##### **[00:00:21.23] - Caren**

Angela just texted she has to restart her computer. It hosed up. There is something going on. There is something going. It's just the Internet is just not reliable right now. Let's put it that way. So while we're waiting for everybody to get back. Any questions? Mary, you're muted.

##### **[00:01:01.22] - Mary B.**

What is the meaning of life?

##### **[00:01:06.17] - Jeremy**

You already know Mary.

##### **[00:01:10.01] - Mary B.**

I was just messing with the teacher.

##### **[00:01:13.01] - Caren**

Well, all I could think of when you said it was his life. What was that?

##### **[00:01:20.08] - KES**

The answer is 42. Do you know the Hitchhiker's Guide to the Galaxy?

##### **[00:01:28.04] - Caren**

No.

##### **[00:01:29.15] - KES**

Oh, Yeah. Should we talk? Okay. I have to be on my phone. I think it'll be a little more stable, but I can't see everybody. But so in the story, there's a huge computer that runs the universe, and they've asked it the question, what is the meaning of life? And every being in the universe, all the different alien species, are all standing around waiting for the computer to tell the answer, and it spits out 42. That's one of the reasons that my email is 42KES.

##### **[00:02:12.01] - Caren**

Oh, gosh. That is so cool to know!

##### **[00:02:14.16] - Caren**

I love it. That's some, KES. Wow.

##### **[00:02:18.21] - Jeremy**

Ultimately, the result is, But what is the question? What's the question that matches the answer? Nobody knows the question. We just know the answer. It doesn't help me at all. By the way, KES, this is really cool. Douglas Adams is I have a long... He's one of my favorite authors ever. Read all of his books. But I actually read The Hitchhiker's Guide out loud to April when we first got together because I wanted her to understand how my humor works. I'm like, I'm going to read you this book and this will explain it. It was something we did every night. I would read to her.

##### **[00:02:59.10] - Caren**

She married you anyways, huh?

##### **[00:03:01.08] - KES**

That's so cool.

##### **[00:03:01.23] - Jeremy**

Oh, it was too late. She was already married. She was already married.

##### **[00:03:03.20] - Caren**

Okay. Now, notice, Jeremy, that is not a Caren comment. I worked to say that.

##### **[00:03:10.13] - Jeremy**

I appreciated it so much.

##### **[00:03:12.24] - Caren**

Okay. It's like, I'm exhausted. That took everything that is so contrary to my nature, right? Okay. Mary's laughing because she goes, that would have been an easy one for her. Yeah. Okay, so, KES, what we're going to do is we're going to try and fit that in when there's time, because I really have a lot of material to cover in August. However, towards the end of the month, we're going to be... Maggie's meditation and your meditation, we're going to be... I want to reframe those in light of everything we learned. So if we don't get to it in the next couple of weeks, we'll get to it then. Okay? So in the meantime, just send me a photo. Send me a photo of what you've got, so I've got a copy of it, and then we'll fit it in when we've got the space. Okay. Certainly on the 18th, if we haven't gotten to it.

##### **[00:04:05.04] - KES**

Okay, thank you.

##### **[00:04:06.03] - Caren**

Yeah. Okay, so I just noticed something about this handout that I gave you, which is a handout I've made The handouts you're getting in this series are handouts I made for myself back in the aughts, when I was learning this material and I was trying to make sense of it for myself.

##### **[00:04:26.19] - Caren**

And there's some other ones that are... It's I was still geeking out on this stuff, right? And so what happened was I gave April the files I've been using. And instead of... Anyway, long story short, I just noticed that your copy has this on it. This. It says B-C-D-E-F. Does your copy say that? Let me show you what it's supposed to say. I didn't catch it. When April sent these to me to proof, I didn't catch it. It's supposed to be the planet symbols, Mercury, Venus, Mars, Jupiter, Saturn. I'm going to ask you all I'm on your handouts right now to turn the bottom letter, which I forget what it is. I can't see it from here. Hold on. Turn the F into Saturn. Turn the E into Jupiter. Turn the D at the navel into Mars. You'll have Saturn at the tailbone, Jupiter in the lower back, Mars in the navel. Okay? And then the heart is Venus, and the throat is Mercury. I'll get these to April this week, and we'll figure out how to get her these symbols. I'll show her where they are on the keyboard, because what happened, obviously, is when we transferred the files...

##### **[00:06:38.06] - Caren**

Yeah, Tammy, go ahead.

##### **[00:06:43.05] - Tammy**

Okay, I'm noticing the one that you have and the one we have, the one we have with the B-C-D-E-F, on the other side where it says the sun, it has the planets there. On yours, it has something that has the Ether and the Earth and the Fire. We don't have that on ours. On the sun side, it says Ether, Air, Fire, Water, Earth. I don't have that on mine. But the planets are on that side instead.

##### **[00:07:28.17] - Caren**

I'm looking at the other one now. I see. Shit. Okay. So you guys are writing those in and they're already there. Okay. I got to reprint or scratch out. So instead, if I had read it completely, I would see that the planet names were already there on the one side, and what we want to put on the other side are actually the elements, which are tailbone as Earth, So F is Earth, tailbone is Earth.

##### **[00:08:03.07] - Tammy**

Which side are we doing the Earth on the Sun side or the Moon side?

##### **[00:08:09.00] - Caren**

It doesn't matter. Oh, okay. It doesn't matter. I put on the one that... I'm not sure what happened here. I'll talk to April. But in the original one that you're seeing on your screen right now, I put the elements under the sun side because the sun is the symbol of the Earth plane. I put the Earth, Water, Fire, Air, and Ether. These days, they're using the word Space more than Ether because Ether is an old time term. That shows you how long ago I was studying this stuff. I put those under the sun because they are the physical realm. I put the planets in the moon because the planet's forces are the unseen forces of the Subtle realm. If you can just get notes made, we will redo this handout and get it sent to you sometime this week, okay? This is totally on me because April sent these to me to look at, and I didn't read them carefully. The one you're seeing on your screen, that's what we will send you with the corrected... With the elements under the sun and the planetary forces under the moon. And now you understand why, right? Okay.

