##### **[00:00:00.05] - Caren**

Okay. All right, folks. We've covered the channels, Ida, Sushumna, Pingala. We're now aware that we think of them as going straight up and down. When we're energetically, when we're doing the alternate nostril breathing, which is known as Nadi. Nadi is your channel. Shodhana. What is shodhana? Do you know what it Maggie? I don't remember what it means. To my mind, it means cleaning, clearing, or something like that. There's a period where I tried to do Nadi, shodhana, aware of the thing rotating. But you're not building up a magnetic field that way. When you just go down and up, you're creating current. You're creating energy that moves, that moves. So with Nadi shodhana, even though you mentally know the Nadi is actually spiraling, you still hold the mind because that sets up the current because we're clearing energetically. We might be able to visualize bringing in the light or the air, and it's like a pressure washer coming down, and then back out, and then back out. Zooming back out, right? Okay, so that's that.

##### **[00:01:35.03] - Caren**

The chakras relate to the elements, and they go from the most ephemeral to the most solid in this direction. Okay? So Crownchakra is fed by the Sushumna, right?

##### **[00:02:05.16] - Caren**

The Crown chakra, the Sushumna. The Crown chakra, they call it the Thousand Petal Lotus. The Crown chakra is our portal to the causal. As is... All right, should just stop here. Okay? Are there realms above the Thousand Petal Lotus? They say they are, and they are known as the compassion realms, the Krunas. K-r-u-n-a-s. Kruna. Compassion, realm. Us, the Thousand Petal Lotus, we do not consider it a chakra because there's no polarity. All the other systems, the Crown chakra is called a chakra. And so we don't argue about it. We just know that in our system, we think of it differently. In our system, the polarity of the Sun Center, which is in the Sushumna, which we relate to the pineal gland. Is that how you pronounce it? Pineal? Pineal? I don't know how to pronounce it. That's the physical body counterpoint for the subtle energy center known as the Ajna chakra. The rest of the world just calls it the Ajna chakra, Sun Center. We, in our system, that Ajna chakra has... The poles have separated. We have a Moon Center, which you all know from Eee mantra is right back here, right?

##### **[00:03:59.04] - Caren**

And many of you have been able to feel it, especially at retreat. You can feel it opening, but hopefully you're feeling it when you're chanting Eee mantra. Eee mantra never gets old because Eee mantra we're always coming back to that vibration, vibration, vibration. The day will come where you'll just Eee mantra and you'll feel the vibration down your whole Sushumna. To me, Eee mantra is one of those breaths. It's always unfolding. Sipping Breath. So Eee mantra here, Sipping Breath. And so that's why it's so important to let that coolness just lift, just, poof, And that pause, full pause, but no tension, no stress. So the trick with Sipping Breath is you don't feel too full because you don't want any strain. What we're doing with Sipping Breath and Eee mantra, the reason I put them together, in my training, I taught put them together because why? The pause with the full chalice, remember the lungs or the chalice because that's what holds the breath, and the breath is what's sacred, the full chalice, and holding with the empty chalice at the two poles of the breath, that's the stillness point. That's what brings us into the breathless, which is the Sushumna. So when we're doing sipping an Eee mantra, the reason I pair them because we're just training ourselves, preparing ourselves with Hong Sau to find, to not miss that kiss, to not miss it.

##### **[00:05:57.23] - Caren**

In Hong Sau, there's a pause. Oh, that's the still. The exhale, oh, there it is. Because we spend all day, as Jeremy said at the beginning, we spend all day missing the Sushumna. We miss it, right? Meditation, Hong Sau, we come in and we can... Oh, there it is. And eventually, on its own, it's not something we ever force. Eventually, we have that moment of just stillness. The Great Revelation. It's just that moment, there we are. And the more we do this, we can sustain it for a second and a quarter, and from a second to a couple of seconds. And then maybe we can sustain it longer in that after effect. But what's really important is we sustain it as we step up and we move into our life. Then we've forgotten it. As soon as we start talking, as soon as we start cooking a meal, as soon as we start doing, we forget it. We've forgotten the kiss. We forgot it. And so the sustaining we're looking for is, can I move through my in my day. This is why your group meditations are so connected to this class. Can I tap back into that Sushamonic place of joy?

