##### **[00:00:00.00] - Angela**

What are you eating? That looks so good. Makes me hungry.

##### **[00:00:01.23] - Mary Beth**

Avocado toast. I have to have something so I have some medication you have to take. Yeah.

##### **[00:00:09.13] - Caren**

Yeah.

##### **[00:00:10.14] - Tammy**

Okay. That's what I eat.

##### **[00:00:12.24] - KES**

What do you have, Nat?

##### **[00:00:17.16] - Natalie**

A hard-boiled egg. I'm really not as fun as Mary.

##### **[00:00:22.10] - Tammy**

Maybe on the break.

##### **[00:00:24.11] - Mary Beth**

You're probably healthier.

##### **[00:00:27.08] - Tammy**

I don't know. Avocado toast is good.

##### **[00:00:29.17] - Caren**

Yeah, avocado toast is amazing. Yes.

##### **[00:00:32.22] - Tammy**

One of my favorite go-tos.

##### **[00:00:35.23] - Caren**

Okay. Maggie is driving, so we may not... She might be able to bop in for the... Sometime in the second hour, so we'll just wait and see, but she'll have the recording.

##### **[00:00:50.16] - KES**

How's John doing? How's John? Is he good?

##### **[00:00:52.23] - Caren**

He's good. Good. Yeah. I mean, she's leaving. He's walking.

##### **[00:00:58.06] - KES**

Oh, wow.

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

Yeah. Yeah. He walked a mile the other day. I know. They do, isn't it?

##### **[00:01:05.16] - KES**

Yeah.

##### **[00:01:06.21] - Caren**

Okay, so I'm going to list out opening meditation. I'd like you to do something you haven't done before. Okay, so find your seat. Who would like to pick that one? Nat? Okay. Pranayama? Tammy? Okay. And today, Tammy, what we're going to do for pranayama, We'll take us into Three-Part Breath, Sipping Breath, Eee mantra. And then I'm going to step in and I'm going to lead us through alternate nostril and then a variation of alternate nostril. I want to teach you today, and we'll just do it then. Then once we're done with the pranayama, who would like to do the Dedication? I'll do that. Mary? Okay. Then the Ishta, Jeremy? Okay. Hong Sau. KES. Okay. Invocation? Angela? Good. Lovely, guys.

##### **[00:02:12.14] - Caren**

All right. Same thing from the I, from the I. When you're complete, just rest, the other person will pick it right up. Should we go to our zone that we all so beautifully create, together?

##### **[00:02:31.07] - Mary Beth**

This last bit.

##### **[00:02:33.24] - Caren**

Okay. Oh, Mary, are you opening? No. You have a while to go. We got to get through the whole invocation. Okay, I'm going to go ahead and start by just opening the bell... Opening the bell. Ringing the bell. There we go.

##### **[00:02:57.15] - Natalie**

Okay. I just say to myself, find your seat, and I can just feel everything fall down and off of me from the morning, from life. I stretch and move and make sure my body feels comfortable. I adjust my legs. I usually keep them crossed so that my hips feel comfortable. Feel my spine and my tailbone really ground into my chair. I can feel my spine being really straight as I breathe. I'm just really starting to calm down my body and feel really steady in my seat. Lets me get ready to meditate. That's all I had if I was supposed to...

##### **[00:04:00.07] - Tammy**

Okay. No, you're fine. I was doing it. I take a deep breath in, and find my center. I align my body so I can take part in this Three-Part Breath. I start with the belly. I breathe into the belly with ease, patience, and kindness. I slowly follow that breath up into my chest. I breathe slowly and deeply into my chest. I then bring the breath up into my collarbone area, taking a slow deep breath, filling my body, release and relax. As I continue to breathe in this Three-Part Breath. I then pucker my lips and slowly breathe in to feel a cool breath upon my upper palate in my mouth, and I begin to do sipping breath. I will continue to do this for three times. I take a pause. Then I go into Eee mantra, where I will do a smile and have my teeth close but not touching, and slowly create a vibration, opening the back of my throat into Eee Mantra. I will repeat this three times as well.

##### **[00:07:29.11] - Caren**

As you complete Eee mantra... Yeah, go ahead and finish your doing it. And just rest in that stillness as the mantra quiets the mind. I'm now moving into teacher mode, okay? So you will continue to say, I mode as we go through. We're going to work on alternate nostril breathing, which you all know. But I'm going to ask you today, as we do it, to keep a simple four count on each inhale, four count on each exhale, with a brief pause in between. And I'm going to ask you to really follow the path of the breath into each nostril down along the spine of either the Ida or Pingala as you're inhaling. And then as you exhale, follow that path out through the alternate nostril. Alternate nostril breathing, we breathe in through one and we breathe out through another. We alternate, inhale and exhale. We're going to bring our index finger and a middle finger into the palm so that your hand is like this. It's called Shiva mudra. The thumb closes off the nostril of the right side. We're using a right-hand. And the ring finger and the baby finger close off the left. Okay?

##### **[00:09:18.11] - Caren**

So here we go. Closing off the right nostril, go ahead and begin to inhale through the left. Two, three, four. Go at your own count with four. Pause briefly, and then exhale to the right. Good job, everyone. And inhale again, same side. And then we alternate and we exhale. And this is one round. We've completed one complete round of flushing the Nadis. So do two more of these on your own.

