##### **[00:00:06.01] - Jeremy**

Maggie, I was going to tell you, I was doing the transcript for one of our sessions a while ago, and you mentioned Sierra Farrell and Guster, and such good music. Sierra Farrell, she's connected to a band that we follow called The California Honeydrops. There's some indirect connection, but similar.

##### **[00:00:31.12] - Maggie**

Right. I'm always looking for the next one. The next one I fall absolutely in love with. California.

##### **[00:00:44.12] - Jeremy**

I will say their best live. If you can go to a live show, it's like one big party. Everybody's just dancing their butts off. It's so fun.

##### **[00:00:58.13] - Maggie**

Who did that?

##### **[00:00:59.16] - Caren**

Me. I didn't know who Sierra Farrell was, so I just went on to Spotify. Okay, thank you for that. All right.

##### **[00:01:08.24] - Angela**

How do you spell her last name?

##### **[00:01:13.24] - Maggie**

F-e-r-r-e-l?

##### **[00:01:15.07] - Caren**

I think. E-l-l. E-l-l. Yeah.

##### **[00:01:17.17] - Angela**

Oh, okay. I'm always curious, too.

##### **[00:01:23.03] - Maggie**

She guests on a lot of different things, but her last two albums and that American Dreaming. The album before that, which talks about she wants to be a Pisces or a Cancer who crawls on by. I'm just like, oh, I love that song.

##### **[00:01:41.21] - Caren**

Okay, I'm going to look for it.

##### **[00:01:47.13] - Jeremy**

Yeah, Caren, you'd probably like Sierra Ferrell because it's a little closer to the country side of things. It's Americana to me. That's good.

##### **[00:01:56.12] - Caren**

That's all right.

##### **[00:01:58.13] - Maggie**

But she's got quite a bit of Gypsy jazz on there, which Agnieszka introduced me to because she takes me to the Gipsy jazz guy in Chicago when I come visit. He plays on Wednesday night, Antonio [Alfonso?] Ponticelli. And he's a Gypsy Jazz guitarist. And then he has a little, the bass player, the drum guy, and the, there's one other instrument. Anyway, and guests people come by, and I keep thinking, Oh, I bet Sierra Ferrell used to come in and guest sing with him. Because she does that exact sort of... I was in Chicago when she was doing street band, performing and stuff. She was a street performer. She was a street performer in Seattle. I mean, it's hard for me to... If you read her bio, I'm always fascinated with that stuff.

##### **[00:03:03.06] - Jeremy**

We have a lot musically in common. I took Gypsy jazz lessons. I cannot play it, but I love it so much. We'll talk about that later.

##### **[00:03:12.07] - Caren**

Yeah. Okay. Gypsy Jazz. Never even heard of it. Damn.

##### **[00:03:16.15] - Maggie**

Ask Agnieszka, it's her boyfriend. But her boyfriend, he doesn't know it yet.

##### **[00:03:23.02] - Jeremy**

Really?

##### **[00:03:24.05] - Maggie**

Someday she will tell him.

##### **[00:03:27.09] - Jeremy**

Yeah.

##### **[00:03:28.05] - Maggie**

Her boyfriend.

##### **[00:03:29.13] - Caren**

Yeah. All right. Okay, you guys, we're doing great here. I want to get through these next two questions, and they should be fairly simple because there's no discussion. It's just, what is your go-to technique that you use the most? And we can just start with anybody and then call on the person next to you. Okay? So, KES, go first.

##### **[00:03:56.16] - KES**

Guess what? Breathing, breath is my go-to technique. I take a deep breath, and I also hear deep cleansing breath when I think about that. And then I center. And when I center, I guess I align my heart. So Venus, Mars, Jupiter, and then I come down. But it's more in Jupiter and Mars. I guess, what I think about. But then I ground to the base, Saturn.

##### **[00:04:39.12] - Caren**

I'm so impressed. Okay. And so how long does this take?

##### **[00:04:44.09] - KES**

Seconds.

##### **[00:04:45.03] - Caren**

Beautiful.

##### **[00:04:45.18] - KES**

Because I've been doing it for... Because going to Unity Church, they always did a meditation during the church service. And so I really did. And it was usually not guided in the ones I went to. And so... And they would sit for 10 minutes or something. So I did learn, bring it back, bring it back. And it happens instantaneous, and then it's gone again. And then I have to bring it back. And then it's gone again. And then I have to bring it back. And then it's gone again. And then I have to bring it back.

##### **[00:05:22.14] - Caren**

Breathe. There you go.

##### **[00:05:25.10] - KES**

Whenever I had to get the boss, the boss said, come and talk to me. I was like, take a breath. And also I would remember that life is supporting me and the universe loves me and that stuff. Anyway, so there it is.

##### **[00:05:42.11] - Caren**

Wait, she says that stuff, but that's not to minimize. It. She says it in the way of meaning you all know that, right? You were definitely never going to minimize that. Yes, thank you. Well said, KES. Well said. Okay. Who's next to you?

##### **[00:05:56.15] - KES**

And Jeremy is right next to me. Jeremy.

##### **[00:05:59.23] - Jeremy**

The first thing that popped in my head was Hong Sau, but I feel like I have not mastered Hong Sau. I go there out of want, like, okay, I want to go to Hong Sau because I know I can find it. Damn it, that didn't work. What actually I do every day is three-part breath. It's just as simple, it's very similar to KES. That's the that I go to, and it's a few seconds. But Hong Sau is like, it's so rich. There's so much there, and I want to use it, but I just haven't learned it well enough to get to the heart right away. But through the breath.

##### **[00:06:46.16] - Caren**

Okay, thank you. Who's next to you?

##### **[00:06:52.19] - Jeremy**

Oh, you're talking to me. Mary.

##### **[00:06:59.17] - Mary B.**

Well, I go to the breath, too, but I try to find it in my heart, usually. Sometimes I do a three-part breath to get me in there, and then I try to breathe into my heart, and I also immediately attune to my Ishta. Those are my basic ones. Then I'm counting breaths and watching my breath. I go to breath a lot, too.

##### **[00:07:32.02] - Caren**

Okay. All right.

##### **[00:07:34.00] - Mary B.**

Okay, let's see who's next to me. Let's see, you are. And so's KES, but there's Angela right down there on my lower left.

##### **[00:07:42.12] - Caren**

Okay.