##### **[00:09:45.19] - Caren**

So does everybody have this handout cleaned up enough to make notes on if they want to? I mean, this may be all you need, but basically, what's going on here where I want to start with is you all know. Actually, I'm going to stop share. Can I stop share? Is everybody complete with this? Yes? I can't see everybody. Okay, so let me stop share.

##### **[00:10:11.05] - Caren**

I'll show you this little acupuncture doll that somebody gave me. Because what it shows, it's like even in acupuncture, they recognize they're working with these nadis in the body. These are points of energy that flow through the body. This is real stuff. You can't see them, and they don't map exactly with the nervous system, but the nervous system is the physical equivalent of the nadis in the Subtle body. What we're working with here is we're working with, I'm going to back up again now. We're working with three realms, which we've talked about. There's the physical world, we call it the Earth realm, physical, solid, what we can see. There's the Subtle realm, which is what we can't see, also known as the astral, the Subtle, the astral... There's another word for it. Anybody remember what the other word is? I thought there was... There's another word people use. Subtle energies, Subtle realm, astral realm. The what?

##### **[00:11:37.08] - KES**

Ethereal?

##### **[00:11:38.16] - Caren**

Maybe.

##### **[00:11:39.08] - KES**

Ethereal?

##### **[00:11:39.17] - Caren**

Maybe that's what I'm thinking. Ethereal, right? Yes.

##### **[00:11:45.06] - KES**

Subconscious? Super subconscious?

##### **[00:11:48.23] - Caren**

No, let's go with the... I mean, we're not going to bring consciousness into this conversation. That's trying to map two different systems, right? Because the subconscious and the unconscious are part of the Subtle realm, right? But on some level, the conscious mind is, too. So we're not going to try and map those to this. We have to be careful when we're trying to merge systems. We got to remember that systems are just a way of helping us explain phenomena. Or experiences.

##### **[00:12:36.22] - Caren**

Earth, physical realm, densest, what we can touch and see. The more Subtle, etheric realm, astral realm is known as, is what we can't see, but is still a very much a part of our experience. Thoughts, emotions, dreams, and the Subtle astral realms are where our memories, where the karma is stored, so to speak. Then in this system, and this is a system. The realm above it is called the Causal realm. And in the Causal realm, depending on which day you talk to Kriyananda, there is no karma. There might be a tiny little bit, but for our practices, our purposes today, the Causal realm, that's the realm of pure potential.

##### **[00:13:38.23] - Caren**

That's the realm where there is no karma yet. It's pure awareness, pure being, Causal realm, Subtle realm, Earth realm. What happens is this pure potential, pure possibility of the Causal, I'm just saying It's the same thing in different ways. To help, so you're taking your notes on it. It starts to quiver, it starts to vibrate, which creates sound, which starts to create denseness. And that precipitates into, precipitate, think rain. Nothing in the sky. Causal realm. Clouds coming in. Denser, denser. Subtle realm. Subtle realm. Starting to get some denseness. This is the realm of thoughts and dreams and memories and karma and in the Subtle realm. And then as it gets denser and denser and denser and denser, it's a rain, it falls and takes on form. The physical world is the realm of the form. Everything that is in this system, Everything that we are experiencing here in the physical world is a manifestation of what's in the Subtle realm. The Subtle realm is the result of what is potential up in the Causal realm. Very I'll... Don't go there yet. Save that. Okay. So any questions on this? This is what we call the three realms.

##### **[00:15:46.20] - Caren**

What I just described is the Law of Causation. It's called the Precipitation of Matter. We think matter starts here, but in the world of the mystic, everything here came from the realm of thought. As it got denser and denser, it turns into matter. Yeah, Maggie.

##### **[00:16:23.20] - Maggie**

Is the Causal realm like Samadhi?

##### **[00:16:28.01] - Caren**

Yeah.

##### **[00:16:28.19] - Maggie**

Okay.

##### **[00:16:29.13] - Caren**

Yes. Which is why Samadhi is the realization you can be happy now. Because if you're in the Causal realm, that's the realm of the Four Immeasurables. That's the realm of love, compassion, joy, and equanimity. That's the realm of peace, of calm, of bliss. That's the Causal realm. That's the realm of remembering who we are and being pure awareness and consciousness. And yes, Jeremy.

##### **[00:17:15.03] - Jeremy**

This is a gigantic philosophical question, I suppose. But if we came to this life through that golden ring, we're now in this life... Should we be bothering to try to reach that state of Causal awareness? Didn't we come here to not be there? We came here to be in the other two realms to experience what we needed to refine. Why would we pursue escaping that? Why wouldn't we just revel in the two? Does that make sense?

##### **[00:17:59.08] - Caren**

Oh, it so, certainly does. Okay. It certainly does. It certainly does. It certainly does. I think it's a really good question. I don't know that I want to answer it unless I... Really, what is the disclaimer ahead of time? Because this is an opinion, and I have to be really careful how I say it, but. Why? If we came here, I'm with you. It's like, we came here with this experience. Why am I trying to run away to a monastery and not have the experience? That's I have that same real thought. And then I remember, and this is just my opinion, but this is where I go. It's like, Oh, yeah. But if I just stay in this heavy, heavy experience of human, Earth, oh, man, it's like heavy and dense, and nobody's nice. And it's like, it's all about me. It's all about power and greed, and stuff. It doesn't make me happy. But the force of this world is so strong, so strong. And literally, there are days where I just feel it, right? And especially right now, as Pluto has come along and ripped off that doormat, and we're seeing all the crap that's part of human nature, the nastiness, the meanness.

