##### **[00:00:00.140] - Caren**

I can't thank you enough, KES. I can't thank you enough. I thought I was recording. Okay, did we say anything that's important?

##### **[00:00:19.220] - KES**

Of course, but mostly, I think you were just... No, you hadn't really started.

##### **[00:00:26.280] - Natalie**

Okay, so we were just- We were talking about the 18th being important.

##### **[00:00:28.500] - Group**

Yeah, the 18th. I don't know if Maggie- Yeah, the 18th, we can be there.

##### **[00:00:30.820] - Caren**

That's right, Maggie. Anybody who's in Oregon can come to my house that day. It is a Q&A, along with wrapping up whatever we haven't gotten to. And there is a technique I want to take us through that I'll introduce on the 18th, if there's time. And Natalie is going to be on a plane, so she may or may not be able to be with us. We'll leave out the Om'ing part. So.

##### **[00:01:00.320] - Caren**

Okay, so let's start by talking about prana. And what's important to remember is that prana is the universal life force that's in absolutely everything. That's big prana. There's also... I just don't want to go into it in this. So let's just... I've decided to switch direction here as I'm starting to think about this. What I want to talk about is prana. We know it, it comes in through the Ida and out Pingala, generally speaking, because it's coming in the Moon, so it's coming down the left side, and it's coming up the right. So one of the things we want to just recognize about prana... Where is it? Is that this is that... This handout. The prana is circulating. The prana circulates.

##### **[00:02:18.420] - Caren**

It comes up on the left and it goes down on the right. Did I say that correctly?

##### **[00:02:29.980] - Angela**

Down the left and up the right? That's what you first said.

##### **[00:02:38.150] - Mary B.**

In the Ida and out the Pingala?

##### **[00:02:41.750] - Angela**

Yeah.

##### **[00:02:42.570] - Natalie**

I thought that it is in the Moon, out the Sun.

##### **[00:02:46.520] - Angela**

Well, that's the Pingala is, Ida is the Moon.

##### **[00:02:50.180] - Caren**

Yeah. Okay. I was trying to get here without going... Okay, no. It's what it is. It's the prana. It's... The way to look at it is... Do you remember what Tammy said yesterday about how Hong-Sau is up and around in her heart? It comes up this way and down that way. That's the direction that prana flows. It flows. It comes... Okay, I'm going to have to go here.

##### **[00:03:28.460] - Caren**

The current. The current that goes down when we breathe in, it's actually called apana. And the current that comes up is called prana. There's different ways that we talk about prana. I was trying to avoid going down this other road, but I'm going to see if I can do this minimally. The pranic current, when we're inhaling, it's a downward current. When we're exhaling, it's an upward current. So the prana is going, it goes this way. It moves from left to right. We want to think of Prana as this-

##### **[00:04:17.180] - Mary B.**

Down and around from the left to the right.

##### **[00:04:19.330] - Caren**

Yes. Okay.

##### **[00:04:20.730] - Natalie**

If my body is a clock, can you give me... I'm getting my directions messed up.

##### **[00:04:27.230] - Caren**

Well, okay, so true confession. I have really hard time with left and right. I was in the theater for too many years, and I am totally confused. And so this is hard for me. This is my right-hand. Prana travels this way.

##### **[00:04:53.130] - Mary B.**

The right hand.

##### **[00:04:54.770] - Caren**

Well, no, it doesn't matter which hand I'm using. It goes up on my left And down on my right, up on my left, down on my right.

##### **[00:05:04.830] - Natalie**

Is your left hand going away from your face or towards your face?

##### **[00:05:08.660] - Caren**

It's not about my hands. It's about-

##### **[00:05:11.600] - Natalie**

No, because I can't tell which direction you're going. That's what I'm trying to figure out.

##### **[00:05:15.230] - Caren**

Prana, this way.

##### **[00:05:17.160] - Angela**

Is that counterclockwise?

##### **[00:05:18.610] - Caren**

You're right. I don't know.

##### **[00:05:22.900] - Natalie**

Because you're our mirror, which is what's confusing, right?

##### **[00:05:25.790] - Caren**

Yeah. I had this so-

##### **[00:05:27.600] - Angela**

It's from left to right. Start at the left, go to the right.

##### **[00:05:35.140] - KES**

So that's clockwise.

##### **[00:05:36.290] - Angela**

So down. That's counterclockwise. Counterclockwise, yeah.

##### **[00:05:40.210] - Caren**

Wait, from the left to the right?

##### **[00:05:42.450] - Group**

It's counterclockwise.

##### **[00:05:42.480] - Mary B.**

Down and around to the right.

##### **[00:05:44.990] - Group**

Well, again- Make the motion again.

##### **[00:05:47.240] - Group**

Which way is the clock is looking.

##### **[00:05:49.380] - Jeremy**

Is it righty-tiny or lefty-loosy?

##### **[00:05:54.360] - Angela**

Maybe if you turned around and faced the wall, so you're facing the same way as us.

##### **[00:06:00.300] - Natalie**

Yes.

##### **[00:06:00.630] - Angela**

And then do it.

##### **[00:06:02.940] - Natalie**

Isn't she inverted?

##### **[00:06:07.890] - Angela**

I think that's her left arm, right?

##### **[00:06:11.890] - Natalie**

Yeah, that feels like it's going down the right side.

##### **[00:06:15.920] - Angela**

Yeah, you're right.

##### **[00:06:16.830] - Mary B.**

It doesn't come in this way and go counterclockwise.

##### **[00:06:19.690] - Angela**

So it goes in the Pingala down.

##### **[00:06:24.250] - Natalie**

Yeah, because that's going down the right side. That's the opposite.

##### **[00:06:26.050] - Mary B.**

That's clockwise.

##### **[00:06:29.610] - KES**

But if it's coming down the left and up the right, that's counterclockwise.

##### **[00:06:35.510] - Natalie**

Yeah, it should be going the other way.

##### **[00:06:37.130] - Angela**

I think it should be coming in and going down.

##### **[00:06:39.880] - KES**

It depends on how-

##### **[00:06:41.560] - Natalie**

Other way, mom. Other way.

##### **[00:06:43.540] - KES**

Yeah, but if she's got her mirror thing on the Zoom than throwing it all off.

##### **[00:06:50.740] - Caren**

Should I take off the mirror?

##### **[00:06:54.860] - KES**

Just as a science thing or biology, most Everything in biology in nature goes counterclockwise. So maybe it's counterclockwise because those-

##### **[00:07:09.680] - Angela**

That makes sense.

##### **[00:07:10.250] - Natalie**

Air down lift.

##### **[00:07:11.720] - Group**

That would be So if it's one-

##### **[00:07:16.050] - KES**

Down on the left and up on the right, that's counterclockwise. It depends on which way you're looking at the clock, I guess.

##### **[00:07:22.420] - Mary B.**

I think it's counterclockwise.

##### **[00:07:27.140] - Caren**

You all lost me.

##### **[00:07:29.450] - Group**

I give you a diagram. You have a diagram. Yes, there is a diagram.

##### **[00:07:40.370] - Caren**

And the person is facing you. It's facing you. So if you do it this way. And you just follow the arrows. That's the direction of prana.