##### **[00:07:44.14] - Angela**

I pretty much do the same thing with the breath. I try to stay in my present and then use the three-part breath. That's really been my go-to lately. The most recent has really been effective for me. Then breathing, once I get settled with that and I feel like I'm more present, and then I breathe as if I'm breathing from my heart.

##### **[00:08:17.21] - Caren**

Okay. How long does that take?

##### **[00:08:21.16] - Angela**

Yeah, very quick. I don't know. I've not really timed it, but yeah, maybe a minute.

##### **[00:08:28.09] - Caren**

Maybe a minute. Okay. Yeah. Great.

##### **[00:08:33.05] - Angela**

And then Maggie?

##### **[00:08:40.09] - Maggie**

When you say, I use the most... So... Because there's always a soundtrack going on in my brain, which many of you have just said you have the same, I said mantra was my immediate response because, for example, the Gaiatri, am I saying it correctly?

##### **[00:09:08.22] - Caren**

Yes, gaiatri.

##### **[00:09:12.06] - Maggie**

Has been in my head nonstop up until maybe yesterday evening since retreat. I still don't know it.

##### **[00:09:24.19] - Caren**

It takes years.

##### **[00:09:26.12] - Maggie**

I know the chakra part, although I can get a couple of them mixed, flipped. And then I do it again because I think oh that's not right. But then in the middle of the night, when I wake up and it's playing in my head, it just, [inaudible] it just goes right up, and it's just like, wow, that's pretty good. My subconscious knows it. And then if I had to say a second, I would say yoga asana, just not anything in a flash. In a flash, it's just like, weight in the heels, Maggie. Weight in the heels. Get your femurs back. That'll make you feel fine. You'll be grounded. That's my weight in the heels. Femurs grounded. That's more of an instant in that regard. Okay, that's enough, I think.

##### **[00:10:26.19] - Caren**

I love it. I love it. Okay. So it leaves Nat, I think, right?

##### **[00:10:31.19] - Natalie**

Yeah. For me, the way I answered it in my head was I just go to the be present, and I just say, right here, right now, right here, right now. That's what happens in my head. And then it's a thing. I definitely get in my body. I feel grounded, and it's like, what's real right now? And I get in, be present, is what I wrote down. And then I do think I do come back to the breath depending on how hard that getting present is in the moment. And for me, it's Hong Sau or alternate nostril. If I'm in a rough spot, the alternate nostril for me is a real tactical, physical. You know what I mean? Helps me get away from the thoughts.

##### **[00:11:16.06] - Caren**

Do you do it always with your... Or can you do it without your hand?

##### **[00:11:19.24] - Natalie**

I cannot do it without my hands.

##### **[00:11:21.13] - Caren**

Oh, okay.

##### **[00:11:22.08] - Natalie**

Not evolved to that far yet.

##### **[00:11:23.24] - Caren**

Well, thank you, Nat. And just for whatevers, you can learn to do it without your hands. Have I already said this? Yeah. And it's... No. Some people say no. The ability to just... Because sometimes you aren't in a place where you can put your hand up there, right? And it doesn't matter. In the beginning, you'll start to feel a little more on one side. You'll still feel the air on the other. But you just keep putting your mind, remember where the mind goes, the energy follows, right? The energy goes there. If you just keep, eventually, it's like your body just knows what to do, and you'll feel it more and more. But that way, you can do it in a situation where it's just not appropriate to do your hands like that. Okay, so some of you are hearing that for the first time? No, I know some of you aren't. Okay. I'll just give you the story of how I didn't discover this, to be honest with you. A student of mine way, way, way, way, way back. She was a nurse in the Children's... I don't know if it was in the ICU but anyway, she worked at Doernbecher's in the Children's, and it was very high, intense, when a kid comes in.

##### **[00:12:52.09] - Caren**

And so she started doing it to prepare herself for work on the drive into I-5. She lived south, and she was driving, and so she couldn't be putting her hands up here. And so she started learning to do it while she was driving. And then she discovered it was so useful for her to use in those situations of high, high, high intensity. And I was like, wow, Jan, what a great idea. And then I started practicing. It's like, oh, man, I can do it, too. It was very cool. So that's something fun you can just play with, right? Okay, great. And similars, but different. And each person for their lifestyle and what they've come through, the causes and conditions that have brought you to this moment. Maggie comes out of asana. So of course, right? Nat came into this through the anxiety, which was right here, right now, right here, right now, right? And each one of you, where you've come in from, what's the technique that works? And you may think, why is she doing this? This is so nothing, but it isn't nothing. Because if you're going to be, whether you're in person with somebody, teaching a class with somebody, what's the technique for them?

##### **[00:14:13.20] - Caren**

What's going to work for them? And that's why in our beginning class, we do a short verse, bits of little stuff so people can find what's their way in. What's their way in to the present moment? Because there's not just one way. Before we go to our next question, this was on my stuff I wanted to talk about this week. There's a different way in because people are so different. And in the world of yoga, they say that there's four kinds of yogis. There's a Bhakti, B-H-A-K-T-I. Let me put in the chat. B-h-a-k-t-i, Bhakti. It's going just to Natalie. Let's put it to everyone. Everyone. Bhakti. Did it keep the spelling? Yes. Bhakti. And there's Karma. And there's Bhakti, Karma, And then there's lots of different ways to spell this one.Jnana . Some people spell it like this. Jnana. And then there's Rajas. Okay, those are... And we all have one of these that's more pronounced in our nature. And so for us, a technique that feeds that will work best. So a Bakhti yogi is what we call devotional. That's the Angela place. God, God, God, God, God. I I love God. I love God.

##### **[00:16:00.24] - Caren**

I love God. So if I was to listen to what people have said, Angela and Mary would come under more the Bakhti yogi. Now, I don't know if you are, but I'm just saying just from what we said at the beginning, it's that place in you that is just... Kirtan people are Bakhti yogis. It's just the underlying place. Is there something you just love? And I don't want to use God in the limited sense. Just love, love, love. There's a devotion. There's a devotion that is a very important component of your seeking. And then there's... Did that make sense? Okay.