##### **[00:07:30.00] - Caren**

And live from there in my day. I'll tell you, when my husband irritates me and I can come back into my Sushamonic joy, it's like, oh, okay. And I realized it's not about him. It was about me. I was the one who forgot this connection. I was the one who forgot this joy place. And then suddenly, what was irritating is not irritating anymore. Are you following me? Following me? Okay. So Sipping Breath, Eee mantra. This is why we do them. To me, they are another way of showing us where to look, and not look in a way that grasps, but be aware in Hong Sau, aware. Oh, there it is. There it is. Alternate nostril breathing. We are cleansing the Nadis, coming in one side, pushing it back out the other. In the Buddhist tradition, you actually do it with light, and I think we've done that, at least in some of my classes at times, where we just literally inhale and we see white light, red light, and blue light, that they actually have different colors for the channels. If that's of interest I wish you guys, we can bring that in to Nadi shodhana, maybe next week.

##### **[00:09:05.18] - Caren**

Tomorrow, I want to just make sure everybody knows the yogic version of Nadi shodhana, and that we're clear why we start in the left? Why we start in the right? And that you've got a good sense of maybe actually finding the current down the spine as you do it. That was important to me to cover today. Any questions on that?

##### **[00:09:34.04] - Caren**

If not, what I'd like to do is go back to the chakras, and let's talk about the names of the chakras. At the tailbone, you can call it the tailbone, and often, when people are first learning chakras, it's nice to just give them a body part. There's the tailbone and there's the sacrum. When we're at the retreat, we'll take some time to make sure, or maybe on the 18th. If everybody can be here in person on the 18th, because, Maggie, you've probably already done this, right? Where you felt the chakras, you can just feel them on somebody else's body with your hand. Have you done that? Okay, well, then we'll do it at the retreat. We'll make sure we do it at the retreat. Okay? I want to make sure everybody gets to do that.

##### **[00:10:23.17] - Caren**

But you can feel the chakras on people's body, and that helps you It's not so much the physical location as the location you sense it. It's like if I ask you to bring your attention to your to your Saturn chakra, to your tailbone, can you drop your attention and sense anything, any sensation that says, oh, there's my root chakra, tailbone chakra, Earth chakra, Saturn chakra. Those are the four different ways we would relate to it. Let's be clear, that's one of the hardest ones to find for most people. But just drop your attention right there and just see if you can just, by letting your attention rest, remember where the mind goes, the energy follows. If you place your attention just at the base of the tailbone, which is basically the... Yeah. Something will activate, and then you go, oh, there. There it is. There it is. Here are the four terms. It's your tailbone. It's the Earth chakra. It's the Earth element. It's the root chakra because, here we go, group meditation, that root that grounds us into the Earth plane. The root that grounds us into the Earth plane. And what was the other?

##### **[00:12:06.15] - Caren**

Saturn. Because in Kriya yoga, and I'm just giving you all a little layup, because we're hoping to do the Kriya training next year. That's the goal. And if we do, then the symbols of astrology become very important to Kriya because it gives us a vocabulary. So in our sangha, we use the names of the planets to start bringing everybody there. So Saturn chakra, Earth chakra, rootchakra, tailbone. Everybody got it? Yeah, Mare.

##### **[00:12:54.03] - Mary B.**

So oops I popped off. So you're not using the-

##### **[00:12:58.22] - Caren**

Oh, Muladhara. Muladhara. That's the fifth one, Muladhara. I think it's worth you learning the names, but it could take years. But so, yes, I know the Sanskrit names, but those are not names that Westerners relate to. I would love it if you could learn the Sanskrit names, but it's more important to me that you know where in the body it is, that you know what the element is, and that for our purposes in our sangha, that you know the planetary symbol. Okay? But so Muladhara, Muladhara means root. Okay?