##### **[00:07:51.310] - KES**

Yeah, that's counterclockwise.

##### **[00:07:53.520] - Caren**

Thank you.

##### **[00:07:55.210] - Mary B.**

Yeah.

##### **[00:07:57.320] - Caren**

This is where when I get enough teachers I have somebody else teach this segment, somebody who doesn't... Who understands left and right.

##### **[00:08:07.820] - KES**

See, the thing, because of my biology background, and I just love all that, and the way... Anything that's manmade is clockwise and in the body. That's why medicine doesn't always work. You have to have double the medicine because if it's made synthetically, it's always to the right, but the body only takes in stuff that's to the left, that's left oriented. Isn't that interesting? So it's medicine. If it's synthetic, it has a right turn. Anyway, so I just think that's fascinating.

##### **[00:08:48.730] - Caren**

I do, too. That's very fascinating.

##### **[00:08:51.420] - KES**

So counterclockwise is more earthy, I guess, or how our energy is natural. Anyway.

##### **[00:09:05.790] - Jeremy**

Yeah. Caren, I am confused. Are you saying... Because you originally said down the left and up the right. That's counterclockwise. But when you're demonstrating it, you're showing it clockwise. You're showing up on the left. Your left hand, you're showing it when you were showing it going clockwise. But your left hand should be going... If I have a right-hand and a left hand, my left hand is going down and my right-hand is going up. Is that right?

##### **[00:09:35.300] - KES**

That's. Well, part of the problem is Zoom.

##### **[00:09:37.890] - Jeremy**

But just think of your hands. Just think of your hands.

##### **[00:09:40.100] - Caren**

This is my right-hand. This is my left hand. The prana is going this way.

##### **[00:09:45.500] - Jeremy**

Okay, so my left hand is going down. My right-hand is going up. If I'm- Yeah.

##### **[00:09:55.990] - Caren**

My left hand is going up. This is my left, right?

##### **[00:09:59.870] - Group**

Yeah, but you're talking about going down.

##### **[00:10:01.050] - Natalie**

Then how is the product going down your left side if your left hand's going up?

##### **[00:10:04.430] - Jeremy**

That's what I'm confused about.

##### **[00:10:07.720] - Natalie**

On your diagram, it's this way. It's that your left hand would be going down and your right-hand would be going up. That's what the diagram says.

##### **[00:10:17.780] - KES**

Turn it- Turn it so- Can you try to cut it this way, though, with your left hand.

##### **[00:10:22.480] - Caren**

I don't think so. If I'm doing the direction of the diagram, the arrows are going up, my left hand is going up, my right-hand is going I don't know.

##### **[00:10:31.920] - Natalie**

Okay, so the diagram is inverted, but, logically, it is opposite to say that something goes down on the left and up on the right. That creates this motion. If we're going this way, We're talking the opposite flow. Jeremy, am I right?

##### **[00:10:55.640] - Mary B.**

You start here with your left hand, you go down and then up, and that would be the flow It's all of it.

##### **[00:11:01.520] - Jeremy**

That's what I'm confused about because we're saying the opposite of that.

##### **[00:11:05.140] - Caren**

Let's save this for the 18th.

##### **[00:11:09.090] - Natalie**

I won't be there for that one. I'm going to die. I need to ask clarifying questions.

##### **[00:11:19.430] - Tammy**

Do that on the plane.

##### **[00:11:22.520] - KES**

I think we're confusing the arm thing with the real way the path of the prana flows.

##### **[00:11:31.710] - Angela**

To me, this is how... Because Caren's always said the prana comes into the Moon Center and down. Well, the Moon Center we know is left. So then it goes down the spine to the root chakra, comes back up the right on the Pingala, so back up. I think we're just getting the visualization of our arms. We have to think about it like the breath. Where does the breath go? Or the prana. Am I thinking about that right?

##### **[00:12:02.180] - Caren**

Try this. Try this. Try this. Try this. Okay. In and out, right? If I turn it this way, out and then back in. Out. So it's like this. And I just take my breath that's coming out, that's coming up and out, and I move it to this, to the left side, and it's coming up and out, and it's coming up and out. So I take this path and I turn it 90 degrees, and that's the prana coming up and out, and now it's going back in. It's coming up and out, and now it's going back in. In other words.

##### **[00:13:01.850] - Caren**

Okay. How about this?

##### **[00:13:03.160] - KES**

Think of a mirror, Jeremy. Put yourself how Caren is sitting and then- I'm trying. Vision.

##### **[00:13:14.180] - Jeremy**

Okay. Maybe it's not hands. Maybe it's stage left and stage right.

##### **[00:13:17.980] - Natalie**

Oh, wow. Here we go.

##### **[00:13:22.240] - Jeremy**

Stage left. Because I'm totally confused now. If my left is going up, that is clockwise. If my left is going up, that's-

##### **[00:13:34.270] - KES**

Oh, yeah, but your left is going down.

##### **[00:13:36.360] - Jeremy**

My left is coming up. This is my left hand. On the left side of me, if it's going up, it's moving this way. It's moving... My left hand goes up and my right-hand goes down.

##### **[00:13:47.520] - KES**

Yeah, that's clockwise.

##### **[00:13:49.230] - Jeremy**

Exactly.

##### **[00:13:49.500] - KES**

But the left is going down in the illustration.

##### **[00:13:54.860] - Jeremy**

That is my question, because what Caren's demonstrating is the opposite of that. Her left hand, she's moving it up.

##### **[00:14:01.290] - Mary B.**

Right.

##### **[00:14:03.080] - Caren**

Okay, go to this one. And just go. The current comes in and out, and then just start circling around. So the current comes in, Moon, down, and then as it comes out, it just keeps circling around, and circling around, and circling around. And we're on this plane, the prana, because the Ida and the Pingala are here. So the prana is going this way. We're exhaling this way, but it's flowing between the two channels this way.

##### **[00:14:48.020] - Natalie**

The diagram is actually causing me a little bit... I thought I had it here, but this diagram is showing two opposite directions of prana flowing.

##### **[00:14:56.530] - Angela**

Are we going by the red, the red flow?

##### **[00:15:00.430] - Caren**

Take this red arrow right here and then just follow it down and around.

##### **[00:15:07.500] - Natalie**

But then this side is going opposite the left arrow. You can't see what I'm doing, right? You can't because then it's going up the Moon Center.

##### **[00:15:19.890] - Angela**

Yeah, like this. You have to have it like it's facing you. If you're looking out from the body, then the Moon is on the left and the Sun is on the right.

##### **[00:15:34.620] - Natalie**

Right, but we're still having that. I think I'm going to have to come to your house, Mom, and show you this in person to clarify, because this drawing is showing an opposite concept between the red and the black line. It does not logically- Not if you put it like this. It does to me. Even if I put it like that, this red side, the arrow is going down on the red and up on the black on the same side. And Jeremy agrees with me? Okay, thank you.

##### **[00:16:00.750] - Mary B.**

I agree, too. I can't figure it out. Anyway.

##### **[00:16:04.920] - Natalie**

I will take the action of having a physical demonstration with my mother and getting super, super clear and coming back to this group.

##### **[00:16:14.240] - Group**

Yay. Natalie.