##### **[00:16:42.15] - Caren**

Then there's Karma yoga. Karma yoga. Karma is the doing. I teach Karma yoga. Use it, do it. Use it in your life. Do it in your life. Use it, use it, do it. With the Ishta, which is the devotional... It's a portal for people, it's devotional. We can get in there through the Ishta. But I don't teach a devotional style of meditation. Do I use it? Do I do it myself? Yes. But ultimately, our Hamsa is about use it. Don't talk about it. Do it. Use it. And see where you go from there.

##### **[00:17:38.24] - Caren**

So karma means action. It's from the... Karma is the same root as the word Kriya, Kriya, K-R-I, Kriya, K-R-I-Y-A. Karma has the same root, kri. And so Karma yoga is the yoga of action on the Earth plane. Some people will say it's about service. It's about being of service. But I think what I've just said is enough. And thenJnana , It'sJnana ,Jnana . That's why sometimes it's J, G, J. Sometimes it's J, but it's Jnana, is the way I was taught. Jnana, Jnana, Jnana yoga is wisdom yoga. Wisdom. This is wisdom in the sense that people who love the texts and the sutras and the teachings, and there's just a deep love of wanting to know, wanting to know. We're not a text, sutra, sangha at this point. Will we eventually do more study of the text? Sure. But before the study of the text comes, use it. Do it. Use it. Too many yogis get stuck in their head. The knowledge is seductive. Let me know all the different schools Let me know the lineages. Let me know the teachings here and there, and what's the difference between Thera vata and Mahayana Buddhism, and what are the different types of Vedas, Vedic teachings, as opposed to the Kriya teachings.

##### **[00:19:30.20] - Caren**

It's luscious and yummy, yummy stuff. And if that's what just stirs your soul, it's another path, and that's the Jnana, that's the wisdom.

##### **[00:19:40.08] - Caren**

And then there's the Rajas path, which is all of them. All of them. All of them. And I suppose on some level... Yeah Mare? You're muted.

##### **[00:19:56.07] - Mary B.**

How do you mean that, all of them?

##### **[00:19:58.24] - Caren**

It's devotional. It's all. It's action, and it's wisdom. It's all, all three. Now, three of my teachers, Kriyananda, Anna and Harvey, are a combination. They're mainly Jnana , they're knowledge-based. And Kriyananda had the Karma component because of the Kriya, and Anne and Harvey have the Bakhti component. And Sally was a Bakhti yogi and Jnana yogi. So you're not just one, you're a combination, right? But when part of us learning to speak the language of the people we're interacting with, It's what's the language that's going to work? So when Nat was going through anxiety, there was no Bakhti, there was no, turn it over to your Ishta. Nat wanted concrete karma, right here, right now, Karma yoga. So That's how we approached it, right? If Angela is going through great anxiety or Mary, from what they said, turn it over to your Ishta, turn it over to your Ishta, turn it over to your Ishta. Do you see how it's subtle, but it makes a real difference. And all paths will lead you there. There's no one right path. It comes back to what we said earlier. Everybody's mind is unique and wondrous. There's nothing wrong with it.

##### **[00:21:28.11] - Caren**

So what is the path that feeds your mind, feeds your soul, feeds you? It's just this life. It's not your ever's. It's just this life. This is the path you're walking, right? It's not right or wrong. It's not right or wrong. There's not just... I mean, oh, my God, there's so just not one way. There's so just not one way, right?

##### **[00:21:56.06] - Caren**

So what would you say you are, given this. What do you each think you are? Now, unfortunately, I labeled a couple of you, but you don't have to accept my label. You can say, no, no, no, Caren, you're wrong. Right? Nat - I love it. But so what do you think you are? If you look at this list, give me your main one and maybe your second, your first, your first. It's just something it's just nice to know. And this doesn't mean it's not going to change. Like KES may discover Krishna Das, and it's like, Oh, my God, she's gone. She's in. Give me Krishna Das all day long, right? Deva, Deva, Pramal, Bhakti Yogi, Bhakti, Bhakti, right? So what do you think? Mare?

##### **[00:22:46.02] - Mary B.**

I'm generally Bhakti, but I like them all. But Bhakti is my real go-to. But I would say Rajas, too. I mean, I like it all.

##### **[00:22:59.08] - Caren**

Actually, let's leave Rajas out of the list because Rajas is its own... I mean, it really is. It's called the Royal Path. Rajas means the Royal Path. And there was a... Now I'm not going to remember his name. He was the first guy who came over in the early 1900s. Starts with a V, Vivekananda, and the Royal Path. The Royal Path, that's what he brought over to this side. And so-

##### **[00:23:27.18] - Mary B.**

No, then I'm Bhakti, Karma, and Jnana.

##### **[00:23:34.12] - Caren**

Jnana? Okay. All right. In that order?

##### **[00:23:38.10] - Mary B.**

Mostly Bhakti.

##### **[00:23:39.17] - Caren**

Okay. Yeah, maybe that's a better way to say it. Of the three, Bhakti, Karma, Jnana, what's the order most to least for you? So, Mary, would you say Bhakti, Karma, Jnana ? Yeah. Okay. All right. Who's What's next to you?

##### **[00:24:02.15] - Mary B.**

KES. Okay.

##### **[00:24:05.19] - KES**

I think I'm mostly Jnana because I really like to understand what it is. But then I go to God, God, God, devotional, and then I try to live it. That's what I'm working on.

##### **[00:24:24.23] - Caren**

That's beautiful. Beautiful. Jnana , Bakhti, Karma. Okay. All right. Who's next to you?

##### **[00:24:34.03] - KES**

Oh, Jeremy.

##### **[00:24:39.12] - Jeremy**

Mine is Karma, Bakhti. I have Bakhti inclinations, but that's something I'm working with because I don't know if that's conditioning or my nature. And so that's why I hesitate. Because, I tend to go to devotional, like I will ask you questions, what is the exact proper way to sit? In fact, I have one now, which is I'm sitting on a cushion and my legs are crossed. Shouldn't my feet be flat on the floor? But that feels devotional to me. That feels I must do it, the proper way to be of true value to the God that is dictating these things. That's the ingrained.

##### **[00:25:28.23] - Caren**

That's old stuff.

##### **[00:25:31.09] - Jeremy**

Exactly. I don't believe that consciously, but subconsciously, I have work to do. I would say, that being said, I do find joy in Ishta, and once you explained, like when I asked, Is it we or is it I? That's because I'm wrestling with that question. When you explain that we can be the components of me, I find devotional satisfaction in that. Then the third, I don't know. In everything else in my life, I like that. But in this, I just don't seem to gravitate. I don't enjoy reading about it. I enjoy doing it. I'd say that's a strong third.