##### **[00:10:42.01] - Caren**

When you're complete, just gently put your hand back on your lap so I know you're complete, and just enjoy the after effect. And allow your attention to just rest along the Ida and Pingala, Nadis, the spinal column. Just noticing. Now we're going to do a variation of this technique. So just follow me step by step. Bring your hand back into Shiva mudra and place your right thumb on your right nostril, closing off the right nostril. And now, listen first. We're going to breathe in through the left nostril, white light, white light, and carry it all the all the way down to the base of the tailbone. Then as you exhale, you're going to stay here, and you're going to exhale out the left nostril, smoky, smoky, smoky stuff, just releasing, releasing. And then we're going to alternate to the other nostril, okay? We'll do the same thing on the right. We'll inhale white light all the way down to the base of the tailbone. And then as you exhale, imagine smoky, smoky, just smoky that you're exhaling. And the smoky just gets composted and dissolved into all kinds of yumminess. As it leaves you. Okay, so let's do it again.

##### **[00:12:49.08] - Caren**

We're going to do two more of these, two more on each side. But first we'll do the left, inhaling white. Follow the energy down the Ida, and then exhaling, cleansing the Ida, exhaling bluish-grayish smoke. And then we're going to alternate and inhale white on the right side, down the Pingala. And as you exhale, just that gray, smoky, smokey, releasing. Then we'll do one more inhaling white on the left in the Ida channel. And as we exhale, releasing smoke, smoky, smoky. And then we alternate, inhaling on the right side, white light. And as we exhale, smoky, smoky, smoky, releasing, releasing, releasing. And then when you're complete, release your hand. And now we're going to inhale white light through both nostrils. As we exhale, we exhale white light through both nostrils. Well done. Just rest here for a few moments. Then, Mary, whenever you're ready, go ahead and bring us into the Dedication. Good job, everyone. You're muted, Mary.

##### **[00:15:00.16] - Mary Beth**

I guess that would help, wouldn't it? May all beings have happiness and the causes of happiness. I see a web of happiness going out and covering the world, allowing anyone who's in, attuned to it to reach up and grab that happiness and pull it into themselves. May all beings be free from suffering and the causes of suffering. And I cast a web of compassion out to cover the world. May all beings never be separated from the joy that lies beyond suffering. I cast a web of joy ought to cover the whole world. Joy that doesn't depend on what's going on outside, but just comes bubbling up from within. May all beings abide in equanimity, free from the attachments and anger that holds some close and others distant. I sink into an abiding place that allows all God's creation to be exactly as they are.

##### **[00:17:28.07] - Jeremy**

Now I'm going to Welcome in my Ishta, which is one of my favorite parts. Before I do that, I've noticed my mind is wandering a little bit. There's birds chirping outside of my open door, so I'm happy to hear the birds, but I need to bring my mind back. Just settle in gently. I'm imagining myself in my mind sitting down, just seated, looking toward where my Ishta generally comes from. There's a sense of excitement to see someone. My Ishta, almost always when I invite her in, she pokes her head around a corner. It's my Ishta is pretty playful, generally speaking. I welcome her in. She has a silly walk and then sits down flops down in front of me, a big smile, and is conveying, what do you want to do today? I imagine her and I establishing a connection, three points of light that we're going to share. One from the Sun Center, one from my Mercury chakra, and one from my heart center. Through each of these, I always forget who goes first, so I'm going to go first. I'm sending kindness in all three at the same time, of those beams of brilliant light.

##### **[00:19:52.13] - Jeremy**

For me, those beams are like tubes of light. Now she sends them back to me. We're just exchanging the warmth of that light, like an embrace of a friend who is just always there, always happy to exchange those beams of light and support, kindness, compassion, and gentleness. I'm bathing in that light, and now I've invited her to rest just like I'm going to rest. Now in my mind, I thank her, I bow toward her, and I say she's free to go. She smiles, has a slight tilt of her head, and waves, and then disappears behind the corner. My time with my Ishta today is complete, at least for now.

##### **[00:21:26.09] - KES**

I just bask in the feeling and the love and the kindness. I pause. And in that pause, I'm breathing. But I breathe Hong on the in-breath, Sau on the out-breath. But I try not to think about the breath while I'm thinking about Hong, Sau. I really like the wave analogy, even though it doesn't always work for everyone. But the… Hong, Sau. Hong, Sau. It's hard to say Hong on the in-breath. Hong, Sau. I try to relax into it. I'm not thinking about the breath. For me, that's a little challenging, but for others, it might be easier. The goal. I just rest in the Hong Sau until it's time for someone else to go.

##### **[00:23:41.18] - Angela**

As I release the give and take of Hong Sau, my heart fills with gratitude, and I feel so much more relaxed and... Just grateful for the time I can spend here. I say the Kriya invocation, I take refuge in Enlightenment, the Great Pathway. I take refuge in the Dharma of Truth, the Great Teacher. I take refuge in Guru, internal, eternal, great friend and companion, great companion. I give refuge to Stillness, the Great Revelation. I just take in the immensity of those feelings and those words and the deep wisdom. I know that there's so much more there, but I'm so grateful to have this right now. I rest in the after effect of that wonderful feeling. I say, Thank you. Thank you. Thank you.

##### **[00:26:52.06] - Caren**

Well done, everybody. See what you can do? So I'm going to give you some feedback, and I'm going to start to get a little more granular now, just so that to help us all understand the techniques a little bit better, okay? So Nat. Nicely done, settling us into our seat. What I'm going to ask you folks to do now as you settle when we say, Find your seat, find your seat is a symbolic of coming into the present moment. Find your seat means find your stable full supported posture now in this moment. So as you bring us into our seat, Somehow acknowledge that sensation is pulling you into the present moment. You can't say all the things there are to say, right? But we're pulling ourselves out of the thought stream in our head into as far away in our body as we can get, right? Where we're feeling stable and still in our seat. There is always the option, as Jeremy did yesterday, of spine straight, gently tucking the chin so you feel a stretch along the back of the neck is one way. The chin level to the ground is another way.