##### **[00:16:15.980] - Caren**

Okay. Natalie will explain it. Okay. We have found my weakness. We have found my weakness, right?

##### **[00:16:26.870] - Jeremy**

The transcription is going to be crazy, Caren.

##### **[00:16:30.330] - Caren**

I think you're going to have to just leave all this out. Just leave it out. That's not going to do us any good. Go... Start with... Go as far as KES said, Everything in nature goes left to right, counterclockwise, and everything human goes right to left, clockwise. Did I say that right, KES?

##### **[00:16:48.100] - Mary B.**

Everything manmade.

##### **[00:16:49.670] - KES**

Yeah, manmade. Synthetic.

##### **[00:16:51.500] - Caren**

Synthetic. And then stop. And then we'll Just-

##### **[00:17:00.220] - Natalie**

Stay tuned for next week.

##### **[00:17:02.490] - Caren**

Stay tuned for Natalie's clarification. Yes. Okay. Because I think KES is onto it.

##### **[00:17:10.870] - Angela**

Yeah.

##### **[00:17:12.210] - Caren**

I do. And... On some level, it doesn't matter, except that when you move into some of the more advanced Kriya techniques, we are creating heat by having ourselves go the opposite, directing our mind in the opposite direction or current to bring friction and create heat. It probably doesn't matter that much right now. I just try and set it up here. And let's leave room for I could be wrong, although I'll go back. I took this off of a Kriyananda diagram, so I'll go back and look at it, and I'll have Natalie look at that and this. And if it needs to be fixed, could be me. Totally could be me. Okay? What's important is that it has a current, and it has a natural direction that it flows, right? And so if you move against it, you're going to create tapas. You're going to create heat. Okay.

##### **[00:18:19.850] - Jeremy**

Can I ask you one quick question? Just because I can't stop thinking about it. It's not about directions, I promise.

##### **[00:18:25.880] - Caren**

As long as there's no left or right.

##### **[00:18:27.570] - Jeremy**

No left or right. Yesterday, I came away with the understanding that I think I'm conflating the channels because what I heard was it's coming down both channels, and then it's coming up through the Sushumna. That's what I walked away with. But that's not true.

##### **[00:18:46.550] - Caren**

So here's our little guy. Oh, shit. We're on Zoom. Now I'm really confused. Okay. The prana, when we inhale, flows in Moon Center, down through the Ida, which is on the left, and then comes up on the right and out through the Sun.

##### **[00:19:17.350] - Jeremy**

Okay.

##### **[00:19:18.360] - Caren**

Okay.

##### **[00:19:19.930] - Jeremy**

And where does the Sushumna fit in with that picture, or does it?

##### **[00:19:23.330] - Caren**

It doesn't.

##### **[00:19:24.450] - Jeremy**

Okay.

##### **[00:19:28.340] - Caren**

It comes down... Here's how the Sushumna fits in. Here's how the Sushumna. This is the Sushumna, white, pure, right? I hope this is my left. I really think it's my left over here. Okay? So blue, Ida. Okay? Blue, left, Ida. Which is actually... Okay, and then this is orange for a Pingala. They're on the left and the right sides of the Sushumnaic channel. The Moon Center is back here. So the Moon, I breathe in, but it comes down along the left side of my spine. It crosses underneath. But the Sushumna is the a thousandth of a baby's hair. That's how tiny it is. The way they describe it in Buddhism, it's like this silky little fine hair that just the currents travel. So it's not this size. And then it comes up on the right through the Pingala. That's the path not of the prana. But even though we think it's coming in through the Moon and going out, it's this way. But really, what I guess it's coming in, once it hits the Ida, it's on the left side of our being, our Sushumna. It comes out, it's moving up the right side of the Sushumna.

##### **[00:21:18.120] - Caren**

And so, I think coming up the right side, sshum, sshum, sshum, sshum. Okay. Did that help? So it's not... It passes. Does any get in? If you're doing Hong-Sau, yeah, but as Mary just did, infinitesimal, right? Tiny, tiny, infinitesimal with each breath through the Sushumna. Does that make sense? Yeah.

##### **[00:21:51.160] - Natalie**

And again, I don't want to make this more complicated, but I thought also that the Ida and Pingala were a double helix, right? So aren't we more breathing around that center column versus-

##### **[00:22:06.000] - Caren**

Yes, sweetheart. Absolutely. And you know that, but in terms of the magnetic energy of the Ida is on the left side, the magnetic pull of the Pingala is on the right.

##### **[00:22:21.280] - Natalie**

And so conceptually, large currents have a direction that's to be determined, but they have this, and And then internally, there is this other double helix where our chakras are contained.

##### **[00:22:35.200] - Caren**

But when the breath is coming in on the Ida, this side of the double helix, so it's like, literally, if I was going to draw it for you, It would look like... Here, wait. Let me get my drawing because Caren doesn't... Here we go. What it would look like on this is that this is really strong. This This is really strong. This is really strong. And this is weak. And then as it goes up the other side, this is really strong. This is really strong. This is really strong. Does that help?

##### **[00:23:09.220] - Natalie**

That's really helpful. Yes. Thank you.

##### **[00:23:11.750] - Caren**

Okay. All right. You guys. Great questions. Okay. So, Tammy, you just ignore all this because you already got it. Hong-Sau is coming up, going down, coming up, going down. You got the path of the prana, okay? You don't want to think You're not going to think about it. You want to just breathe. But that was a really intuitive recognition that there is something circulating, right? So my suggestion to you, though, is really just always come back to the breath and don't give mental shape to that. Let it be an experience without giving it a mental shape or words. Does that make sense? Just have the experience.

##### **[00:24:01.820] - Tammy**

It does, but you're talking to somebody who likes visuals all the time and images.

##### **[00:24:07.260] - Caren**

Yeah. And I'll tell you why. Because the visual is going to trap you in that experience of Hong-Sau and you won't be able to break out of it. Yeah, that's the reason. So if you can slip into more the sensation, because the sensation will evolve as you do more Hong-Sau. A visual will just get us stuck. It's a beautiful entry point. It's like the waves are an entry point, right?

##### **[00:24:36.310] - Caren**

Visualizing God or your Ishta breathing into you as you inhale. That's a great visual, but there's a point where we let it go and we just have the experience. Okay? All right. Now I totally forgot what we were talking about.

##### **[00:24:53.460] - Natalie**

We started with the current. You were just trying to talk about the direction the current was flowing.

##### **[00:24:59.320] - Caren**

Oh, okay. So as the prana moves down through the nadis, It affects the chakras, the chakras. Big word. It affects the chakras. And in the chakras, karma, the seeds of our karma, are stored. In the seeds of our karma, some of them, it's like the cicadas, right? They're dormant for 17 years. It's like the karma has its time and place to fire. Until then, it's just dormant. But when that time comes, the movement of the prana through the Ida or Pingala channels are what activate, wake up the chakras, and the chakras spin, and they release the seeds of the karma. Sometimes you'll hear people talk about spinning the chakras, right? In this system, we don't spin the chakras. What we do is we balance chakras. We balance them knowing that every chakra has a polarity, an Ida and a Pingala. Ida, Pingala, right? It has a polarity, each chakra. The reason I love the Kriya system of chakras, and so I'm going to back up now, and I'm just going to say that... I did. I went through all Kriyananda's materials. I mean, he's got three set like this, and in no where does it mention the system of chakras that most people know in the West, which has the rainbow coloration throughout the spine?