##### **[00:26:25.03] - Caren**

So you would... It's Karma, Bakhti, Jnana?

##### **[00:26:28.12] - Jeremy**

Yes.

##### **[00:26:29.01] - Caren**

Okay, all right. Okay, great. Who's next to you?

##### **[00:26:33.24] - Jeremy**

Maggie.

##### **[00:26:40.03] - Maggie**

I would have said the same as Jeremy until he explained it. Now I'm thinking Karma, and then Jnana.

##### **[00:26:53.22] - Caren**

Jnana. Jnana. Jnana.

##### **[00:26:55.24] - Maggie**

And Bhakti. I would have said, Karma, Bhakti, Jnana . But I do love the reading part. I can't tell you how many damn books I have. It's just crazy. I've read a bunch of all of them. They all ring so true to me.

##### **[00:27:21.24] - Caren**

Okay. All right. Who's next to you?

##### **[00:27:28.17] - Maggie**

Angela I think is closest yeah.

##### **[00:27:32.23] - Angela**

Okay. I think for me, it's Bhakti, Karma, Jyana, but I absolutely love the text and the teachings, too. But when I really look at how it's been for me, this rings true. It's hard to even imagine one without the others. Okay.

##### **[00:28:02.10] - Caren**

All right. So Nat, I think that's you.

##### **[00:28:10.03] - Natalie**

It was funny because when you said Karma yoga, I was like, Yeah, totally. But then as I thought about it, I was like, I think that is very much the strong one and what it was for me at that time in my life. But I would say right now, and even being in this class is the transition for me to the Jnana , because I was a philosophy major. The Jnana , that shit is my stuff. I love it. I think I'm probably really balanced between those two right now, and I don't know which way I'm going. Karma is definitely what I'm doing in my life right now, I feel. But the Jnana is right there, really strong. And then the Bhakti is the very least of mine. The devotional one is I love my Ishta, but Bhakti is like, I got these two, and Bhakti is over here.

##### **[00:28:52.24] - Caren**

I love it. That's so true. That's so true. That's So true. If Krishna Das ever comes to the Northwest, we should all go. Because it is an experience. Between the percussion, there's so much percussion, and it is rather transcendent. It reminds me of what they talk about with the... I mean, it's not like it at all, but with the Sufis and the spinning, and you spin and spin to the point where the idea is that you're spinning. And as you're spinning, you're losing the body and your spirit just pops out, pops out, and you have that transcendent experience. And when you're doing something with Krishna Das. I mean, there are a whole bunch of people out there right now, but he's the one that's most well known, I think, or Deva [Premal &] Miten. Something happens and you you expand out, you expand out, and it's beautiful.

##### **[00:30:03.14] - Mary B.**

And then when you get in a group of people, you've got this whole huge, I don't know where, Revolution Hall or something like that, where everybody's singing it. It's wonderful.

##### **[00:30:20.00] - Caren**

It really is.

##### **[00:30:21.07] - Angela**

For when you asked about the favorite technique, I mean, technically, really, mine is mantra, which is similar, which I relate to in that way. But I just wanted to refer to the quick one that I use every day because you don't... I mean, mantra for me takes a long time to cultivate. You have to sit for a while, for me, to Anyway, sorry, that was sidetracked.

##### **[00:30:47.05] - Caren**

No, no, no. But that was my question is, what do you actually use? I mean, it's what do you actually use? That's what I wanted to know. Because mantra is like Hong Sau. It's like if you're trying to settle into a meditation where you're actually working with your mind to settle it, to go into a deeper meditation, that takes time. And it takes time even for advanced meditators, it's not like... I mean, there are days where you're going to sit. If everything... Some of you may have had the experience, you wake up in the morning and you're just still in that state and you sit and you go deep right away, right? Because you're already partially there. And this is the importance of having a spot that is your spot, because it's like everybody knows, oh, when I sit here, I'm going in. And so when we have our spot, it's a tool that helps us just drop in a little more faster because everybody knows. And But when it's on a more general level, when you're sitting to go into deeper meditation, whether it's with mantra, or Kriyas, or Hong Sau, It takes time for the mind to settle.

##### **[00:32:17.21] - Caren**

And the traditional teaching is that it takes about 20 minutes to get in there. And that was across the board, whether it's Kriyananda, Sally, and Harvey, and I've heard at other places, too. Some days it's not true. Some days you sit and you're there. Some days it's 10 minutes. But on days when it's, a day, 20 minutes of coming back, coming back, coming back, and then something opens, right? And so. What else did I want to comment on?

##### **[00:32:59.15] - Caren**

So anyway, I think it's just lovely to have just another way in with the people you're around. It's like, I didn't talk Bakhti language with Nat, right? I talk Bakhti language with Mary B. When we're just talking, right? It's like you learn to speak to the people in your life. I'm not even just talking to students, just to the people in your life in the language that can reach them. And that's wisdom. You're not betraying something. You're not standing up for a truth you know. It's wisdom to speak someone's language. Jeremy.

##### **[00:33:40.10] - Jeremy**

This is really interesting. I have a question for the future, but what you just said is what I want to talk about. The question for the future is, when I'm singing in a group or in a crowd, I am immediately moved to tears by it. I cannot help it. First of all, I don't know if that's true for everyone, but I'm just curious why. I had an experience once that was at a rock concert. It felt like the person was singing from inside of me out. That's the only way I could explain it. It was like, How's this happening? It's coming from in me, not at me. That's the future thing. But what you just said is really fascinating because when I go back to my family, and they call it the Pure Language. They feel that they speak a separate language than the world. It's just terms that they use. I can still speak their language, and this makes April very uncomfortable when I do it because I sound like I'm one of them. There's a point where I almost feel like I'm deceiving them because I can still speak their language, but I do not believe what they believe in.

##### **[00:35:00.05] - Jeremy**

And so I feel conflicted about that.