##### **[00:19:54.11] - Caren**

It's like, it is. It's so thick. But also my awareness can be that thick and dense. And so the reason I go to the monastery, or I sit on my cushion or I throughout my day, I just come back to joy in my heart. I just come back to joy in my heart because I've at least at a point now I don't need to think about joy. I can find joy just by going in. It's like the heaviness of the world, the karma is so thick that I need that touch base to remember who I am, because otherwise the channel gets pretty clogged up, and it's not flowing with all that good stuff. So all those people who are out there in the monasteries, meditating all day long for us, it's like, Thank you, because it's really easy to forget. It's really easy to forget. And this is going to be so silly. But literally, I was just thinking about this this morning as I took my morning constitutional, whatever you want to call it, my morning shit, right? And I'm flushing it on the toilet, and I'm watching it, and I'm thinking myself, that's just like life.

##### **[00:21:17.03] - Caren**

I literally had this thought, that's the heavy karma of this life. And when I meditate, I flush it all out, and I refill with the clean water that's filling my toilet. That is literally how my mind works. I am always thinking about this stuff. Always. I rarely, rarely tell anybody. This was rather unusual. But Jeremy brought up the question after I had literally been thinking about this this morning. So I thought I would give you my full authentic answer. It's like, I see symbols for these teachings everywhere. Mary comforted Nat. This is those moments where Nat's going, Oh, Mom, really?

##### **[00:22:05.06] - Natalie**

I will take this over the sex stories any day.

##### **[00:22:12.17] - Caren**

Okay, all right. But so, Jeremy, I just want to say, well done. It's a very real question. And I come back to Kriyananda. He just says again and again, who was I telling? Was it Jeremy, was I telling you the other day when we talked? Or Mary, was I telling you when I was talking to you? But it's like, I am just blown away at how much of Kriyananda's teachings have informed my life. It was telling you, Mary. I was listening to a tape of his from a class I took from him in '07.

##### **[00:22:51.24] - Caren**

I just happened, I put my iTunes up and I just shuffled to a random teaching. And he's talking back then about how your everyday life is your spiritual life. Your spiritual life is your everyday life. And that's that remembering. That's the remembering that when we're trying to get to the Causal plane, it's because that's what helps us remember that it isn't all about this. And what happened is everything he taught, it just seeped into a point where it became the way I live. I don't have specific memories of him telling me, or not just me, but all the students, all these things, but they became part of who I am, and this is what I teach. I'm basically just sharing Kriyananda's teachings. But I think those questions are really important, and I hope that was a good enough answer. Yeah? Okay.

##### **[00:23:53.16] - Caren**

So to get back to, where was I? Energy. Meridians, nadis in the body. The energy meridians in the body, we don't necessarily see, but they are real. The reason I like acupuncture is because they're in there, and it's like, yeah, this energy is traveling along these meridians, right? The principle at play is that everything in the physical world has a mirror in the Subtle world.

##### **[00:24:43.18] - Caren**

And generally, what they say is if my hand is... It's a mirror image in the Subtle realm, so it's like the... No, it's the opposite. So what's the Subtle realm, what's on this side, in the physical realm, it's on this side. In the Subtle realm, if it's underneath, in the physical realm, it's below. I mean, it's above. So things are opposite in the Subtle realm. And so when we think of the nadis, we have the Pingala nadi, which is on the right side of the body, which runs up and down. I mean, I can't point it inside my head, right? But it runs down the right side of the spine, we say. And the Ida, which is the lunar nadi. So the Pingala is a solar nadi. It's a physical realm. The Ida, Kriyananda used this to help people remember which was which. Ida is a female name. And so Ida, Pingala is the feminine energy, which is the left side. The masculine energies are the right, solar, outward. The feminine energy is internal, unseen, more... I don't want to use the word passive. What do I want to use? More yin.

##### **[00:26:30.04] - Mary B.**

Something more... I don't know.

##### **[00:26:35.03] - Caren**

Yeah, I'm open to it.

##### **[00:26:36.19] - Mary B.**

Something... I don't know what-

##### **[00:26:39.06] - Caren**

It's more of a... The word is just on the tip of my tongue. It's more of a yielding energy as opposed to a pushing energy. Solar is pushing, lunar is yielding. It's receptive. The moon receives the light. The sun blares the light. The sun energy is what's manifesting. The yielding feminine energy is the Subtle, more astral energies. And so we have these two meridians running in our body. But they're not... Anything in the Subtle realm is in the physical body, and it has a physical counterpart in the physical body, but it's not to the physical body. When we think about it, we think, solar Pingala on the right, going all the way down the spine, right side, goes all the way down the spine, and then comes back up, Pingala. Left side of the body, Ida. And we think of it going down the left side of the spine. And then the center of the spine is the Sushumna, S-U-S-H-U-M-N-A, Sushumna nadi. Nadi means channel. It simply means channel or pathway. Yeah. Nat.

##### **[00:28:18.22] - Natalie**

Sorry. I just want to be super clear because I'm looking at the handouts, too, and the sun and all that stuff is on the left side, and so it's throwing me off.

##### **[00:28:27.19] - Caren**

I know. I thought I was doing it right to show it like you were looking at it, but it's really better. I should turn those around, huh?

##### **[00:28:36.02] - Natalie**

So if it's like I'm looking at it like if it's in my body because then the sun is on my right.

##### **[00:28:41.08] - Caren**

Yeah.

##### **[00:28:42.20] - Natalie**

Okay.

##### **[00:28:43.23] - Caren**

Yeah. The handouts are done as if it's in you.

##### **[00:28:48.04] - Natalie**

And so it comes, you said, down my right, up my left.

##### **[00:28:51.09] - Caren**

It goes up into there and then down the right side of the spine is the Pingala.

##### **[00:28:58.16] - Natalie**

Okay.