##### **[00:27:43.860] - Caren**

The best I can ascertain, because I looked through my other systems. The Buddhist system doesn't have that. The Shaiva system doesn't have that. So what I think it is, it's a Western interpretation that works with the idea that we are moving from a lower vibration to a higher vibration through the chakras. And what do we associate with vibration? Light. And colors of light have different vibrational levels, right? And within that, they've woven some of the characteristics of the chakras, what the root chakra is, what the... Caren, I can be multilingual like Mary, or I should try and stay with one. Let's go with the body parts. The tailbone, the sacrum, the navel, the heart, the throat, the head, right? And most of what I've seen in the Western system is... It's enough. It's enough. And so as KES had mentioned in her text, she's found incredible value from visualizing the color of the light in each one of these chakras. And so let's be clear, right? That a thought has the power. A thought has the power to create an experience. Colors of light are subjective for the chakras. And different systems have different colors, which tells me right then and there that In the Western system, is it tailbone red?

##### **[00:29:50.150] - Caren**

Okay, so it's rainbow red and up. And I would get so confused because I knew this back in the '90s. But then once I started doing this, this is the system I now know, and I know a different set of colors, and there's a reason for the colors. It's not about vibration. It's a different reason. I just want to be really clear that I'm not going to teach you the Western system, because to me, it's limited. This Kriya system, and I've been searching for the analogy for this. If somebody can figure out what it for me. It's like the Western system, we get exposed. We know there's things called chakras, and they give us a way to identify them and tune into them, right? But then it's like somebody opens up another door, and suddenly you realize that, Oh, my God. Oh, my gosh. That was just literally like a flavor. And there's this whole other realm of what the chakras really are about. And that's what Kriya yoga brought for me in the world of chakras. And so I'm going to go a little more into it than I usually would in this training, just because of this level of...

##### **[00:31:11.800] - Caren**

I want to help you understand the... Why I value this system so much. I'm just trying to decide where to go first. Let me do this first, and then we'll talk about the chakras themselves and the symbols for each one and what they represent. The chakras, because they're polarities, they... There's a current that's set up. And the chakras, when the prana is moving through, when karma is activating... When a chakra is opening or constricting, what's happening is that there is a flow. Let's say this is the tailbone chakra, and the polarity, it's spinning, and it spins, and it spins, and it spins, and then it starts to move upward, and it's a vortex going... Hold on, let me figure this out. Shit, I don't know if it's clockwise or not. Whatever it is, it's going this way. Then it builds up intensity, and it builds up, and it flips. It hits the chakra above it, and it flips, and it starts going the other way. And it goes up, and then it hits the other chakra and it flips. And so the path of prana up through the chakras is counterclockwise or clockwise as it moves up.

##### **[00:32:59.210] - Caren**

Okay? When a chakra is out of balance, we know it because there's either too much of something or none of something. And what we're learning to do in the Kriya system is to balance the chakra so that the energies are not too open, not too closed, which, as those of you who do yoga, that's what you're doing. You're balancing the flow of the prana through the chakras, using the physical body.

##### **[00:33:45.690] - Caren**

When a meditator works with the chakras, what we do is we try to move our awareness through the Sushumna, because the movement of the breath through the Sushumna will pull. If there's excess on one side, it'll pull it to the other. If there's lack on one side, it draws what it needs. The movement through the Sushumna, which is the spinal breathing we started yesterday, helps to bring the chakras into balance. What else do I want to say about that? Is that enough right there? Is that clear enough right there? No? What, Caren? KES, what?

##### **[00:34:41.730] - KES**

Well, there's It sounds like there's so much more, but I'm going to read as much as I can in the Kriya book and understand it better.

##### **[00:34:53.900] - Caren**

I don't know how much what I'm about to tell you is in the Kriya book. I don't know. I don't remember. But I did assign you guys to read the chapter on chakras. I gave you to read chapters in the Spiritual Science. It's part of your homework, this one, is to read chapter 11, and it's on prana, and there is a section on chakras. So to read that. And then to also read chapter 19, which is going to describe a little more. We're going to get into this, hopefully, by the end of the class. And if not, you can read it. We'll talk about it next week. So That's one of your homeworks, is to read those. Then the other thing I'd like you to do is go back to the Beginner's Guide to Meditation and read chapters 11 and 12, which are related-ish, but it's going to bring us back to our Vasu Deva mantra that we did at the retreat. What I'd like each of you to do is to pick out the concept that was was fresh, new, or relevant, or you had a, Oh, moment with. So it may be something you've heard before.

##### **[00:36:12.560] - Caren**

It may be something that's new. But so there's two chapters. I would like you to just be able to give us just a quick one or two-minute, share with us what your takeaway from each chapter was. And I really mean it. So I don't want you to sum up the whole chapter. Just what was important to you at this moment in our training. Okay? Yeah. Nat.

##### **[00:36:39.150] - Natalie**

Is this homework for next week? We need to do this in the next week?

##### **[00:36:42.430] - Caren**

Yeah, I would appreciate that. Yes. Mary.

##### **[00:36:47.520] - Mary B.**

And this is from the beginner's guide that you want-

##### **[00:36:50.820] - Caren**

Beginner's guide, yeah. None of these are long chapters. I mean, chapter 12 has like...

##### **[00:36:56.540] - Mary B.**

That's fine.

##### **[00:36:57.930] - Caren**

Six pages. Chapter 11 has four or 5, something like that. We're not talking a lot.

##### **[00:37:04.280] - Mary B.**

But this is not out of the Kriyananda.

##### **[00:37:07.550] - Caren**

This is Beginner's Guide, Kriyananda's Beginner Guide, chapters 11 and 12, Beginner's Guide, and then it's chapter 11 has the chakras, and chapter 19 talks about the the blue light, right?

##### **[00:37:24.050] - Mary B.**

Do you want it from either one?

##### **[00:37:26.180] - Caren**

No, I don't want you. You don't need to summarize this one. I just want this is for you. This is a lot in here. This is just exposure.

##### **[00:37:36.120] - Mary B.**

Okay.

##### **[00:37:36.980] - Caren**

And this is your takeaways. So there's two chapters. So a total of three minutes. You don't get to talk for more than three minutes between the two chapters. Okay.

##### **[00:37:50.050] - Jeremy**

How's that? Can I clarify the Kriya book, this one?

##### **[00:37:54.450] - Caren**

Yes.

##### **[00:37:54.910] - Jeremy**

Chapter 11 is breath control, pranayama. That's what I-

##### **[00:38:00.860] - Caren**

Yes. I think it's 196 to 200 is on chakras. If you go into it, there's a little section on chakras.

##### **[00:38:11.290] - Jeremy**

Great.

##### **[00:38:12.840] - Caren**

I was going to sign you just that But then I thought, Oh, wait, no. He said some good stuff in the other part. But it's dense.

##### **[00:38:20.560] - Jeremy**

I see.