##### **[00:35:02.22] - Caren**

Okay. So when you speak their language, though, do you hold the knowing of what you mean by those words speaking in their language? That, to me, is the key piece, is we become translators. We become translators. So if I'm doing a Blessing for the Departed, for somebody who Jesus is their person, I'm sending them up to Jesus, and I talk to them about Jesus, because Jesus is a symbol, and it's a symbol they recognize for something I know is so much more. I hold what I know and I frame it. I realize that Jesus is the word they use to describe what I would use as the ultimate reality. That's part of our wisdom, and growth, is recognizing that you can speak their language, and you're trying to meet them where they are. And there's absolutely nothing wrong with that. That's respectful, that's honoring. And it's important that we do it without a sense that I'm better. But it's just you say Jesus, I say this, but I can use the word Jesus with you. And it can be a little hard. You've all been, well, maybe not all, but I know several of you have been to events where that language is being used.

##### **[00:36:39.03] - Caren**

And what is the word, the phrase they use? The blood. The what?

##### **[00:36:49.06] - Mary B.**

The blood of Christ?

##### **[00:36:50.21] - Caren**

Yeah, but it's in the sense of saved by the blood or something like that. There's a phrase they use. And it takes It's work for me. I have to really just breathe and just try and remember that this is their way in to a very deep devotional place. And their devotional place is touching the same place I touch, devotionally. I just call it different. And it's hard because some of the symbols are I don't see the symbol the same way they see it. Does that help? And so you're a translator, Jeremy. You're a translator, and that is actually a very wise way to go. Why create division? Find the unity.

##### **[00:37:47.09] - Jeremy**

Yeah, it does help. You have those pivotal moments in your life. For me, one of them was the first time, the only time we were in Notre Dame, and there was a women's choir. The way that April and I were raised, we were afraid of those places. My mind, I had been in the National Cathedral in DC. Also, we overpacked the elevator going to the top of the tower, and the elevator got stuck, and I thought, oh, great. I'm going to die in a place of devotion to a false God. Wonderful. That was what I thought at the time. But we're standing in and what occurred to me was the singing was outrageously beautiful. But I realized these people built this thing and do these acts of service because of their love for their God and what they believe. It's all wholehearted. We were taught it was evil and it was to control everyone, and ironically, coming from a cult point of view. But at that moment, that's the transcendent moment when I knew, oh, people, they're of these... Some people are Bakhti. I did not know that word, but that devotion makes them feel whole, and I could accept them for that.

##### **[00:39:15.18] - Jeremy**

At that moment, it changed. But it came through music. It came through sound. It came through the connection to people. It was really interesting. But it did help.

##### **[00:39:26.11] - Caren**

Because music is. Music is a universal touch point connecting us, right? I think you guys remember when I went to San Francisco for my sister's piece in the... Was it Episcopal? Must be Episcopal because they're the ones that are very ceremonial. I was weeping in tears with so much just the Bakhti, the devotion. But they were using all those words. But the music, the devotion, the full-heartedness, as you just said, Jeremy, that they're bringing to this, we meet there. We meet there. And let's find the places we meet. Let's find the places we meet. Who cares what the name is? Let's not fight over the name. Let's not fight over how we got there. Let's meet there. Let's meet there. So it's beautiful. Beautiful point. Yeah, Mare, you're going to say something?

##### **[00:40:39.04] - Mary B.**

I don't want to take us off too long either. But after having taught kindergarten and first grade for so many years and having children who came to school every day, and a lot of them hadn't... Because this was back in the day. I've been retired 10 years now, and this was back in the early '90s and on through to the 2000s. But Oregon City had a lot of very conservative Christian people in it, and I was not. But I used to say, I can speak Christianese. I can speak it. It made them so comforted because I could put things in terms of Jesus. I had had enough of a background myself that I know the language. Then I started saying to myself, well, how can I do this? My Jesus is the Jesus of the Course in Miracles. But the point is, it's all the same source, different symbols, and we put our values on those symbols, but it's the same freaking symbol. It's the same freaking source. I could make those parents feel very comfortable because they knew their child was with somebody who loved Jesus. I really thought with myself for a little while, well, am I being honest?

##### **[00:42:24.01] - Mary B.**

But then I realized it is the same. It is the same. I was as safe for their children, perhaps safer as a Course in Miracles type Jesus person than I would have been as a Baptist. I had incredible conversations. There was a mother that lost her child, and she kept in touch with me, and she was with a very, Followers of Christ in Oregon City. I don't know that you know who those guys are, Jeremy, but she was a Follower of Christ mother. But she kept coming to me. She kept calling me, and we would have these conversations and helping her work through her grief. She said things to me like, If I get really quiet, I don't know how to say this without crying, but if I get really quiet and close my eyes, sometimes it feels like Holland is just within me. He's like, he's a part of me. He's not separate. He's with me, and he always will be. But things like that. But if I hadn't been a Jesus quoting person, she would not have been able to share that. I think that was really important. Anyway, that was really-

##### **[00:43:59.08] - Caren**

No, that was beautiful. That was It's beautiful.

##### **[00:44:00.18] - Mary B.**

But sometimes if we get so into our own meaning for the symbols that they have to be the way we think they are, then we separate. We don't include. And love is inclusive. So there you go.

##### **[00:44:25.14] - Caren**

And there's nothing wrong with using the word Jesus if you can do it without choking. If you're going to choke on it, don't use it. But if you can, then speak their language. Speak their language, speak their language, speak their language, speak their language, speak their language, speak their language, speak their language. That's a Kriyananda teaching. He would put it this way. If you're talking, you're trying to explain something, you explain it one way to an electrician, another way to a plumber, another way to a chef, another way to a mother. You use the words that they understand. And it's not false. It's not a betrayal to what you believe. It's what Mary said. She connected. She was place. She was a resource of comfort. I don't know that any of you will ever be guiding people through their final hours. Well, Mary, Mary. But if somebody is a Jesus person, You give them Jesus, and you talk Jesus, right? And if they're a Mary person, you give them a Mary. If they're a Buddha person, you give them Buddha. If they're an Allah person, that's our wisdom. That's the openness of our heart that we can hold space for all.

##### **[00:45:48.11] - Caren**

And so, Jeremy, I applaud you, and I want to encourage you to keep doing that. And April will work it out. She'll work it out. God bless her. That woman is... She's amazing.