##### **[00:13:53.06] - Caren**

Can we move up? Let's move up. What I'm going to ask you to do is to just sit with your spine straight and then let your attention now rest in the root chakra, the Muladhara, the Earth, tailbone. Just aware of any sensation that is maybe bubbly or fizzy or tingly or warm or just anything. And if there's nothing, don't worry about it. Someday it'll show up. And now what we're going to do is... Now, do you see... Keep your eyes closed, but I got to tell you, do you see all that training you did to keep your mind in your seat, in your sensations of your sit bones? This training is now it's going to help you find the awareness of the chakras because you've trained yourself to hold your awareness in a sensation in the physical body. Now we're going to start training ourselves to hold our awareness in sensations in the subtle body. This is so fun.

##### **[00:15:05.05] - Caren**

Let's just move up. Just imagine you're moving up through the Sushumna, up slowly, slowly, and then just come up into the sacrum and see if you can just sense any sensation in your sacrum. Just anything. If we were in person, I would touch those areas on your body because just having somebody physically touch that area helps. And we'll certainly do that on the 18th. But just allow yourself. And let's just say to ourselves, now, this is the sacrum chakra, the lower back sacrum.

##### **[00:15:54.14] - Caren**

This is the Water chakra. The element is Water. And this is known in astrology as the Jupiter chakra. Jupiter begins to expand what is so stable and grounded about Saturn. Jupiter begins to expand. This is the chakra that is known as the Svadhisthana chakra or the seat of the Soul. So Muladhara The Root Svadhisthana, seat of the soul. Now let's just gently bring your attention up through the spine, and we'll go back over all of this so you can write it down. Right now, let's just see if we can have some sense of the subtle energies. Just gently bringing your awareness up through the Sushumna to the area. It's almost directly behind the navel. But let your awareness of your subtle energy find it. See what activates. See if any sensation at all shows up. And go with that. Don't discount it. And this is what we call the naval chakra as a body part. It's what we call the Fire chakra as an element. It's what we call the the Island of Jewels or the Manipura chakra in Sanskrit. It's the Mars chakra in astrology. As a planet, it's Mars, Mars, Fire, red. Fire, Mars, navel.

##### **[00:18:09.17] - Caren**

Manipura means Island of Jewels. Island of Jewels. This is the Earth plane. This, where your belly button is, this is the level we incarnate in as Earthlings, as spiritual beings, we incarnate from the Mars chakra here on the Earth plane. So that tells you right then and there, there's already we're setting ourselves up for energy that can be either heroic, helpful, Like the night in shining armor or the warrior. Right here and here, the Earth plane. Yes. This is the nature of it. Mars chakra.

##### **[00:19:00.22] - Caren**

Now, let's move up. Let's move up the central channel, and let's move up to the heart center. We've done so much work with the heart center now that even if your attention is in the spine, in the sushumna, you may feel that whole air of your heart activating. This is what we call the heart chakra. It's also known as the Anahata, which means unstruck sound. It's also known as the Air element. And in the astrology, it's known as Venus. So it's the heart chakra, the Air element, the Venus planet, and the Sanskrit name is Anahata, which means unstruck sound. Hopefully, we've been doing so much work here that all of you have found something here, your heart chakra. This is one of the easier ones to find.

##### **[00:20:38.17] - Caren**

Now let's gently move up, moving up through the Sushumna now, up through the Sushumna, up to the neck, and let's find what we would call the throat chakra. The throat chakra is... It used to be known as Ether. If you read older text, it'll say Ether. The phrasing people are using now is Space. Ether or Space is the element. Throat chakra is location in the body. Mercury chakra is the planetary symbol. Vishuddha. And Vishuddha is the name, the Sanskrit name, and it means pure. Throat, physical location, Space, element, Mercury, planet. Pure is the meaning of the Sanskrit word Anahata. Excuse me, Vishuddha, Vishuddha, Vishuddha, Vishuddha, Vishuddha, Vishuddha. And then from here. Good job, you guys. Good job.