##### **[00:38:21.420] - Caren**

Yeah. Right? Yeah. And this is still my... It's still my thing I go back to again and again, and it's like, Oh, 25 years later, right? Okay. So chakras have polarities. When they wake up, the current is moving through. The current that is moving through is not... The current that's moving through the Sushumna is not your breath. It's a Kriya Kundalini current that wakes up as we balance our chakras. The way we balance our chakras is, as we said, you can do it through asana, you can do it through some breathing techniques, you can do it through Tonglen, you do it through Hong-Sau. But we do it by balancing our Earth life, becoming less reactive, less judgmental, less holding on to grudges. And when I was doing all my searching and searching somewhere for Kriyananda to use this Western system of colors, I came upon a place where he said to Jeremy's question yesterday, Yes, go in and do all this meditation. I think it was Jeremy's. Maybe it wasn't. And do all these techniques and balance your karma, find your center, do all this. But the only way you're going to know if it worked is you go back out into the world.

##### **[00:40:00.100] - Caren**

So yes, sitting and meditating, it is. But the test is the world. And so that's why for our moms, it's like if you don't have time or for anybody who's actively engaged at that point in their life where they're working, raising a family, doing all that, if you don't have time to sit and meditate for an hour every day, well, then make your life your practice. Make your life your practice. Okay.

##### **[00:40:28.680] - Caren**

So is Is everything I've said clear enough as it is? Then we're going to talk about the planets, the chakras, and why they're given a planet name in Kriya yoga. Because this is what explains karma. This is what explains the energy that's in a chakra that the chakra is related to. And so we give the tailbone chakra, which is the root chakra, the Muladhara chakra, we call it the Saturn chakra, because Saturn in astrology, so astrology becomes the language, the symbolic language to help us understand concepts that we can't understand. They're hard to understand. They're hard to put into words. So you need a language, a symbolic language. And astrology is a symbolic language of Kriya yoga. And one of the other things that's important in Kriya yoga is that the subconscious doesn't speak English.

##### **[00:41:47.700] - Caren**

The subconscious speaks symbolese, which is why your dreams are symbols. The other perk of learning to speak astrology is that we're learning to speak in a language, a symbolic language, that parts of our being respond to. So the Saturn chakra is the chakra where everything has precipitated down, down, down, and it crystallizes in the Earth element. And so it is a foundational, it is security, and it is what threatens your security, fear. So the Saturn chakra, if you just come down to what is... If you study, what does a planet, Saturn, represent in astrology? That's your insight into the Earth root chakra. There it is. Which is why in the Western system, they'll put these things, but it's so simplified. The Saturn chakra is a rich, rich field, right? And it's important. But it's not just... You'll see it often, it's your survival. Well, it's more than your survival. It's your discipline. It's your structure. It's your... It's your relationship with authority. It's your, I don't want to do this. The Saturn chakra has levels and layers to it, but it is the foundation that you build on in this life. And your Saturn karma is the heaviest karma you came to work through.

##### **[00:44:00.240] - Caren**

And you can find out what that karma is by looking at your life. Just look back and go, Oh, gee, this is the pattern I see repeating where I struggle. Or the shortcut is to look at your chart, your natal chart, and see where is my Saturn. Do I have a Saturn? You all have your charts. I sent them to you, right? If you didn't print it, it's in an email somewhere. In fact, did I give you copies when you came to my house? Yeah, so you should all have copies. But your Saturn karma, sometimes Saturn karma is not challenging karma. Sometimes you have really, really beautifully harmonious Saturn karma. Sometimes it's heavy. Sometimes it's difficult. Sometimes it's depression. Sometimes it's deep, deep fear and anxiety, right? It's like... But in Kriya, we try to go at it from both sides. Let's look at our life and know from our life, what is this karma? But we also have the astrological chart to help us, okay? And then when we move up from Saturn, Saturn would be your responsibilities, what you're to do on the Earth plane. I can throw out these little words for each chakra, but if you really want to know about chakras, you need to study astrology.

##### **[00:45:48.830] - Caren**

This is why I love the system is because it fits so beautifully. It fits so beautifully. There's more that There's even more. But this is just the chakra part. I would recommend, if you want to look at it this way, I would recommend... Kriyananda has a book, The Wisdom and Way of Astrology, but it's in the other room, and I'm hooked up to my mic, so I'm not going to go grab it. But I'll bring it next time. Wisdom and Way of Astrology. The way he approaches astrology in that book, it's definitely about the chakras. But even in... Anyway, enough, Caren. So then we move up. Earth element, solid. Once your karma has crystallized. So really, in Kriya yoga, the chakras are about your karma. It's your karma. Thank you, Mary. I was going to ask you if you had it. There it is.

##### **[00:46:47.560] - Mary B.**

What's backwards, but...

##### **[00:46:49.640] - Caren**

No, we can see it front. The Wisdom and Way of Astrology by Goswami Kriyananda. And this is your...

##### **[00:46:58.100] - Mary B.**

Awesome. Yeah.

##### **[00:46:59.330] - Caren**

Yeah. And so we think Earth element, right? And this is where as everything is precipitated down, that's your karma. By the time it hits the Earth plane, it's set. The analogy they use is, Oh, I don't like my karma. I want to change it. But if you try and change something that's crystallized, like if I wanted to change the shape of this cup, I could try and pull it and stretch it and reform it, but ultimately I break it. I can't change it once it's here. Where we can change our karma is before it's crystallized on the Earth plane. So we change it in our mental world, in our emotional world, in our dream world. That's where we can begin to shift and change the karma of this Earth plane. Which is why they say our thoughts create our world. Our thoughts create our world. And this is the hard part right here. Everything you're experiencing in your life, and I can't tell you how hard this is. If you really grasp this, you'll know what I mean. Everything you're experiencing in your life right now is a result of thoughts you've thought before. And I look at my life sometimes and I go-

##### **[00:48:25.310] - Mary B.**

Oh, shit.

##### **[00:48:26.510] - Caren**

Yes. It's like, right? And so this is why we need the skills of a meditator, the skills of reflection and being able to honestly go in and look and go, wow, how did I end up here? What were the thoughts I used to think? And what we don't realize is we had a lot of fear thoughts. We had a lot of limiting thoughts that, yes, maybe we got them from our culture, maybe we got them from our parents, but really, we brought them with us. This is the karma we came to work through. It's nobody's fault. Our parents, our culture, our friends, our school, all those things were the fertile ground that nurtured the seeds of karma that sprouted them because that's what we came to work through. Okay, I'm going to leave that there. Is that a complete enough thought? Are you guys getting overwhelmed? Not yet? Okay.

##### **[00:49:35.940] - Caren**

We go from Earth element, we move up to the sacrum, which is Water. Now, what does Water do? Water is where we begin to expand. We begin to, we begin to soften that hardness. Jupiter, the Jupiter chakra, Jupiter is the planet of expansion. And whereas with a Saturn chakra, you know you're out of balance if you're extremely judgmental and critical and always have to be in charge, right?