##### **[00:46:01.09] - Jeremy**

She already is. She brought that to me when my mom was in her final days. When she told me the fears that it brings up in her, that she actually wondered if I was slipping back into that world, which was when she told me, I said, I want to dignify what you're saying, and I respect what you're saying, but I'm trying so hard not to laugh because it is so impossible what you're afraid of. It's so impossible, but I don't want to laugh. But it's really funny. But I understood why. It's because they talk very, We'll see your mom when God wipes out everyone else except the true believers, we will see her again. I didn't say to my aunt, who was my mom's best friend, I didn't say to her, well, that's bullshit. It's not actually going to happen. I said, Yes, you will.

##### **[00:46:58.24] - Caren**

Okay, so let me just... I don't want to get into this too much. We can save it once... The Blessing for the Departed. We do see in that first moment what we believe will be there. They say. Haven't had that happen, but they say that whatever construct you've carried, that will be the first place. Because the mind is going to go through. Caren, don't. The first place we go are the projections that we've carried here. Part of the training of a meditator is to move through the projections, to move through the projections to the reality of the source. Okay, so that's all I'm going to say in that matter. But I do want to say, Mary B., you've been hanging around me too long, girl. You said the freaking... You're talking about God, and you said the freaking da, da, da. And I was like, Mary B., you never used to talk like that! You've been hanging around me too long. I chuckled. I had to chuckle. But it is a great expletive, not expletive. But it's a great augmenter, isn't it?

##### **[00:48:19.14] - Mary B.**

I didn't even realize. I guess I've been hanging around you too long.

##### **[00:48:23.09] - Caren**

You have.

##### **[00:48:23.24] - Mary B.**

I'm very careful because I taught kindergarten in first grade. I didn't want to say it.

##### **[00:48:29.08] - Caren**

I didn't hear Mary say, Fuck until 10 years ago.

##### **[00:48:34.09] - Mary B.**

Oh, my girls. Gloried in the day I said, fuck, first time.

##### **[00:48:36.17] - Caren**

Yeah, first time.

##### **[00:48:38.16] - Mary B.**

They had a celebration. [inaudible]

##### **[00:48:40.14] - Caren**

Okay, so I have on my little list today. I've talked about the Bhakti. I did want to talk about Hong Sau. Believe it or not, it was actually on my list. I saved it till this class because on one hand, it's just a simple, beautiful beginner technique. On the other hand, it is the technique that takes us all the way. Can take you all the way. Is it your technique to take you all the way? I don't know. Ishta might be yours, mantra may be yours, but Hong Sau will. It's in the Kriya tradition, the Yogananda tradition. And those of you who read Autobiography of a Yogi, you read that, and there's no doubt in your mind that Yogananda was a Bakhti yogi. He was a Bakhti yogi. And I think that's why I resonated so much with his book, because... I'm not going to go there. But what they talk about in the world of Kriya is that there's Hong Sau, which they call minor Kriya, and then there's the secret Kriya technique, which someday we'll have the program to train everybody up. I'm really trying for next year, but we'll have to see how things go because I think so many of you are ready.

##### **[00:50:23.14] - Caren**

But Kriyananda was so clear that really Hong Sau, although they say it's minor Kriya, it It's not because it's less. It's not because it's less. It's because it's a sweeter, richer. He used to say, and I'm not sure how true this is, he used to say that it's like a major chord, C major chord would be like... Oh, Caren, you know what C major is. But a major chord is just Bum. And then the minor cord has a... Jeremy, do it for me. It's just got a little… It's just got a little… But do you know what I mean, Jeremy? It's like, do you have another way to explain it? Major, minor in music? Does everybody know music enough to know minor?

##### **[00:51:17.11] - Jeremy**

It's just the darker feeling. It's the major is happy, present. Minor is happy, it's a little darker.

##### **[00:51:29.08] - Caren**

It's a little darker. But what do we know in meditation? The dark isn't dark. The dark is the rich, right? So Kriyananda really emphasized to us that Hong Sau was the most important technique. And Hong Sau is this simple. Inhale, Hong, exhale, Sau. Boom. It's that simple. That's the technique. Now, mastering that is a lifelong process because it never gets old, it never gets stale. It just carries you into more and more places of awareness as you learn how to surrender so that as you're inhaling, Hong is going. If you're no longer inhaling, it's not going. As you're exhaling, Sau. Sau is going. But as soon as you're not exhaling, Sau stops. It's Hong and Sau. When we start it, we mentally hear, Hong on the inhale, Sau on the exhale. And you will always get the question, Do I say it out loud? It's like, no, we don't say it out loud. So how do you teach it? You have to say it out loud. Hong with the inhale, Sau with the exhale. And that's where we start with Hong Sau. That's where you start. Mentally hearing the sound as if your voice is saying it, right?

##### **[00:53:10.06] - Caren**

Hong as you're inhaling, Sau as you're exhaling. But what happens? The progression of Hong Sau. That's why in your book, I gave you Hong Sau. What did I write? Oh, I didn't pull it out. Did I pull it out? I meant to pull it out. Does anybody have it there? It was in the retreat in your book under techniques. It was Hong Sau. Yeah, Nat.

##### **[00:53:45.07] - Natalie**

Really quick side question, and redirect me if it's not the right time, but it occurred to me. At the end of the treat, remember we made all those lists on the big of all the techniques, and you said you had them all? We don't have that list yet, but we're going to get that from you at some point.

##### **[00:53:58.16] - Caren**

Okay. It'll be a little bit because I'm going to... You guys missed some, believe it or not. Even missed a few. But my goal for Hamsa is to turn that into, this is what we teach, this is what we do, and start here. And if you go here, then here. I had a purpose for that, but yes.

##### **[00:54:26.00] - Natalie**

I just wanted to know what is this, and it doesn't need to all live in my brain or me recreating it.

##### **[00:54:30.01] - Caren**

You don't need to live it in your brain. No. But it was just simple. It was just Hong Sau. In fact, I should just look it up on my computer and put it up on share screen, Caren. That would be a smarter way to do it.

##### **[00:54:45.04] - Angela**

I think you just said, inhale, Hong, exhale, Sau.

##### **[00:54:50.04] - Caren**

Yeah. And then underneath, I wrote something else.

##### **[00:54:53.15] - Jeremy**

I don't actually see it in my book. Oh, yeah, it's in Foundations. That's why.

##### **[00:54:57.03] - Caren**

Yeah, Foundation.

##### **[00:54:58.06] - Angela**

Oh, that's what it is.