##### **[00:28:59.19] - Caren**

And the Ida from the... Like right in here and back. Does anybody who's been doing yoga for a while, do you feel them when you're doing alternate nostril or sometimes when you're doing Hong Sau? Do you feel the nadis waking up? No? Yes, some of you do. And you'll feel them. You'll feel them eventually. Some people will. So yes.

##### **[00:29:27.22] - Natalie**

Sorry, will you describe the flow again one So it comes in here down the right side, up the Sushumna or up the Ida. I'm sorry, I got confused.

##### **[00:29:36.13] - Caren**

Good. No, what we're going to do is... Don't think about that. Don't think about that. We're not talking about the flow of prana right now. I'm just telling you that the nadi goes from here down the spine. And think of it as going into the tailbone, into the Saturn chakra.

##### **[00:29:58.17] - Natalie**

Does it come up anywhere?

##### **[00:29:59.14] - Caren**

Hold on. Let me think about how to answer that. No. Which doesn't mean we don't think about that sometimes in some techniques. But what we think about, it comes up, and it goes down the right side, it connects to the tailbone, and the Ida comes down and connects to the tailbone. And when we're breathing, what they do is they go through the Sushumna and on the way back up the other side. So if I'm inhaling, I'm coming in, going through the Sushumna, and coming back out with my exhale.

##### **[00:31:06.07] - Natalie**

All right, thank you. That was helpful.

##### **[00:31:08.08] - Caren**

Okay. And when we do alternate nostril, I'm breathing in left. It's coming down left, switches over, exhales right. So alternate nostril is literally cleansing the nadis. Is this too confusing? Are we okay? And so alternate nostril, when you're first learning it, is in. And you can start on either side. Kriyananda said, if you start on the right, it's because you're trying to strengthen your physical world, balance your physical world.

##### **[00:31:49.21] - Caren**

If you start on the left, you're balancing your inner world, which is why I always start us on our left because we're in meditation. I would imagine if Maggie's teaching a yoga class, maybe she starts on the right. Do you? Yeah. So there's no one way, but just no which. If you're trying to do Earth plane stuff, start on the right. If you're trying to do inner stuff, start on the left. And usually the way it's taught, the thumb, some people will press the ball of the nostril right there. I was taught to press just a little bit above right in here, but I would ask, Maggie, what does Kim teach?

##### **[00:32:37.18] - Maggie**

Kim spends a lot of time making sure you don't rest your arm on your body because that inhibits the breath. And we always did the right side first. And he wasn't too fussy about where we pushed on the nostril, but because so many people would have sinus issues and things where they couldn't breathe one nostril, he taught us how to pull down a little. Say I'm breathing in through the right and I can't breathe in because it's clogged. If I pull down just a little on my cheek, right to that side, it opens it up a bigger pathway. Does that make sense?

##### **[00:33:21.19] - Caren**

Yeah. So if I'm closing my left nostril, my right nostril, right? So then with my ring finger, what I'm doing is They're really pulling here to help open that nostril. Oh, I never heard that. That's awesome.

##### **[00:33:36.13] - Maggie**

Yeah. And he also said that as you sleep, there's a natural shifting from I'm finding it.

##### **[00:33:45.14] - Caren**

Absolutely. Absolutely. And so, and just to continue with what Maggie said, the breath will flow in one side and out another. They say for about two hours, and then it reverses itself every two hours. So the alternate nostril, the point is, and we're going to do it the way we do it in a meditation world, we're going to close the right nostril. If you need to do it this way, I find it more comfortable to just close it off up here. It looks like I'm closing down here, but it's not. It's a little higher. You can see a little better over there. We don't want to press so hard it hurts. It's just enough to block the flow of the air. And then what we're doing is you're literally bringing this cool, pure breath and prana into the channel.

##### **[00:34:56.15] - Caren**

Think like if I have a straw I just happen to have honey sticks. Imagine that this, honey sticks, this is full of gunk, right? So I'm breathing in, and as I do, it's like I'm squeezing all this stuff out. And as I exhale, it all goes. It's all expelled. Then I breathe in on the other side. I bring all this, anything there, and expel it out the other. It's a cleansing technique. It's a clearing. It's a balancing of the energies, and it's the phlegm. It's the karma, the seeds that are starting to quiver, that we're trying to soften. So alternate nostril breathing is a purifying technique, just like Nadi Shodana. I mean, not just like the tongue scraping and the neti pot. Thank you. Neti pot. Somebody sent me that thought. Thank you very much.

##### **[00:36:08.13] - Caren**

Okay, so we think in terms of left side, right side, down to the Sushumna. Every time we breathe, the energy comes in down one side, and it passes through the Sushumna for a microsecond, and then it goes back up. Breathe again. Every day, we're spending a micro-heartbeat in our Sushumna. Kriyananda would say that if you live enough lifetimes, just with the breath, going through the Sushumna, you will eventually be able to lift up through the Sushumna.

##### **[00:36:59.02] - Caren**

But the reason we meditate, and the reason we do some of these techniques we learn, is because it helps us spend more time in the Sushumna, which is the Causal, as Jeremy asked so well. That time in the Causal is where we remember, and it helps us to keep ourselves balanced here on the Earth plane. It helps us to bring everything we're learning in meditation into the forefront of our minds and our awareness as we live each day. The Sushumna is where it's at. When we're holding center, we're in the Sushumna. We're in the Sushumna. Yogananda would call it God consciousness. New thought Christianity would call it Christ consciousness. Buddhist would call it the Dharma Kaya, the land pure bliss and pure awareness. Okay?

##### **[00:38:05.17] - Caren**

And so long story short, it's always here. We're just living in the Ida and the Pingala. We're living trapped in the suffering of the physical world, and we're living trapped in the suffering of our minds. The magnetic pull of those is so strong, and it's seductive. So meditation is what softens and neutralizes the Ida and Pingala so that we can find our way into the Sushumna. Now, are we okay on this?

