. Right? Yeah. Anybody have any experiences or thoughts along the lines of what I'm talking about here? Yeah.

##### **[01:02:35.23] - Angela**

Yeah. I think for me, I. There's times and I don't I feel like I'm still learning a lot about. There's times when I'm doing it, and it then disappears, and I feel like I'm not breathing at all. So I. I've been there, and then I get kind of hung up, like, oh, I lost the mantra or what, you know? So I feel like that's part of the... It's tricking me, you know? I don't. But at the same time, I think that's the reason, you know?

##### **[01:03:13.11] - Caren**

No, and that's it. That's exactly it. Angela. Hang on, I'm going to just. Hi, Crew. Oh, he can't hear us because you got the earbuds in. Okay. So let's just all wave it in. Hi, cute. Hi, Crew. Hi. All right, that was sweet. Okay. But so, Angela. Absolutely. Absolutely. And. And. And the delight of watching the mind go, am I not breathing? Oh, oh, look at me. I'm not breathing right. It's like the mind is just so. And we just take delight in it, and when we take delight in it, then after a while, the mind stops pulling us out. Right. So, yeah. Maggie, were you gonna say something about that? Oh, okay. Jeremy.

##### **[01:04:04.18] - Jeremy**

Hong-Sau. It's kind of my default. Like, if I can't sleep, that's the one I pick. It just comes to me, but I do it. I really enjoy letting the breath breathe me. So I don't think that it is nowhere near counting breath. For example, I'm not elongating the Hong to enjoy that and elongating the Sau to enjoy that. I'm just letting it do what it's going to do. I had a question, and now I forgot. I should have written it down. I don't know. I've not. I don't recall hearing you use the ocean metaphor before. You may have, but that is, like, that took it to a whole new place, because the ocean is very soothing to me. And. And it was just maybe just an observation. It really, like, wow, that is. I have no control. Oh, I know what it was. Well, first of all, I have no control over the ocean. The ocean is going to do. And when you really sit and watch the ocean, it. It also messes with you. Like, oh, it's running up the shore, I'm standing in my shoes, I'll be fine. And then suddenly, your ankle deep in water, it. It just does what it does. What I was thinking is, what gets me there sometimes is I remember throughout my day, my breath is breathing me all day. I'm not consciously telling myself to take a breath. So I remind myself of that. Like, you spent 23 and a half hours today with your breath breathing you. This is no different. That helps remind me.

##### **[01:05:51.15] - Caren**

Yes, yes, yes, yes, yes, yes, yes. So, okay, so one of the reasons I don't use the ocean metaphor as much anymore, I used to use it quite a bit. I used to swing quite a bit to help people get into it. But what was happening was I wasn't having the same people in class, and then they don't get the follow up, which is don't surrender to that. Right. It's like. And so. Because that's back in the day when the class was just an hour and it was a group meditation, and so. Or the days of that. So I'm a little more careful with that analogy, except in context like this, where I can. I think it's like you said, Jeremy, it's, whoa, let's go to another level here. Right? And yet that's where the, that's where the mantra takes over. And so I want to make sure I'm able to clarify that, but that's not a beginning. Hong-Sau teaching. In the beginning, all you do to teach Hong-Sau is just as you inhale, Hong. As you exhale sau. Boom. That's it. Yeah, Nat, yeah.

##### **[01:07:06.20] - Natalie**

Am I mixing things up? Wasn't there a Hong-Sau? Didn't you say supposed to come in the Moon Center, down to the heart and out the Sun Center? That's not Hong-Sau? What am I mixing up there?

##### **[01:07:18.16] - Caren**

You're mixing up the path of Prana.

##### **[01:07:21.05] - Natalie**

Okay.

##### **[01:07:22.00] - Caren**

And you're mixing up that there are currents, right? Meditation current. And

##### **[01:07:29.24] - Crew**

who's in the front door?

##### **[01:07:32.14] - Caren**

And the what we're mixing. Do you want me to wait till he's done talking to you?

##### **[01:07:37.16] - Natalie**

Yeah. [inaudible] the front door ready?

##### **[01:07:41.12] - Caren**

What you're mixing up is that Hong-Sau. Hold on. Let me figure out how to say this so that I don't confuse you. Hong-Sau has variations. It's like there's ice cream, and then there's ice cream with nuts and marshmallows and chocolate chip and mint, and then there's just plain. Right. And so its flavors.

##### **[01:08:15.13] - Natalie**

[Wait under here.] Oh, just keep going. He's... Sorry. I'll go on mute so you don't get distracted.

##### **[01:08:20.21] - Caren**

Sorry. Yeah. His voice is so cute. So. And reveal all these things to you over time with the gift of having a teacher is the teacher will say, hey, what if you let go of all the edges of your body and you just feel like the breath is breathing you a certain way or what if you, as well, let me put it to you this way. I don't think I've ever said, Hong, breathe in. Hong, breathe out, the other way. But I have definitely told you about the path of prana, and I have definitely had you breathe down and up. I have done that specifically so that you are open to another experience of Hong-Sau. So Mary had that experience, and I doubt I've ever said, breathe in down Hong, breathe in, up Sau. But I've kind of corralled you all so that you'd have the experience. So this is why Hong-Sau is so fun, because you sit there and you don't know what it's going to do today. The only thing that's going to keep it stuck in one thing is your mind. But let's ask Mary. Did I ever say breathe Hong down and Sau up?

##### **[01:09:45.10] - Mary Beth**

Not that I recall, but I remember being in a Hong-Sau workshop with you years and years ago, and we breathed down and up in the pathways, but I'm not sure. I don't think it was ever Hong down and Sau up. I just. That's the way I do it.

##### **[01:10:01.21] - Caren**

Exactly. But it did it. Yeah, it did it.

##### **[01:10:06.02] - Mary Beth**

And I. I shouldn't say that's the way I do it. That's the way it happens. It's the way it happened, because I do surrender. So whatever happens. And the surrender is the juicy part.

##### **[01:10:19.01] - Caren**

Yeah, yeah.

##### **[01:10:20.15] - Mary Beth**

Juicy part.

##### **[01:10:21.20] - Caren**

So there you're a little insight into teaching, right? It's like, the important thing for me with Hong-Sau is for you all to have the experience and to learn that Hong-Sau is your best teacher. It's far better than me, but what I can do is look that way, be open to that. Be open to that possibility, and. And just kind of. Instead of it taking you 30 years, you know, a few. That's a good question.

##### **[01:10:54.06] - Caren**

So. Okay, I think it's break time. What do you think? And then let's come back. And what if we talk about all the channels and the prana and all that yummy stuff? Sound good? So we're going to start with the hand- did you guys get the handouts? They were post. I had them posted. And we're going to start with the handout on the chakras. We'll start with that one. The chakras. Okay. We'll start there, and then we'll move into prioritization, which is so fucking fun. All right. All right. When we come back at. How much time do you need? Do you need ten minutes? Good.

##### **[01:11:33.05] - Angela**

Yeah.

##### **[01:11:34.06] - Caren**

Okay, so let's come back at the 40...46. All right?