##### **[00:54:59.06] - KES**

Does Maggie have it? Is it Maggie? Because I couldn't find it as a other... But if that's the one, it's the Maggie one.

##### **[00:55:12.05] - Jeremy**

Well, yeah, I don't have it in my Foundations. It's listed as the first foundational... Oh, wait. Is it this one?

##### **[00:55:24.19] - Angela**

I saw it.

##### **[00:55:26.10] - KES**

Is that the one? That's the one Maggie had.

##### **[00:55:28.01] - Caren**

Yes, that one. What does it say? It says...

##### **[00:55:31.13] - Jeremy**

So simple. Ahimsa, I am that. Let the breath breathe you. Hong with the inhale, Sau with the exhale, follow it home.

##### **[00:55:41.18] - Caren**

Follow it home. Yeah, that's basically...

##### **[00:55:44.01] - KES**

Where is it?

##### **[00:55:45.16] - Caren**

I handed it out, I think, on the last day.

##### **[00:55:51.01] - Angela**

Oh, yeah.

##### **[00:55:52.17] - Jeremy**

It's in Foundations.

##### **[00:55:55.07] - Maggie**

I put it under Invocations, Blessings, and Mantras, but maybe it shouldn't be there.

##### **[00:56:00.19] - Caren**

No, it could be in every tab, practically.

##### **[00:56:05.05] - KES**

I remember that page, but I'm not finding it at the moment.

##### **[00:56:10.10] - Jeremy**

I was horrified. I don't have it. Oh, no!

##### **[00:56:13.19] - Angela**

I'm not finding it in.

##### **[00:56:16.09] - Mary B.**

You handed it to us separately at the end.

##### **[00:56:18.19] - Caren**

Can you put it closer, Mary? Put it closer to the. You see that?

##### **[00:56:23.07] - Mary B.**

Oh, yes. Okay, that one. But it's separate. So right now, I'm putting it in Foundations.

##### **[00:56:29.21] - Caren**

Yeah, it can go under Foundations, Techniques, Mantras. It's all of those things. But here's the thing. Here's the thing with Hong Sau, It is a beginning simple technique, just the breath and the mantra right there. It is considered a pranayama, too, because there's a direction to it. There's a purpose-ness to it. But also, it's in the act of surrendering to the breath is where the growth and the revelation happens. And there's so many levels and layers to this surrender. And I I think everybody feels it in a different order. I don't know that there's one way that we discover Hong Sau. But what Hong Sau will reveal to you is the way home. That's what it is. And that's why the symbol of Hong Sau is The goose, the swan. We say the swan now, who always, always, no matter how far it's rolled, no matter how far it's gone, always, always knows its way home. And that concept alone, it doesn't matter how far off the path we think we've gotten. The breath knows its way home. When that last exhale, when the cord is cut and we return, we return, we know our way home. You know your the way, the breath, the breath.

##### **[00:58:46.22] - Caren**

Follow the breath. Follow the breath. Follow the breath. Follow the breath, and it will take you home. Between now and that last breath, and I recommend Hong Sau at the end, right? But between now and then, some of the things you might discover is that how hard it is to surrender to the breath. I mean, that's the first 10 years of Hong Sau, is learning, recognizing what it means to actually surrender. I use 10 years as a symbolic number. It's not, don't hold yourself to it. But not controlling the breath is our biggest challenge in the beginning, because even though the breath breathes us all night long, we don't even think about it, when it's time to do the meditation, there's a part of my mind that thinks I know better how to do this than my breath does. And so that dance between my mind thinking I know better, how it should be, everything I've been told about meditation, that part of my mind is bumping against surrender. Just let the breath breathe you. So the phrase is, let the breath breathe you. Let the breath breathe you. Let, allow the breath to breathe you. That is the key.

##### **[01:00:16.19] - Caren**

The beauty of this technique is that even in the beginning, as you start learning that, as you start learning that, you start to let go of your belief that you need to control your world for things to be okay. And one of the gifts of Hong Sau, right from the get-go, is a calmness, an ability to start to allow life to be the way it is, allow people to be the way they are. And it's not terrifying. It's not anxiety-inducing, panic-inducing. Hong Sau. I totally credit Hong Sau with teaching me how to let life be as it is. And just as when Hong Sau shifts on you while you're doing it, and I said this before, I'll say it. It's like once you start learning how to surrender to the breath, there's a point where the breath plays with you, and it goes, Really? You really? You're surrendering here? Okay, I'm going to speed it up here. You're going to speed up with me? Or are you going to try and keep me balanced and nice? And your job is speed up with it. Play with it. It's going to shallow you. It's going to... I mean, shallow.

##### **[01:01:37.18] - Caren**

It's going to do stuff because it's just, are you really surrendering? And you're going to learn how to just show up, show up, show up in that moment, in that breath. Because in Hong Sau, each breath is unique and precious. They're not the same. They're not the same. The only place it all becomes the same is when you start to tap into, rise into, settle into, surrender into the breathless state. And Hong Sau is a pathway portal into the breathless state. Yeah, Angela.

##### **[01:02:27.06] - Angela**

Is the breathless state, no breath, or it could it be...

##### **[01:02:36.21] - Caren**

It's no breath. You're sustained just by the prana, and you've all experienced it. After pranayama, after pranayama, You've all had moments where you just... There was no compulsion to breathe, right? You've all felt that. It's that. And this is a joke, you may have heard me say before, but this is the joke in all traditions. You touch it and your mind goes, I'm not breathing. And then you breathe, right? And that happens the first time, second time. But very quickly, you go, Oh. And you just hold awareness of that place. And there's no compulsion to breathe. You are literally sustained by the prana. You're literally sustained by the prana. And it can last for a couple of seconds. It can last for a few seconds. And at some point in your meditation, it might last for an undetermined length of time. But we're not longing after that or grasping after that. All we need, all we need is to recognize, oh, that was real. I did not have to breathe. It's prana. Sustained me. The prana is what is keeping my awareness. It's the prana. We are not kept alive by the breath. It's the prana that animates us and engages us.

##### **[01:04:08.00] - Caren**

When the physical breath leaves, that's the signal for the energy body, the pranic body. We're not going to go there... To leave. It's time to go. Did that make sense? Yeah, Jeremy.