##### **[00:38:56.08] - Caren**

And you want to learn the names of these channels, okay? I think on the sheet, I gave you the Pingala, the Ida, Sushumna, as if they're in your body. You're sitting in them. And then we want the other names for it. I have their sun, but it's a solar channel or the lunar channel. You could use masculine energies, feminine energies, but it's very dicey. Better to use Yin and Yang if you want to go there. But the distinction between the two, clear? Yeah, Jeremy.

##### **[00:39:46.10] - Jeremy**

I want to say it back to you to make sure, because I have two thoughts. The first epiphany was, alternate nostril, the reason that you can teach children to do it, because it's super common for these days, people teach kids to do it, is because you don't need to know why. It's just an energetic fact that it's occurring. So that's why it works. That's why kids can experience it with no knowledge, which just tickled my brain a little bit.

##### **[00:40:16.12] - Caren**

I love that.

##### **[00:40:17.08] - Jeremy**

But it sounds like what you're saying is at any given time during the day, the energy is traveling down both sides, basically, the Ida and the Pingala, and the volume might be different. If I'm spending a lot of time over in my moon side, it might be flowing more or-

##### **[00:40:43.10] - Caren**

Active.

##### **[00:40:44.13] - Jeremy**

More active, yeah. But then it returns through the Sushumna, and sometimes it's very fast. It's just continuously moving, and then you miss it because it's a flash and it goes back, and then it comes back. In a way, we're slowing down by paying attention to either one of those sides, we're slowing it down enough that we can feel the sense of balance coming back. Is that true, what I'm saying?

##### **[00:41:14.22] - Caren**

I think it's what came to my mind as you were saying that describing it, is that, let's go back to the swing. The swing at it's still point is right here. Every time it goes this way or this way, it has to pass through the still point. But if what you were saying was it happens so quickly, we lose track because there's so much momentum. The way I would phrase more meditation language would be, well, Kriya yoga language, would be that the more aware we become of the Sushumna, we soften the momentum of the swing, and we bring ourselves into that center. And what this is, you can do this in a meditation technique, but the most powerful technique to move into your Sushumna in a way that's sustainable. And by sustainable, I mean not just while I'm sitting on the cushion, not just when I'm meditating in class, not just when I go and retreat and I feel good for a week or two afterwards, maybe a month, right? But sustainable is by bringing all of this into your daily life. That's what makes that Sushumna state of awareness sustainable as a vibration of who you are, is by using all of this in your daily life.

##### **[00:42:47.12] - Caren**

So every time, Jeremy, you stay in your body, and you don't run. Every time, I was looking at Natalie and I said, Maggie, but every time Natalie, when she was having all that anxiety, and she just used the future thought, and she brought herself back into the present, she was coming into the Sushumna. It's the everyday things we do. Every time Mary's knee is throbbing, and she comes into a place of beauty to help her, I'm going to use the word transcend the pain. Would that be a fair word, Mary? She goes, Oh, wow.

##### **[00:43:36.19] - Mary B.**

I guess so. It sounds awfully big.

##### **[00:43:39.22] - Caren**

It does, doesn't it?

##### **[00:43:40.23] - Mary B.**

But just helps me abide with it.

##### **[00:43:47.22] - Caren**

Okay. Abide in equanimity. Every time Mary is able to abide in equanimity, and she was saying, I don't know if it was in this group, but the fact that she could hold that ice cube for four minutes helped her know that she could abide as they were poking her and doing things that hurt, right? It's like, abide. And just allow things to be. Abide, just allow things to be. You're in the Sushumna. Everything in our life is helping us become more and more aware and able to be in that Sushumna awareness.

##### **[00:44:32.00] - Caren**

Sushumonic awareness is what they would say, which is how... That's where we shift our vibration from worrier, niggler, frustrated-er, angry-er, shamer, judger, critique-er, manager, you know what I mean? From all that other stuff to accepting, kind, generous, loving. We just change our vibration and really, compassion, joy, love, right? The Sushumna is a channel, energetic channel, but it also includes these qualities that the Buddhist call the Four Immeasurables, and which in yoga, they use the word Ananda, bliss.

##### **[00:45:31.04] - Natalie**

So is this the shoshumna, like a little piece of that Causal realm? Is that what we're-

##### **[00:45:38.13] - Caren**

It is a Causal realm, yes.

##### **[00:45:39.19] - Natalie**

It is. So it's the Causal realm within us.

##### **[00:45:44.13] - Caren**

And so isn't it interesting that way back when, even, people say, you've got to find your center. I've lost my center. And it wasn't until I'm doing this and I'm like, oh, there actually is a center. It's called the shoshumna. Yeah. Mary, was it your hand, Mary, I saw?

##### **[00:46:03.12] - Mary B.**

It was mine. I don't know, I lost it, but it's my way to be in contact with the Causal realm in my everyday life. It just be there in that Causal realm for just that nanosecond.

##### **[00:46:27.24] - Caren**

That was a good way to put it, Mary. I I like that. I like that. Yeah. So I could teach this just, [sound] these are the nanos, these are the nadis, these are the channels, these are the chakras. But that knowledge. What? Why? What? What good is it? What good is it? What I hope we can do this month is it's like, well, here's why it matters. And here's why it's useful to know.

##### **[00:46:59.09] - Caren**

So has everybody got it. Ida, Pingala, Sushumna. Ida, Pingala, Sushumna. Sun Center, Sushumna. Okay? Ida, Pingala. When we do sipping breath, we're pulling into the Sushumna. Sun Center, Moon Center connected to Sushumna. Got that, too? I just added a piece. Just want to make sure. It makes sense. Does it make sense? Does it just seem to follow? Okay. KES, did you have a question?