##### **[00:50:15.090] - Caren**

Or if you are fearful and intimidated and scared, those are signs your Saturn chakra is out of balance. Saturn chakra in balance, you're able to feel connected and grounded, and present without fear. You're able to show up and do what's yours to do without resentment. You're able to take on the responsibilities and carry them through. And you have a sense of grounded stability. Okay? So up to Jupiter. Jupiter out of balance is Caren. Caren lives in a world that if one is good, three is better. That's Jupiter. One chocolate, no, give me three bags, right? One potato chip, no, I I want three bowls. I do it on Amazon all the time. I just need one of something, but I can't decide. So no, let me get three or four, and I'll return those ones I don't like, which I never return. You're following me? It's like this out here, whereas Saturn would say, No, I'm not going to share it. I'm not going to get it. Out of balance, Saturn. Holding on tight, holding on tight, holding on tight. A balanced Saturn, okay. It knows just how much to give, how much to spend.

##### **[00:52:11.210] - Caren**

And out of balance, Jupiter is expansive. Drink too much, eat too much, sleep too much, work too much. Those of us lovely workaholics out here, it's an expansive thing. Out of balance, it's too much. In balance, Jupiter keeps you optimistic. Out of balance, it keeps you unrealistically, living in an alternative reality, where you just don't see what's going on. But in balance, Jupiter is optimistic. It's the energy that pulls us out of that Saturn constriction. It says, Let's open up and let's explore and discover what else is out here. There's a sense of curiosity instead of fear. There's a sense of being willing to try new things instead of, Ooh, just the way I've always done it, the way I've always done it. Are you following me here? All of this, I'm telling you is... I'm not telling you because I've memorized the list. I'm telling you because I've learned to understand the nature of Saturn. I've learned to understand the nature of Jupiter in astrology. So this is why it's not talked about a lot. This is really what's handed down teacher to student. You're not going to find it in the books. But this comes down from Shriya Teshwerji to Yoganandaji to Sheli, Kriyananda to us.

##### **[00:53:46.430] - Caren**

And Kriyananda was all blah, blah, blah, this astrology, blah, blah, blah, because he was an engineer, right? He was like, Give me math, give me science, guy. And Sheli went up to him and he said, Okay, fine. Look, if you're so smart, prove it wrong. Prove to me why astrology is wrong. Kriyananda, his mother, was remarried to a man. I think he had three brothers, and he married a man with six girls. And so there was 10 of these kids. And now all of a sudden, he's got all these girls in his life. They had a very small house. But so he went back and he just started testing, and he started watching. And he realized that on full moons, certain patterns arose. He realized that his sisters with Mars in certain positions in their chart, when something would happen, in certain aspects would happen, they'd blow up, they'd get all angry. And in trying to disprove it, he acknowledged that it's the macrocosm-microcosm. There is a relationship. It's all connected. And those unseen forces up there are affecting us internally. And so, and, I mean, Mary and I've been doing this for 20, 20 some years, right?

##### **[00:55:10.450] - Caren**

And this is the best system I found for helping to understand our karma and work with karma. An out-of-balance Jupiter can either be hugely generous and open and give me more, more, more, more, more Just a little more, or it can be really greedy. Never enough, never enough, never enough. It's Rockefeller's statement. How much wealth is enough? Just a little more. Just a little more. Just a little more.

##### **[00:55:53.330] - Caren**

Then we move up to the solar plexus, and that's the Mars chakra. As I said yesterday, this is the level we incarnate into on the Earth plane is Mars. That's why our umbilical cord is here at this chakra. And Mars is the energy. Mars is the God of war, but Mars is also the energy of service and helping others. It's both. Mars is your energy that helps you to get stuff done, to pursue your dreams, to not give up. Whereas Jupiter is that enthusiasm that makes you want to get up in the morning and to go through your day. Mars is the energy to follow through with that. Mars is angry and violent. Mars, at its other end of the spectrum, is the knight in shining armor. The saints who serve to bless humanity, right? Yeah, Nat.

##### **[00:57:07.220] - Natalie**

When you say this is the level we incarnate in at, what exactly does that mean? Level of what?

##### **[00:57:16.910] - Caren**

Level of realities. There are realities where the energy realms, maybe realms, where the energy is dense and heavy. And Kriyananda explained it symbolically that he got down into the... They call it the tallest realms, T-A-L-A-S. And they are the realms that... We're tailbone up in these chakras, right? But you've got chakras all over your body. There's 72,000, they'll say, chakras. And the lower realms, which are symbolically in the hips, in the thighs, in the calves, in the feet, are the heavy, dense realms. And he tells the story of going down, just to explore out of curiosity, going down into those realms. And he became like a stone person, and he was trapped in that realm. In that dense, dense energy. It was hard to rise up out of. And so, Kriyananda talks in symbolism. And what I took from that is that there are realms of consciousness and awareness that are dense and unaware. They'll use the word ignorance, but that's a loaded word. We don't want it. It's not ignorant. It's just this sense of unaware of other things. And so for us to have incarnated here, that means we have a level of awareness.

##### **[00:58:58.240] - Caren**

We have a level of of aspiration, that a consciousness that is totally consumed with themselves in this moment and can't have. Is that not enough of an answer? Okay, what?

##### **[00:59:21.930] - Natalie**

If I'm taking us too far, I can follow up later. Then is it because of our nature's human beings Are there other beings on this Earth plane that we incarnate at that level, or are there other beings on this level that have incarnated up higher levels? Are those people that are thea Bodhisatvas and people like that? Are they up incarnating on different-

##### **[00:59:42.560] - Natalie**

Bodhisatvas. Bodhisatvas, yeah. Yeah, they are.

##### **[00:59:46.240] - Natalie**

Bodhi what?

##### **[00:59:48.290] - Caren**

Bodhisatva.

##### **[00:59:48.910] - Natalie**

Bodhisatva. Are they people that have incarnated up here?

##### **[01:00:06.350] - Caren**

Yes. That's a simple answer. That's a simple answer, yeah.

##### **[01:00:09.680] - Natalie**

Just because you're on the Earth plane doesn't mean there are other options besides incarnating here or other examples of things around us?

##### **[01:00:23.520] - Caren**

Yes.

##### **[01:00:24.160] - Natalie**

Okay.

##### **[01:00:24.160] - Caren**

I'm so excited. I'm going to keep my mouth shut, but that's why there's this whole other course, Kriya, the Kriya stuff, where we get into this, and it's so fun. But if I go down that road right now, I'll just explode, open this thing that we just don't want to... It's a level two, it's a level three, it's another class. So for the moment, Most of us incarnate here at this level. But even within this level, they say we're here on Earth to lift up to the heart level. We're trying to get our Mars to swoop up and into the Venus, into Venus, into a place of harmony and beauty. This is the portal to these other chakras here, the wisdom and the astral realms are the throat chakra. So getting up to the heart chakra is a big deal. It's a big deal.

##### **[01:01:27.800] - Natalie**

Okay. I'm sorry, Mary. I just want to clarify before I stop. So what you're saying when you say it's a level we incarnate into, I'm just going to repeat back to make sure I'm understanding correctly, is that basically we are coming in for this experience with this level of awareness, but also karma, right? So we have some capacity and some challenges that we're working through with a goal of elevating ourselves to this level of wisdom up here.

##### **[01:01:59.310] - Caren**

That works.

##### **[01:02:00.220] - Natalie**

That was not... There's more to that answer.