##### **[00:28:23.24] - Caren**

Acknowledging eyes closed, shoulders back. When we're at the re.Treat, we'll go through the... There's often, they say, the seven points of posture. For now, what I'd want you to do is just become a little more aware of what your body is doing to find the stability. And the stability closed isn't with my shoulders forward like this and me hunched over. The stability is my weight on my sit bones.i And one of the things we often say, I tend to do it all the time, is I pull the flesh of my butt cheeks out so that my sit bones, my weight, can find my sit bones. We did that with Agnieszka in the workshop, right? And It's something that I just do all the time. So there's lots of things that you can add in an effort to bring us into the present. There are three things we can use, right? And you know what they are, right? Everybody know what they are? What are they? You're muted.

##### **[00:29:43.04] - KES**

Please remind us.

##### **[00:29:47.03] - Natalie**

Okay. Sound, sensation, and breath?

##### **[00:29:51.24] - Caren**

Sound, sensation, breath. They are always in the present moment. Always. And so finding your seat is, yes, it's about finding that stable posture, but it can be just starting by just listening, especially if the mind is really active, might help to just listen first, then come into sensation, and then when we're grounded the body, come back to the breath. You have options. And so I just want to... This is what I mean by we're going to get more granular. What does find your seat mean? It means bring yourself right here, right now, as stable as you can, and the Still and stable like a mountain. That's a very Buddhist way of looking at posture. Okay? And then... Okay, so for the pranayama, Tammy, nice job on the pranayamas. What I thought of as Tammy was doing it is, do you guys have a thing on your screen on the top left that says, Original Sound for Musicians? Do you see that? No. So only the host has it? Okay. All right. Because as you notice, sometimes the Eee, it drops, right? And that's a setting, I guess it's on mine only, where you can set it so that you can hear the sound of the bell and you can hear the prolonged Eees.

##### **[00:31:37.19] - Caren**

What I'm going to ask you do now when you're doing the pranayamas, you're doing you and you're all doing you really good. Now I'm going to ask you to open your eyes just gently, that Sipping Breath as you're completing and see if anybody else is still going. And if they are, wait for them to finish. And if it appears that they're going on for five or six, Then it's gently saying, So now it's time to wrap up our sipping breath. Just something like that, all right? But so that's what you can start doing now. It's just just watch. And then same with Eee mantra because everybody has a different length of Eee mantra. And you can do like I said, which is, okay, and so let's bring Eee mantra to a close. And then that's our cue to bring it to a close. And if you've only done two, go ahead and stop it two. Because are you following me? Am I making sense here? Okay. I'm going to ask you to start doing that. Dedication, Mary. Lovely. Let's really anchor in now to the feeling of happy. When we say the first line, when we're happy for someone, that's love.

##### **[00:32:54.04] - Caren**

So we're actually feeling love in that. That's love. And so what I love what you did, it's like you say it, and then we could feel it, and then it was an expansive unfolding of all beings, right? And I really... You can just, in your mind, just know that if you feel happy for all beings, that's love. What is love? It's being happy for somebody's happy, right? And then the compassion for the suffering. That's the feeling. That's blanketing, right? The joy. And it's generating here, and it's moving out. And then I love the way you said, abide, Mary. It's like you captured everything about abide in the way you said it. And it was permissioned. Angela, you noticed that, too? And it's permissioned for us to just abide. So we're saying those lines, but what you guys are all doing here is say it and then feel it. Feel happy/love, compassion, joy, abiding, which is equanimity. So nicely done there. And then for the Ishta, Jeremy, nice starting with recognizing, just naming where your mind was going, and just a small thing, but it's a word choice. Instead of I need to bring my mind back, I choose.

##### **[00:34:27.18] - Caren**

We are always, always cultivating the awareness that it's a choice. It's not a need, it's not a have to, it's a choice. Because I don't know about your mind, but my mind doesn't want to have to do shit. Don't tell it what to do. So it's a choice. It's a choice.

##### **[00:34:54.13] - Natalie**

Can I ask a quick question about the Ishta meditation?

##### **[00:34:59.01] - Caren**

Yeah.

##### **[00:35:00.22] - Natalie**

So is the one where we offer them a gift and we have the circle of light, that's the one I have written down as attunement that is different than what we're doing. This is just the check-in, and the check-in is the chakras to chakras, just an exchange of light.

##### **[00:35:16.12] - Caren**

No, that's what you just described, two different techniques. There's the check in with your Ishta. There's the first one that mentioned, with the attunement and the circle of light. Yes, that's one. Hopefully, you're going to have a bunch of different Ishta options by the time you're done with this class. There's... I don't want to say lots as in hundreds, but there's 10 to 20 Ishta techniques. But they're all about attunement, and they're all about us attuning and receiving and embodying the qualities of our Ishta, deepening that connection. So that technique, that was a separate technique that we did in the beginning. What Jeremy did in the beginning was he checked in with the Ishta, and it was this very sweet little opening moment, which was lovely. That's its own thing. Checking in with your Ishta, how are you doing? That's its own thing. The technique, and this is what I wanted to talk about, the technique with the lights. This is a patterning that's known often as Guru yoga, G-U-R-U, Guru yoga. And what it is, is the Ishta, the guru is always above us, out here. It's a symbol. It's a symbol that their energy is higher than ours.