##### **[00:47:46.20] - KES**

Yeah. Does it correspond to the backbone? The Sushumna is also the spine? Or no, it's more so-

##### **[00:47:57.19] - Caren**

No, no. Excellent, excellent question. Hold on. I'm going to decide how to answer it. Let me see what else I want to talk about. Okay. In the yoga tradition, we equate the Sushumna with the spinal channel. Now, you all know, and if you were at the workshop with Agnieszka, you saw the spine actually does this, right? It's not like it's a straight thing. So we have to remember, they say it's along the spine. So we think of it as being the center of the spine, but it is a channel, and it's not exactly in the spine. But we say it is. So it's an energetic channel that is... It doesn't do this. The Sushumna doesn't do this. It does this. Even though the spine does this, the Sushumna is this. It's a [phoom] path. Does that help enough? Yeah. But we do say in the spine, and as we... There will be techniques, not in this class, but down the line, where we are lifting up through the spine. That's what we say, lifting up through the spine.

##### **[00:49:26.06] - Caren**

Now, not to complicate your world, except that you're all doing this a while. So I do want to say that in the Buddhist tradition, the central channel is literally in the center of the body. It's not in the spine. It's center. It moves right up through the center, from the top of the head down to the tailbone. It's right there. Okay? And so let's just remember. Remember I told you about the guy who did his doctoral paper on... Chakras are created, chakric systems, these energy systems, are created by a field, by us.

##### **[00:50:08.22] - Caren**

And so that's why some systems have six, some have eight, some have... So we want to hold this lightly. And remember, it's a system that is close enough that it gives us an entry point to an experience, to our own experience. And ultimately, your own experience is what it's about. And I wanted to say, does it really matter if you get to Mount Hood from Washington or from Hood River or from Eugene or from Portland? Depending where you're coming from, you're going to take a different route, right? And all of this stuff we're studying, it's all taking us to the same place. Different systems take us in different ways. And what we wanted... That's why I'm trying to make sure we understand. In what I teach, we're using two systems, mainly the Kriya yoga system, but sometimes we're using the Buddhist. It's just to be clear which is which. Does that... Okay. All right. Yeah, Nat.

##### **[00:51:19.08] - Natalie**

Sorry, I raised my hand. And then I was on the wrong sheet. So I think I'm conflating two things again, but really quickly, I thought, wasn't it the Pingala and the Ida that actually are a double helix, and their crosses are where the chakras are? Or am I now?

##### **[00:51:33.01] - Caren**

Yes. So let me find that handout. You guys, I had so much fun back in the day. I never, ever thought I would be showing this handout to anybody. I did it for me because I wanted to understand it. So let's share it. And you've got it. It's the one that looks like this. Okay. This is a worksheet for you. I would print off 10 copies because this is for you to practice just memorizing the elements, this side, Earth, Water, Fire, Air, Space, and the different names of the chakras, because you can learn them in astrology language, you can learn them in Sanskrit, you can learn them in body parts. I made this for me to study and learn. But if you look at it closely, can I make it bigger? Let's see. You see how the orange is in front, then the blue is in front. It's literally a double. It's a helix. The nadis do not go up and down straight. They go around. They go around the Sushumna. They go around the Sushumna. Can everybody see that? It's probably one of the proudest... This is before I even really knew how to use pages, and I figured how to make that sucker because it was so important to me.

##### **[00:53:19.05] - Caren**

It's like, they don't go up and down. They go around. It's like one is going this way, one is going that way. Everybody got that concept now? Okay, so now what is a chakra? A chakra is where here I am down at the tailbone, and I'm spinning up, and I've got one part here, we're crossing right here. Where we cross, we set up a magnetic field. Then they continue on where they cross again, another magnetic field. The chakras, they have parts, but the parts we're talking about today are the Bindu, which means the point, the point. The Bindu is in the Sushumna, that's the center point. You know Bindu is probably from this. You'll see the people wearing the little dot right here. They call it a Bindu. But Bindu means a dot or a point, a spot. But on either side of the chakra, there's a polarity. There's a negative and a positive polarity. Oh, the positive polarity is the solar, and the negative polarity is the lunar. We have that polarity. And as those channels cross each other, they set up motion and energy, and the chakra spins. The chakra spins. Yes.

##### **[00:55:09.11] - Natalie**

Which system is that?

##### **[00:55:11.16] - Caren**

This is Kriya yoga. This is yoga. It's probably the same in the Tibetan system. They just don't talk about it at this level in any of the classes I've taken. They talk about it, but not like this. KES, yeah.

##### **[00:55:30.09] - KES**

So just a comment. Supposedly, everywhere they cross in the way that the chakra is, there's also nerve bundles in the body that corresponds. So I just think that's really fascinating.

##### **[00:55:49.24] - Caren**

Isn't it?

##### **[00:55:50.03] - KES**

Thank you.

##### **[00:55:51.08] - Caren**

Isn't it? And there's some main ones, right? Yeah, exactly. Okay. I know. It's fascinating. Mary, you're muted.

##### **[00:56:03.01] - Mary B.**

Sorry. Just to get this straight in my mind, the lunar is positive, solar is negative energy?

##### **[00:56:16.10] - Caren**

No. Solar is positive, lunar is negative.

##### **[00:56:18.07] - Mary B.**

Thank you.

##### **[00:56:20.20] - Caren**

Yeah.

##### **[00:56:20.23] - Mary B.**

Glad I asked. Okay. Thank you.

##### **[00:56:28.19] - Caren**

Tammy, yeah.

##### **[00:56:30.24] - Tammy**

Okay, I just want to clarify. So when these, solar and lunar, solar positive, lunar negative, and they're crossing at those points at the chakra, and once they get there, they're spinning that energy, and then they move on down to the next chakra and spin.

##### **[00:56:51.00] - Caren**

Well, they actually go up. Well, actually, they go both directions.