##### **[01:02:04.800] - Caren**

No, that works. It's like Earth's School is a Marsian consciousness. There you go. That's why, what's the longest there's ever been without a war on the planet? I remember. Right? And that's why there's these qualities, the qualities of fear and greed and wanting power, Saturn, wanting power. That's another one, right? Power, power, power. It's like those are the seductions of the Earth. And we come here first, as Jeremy asked yesterday, just to have the experience of it, but also in recognize, and the experience of it, it's never fulfilling. It's like Rockefeller. It's never enough. There's never enough power, right? There's never enough money. There's never enough... It's greed, pride, and power are the biggies that we've come here to work with on the Earth plane. Antidote. Generosity. Dana. Generosity. Humility, being able to just serve, to come back and serve. That's the antidote to power. So every time you do Hong-Sau, that reciprocity is softening the edges of us where it's me, me, me, me, me. I want it my way. I want it my way. We're softening all of that every time we breathe Hong-Sau because, Oh, wait. Let me just be a part of this.

##### **[01:03:42.460] - Caren**

Let me just be a part of this. On life's terms, not necessarily my terms, right? There's a softening that happens. And what was the other? Greed, power. Greed. They say greed is the last one to go. It's the last one to go. It's the hardest one to go. They make a very clear distinction that greed and desire, sometimes, that's Jupiterian energy, greed and desire. Desire is also a Venutian thing. But desire for awakening is not a bad desire. And so they don't even use the word desire. They use the word aspiration. We hold an aspiration to wake up because the word aspiration doesn't have the same as desire does. Right?

##### **[01:04:39.460] - Caren**

And so Nat, I think that's a good way to say it. I think that's a good way to say it. And yes, are there bodhisatvas on the planet? Damn, straight. And most of them we're not even aware of. We're not even aware of. They're the lights in the neighborhood, as Caroline Myss would say. I told you the Caroline Myss story yet? About... Okay, so I'll tell you the Caroline Myss story. Tintin.

##### **[01:05:07.630] - Caren**

Caroline Myss story. As most of you know, Caroline Myss is a medical intuitive, and she had been a Catholic nun, and then she left the order, and she's become this incredible teacher.

##### **[01:05:21.530] - Caren**

And she has done a lot of work with people. She started out as a medical intuitive, meaning she would work with, I think it was Norm Shealey was his name. And he would be on the phone with somebody with a disease, and she would tune in, and she would be able to diagnose what was wrong. She didn't know. She wasn't a doctor, but she could go into the person's field. And I'll tell you this part because I think this is so fascinating. So I'm taking a deliberate step to the side because I wanted to cover this in this training. Because oftentimes, we get very confused when there's a lot of emotions around us, and we drink them in. And people who say they're empaths will talk about this, right? And for people who have this, what is so imperative is to learn is how to be aware of what's you and what's someone else, and Let someone else be there and learn how to know what's you and hold on to you and not let somebody else's stuff coming in confuse us, which is a real Piscean, Cancer Water sign thing. It just gets so confused.

##### **[01:06:46.880] - Caren**

These things come in and you think it's you, and it's not you. It's somebody else. And her explanation of this, to me, really was huge for me. She said, What it is, it's It's like you know your living room. You know it. You know exactly what it looks like. And if somebody came in and put a chair in the middle of your living room, you would notice it right away. Now, when we're stuck in empath world or we're just letting everybody stuff come in, that chair comes into our living room and we're like, There's a chair in my living room. We think it's us. We think it's us. What she learned, and this is, I think, good for us, is to recognize, Oh, there's something that's not me in my living room. Who does it belong to? And we can give it back. Or as teachers, we go, Oh, this is in my living room. In other words, Oh, this is... Awareness is coming into... For me, it'll show up, I'll get aches or pains in my body, which is my cue in the opening, or if I'm doing that a meditation, to Now take a deep breath and let's see if we can release that area right on the left side of the spine.

##### **[01:08:07.050] - Caren**

Release the middle of the back. Because my body is picking up on somebody else's pain. It's not mine. I didn't have it before the meditation. Suddenly it was there. Or my heart feels heavy, and I can know that, Oh, that's not mine. That's somebody else's energy. Let me make sure I adjust my meditation to help somebody move through that. Following me? It's this beautiful recognition that you, knowing you, allows you to now recognize when it's not you. If it's not you. You just keep it as a noticing, and you know it belongs to somebody else. And you Tonglen them, or you bless them. But we learn as meditators how to walk this path now and find us. And trust that if this other stuff comes in, that's not me. It's my mother, it's my father, it's my kid, it's my friend, it's my whatever. I wanted to make sure that this is part of the value of understanding our energy body and what our energy body feels like, what we feel like. So when something else comes in, we can use it. We can use it to be a benefit. Rather than getting confused and thinking it's something wrong.

##### **[01:09:33.920] - Caren**

Okay. So remind me what I was talking about?

##### **[01:09:39.510] - Natalie**

We were wrapping up the Mars chakra. I think you're getting to Venus.

##### **[01:09:42.690] - Caren**

Oh, the Mars chakra. Yeah. So we've come to this Earth plane, and we've... Oh, it was Nat's question, that some people are here as Bodhisatvas. That's what they came for. Bodhisatvas is someone who was ready to... They have transcended the karma. They did not need to reincarnate back into this karmic Earth school. They woke up. But they started to go, and they looked back, and they saw the suffering, and they said, I'm going to go back. I'm going to go back, and I'm going to help by my brothers and sisters, and just help ease the suffering of the planet. And they were all over the place.

##### **[01:10:37.650] - Caren**

And so this is the Caroline Myss story. So she had someone come to her at one of her retreats, and the woman said that she'd been in a car accident. This was in England, in London. And she was knocked unconscious. It was a serious, serious accident. And it chucked her out of her body. And as she was hovering above, she could hear and feel the, God damn it, I'm going to be late for work. Fuck, what just happened? And everybody just, Bitch, bitch, bitch, right?

##### **[01:11:13.920] - Caren**

And there was one vehicle where the person in there was sending you light. I hope you're okay. May you be safe. May you be healed. And just sending light, sending light. And it was like this beam of light. And she felt it. And it fed her. It helped her. And she went down, and she mentally memorized the license plate of this car, right? Well, they took her in. They were able to revive her, and she didn't die, and she came back. And when she was well enough, she had somebody who looked up who owned that car. And she went back and she found them. It was a woman, and she thanked her because her prayers were that light in in the midst of everything else that helped her. And so Caroline Myss's thing was, sometimes our karma is to just be that light in our neighborhood. We don't need fame. We don't need... We don't need the big house on the hill. Just be that light in your neighborhood. That's what you came for. And there are Bodhisatvas like that all over the world. And you've met some, I'm sure, right? And they hold that space, and it just radiates from them.

##### **[01:12:42.510] - Caren**

So that's your answer Nat. Yes. And so then, so let's go. We got to the Mars chakra. We talked about anger, right? Anger, very much Mars out of balance. Depression can either be a Mars out of balance or a Saturn out of balance, depending. Definitely, it's somebody who can't express any anger, who's totally imploded this way, Mars out of balance, right? And so to then, Mars in balance. You wake up, you got the energy to do what you need to do. You've got the clarity in that energy to be of service, to be of help, to do what needs to be done. Now, I'm going to sidetrack again here because in our system, the color of the Mars chakra, and we don't have the colors. Chakras don't have colors. They have symbols, and the symbols have meaning. But the symbol for the Mars chakra is a triangle, and it's red. It's red because that's where our energy comes from. And the color of prana is red. It's red. And so when we're looking at healing, we want blue, all this, but sometimes the color of healing is red. It's just refortify, revivify, which is why, just to wake you up a little bit here, You've all heard of the stigmata, which is the wounds Jesus got, in his hands, his feet, and his side.