##### **[00:36:59.24] - Caren**

The energy from the Sun Center is a very purposeful choice. The energy from Mercury to Mercury, purposeful choice, heart to heart, purposeful choice. You can look at it as body, speech, and mind. You can look at it as the different realms. There's lots of different symbolism depending on the technique you're using, and depending on the technique, different colors. For our purpose, with this technique, we are attuning to the vibration of the quality of our Ishta in Sun Centers, Sun Center, Mercury to Mercury, communication, heart to heart. So it's the chakric levels. This is the wisdom. This is communication. This is the heart space of beauty, harmony, compassion. And so that's what's being imparted. And it's not us giving it to our Ishta, it's our Ishta, because our Ishta is the embodiment of what we're trying to become, right? So it's our Ishta sending it to us, sending it to us, sending it to us, which is, what I'm teaching here is a basic patterning with this technique. It's a technique, but it's a technique that's used... Actually, I don't know that I've used it in groups. We were using it a lot.

##### **[00:38:43.20] - Caren**

We did a couple of years of this before COVID, where we were doing this work with different colors and different mantras. But it's a patterning. And so I chose this technique because it's giving you a skill with a patterning, and it's It's developing the qualities of your Ishta within these three important centers of you. So did that help, Nat? Did that clarify?

##### **[00:39:09.15] - Natalie**

Yes. Thank you. I'm trying to get these notes down so I can really clearly, because I'm conflating a lot of things. So that explicit walkthrough of these pieces is very helpful for me. So thank you.

##### **[00:39:18.24] - Caren**

Yeah.

##### **[00:39:19.14] - Mary Beth**

Me too.

##### **[00:39:20.10] - Caren**

Yeah. And that's on me. I didn't make it clear that I know I'm teaching a different version of a different Ishta technique, a different Ishta technique, a different Ishta technique. It's not building on a technique. These are different techniques. Yes. Okay. Yeah. Questions. Yes. Mary.

##### **[00:39:43.21] - Mary Beth**

I'm unmuted. Okay. Sometimes I combine them. Is that okay? Or do you want us to keep them separate?

##### **[00:39:55.21] - Caren**

For the purposes of our training, I'd like you to do exactly what I ask you to do. Keep them separate. What you do later, that's yours. That's your relationship with your Ishta, right? Okay. But the training, these are each specific techniques. And as such, I would do them just as part of the training because the evolution of where we're going with the training. Your relationship with your Ishta is more important, obviously, and it's its own special thing. So just be clear in your mind, I'm doing this attunement technique. I'm doing a Guru yoga technique with my Ishta. That's what this is, right? Look at it that way.

##### **[00:40:43.11] - Mary Beth**

Okay. I think I'm confusing it like Natalie did. What I'm doing is doing this attunement with my Ishta, but then most of the time I pull her then into my heart to sit here with loving awareness all day at the end. Is that... That is not a part of what we should do here?

##### **[00:41:03.12] - Caren**

You did that the other day, yesterday, and I didn't give you an ending. I gave you just slip into Hong Sau.

##### **[00:41:16.05] - Mary Beth**

Yeah.

##### **[00:41:16.19] - Caren**

Right? So she can melt, or he can melt, or it can melt, and you slip into Hong Sau. Or if you want to bring Ishta into your heart, in the Buddhist world, before we go to bed, we tuck right in every night. Tuck it in. Tuck your... And so I love that. And what Jeremy did, just saying it's okay to go, but any of those are okay. I did not give you a specific ending. However, what we're trying to do here is capitalize on that feeling state of the Ishta and ride that into Hong Sau. So how you want to acknowledge that with your Ishta, I'm not going to... Unless you want me to. I'm not going to...

##### **[00:42:08.18] - Mary Beth**

Okay, I just wanted to be clear.

##### **[00:42:11.04] - Caren**

You were fine. In other words, that was fine? The way Jeremy did, it was fine. If your Ishta just merges into the Hong Sau and breathes Hong Sau with you, that's where it becomes yours again.

##### **[00:42:25.21] - Mary Beth**

Okay.

##### **[00:42:26.11] - Caren**

It's this part right here. Traditionally, in Guru yoga, yoga, the guru merges with you.

##### **[00:42:37.06] - Mary Beth**

Okay.

##### **[00:42:49.06] - Caren**

But we don't need to do that at this point. Just so you know, traditionally in Guru yoga, and we'll do a technique later where your Ishta will just merge with you, right? Because in Buddhism, the whole idea is your... In Buddhism, they call it your Yidam. And so your Yidam or whatever Buddha you're attuning to, whichever the qualities of the Buddha are, and you do this, whatever the mantra, whatever. There's all different kinds. And then at the end, the idea is that you absorb these qualities and you become Buddha. You become it. And that's why in Buddhism, there's no God. You become the quality. You become that quality. It's a beautiful meditative tradition that trains our minds to let go of our attachment to this very small view of us. It's this little personality with all this and that. It opens us up and expands us into an expansive state of luminous, conscious awareness.

##### **[00:44:24.03] - Angela**

Can I talk?

##### **[00:44:28.05] - Caren**

Yeah, let's let Jeremy go, and then Angela.

##### **[00:44:30.03] - Jeremy**

For the purposes of what we're doing, for the Ishta section, the welcoming in of the Ishta is a separate thing. We would start with imagining our Ishta sitting above us.

##### **[00:44:53.00] - Caren**

Or standing.

##### **[00:44:53.19] - Jeremy**

[...] Center appears above us sitting, standing up here. Then do we do them one at a time? A beam of light here, a beam here, and a beam here, or all three?