##### **[00:22:17.10] - Caren**

From here, let's just move up. Just move up into the center of the head and hold this recognition now that the chakra is in the center of the head. We access it now by its polarities, and the Moon Center is at the back of the head. We call it often the medulla oblongata, But it's just, think of it as the back of the head, back of the skull.

##### **[00:22:53.13] - Caren**

It's the Chandra, which means Moon. Chandra, Moon. It doesn't have an element. It's the Lunar, Moon, Chandra, chakra. And hopefully, you're all feeling something we've done enough Eee mantra. You can find it. And now just move directly forward, directly forward, and find the Ajna chakra right there in the forehead, in that space, just between the eyebrows, a little higher. You find it. You find your Ajna chakra. Let the sensation show you where it is. And as your eyes lift and gaze towards that spot, we've talked about the blue light, the blue, the blue. We've talked about there's a golden ring. This is the Sun Center, the Ajna chakra, the Sun Center. Now, gently Let your attention come back to the very center, the head, the actual location of the chakra. Let's just move upwards through the top of the head and Just to your attention just right there at the very top of the head, the Crown chakra, the Crown, the Thousand Petal Lotus. And this is the portal, this is the opening to the Causal realm. And now, just for fun, as you inhale, imagine that your inhale is drawing the energy in through the Crown chakra, all all the way down to your tailbone.

##### **[00:25:17.12] - Caren**

And as you exhale, it's moving up, up from your tailbone, and it's moving all the way back up and out through the Crown chakra. And just see if you can find that breathing pattern. In through the Crown and down, and then bouncing off that root chakra and flowing back up and out through the Crown on your exhale. And this is the very basic version of what we call spinal breathing. If you remember from our time with Agnieszka, there is just a very sense of engagement in the perineum, in what we would call the Saturn chakra, just engaging Mula Bandha. We have the Mula Dhara, which is the root chakra, and Mula Bandha. Banda is where we just gently engage so that as the breath flows down, it just literally bounces back up. Inhale down. Exhale up. If you're feeling your Moon Center activating, don't worry about it. That's totally, totally real. If as you're exhaling, part of your awareness is engaging the Ajna chakra, that's okay, too. That's real, too. That's real, too. We'll do just a couple more breaths and see if you can just mentally follow the breath down through the chakric tree with your inhale and and back up through the chakric tree as you exhale.

##### **[00:27:55.06] - Caren**

I'm about out of time. So as much as I just love this technique. Just let's... Let's release and just rest for a moment and just enjoy the after effect. And just notice, see if you can in that stillness, use all the training you've done with your physical body and allow yourself to just see if you can be aware of the subtle energy. Whatever you're finding, just give it attention. Where the mind goes, the energy follows, and your awareness will grow.

##### **[00:28:54.02] - Caren**

All right. So let's just come into our heart centers. Let's come into our heart centers and let's close with, I give refuge to enlightenment, the Great Pathway. I give refuge to the Dharma of Truth, the Great Teacher. I give refuge to guru, internal, eternal, Great Friend and Great Companion. And I give refuge to stillness, the Great Revelation. Namaste. Namaste.

##### **[00:29:53.20] - Caren**

Okay, so we will we will fix this sheet. I'll get with April tomorrow. We'll get this fixed, and we'll get this sent out to you with the correct information. But what I'd like you to do is just reflect on what we've talked about. Just reflect on it, okay? And if there's a burning question, please text me.

##### **[00:30:19.11] - Caren**

Otherwise, we will come back to this tomorrow, and we're going to build on this. This is why we have a double header, because it's a lot. And we'll pull it together even more tomorrow. Good job, you guys. I hope you enjoy this as much as I do. I just love this. All right. All right. Are we good? All right. Please say goodbye to each other then.

##### **[00:30:44.07] - Caren**

Bye-bye. Thank you. Ready. Bye. Thank you. Thank you. Have a good day. See you tomorrow, everyone. Have a good day. See you tomorrow. Bye-bye. Bye. Thank you. So.