##### **[01:15:09.470] - Caren**

And throughout time, there have been saints who receive the stigmata. It just appears on their bodies, right? And the liquid that comes is the red because it's the prana. It's not blood, it's prana. It smells like roses. It's not... Anyway, just a little interesting point. Okay, I've been talking too long. We don't usually lecture this much. So should we stop here and pick it up next week with Venus? Do you have any questions or thoughts you guys want to share in the last couple of minutes?

##### **[01:15:51.600] - Natalie**

Just quickly to what you said, I actually enjoy this lecturing a little bit and getting some of the data. I really, I've enjoyed this quite a lot.

##### **[01:16:01.730] - Caren**

Good. Well, then here's what... Oh, yeah, Mary. Go ahead.

##### **[01:16:07.500] - Mary B.**

I mean, even if we incarnated at Mars, we have all of the other energies within us. It's not that because we incarnated at the Mars chakra that we don't have any of the other qualities of these chakras up here. It's in our birth chart. And we also have Jupiter and Saturn. We have all of the energies of all of the planets. Am I right? Am I right?

##### **[01:16:41.350] - Caren**

Oh, absolutely. Yeah, yeah, yeah, yeah, yeah, It's a plane of consciousness. The Earth is a plane of consciousness. There are other realms that are harmonious and beautiful, very, right? And there are other realms that are deeper and darker and denser. It's realms. It's realms of consciousness, and it's all symbolic. It's all symbolic. Heaven, we're taught is a place. It's a symbolic, of a level of conscious awareness. If that's all we got for questions, I'm going to teach you another little piece to go with your white light, alternate nostril.

##### **[01:17:27.100] - Jeremy**

Quick question.

##### **[01:17:28.100] - Caren**

Okay. All right.

##### **[01:17:29.920] - Jeremy**

You made a passing comment that I know we don't have time to talk about it today, but you said there are 72,000 chakras all over your body. I was talking to April yesterday, who is obviously further down the path with sensing in your body. As I was trying to sense these primary chakras that we're talking about, it occurred to me that if I'm trying to pay attention to my Saturn, if there's any feeling at all, and I thought, I can feel that. But then the thought occurred to me, But I can do that in any part of my body. I could imagine if I really concentrate, can I feel any difference in my right earlobe? Yeah, I can. And so I can't tell if I'm actually feeling it or if it's...

##### **[01:18:28.450] - Caren**

No, it It's your doorway in. It's just the doorway in. It's just the doorway in. Whatever you're sensing there, take it. And then as we do more techniques and we do more, your awareness of the subtle energies will begin to grow. We start somewhere. And for most people, it's somewhere along the spine. It's usually Or sometimes it's a sacrum, sometimes it's the solar plexus. Just depending on where you're at, some people, the heart center is really easy. Some people, there's nothing. It's not right or wrong. It's just all of your past karma that you've come through with is, we call it Granthis, knots in these Nadis, these 72,000 symbolic number of Nadis, and everywhere Nadis crosses a chakra. So it's a symbolic number that we are just full of chakras. The main ones, the ones that we can work with are the seven chakras, which are six levels of consciousness. And so really, when we're looking at chakras in this system, we're looking at them at a Saturn level of conscience. It's constricted, it's set. A Jupiterian level of consciousness. It's expansive, it's curious. A Marsian level of consciousness, either aggressive out there or... Let me be of service.

##### **[01:20:10.800] - Caren**

A Venutian level of consciousness. Harmony, beauty, Compassion, a Mercurial level of consciousness. Knowledge. Let me gain knowledge. Let me find how to move into the subtle realms and understand the symbols in these other realms. And then we have the Sun Center, which is wisdom. And the goal of us, earthlings, is to bring the wisdom and the compassion together, which is why we need this. This, Mercury, is a messenger of the gods. Mercury is the one that helps us communicate between these two very, very powerful and equally important centers. We are evolving from this Marsian consciousness into these upper three chakras. That's what we're doing. It's important always to remember these symbolic. These are symbols. It's a symbolic language, and it's really a way to try and communicate levels of consciousness, levels of awareness. That's really what we're trying to do. We've never gone this far into chakras in this class. You guys are... This is pretty cool. I think what I'm going to do is I'm going to leave you with a little gem that you're just going to love to chew on, and then I'll take you to the next level of the technique. I would like you to practice the one we did where it's, inhale, white, exhale, smoky, and then the other side.

##### **[01:21:59.740] - Caren**

use Shiva mudra if you can. Inhale, white, exhale, smoky. Three, and then inhale, white. Exhale, white. Exhale, white. Okay? And then we'll do the next step in the next class. But before we go, so what are the poles of the chakras? What are the poles? The signs of the zodiac. So the Saturn chakra, and we can go over that next time. For this week, just the planets are the chakric levels. The polarity of the chakras are the signs of the Zodiac. I'm telling you, the system is profound. And once we have a language, we can go so much can be communicated. So this isn't random. It's not random. There's so much order in this. So much order.

##### **[01:23:05.050] - Caren**

So next week, if you want, I'll tell you which signs go with which chakras. How's that? All right. So are we good? You're a little full? All right. Yeah, full of. But isn't it yummy? I just love this shit. Okay, so let's just find our seats. Let's drop into our hearts. And holding a sense of each other, just that connection, that feel that connects all of us including Maggie. Let's do our Shanti Mantra. First one for ourselves, second one to the field of all of us, and let it radiate as a with our third Shanti.

##### **[01:24:03.630] - Caren**

Inhale. Om. Shanti. Shanti. Om. Shanti. Om. Om. Om. Om. Shanti. May we be blessed. May we be blessed, and may we be triply blessed, so that we may be an even greater blessing to others. Namaste.

##### **[01:25:01.580] - Caren**

All right. All right, everybody. Enjoy your week, and I'll see you group this week, and chew on it. Chew on it. A lot of good stuff today.

##### **[01:25:13.670] - KES**

Can I just make an observation, and I hope this doesn't confuse, but on the Mars chakra, that's where our umbilical cord is attached, the navel. And is that the reason that that's where the karma, that's where a reincarnation? Is that what they-

##### **[01:25:36.080] - Caren**

Well, what they say is that the Earth is a Marsian level of consciousness, and that's why the umbilical cord from the mom goes into that. The chakra that connects us to the mom is the Earth consciousness chakra, which is the umbilical cord at the navel. Yes, that's what they say.

##### **[01:25:59.100] - KES**

For me, that makes sense with the reincarnation thing. Anyway, just thanks.

##### **[01:26:06.220] - Caren**

Yeah. All right, everybody.

##### **[01:26:09.960] - Group**

Thank you. Bye. Thank you. Have a good Sunday.

##### **[01:26:15.280] - Caren**

You're welcome.