##### **[00:45:11.23] - Caren**

I would recommend consciously one, add, add, and then all three.

##### **[00:45:18.16] - Angela**

That was my question. Thank you.

##### **[00:45:20.04] - Caren**

Depending on the technique, sometimes you're doing boom, boom, boom, boom, boom, boom boom. Sometimes you're doing boom boom boom [repeat].

##### **[00:45:48.21] - Jeremy**

On the holding, it's not a...I don't know why I picked up that it was an exchange back and forth, but it's we're receiving.

##### **[00:45:54.20] - Caren**

Yes.

##### **[00:45:58.08] - Jeremy**

How long-ish do you hold the three?

##### **[00:46:02.16] - Caren**

Okay, there's the Ishta, and then there's the, inhale it, exhale it, three times. Inhale it, exhale it. That's where you got the exchange. Inhale it, exhale it. And then that sets up the patterning of the give and receive for Hong Sau. The first steps are just let your Ishta come, establish the three connections, and then receive it, and then give it back, and then receive it, and then give it back. Just do that three times, just to... We're setting up a new awareness, not a new awareness, but a more habitual recognition that the Hong Sau is a reciprocal. It's reciprocity. It's like the oxygen in the trees, right? And they take the carbon dioxide, we get the oxygen, right? It's this reciprocity with life itself. So these are really good questions. And I really appreciate. Never mind. You guys are doing great. And it's a lot to take on in the beginning, which is why we're doing it this way, right? It's a lot. So you latch on to one part, one one part, one part. And then after we've been doing it a while, it's like, okay, let's refine it. Oh, yeah, it's actually this. Oh, yeah, it's actually this.

##### **[00:47:36.19] - Caren**

So nobody's been doing it wrong. This is the learning process. Do you see? This is how you learn. Is you do what you do it, and then you come back and the teacher says something, you go, oh, wait. Was it this? And then now it sticks. Do you see that? Do you see that? This is a teaching style. So, Mare. Yeah.

##### **[00:47:57.22] - Mary Beth**

Okay, just for clarification for my old mind here. First, we attune to the Ajna chakra, then the Mercury chakra, then the Heart chakra, and we inhale and exhale those. Correct?

##### **[00:48:10.13] - Caren**

We attune to each one and then all three together.

##### **[00:48:14.20] - Mary Beth**

Each one, one time or three times for each one?

##### **[00:48:18.16] - Caren**

No.

##### **[00:48:19.21] - Mary Beth**

One time for each one, and then all together three times with the reciprocal, correct? So I draw in-

##### **[00:48:33.11] - Caren**

Ishta.

##### **[00:48:34.13] - Mary Beth**

Yeah, Ishta. And she's sending to my Ajna.

##### **[00:48:38.02] - Caren**

Then you add, sending here.

##### **[00:48:42.15] - Mary Beth**

And then she's sending to both.

##### **[00:48:44.24] - Caren**

Yeah, that's why I'm using the word add.

##### **[00:48:49.14] - Mary Beth**

so this one is still there. I didn't get that yet.Thank you.

##### **[00:48:50.14] - Caren**

Yeah.

##### **[00:48:51.02] - Mary Beth**

To the Mercury, so she's sending it to two. And then to the heart, so she's sending to all three.

##### **[00:48:56.24] - Caren**

Yes, exactly.

##### **[00:48:58.16] - Mary Beth**

Then I do three times a reciprocal.

##### **[00:49:02.06] - Caren**

Yes. I would take a moment to just... Yeah. And then the reciprocal breath back and forth. Yes.

##### **[00:49:10.19] - Mary Beth**

With all three.

##### **[00:49:11.18] - Caren**

All three. And then we slip into Hong Sau.

##### **[00:49:14.24] - Mary Beth**

But we do not reciprocate with the first one. She is just giving.

##### **[00:49:19.14] - Caren**

She's just giving.

##### **[00:49:20.20] - Mary Beth**

It's just giving the first time.

##### **[00:49:22.23] - Caren**

Exactly. The beams are her giving it to you.

##### **[00:49:26.12] - Mary Beth**

Okay.

##### **[00:49:28.08] - Caren**

Fill me up, baby.

##### **[00:49:30.05] - Mary Beth**

Okay. Thank you. That really helps.

##### **[00:49:34.01] - Jeremy**

Can I just call out that Mary is fluent in three languages, Ajna, Mercury, and Heart? I love that. It's awesome.

##### **[00:49:50.08] - Caren**

Well, that's true. She is. That's beautiful. Okay, good job, you guys. And do you see how it's going to stick now in a way it doesn't? This is why there are techniques out there from the same teacher and different students teach it differently. Sometimes it's because the teacher actually taught it to them differently because they have a different personality. But sometimes it's because it's just misunderstood. And over the course of a retreat with Kriyananda or Sally, a week, and still the last day, people are asking for clarification because you can only take in so much at a time. And you get that, and then you hear it again. Oh, and then you get it again. You can be doing a technique for years, and all those, especially in Buddhism, man. And then you come back and it's like, oh, I was supposed to be doing that those last three years? So this is how it goes. There's nothing wrong with you. I want to assure you this is the learning process, okay? Okay. Any other questions on Ishta then? All right. Good job, everyone. Okay, so let's go to KES and Hong Sau. Hold on. Okay, wait.

##### **[00:51:13.05] - Caren**

I'm going to go back to Jeremy. The kindness, gentleness, and compassion, use those qualities. Were those the qualities of your Ishta, or were those qualities you were imposing from something else?