##### **[00:56:53.23] - Tammy**

But they're spinning once they cross those points and creating this energy. Okay.

##### **[00:57:03.18] - Caren**

Yes.

##### **[00:57:04.15] - Tammy**

Then when that's traveling, it's through the breath. We're breathing those flowing through?

##### **[00:57:19.09] - Caren**

The breath is flowing. Yes, we'll get to that in a minute. Okay. Yes, you got it. Yeah, Jeremy.

##### **[00:57:29.20] - Jeremy**

I want to make sure I understand. In a helix, not always, but mostly the distance between the two is always the same. In other words, it twists, but it's always... It never gets closer. Are you saying that in this case, they do get closer? Okay, so it's always just spinning distance. It's not crossing in the third dimension. Okay, so they're not touching Okay.

##### **[00:58:04.16] - Caren**

Good clarification. Did somebody else have their hand up? Angela, yeah.

##### **[00:58:10.08] - Angela**

When those energetic fields are created. If the Pingala, say, is stronger than the Ida, it's going through these chakras and it's creating that magnetic field in any of them, then... So this is the essence of balance, why we want to balance, right? Because then as they go through those energetic points, then they stabilize instead of go too much one way or-

##### **[00:58:56.24] - Caren**

Yes. Rather than stabilize, I know what do you mean by it. Let's try a word that's more-

##### **[00:59:03.13] - Angela**

Balance?

##### **[00:59:04.13] - Caren**

Yeah, balance, equalize, something like that. Yeah, balance. It's like-

##### **[00:59:09.09] - Angela**

They're not-

##### **[00:59:10.02] - Caren**

Instead of too much and too little, it's like, boom, we bring them back. Yes, I think that's a better word. Stabilize is more first chakra word. Yeah. Okay. Excellent, Angela. Excellent. Yes. Yes. Mare?

##### **[00:59:29.19] - Mary B.**

Then is that... If they're not stabilized, is that what makes our energy shoot out rather than go up?

##### **[00:59:37.16] - Caren**

Yeah. Well, several things. When there's an imbalance, as Jeremy's... Right, they're here, and this one is stronger. Depending on what that chakra is about, which we'll get into next week, depending on the karma that is stored in your chakras, this imbalance is what causes the rage or the depression, or the harsh critique of our self or the harsh critique of others, or the absolute sloth, no energy, or hyperactivity, right?

##### **[01:00:27.14] - Caren**

I mean, or talking a million miles an hour, or always having to talk, or not talking at all, not talking at all, right? It's like that imbalance that Angela and Mary just referred to, that's that. It's like these chakras aren't just like nothing. It's not... Which is why I have so... I just can't buy into... Caren, don't. Be careful. There are systems out there where people talk about the chakras and the colors of the chakras and the this is the chakras. It's such a surface interpretation of the chakras. I just take a deep breath because I have to remember, we are so lucky to have access to this. This is not mainstream teaching at all. This is the stuff that was only taught to the disciples or the serious students, because this kind of knowledge can be incredibly useful for us. But when you have somebody who has the kind of knowledge that comes from the knowing, just the knowing, knowing and the ability to move into other people's energy fields and touch and sense, that's the realm of magic and black magic. So these are the kinds of teachings that were held very close because in the wrong hands, they can be used for personal gain rather than a gain, right? And manipulation.

##### **[01:02:16.14] - Caren**

So these teachings are deep and they're rich. I have to remind myself that it's good. The other teachings, they're good because they're surface. They're surface teachings. Let me do this to balance my chakras. It's like, yeah, it does work to a degree. But we're learning a whole different system. We're learning a different system here. This is specifically the yoga system.

##### **[01:02:49.07] - Angela**

Can you balance these energy points, chakras, simply by meditating and pranayama? Or do we need to also have the physical side of yoga? Because I don't do yoga regularly. It's hard to fit everything in all the time.

##### **[01:03:24.06] - Caren**

Wouldn't it be a cruel universe that there was only one way to get somewhere?

##### **[01:03:28.20] - Angela**

Yes. That's what I... I'm just saying in combination, I guess in a way, it would speed it up because your physical body still has to move that energy somehow. And that's why I guess I do the Qigong, which in a sense, that's what it does for me.

##### **[01:03:49.12] - Caren**

Yes. And somebody who doesn't do Qigong or yoga can still get into some Sushumonic [inaudible].

##### **[01:03:56.24] - Angela**

That's what I was asking. Okay.

##### **[01:03:58.07] - Caren**

Yeah. I just... I want us to be really careful because so many schools will say, We're the superhighway to enlightenment.

##### **[01:04:08.06] - Caren**

And the first time I heard that, I believed it. And then I heard another group say it, and I was like, What? Then I heard another group say it, and I was like, What? Then I heard another group say it, and I said, Oh, my God, that's marketing. Okay. It's like, if you do anything, you're going to get there. And what you came for this life, do that. Obviously, all of us came here to do yoga as part of our path. And whether that's Asana like Maggie does, or whether that's Kriya yoga like Mary and I do, or whether it's... I'm trying to remember the name. It's not coming to me. Yogi Bhajan, what's his... Oh, Kundalini. We're It's all in the... It's all the same stuff. It's just like, what's resonating with you? Let's just do that. And I have that... You guys, that's what I love about you. It's like you're asking the questions I ask, and I don't know that I have an answer. But Angela, one of the questions is, can I just go sit up in the mountains and meditate and just breathe Kriya, breathe Hong Sau, do these more advanced Kriya techniques and pranayamas, and will I be enlightened?

##### **[01:05:29.24] - Caren**

And then I say to myself, well, I always remember that story of that man who was out there getting all enlightened, and he came back to the airport, and he hadn't even made it out of the country before he blew up. And I think of some Swamis I know who know this shit, and they can breathe Kriya like it's nobody's business, but they're mean. They're mean. It's like, okay. So I don't know the answer as a... What is the word? As a definitive one answer so much as, what are we here for? Mary? Yeah.