##### **[00:51:23.20] - Jeremy**

Quality of my Ishta is kindness, but it leads to all of those things in my mind.

##### **[00:51:30.08] - Caren**

Okay, perfect.

##### **[00:51:31.12] - Caren**

All right, so, KES, let's go to the Hong Sau. You cannot say Hong and inhale at the same time. It's not you. It just doesn't work. So we don't teach it. I've tried. It's never worked. You do it like that just to help maybe get people the point, but it's mental. It's a mental process for people, right? So good try. Good try. And then I want to ask you what you meant by try not to think about the breath. What do you mean by that? Because I think I'm not understanding what you meant.

##### **[00:52:16.16] - KES**

Well, I thought that you were trying to get us to not think about breathing while we're saying, Hong Sau. This is what I heard was eventually you're just supposed to forget your breathing and just be in the Hong Sau. But see, I have such an attachment to breathing.

##### **[00:52:45.12] - Caren**

Okay, so you're going to be happy to hear this. No, it's all about the breath. It's about the breath. If we focus on... I can see where the confusion came from yesterday. So let me clarify. When we're focused on the mantra, that's when the mantra will start to guide the breath, and the breath will start to match whatever you're chanting, right? And so what we want to do is focus on the breath. So aware. Inhaling. Oh, nothing. Exhaling. Oh, nothing. Oh, inhaling, exhaling. And we're just aware of what the breath is doing. That's how we surrender to it. That's how we give up our idea of controlling the breath because we don't realize it, but we really do have an idea how the breath should breathe. Even as what Jeremy said yesterday is so true. We go 23 hours and 40 minutes of our day without thinking about our breath, right? And it takes care of us just fine. But when we get into Hong Sau, suddenly now we're watching it, and now we want to tell it how to breathe because we think it should breathe like this if we're meditators. What Hong Sau is training us to do is to actually just watch the breath.

##### **[00:54:12.23] - Caren**

Here's the example that really brought this home to me. I went to the Self Realization Fellowship. They've got the place in California I like to go, but they have a place here in Portland. I was going there for a while, just before I found my Kriyananda. And it was one of the days where one of the monks from California was up visiting. And he was talking about Hong Sau, and he said he'd been a monk for years. He'd been doing Hong Sau for years. And one day, he's running in... What's the name of that park in LA, Jeremy? The one starts with a G.

##### **[00:54:54.02] - Jeremy**

Griffith?

##### **[00:54:54.22] - Caren**

Griffith Park. He's running. And he stops on the bench for a break, and he starts to try and breathe, Hong Sau. And his breath is going... At first, he started to try and control it, and he realized, Wait, shit. I have been controlling my breath. And in that moment, it's when he realized, in that moment, his breath was doing... And that's what he needed to do. Follow the breath. And then on its own, it eventually... But it took... He was a monk, my goodness, my gracious, right? And that was the moment when he realized he actually hadn't been surrendering to the breath. Did that make sense, KES? Did that...

##### **[00:55:53.06] - KES**

It's something to think about because... Yeah.

##### **[00:55:58.01] - Caren**

Yeah, because with your asthma, right? There's probably bumping into some places of, whoa. And so I think, let's come back to what Jeremy said yesterday, right? And this is what they tell us all the time. Your breath is always breathing you. You sleep at night and it breathes you. Now, do you use a CPAP at night?

##### **[00:56:21.16] - KES**

Yeah.

##### **[00:56:22.17] - Caren**

Okay. If you didn't use a CPAP, let's put it this way, you You haven't died yet, right? And so there's a level of trust. And maybe, KES, with the asthma, it's to look, okay, for just for this five minutes, I'm going to trust the breath. And you can have your oxygen right next to you in case you start to get scared, right? We don't want to push it, but to see if for just the moments of Hong Sau, you can let go of wanting to control the breath for your survival, right? I mean, this is a real thing. And so we want to go very gently into the land of, what does it mean to surrender and let the breath breathe me? And so go ahead and take it slowly. Go ahead and be very gentle.

##### **[00:57:19.11] - Caren**

Make sure that you've given yourself permission. If you start to get scared, Hey, Crew. Oh, he can't hear us. Okay. To give yourself permission. That if it starts to get scary, you don't have- just stop. And take some breaths so that you can build up to a place of trust. And here's why, KES. Hong Sau isn't necessarily just about the physical breath and the oxygen. It's about prana. And it's the prana that feeds us more than the oxygen does. And prana doesn't just come in through the nose. It comes in through the Moon Center. It comes in through the pores of our skin. We're unfolded in this field of pranic energy that is always, always this-ing us. When we inhale, it's like we're scooping in this pranic field that's all around us.

##### **[00:58:27.08] - Caren**

And so I'm going to suggest this for you with Hong Sau. This might help. And everybody, pay attention. This is valuable. Okay, I'm going to ask all of you to just inhale. Be as still as you can. You don't have to sit up straight, but just be as still as you can, right? And just close your eyes and just have a sense of inhaling.

##### **[00:59:17.06] - Caren**

As you inhale, you feel the chest expand a little. I mean, that's just a part of it. What if you begin to just hold on to that sense that as you're inhaling, something is pressing out, right? Your chest is pressing out. It's expanding out. Can you find that? Is everybody finding that? Okay. So what I'm going to ask you to do now is to just hold that sense of the breath. As you inhale, it's like something presses out. And to just see if you can let that expansion in your chest move into your torso so that it's like your whole torso is just with your breath, as you breathe in, your whole torso is expanding out. You might even begin to feel that your arms are also... It's like they might even want to lift a little bit, but your arms are just expanding out also. And then as you exhale, it just softens, it releases back. And then, see if you can start to let go of the edges of your body. So you're finding the prana that is doing the expanding as you inhale. It's the prana. And see if you can just begin to feel a pulsing of the prana.

##### **[01:00:49.00] - Caren**

As you inhale, the prana presses out. And then as you exhale, it contracts back in. It It presses out your inhaling, and it gently releases as you exhale. And then into this, bring Hong Sau. Hong is a sense of the prana expanding into your being. It's like the balloon filling, right? And then as you're exhaling, the balloon just gently softens and it all releases. It helps [to] relax the jaw. Make sure your jaw is soft, shoulder soft. And just follow the breath as it's coming in its home. If there's nothing, just wait. Then as it exhales, it's soft. It may be very short. It might be very shallow breath. That's okay. Hong Saw can be shallow. It's not the breath in the chest anymore. It's about the inhale expanding the pranic field. This expansion and contraction, this pulsing, this is, this is at the heart of it all. This is at the heart of it all.

##### **[01:02:51.14] - Caren**

Okay, loves. So just release the technique and just sit for a minute. Just enjoy the after effect. Don't move. Stay still. Stay still. And then when you're ready, you can go ahead and open your eyes and So, KES, I want to check in with you.

##### **[01:03:18.00] - Caren**

How did that go?

##### **[01:03:20.09] - KES**

Yeah, I like the idea of the expansion when you're breathing in and then feel the expansion even out here. Yeah.

##### **[01:03:34.10] - Caren**

You felt it?

##### **[01:03:35.15] - KES**

Yeah.

##### **[01:03:36.13] - Caren**

And well done, because I could see you going between trying to breathe deep, keep the breath, right? Because it's got to be scary for you to breathe shallow, right?

##### **[01:03:50.03] - KES**

Yeah.

##### **[01:03:51.13] - Caren**

So let's experiment and let's see what happens as your awareness of the prana unfolds so that... It's called spanda. It's this, it's this, this. The whole universe is doing this. This is, this is creation. It's [sound], and then [sound]. And then… It's mirrored in the heart. It's mirrored in the breath. It's mirrored in day and night. It's this. It's this pulsing. And if you can start to let Hong Sau become your way of attuning to the prana, to the prana. Okay? And let's see what happens. Let's see what happens.

##### **[01:04:47.03] - KES**

Cool. Thank you. Thank you. Thank you.

##### **[01:04:49.22] - Caren**

Yeah. Okay. Thank you. That was really valuable for everybody, I think. And this is why we're so happy it's a small program, right? If there were 100 people on this call, we might not have ever been able to address that, right? But there's six of us today, seven of us total. So it's personal.

##### **[01:05:13.10] - KES**

Thanks.

##### **[01:05:15.23] - Caren**

Okay. And so then-

##### **[01:05:16.24] - Natalie**

Can ask one quick question about how long is that?

##### **[01:05:19.08] - Caren**

Yeah, please. Sorry.

##### **[01:05:20.17] - Natalie**

Is it always only breathing in and out of your nose? Do you ever go out of your mouth?

##### **[01:05:25.09] - Caren**

Never.

##### **[01:05:25.23] - Natalie**

Never. And then just sorry, one more quick one. And then if you I get to the point, sometimes I feel like I'm not breathing at all because it's just so shallow, which feels opposite of trying to breathe in prana, but that's okay.

##### **[01:05:40.22] - Caren**

Yes.

##### **[01:05:41.18] - Natalie**

Okay.

##### **[01:05:43.23] - Caren**

Yes. Right? Your mind is in there saying, I have to breathe in the prana! No, the prana. The prana. Hong Sau feeds your pranic body. It's a prana building technique. It's a pranic generating. I'm going to have to check on that one technique. But it's not a normal meditation on the breath. Something about that vibration, the Hong and the Sau, it's like it builds a magnetic... And the prana just [sound]. Mary.

##### **[01:06:35.01] - Mary Beth**

One time someone said, and correct me if I'm wrong, that it's like, well, it's like you were just talking about the universe is here all around us, and we're a part of that. And as we breathe in, the universe is breathing out. And as we breathe out, it's like this.

##### **[01:07:01.15] - Caren**

As we're inhaling, this is why your Ishta... It's like your Ishta is exhaling as you're drinking in. As you're exhaling, the universe is inhaling you. That's the reciprocity of Hong Sau. Yes. Yes.

##### **[01:07:21.03] - Mary Beth**

I just wanted to find out if that was correct.

##### **[01:07:25.17] - Caren**

Absolutely. That is a phase in working with Hong Sau, because they're always with the breath, primarily, right? And we don't want to add too many mental metaphors. Like I was real careful with the wave thing yesterday, right? It's an entry, but it's not, don't hang on to it. And that's an entry, is to think as I'm inhaling, it's life.

##### **[01:07:50.10] - Mary Beth**

Life is breathing. Yeah.

##### **[01:07:52.14] - Caren**

And I'm going, as life breathes in. As I go [sound], life goes [sound], and takes it back. So reciprocity. Yeah, that's a huge, beautiful part of Hong Sau.

##### **[01:08:06.12] - Mary Beth**

And that feels really good to me because it feels to me like if I let the edges dissolve, then I'm just an energetic part of creation of all of it. God, that brings tears to my eyes. I'm just a part of everything, and everything is a part of me. Every creature on the planet, plant, or animal, or whatever, is breathing in and breathing out. It's all a part of that act of reciprocity. I'm sorry, I get really teary.