##### **[01:06:07.02] - Mary B.**

Would it have to do with our intention?

##### **[01:06:11.21] - Caren**

Well, I'm sure.

##### **[01:06:13.22] - Mary B.**

It's like, What are you breathing Kriya for? To become softer or to become more powerful or to become meaner or whatever?

##### **[01:06:26.06] - Caren**

That's a very deep answer, Mary.

##### **[01:06:29.23] - Tammy**

And I'm going to add to that, too. It can change.

##### **[01:06:34.19] - Caren**

Absolutely.

##### **[01:06:35.18] - Tammy**

Maybe right now it's something else, and then maybe that's cleared up now. Now you got something else. I don't know.

##### **[01:06:44.18] - Caren**

Good point. Good point. However, each one of us came here for something, to learn something, to experience something. And how sad if we were to miss it because we were thinking we were supposed to be something else.

##### **[01:07:04.02] - Caren**

And so we're all exploring. We're here for this moment in time. This is what we're doing. So let's do this. And in 10 years, you may be doing something else, and that's okay. So I have a little thing I keep on my lamp here. It says, I'm so sad I missed our first kiss. Because it reminds me that it's so easy to miss the beauty of the moment because we think it should be something else. And so it's just... I keep it here. I haven't told anybody else about it, but it's my little memory. It's to remind me that instead of being present, we can be somewhere else in our head. We can be judging, we can be critiquing. We can be wishing it was different, right? Could we just show up for that moment in the Sushumna? Can we just show up for the moment in the Pingala? Can we just show up for the moment in the Ida? Just show up. Don't miss it. We miss so much. We miss so much. We miss so much. All right? So anyway, let's just show up for our lives. That's our teacher.

##### **[01:08:39.20] - Caren**

What I'd like to do is stop the recording, start a new recording. And if you all would... Let's not turn our cameras off. Just stand up and stretch just a minute or two to go grab a drink. Actually, you can turn your cameras off. But just three or four minutes. Bathroom, drink, back. How's that? Okay.

##### **[01:09:10.14] - Jeremy**

It just occurred to me that the people who are mean I was thinking about, I believe that some people want to be told what to do and others do not. If you put it in the political realm, I want a strong leader who just tells me what to do. Others of us are like, yeah, fuck that shit. I'm not doing what someone tells me to do. But it's just natures of people, I think. I was thinking about someone who's mean. Other people may need that. I don't know if they really need meanness, but they need firm hand to get me to what I'm here to find. My nature is, put down a rule, make me do it, force me into this mold. That looks mean to those of us who say, I don't want that. That seems really harsh. Maybe it's just I was thinking about, that's like the really steep path to the mountain versus the other paths that we can take. They may be gentle. They may be...

##### **[01:10:17.20] - Caren**

I'm going to... I think you're exactly right on. I think that is an important insight, and I applaud you to recognize the value of that and the strategy in it. What I think I've learned is it is not the faster trip to the top of the mountain. It's not. We think it is, but it's not. Which is one of the reasons I don't teach that way. But I do think you're right. I think there are natures that that works for. And there's an era in time where that works, right? Well done, Jeremy. Well done. Good job.

##### **[01:11:04.06] - Jeremy**

Can I tell you one other personal thing?

##### **[01:11:06.23] - Caren**

Yeah.

##### **[01:11:07.06] - Jeremy**

Or do you need to go get a drink?

##### **[01:11:09.23] - Caren**

No, I'm good.

##### **[01:11:14.15] - Jeremy**

I'm going to write about this today, but the struggle with weight in my life. It's been since I've been a child. I tried to explain it that when I reach a point where I'm doing what I intend to do, not eating very much, exercising more, some diet of some form. I'm not suggesting this is healthy, by the way. It's a relationship I've had that I've had to figure out. But the way it feels to me is when I find that place where I'm doing what I want to do, it's like standing on a ball, and the ball is always rotating, but I'm perfectly balanced on that ball. Then when things go wrong, I start to get wobbly, and eventually, I fall off on one side or the other of that ball. Setting the metaphor aside, it's almost like if I think of this is something I came to this life to do and to learn, it's like the biggest example of it that I could have is we're going to give you a challenge that will last your lifetime, and you're going to get glimpses of what it's like to balance and to feel where you're trying to get, what you're trying to learn in this lifetime. The weight loss is irrelevant, except it's a great metaphor for, you felt it, you know it's there, you can be in that balanced state.

##### **[01:12:42.19] - Jeremy**

And so, likewise, with meditation, It's like my whole life has been telling me it's possible to be in that Sushumna more than wobbling on the other sides. Anyway, there's more to it than that. But it's like, wow, if this is the... It's like the agreements, I came here to learn this thing, and we're going to give you a whole bunch of challenges that we'll always point you back to. There is a balance. We'll even let you experience it sometime, sometimes even in an unhealthy situation. But you're experiencing it, that it's there. That means if you do the work, you can actually find the thing you're here to find, that balance. To balance that imbalance.

##### **[01:13:39.08] - Caren**

That is a fascinating metaphor. I... Just hold it.

##### **[01:13:49.07] - Jeremy**

Okay.

##### **[01:13:49.18] - Caren**

And if we get through everything I want to get through this month, I want to know what your perception of that ball is at the end of the month.

##### **[01:14:02.06] - Jeremy**

Okay.

##### **[01:14:03.17] - Caren**

Okay? Because I get it. I get what you're saying. And what I want to ask you is, okay, what is the ball? Right? And so it's like, I want to... So that's it. Let's just just hold that, and then we'll... If you can remember, let's see if we get back to it on the 18th. Okay? All right. Lovely. Okay, I'm going to stop this recording.