##### **[01:08:39.24] - Caren**

It's so beautiful. It's just so beautiful.

##### **[01:08:43.17] - Mary Beth**

Yeah.

##### **[01:08:45.21] - Caren**

Thank you.

##### **[01:08:46.12] - Mary Beth**

I just wanted to clarify that, that that was-

##### **[01:08:49.13] - Caren**

No, you're right on.

##### **[01:08:55.06] - Natalie**

A less technical thing. Is this a Kriya yoga thing or is this a Buddhist thing, Hong Sau?

##### **[01:08:57.24] - Caren**

This is Kriya yoga.

##### **[01:08:59.04] - Natalie**

okay.

##### **[01:09:00.22] - Caren**

Hong Sau is Kriya yoga. Yes. Good clarification there. Yes.

##### **[01:09:06.01] - Caren**

Okay. So then Angela, the invocation, the Kriya invocation. And I didn't write anything down because I I'm so sure I'd remember it, but I believe the way you did it... Oh, I know what I wanted to do. It was beautiful. You just transmitting as you say it. It's just so powerful the way you do it. I do want you to think about what these lines mean, and we'll talk about it on the 18th. But start thinking about what does it mean, I give refuge to enlightenment, the Great Pathway. I give refuge to the Dharma of Truth.

##### **[01:09:51.20] - Angela**

Okay, wait a second. That's where I get a little confused because I'm saying I take refuge, but you're saying I give refuge. The last line says, I give refuge. Am I-

##### **[01:10:08.12] - Caren**

Yeah. There's two ways to do it. There's two ways to do it. And I think what I did, I now say, I give refuge, right?

##### **[01:10:15.24] - Angela**

I like, I give.

##### **[01:10:17.18] - Caren**

Do you?

##### **[01:10:19.24] - Angela**

I like both.

##### **[01:10:20.16] - Caren**

Well, the reason I did take was because in the beginning of our studies, the idea of taking refuge in the Buddha, the Sangha, the Dharma, is an important part of our training to even entertain the concept that I'm not going to take refuge in my relationships. I'm not going to take refuge in my job. I'm not going to take refuge in my home. My refuge is in the part of myself that is luminous, radiant, compassion, love, and joy.

##### **[01:10:53.09] - Angela**

Got it.

##### **[01:10:53.23] - Caren**

That's the Buddha.

##### **[01:10:55.04] - Angela**

Okay.

##### **[01:10:55.21] - Caren**

Buddha consciousness. I take refuge in the Dharma The karma of truth, the teachings. That's where I'm going to find my real comfort, my real home. And so I think that's why I chose, because I remember having the dilemma when I was writing it up, and I went with take, because-

##### **[01:11:16.14] - Angela**

I like that, yeah.

##### **[01:11:17.18] - Caren**

Just to train us. And then eventually, you can make it give. And I think what happened with the last line was April had written it up with just the three, and I went, Oh, no, no. I want to add this last one.

##### **[01:11:29.20] - Angela**

We added it. Yes. Okay.

##### **[01:11:31.15] - Caren**

Because I haven't- And it went from the way I say it, which is I give refuge to still.

##### **[01:11:35.09] - Angela**

I love it. It's cool, though, with both of them in a way, when you... Anyway.

##### **[01:11:42.04] - Caren**

Well, there we go. So now you all know the story behind it, and you can choose. The main point is that it's like we're on a different path. And if we want our refuge is going to come from other people approving us. If our refuge is going to come from recognition in our careers, if our refuge is going to come from getting the approval of our parents, our friends, our partners, our kids, we're doomed. We're doomed. Because the human nature is to judge us, not give us refuge. So we learn to go... It's like some of you have experienced the 12th step. When I was first getting sober, the refuge was, if I don't take a drink today, I'm a success. I don't have to do anything else. I can rage and bitch. I can do all that. If I don't take a drink today, I'm okay. That was my refuge for years, right? Refuge is something somebody can't take away from you, that somebody else can't taint, or, by their opinion, diminish you. This idea of refuge is huge. As long as you're understanding that, consciously choose. Do you want to say take or do you want to say give?

##### **[01:13:16.15] - Caren**

And do whichever will help you find that, because that's what gives us the courage to be authentically us, isn't it? That's what gives us the courage. So I think... Nat did you have one more question? Okay, so it took us an hour and 15 minutes but by golly, by God, we covered a lot of ground just now.

##### **[01:13:47.23] - Mary Beth**

It was so worth it, Caren. Thank you.

##### **[01:13:49.20] - Caren**

Yes. You guys are amazing. I can't even tell you how much joy it is to be with you and to be together, learning together like this. It's so cool.

##### **[01:14:05.12] - Angela**

It's a blessing. Thank you, Caren.

##### **[01:14:09.00] - Caren**

Well, you're welcome. And throwing back up the line. So when we come back, let's come back in the hour. We'll come back at 9:00. And everybody here is on the West Coast. Okay, we'll come back at 9:00. When we come back, we're going to talk about chakras because KES texted me yesterday. And I want you to know, KES, I was supposed to record a podcast yesterday afternoon. But instead, I went through all of my materials from Kriyananda on chakras. I was bleary-eyed, because your point was so important. And so when we come back, let's talk about chakras, and we're going to talk about the Western system. And I want to be really clear, it's the Western system that many of know, and the distinction for this system, and why I teach this system. I don't want to minimize or diminish the Western system. I just want to help you understand that there's a whole 'nother system that has a whole rich world. So we'll come back and talk about that on the hour. Okay. All right, folks.