##### **[01:04:30.10] - Jeremy**

I love Hong Sau. I love doing it because surrendering to the breath is so enjoyable. It's fun, the messing with you. It really is like, What's going to happen next? What's going to happen next? It's just whatever happens is what's happening. Then the breathless state. I have that a lot, not just when I'm walking at a fast pace. I'm breathless.

##### **[01:04:58.23] - Caren**

That That was a good one, Jeremy. That was a good one.

##### **[01:05:01.19] - Jeremy**

I feel it a lot, but what it dawned on me is when you were talking about where it goes in the book, I have a question in here, I promise. It's like it... It's every type of technique. What I think, because when I say, I don't feel like I've mastered it, what I mean is I don't find the place of peace that I find with other techniques. But I know it's there. But I think when you said the 20 minute thing, and I'm not saying 20 minutes is the magic number, but I do Hong Sau very briefly in most of our... It's one of the stops in my nightly meditation. I'll do it for, I don't know, a minute. But it occurred to me if I treated it like a mantra and did it for 20 minutes or even half an hour or something, that maybe that would light up the calm and the peacefulness if I put enough work in, basically. Actually, treat it like a mantra instead of just one of many things we do.

##### **[01:06:12.14] - Caren**

And in all fairness, when we're in the big group, our group meditations, we just do Hong Sau for a minute or two at the end of something. But even that, it's like, Can you do it for a minute? Can you surrender for a minute? Does it take you 10 minutes to surrender? Can you surrender right here, right now, and just let the breath breathe you? Yes, to everything you said. Okay. Yes, to everything you said. Yeah. Hong Sau is never stale. And if it starts to get stale, then it's time, then reach out. If it starts to get stale, well, I'll give you a few ways to deal with that in a minute. Nat, what was your question?

##### **[01:07:02.20] - Natalie**

I have a good question. Two parts of this question. When you're talking about all this, especially about the pranic body and all of that, what discipline is that coming from? Is that a Kriya belief? If we're out in the world, what other people would know what we're talking about? You know what I mean?

##### **[01:07:24.06] - Caren**

In the yoga tradition, we have something called The Sheaths, and that's the the prana, the prana, maya, kosha. We're not going to get into the koshas in this class, but those are The Sheaths, and you know them. It's like there's your physical body, there's your pranic body, which is this energy, and then there's the more subtle. It goes from dense to more subtle. And there's this subtle, your mind, your thoughts, that world. And then there's the wisdom, there's a lower mind, in both Buddhism, and, this is more level two stuff, but there's the everyday mind, which is the mind that's in there worrying, thinking, figuring things out. And then there's the more discerning mind, the discernment mind. And that mind is what connects us to the full wisdom sheath, the enlightenment, the recognition sheath.

##### **[01:08:31.20] - Natalie**

It's a yoga.

##### **[01:08:32.13] - Caren**

It's a yoga concept. I'm trying to remember. In Buddhism, they would call it... Hold on. Hold on. [inaudible]. Okay. They call the prana the winds. In Buddhism, they call it the winds.

##### **[01:09:05.12] - Natalie**

Wind as in blowing wind?

##### **[01:09:07.16] - Caren**

Wind as in movement. And what you'll discover as you do more Hong Sau as you surrender. At first, it's just your mind surrendering, right? Then it's the sense of the physical body surrendering, at which point the physical body might start to dissolve, at which point, remember we talked about the prana going around, it surrounds you, at which point there's a sense of you, this pranic field, the spanda, the pulsing? And some teachers will describe it as...

##### **[01:09:43.21] - Caren**

You want to try it? Let's try it. Let's just get still for a minute. Let's try it. I think it'll be more fun if you... Okay, so we're going to just drop in quick. So find your seat. Just be comfortable. You don't have to sit up. You can do this in any posture. Hong Sau is any posture. That's the beauty of Hong Sau. Anywhere, any posture, even on a full tummy, you can do Hong Sau. But so again, go ahead and just bring your awareness to the breath. Feel the breath flowing in through the nostrils, out through the nostrils. If you want to add Hong Sau to that technique, Please feel free. But if it's going to distract you from the rest of how I'm going to guide you, I'm going to give you a quick shortcut in to this other awareness.

##### **[01:10:40.05] - Caren**

I'm going to ask you to imagine that that space in front of you... Every time you're breathing in, you're breathing in that space in front of you. Then as you exhale, you follow the breath all the way to that space in front of you. There's this space consciousness that's flowing in with the breath. As you exhale, you exhale all the way back into that spacious field in front of you. Now imagine that that field in front of you is gently expanding. As you inhale, you're still absorbing it. As you exhale, you're exhaling back into that. Let that whole... See if you can just expand it and let that whole orb surround you. As you're breathing in, you're breathing in from all of this. As you're exhaling, you're exhaling into all of it. At some point in here, you may begin to sense that the physical body's edges are dissolving. There's just a sense of this energy that's flowing in and flowing out, but it's flowing in and out from everywhere. And so there's a gentle pulsing. And so I'm going to ask you if you've been able to follow me, hopefully this wasn't too quick, but as you're inhaling, do you feel that the energy is pressing in on you or expanding?

##### **[01:12:30.21] - Caren**

As you're exhaling, is the energy pressing in on you or expanding? There's no right or wrong answer. And bring Hong Sau into this. Bring Hong Sau into this. I'm going to just make one suggestion. Actually, never mind. Let's go ahead and gently release the technique and just sit in the quiet for a few moments. Remain as still as possible. Just notice, is it yummy? Does it feel good to just be right here? Or is your mind starting to growl at you? For a moment, let's just breathe in joy and exhale contentment. Inhale joy, exhale contentment. One more time. Inhale joy, exhale contentment. I'm going to ask you to go ahead and open your eyes and make some quick notes about your experience before we check in with everybody. And know that I took you in very quickly. If you didn't quite get there, that's not you. That's just we did it quickly. But my main question would be, were you able to find a sense that the physical body had softened or dissolved and that you were sensing the pulsing in the spanda in the pranic body? If you did, as you inhaled, what did you experience in the subtle body?

##### **[01:15:59.11] - Caren**

And I'll say, Today. Today.

##### **[01:17:11.19] - Caren**

Okay, so if you weren't able to get there because it was too fast, that's fine. That's fine. That's fine. But so let's just start with Nat, because she's been going last almost every time. Nat, what was your experience?

##### **[01:17:30.00] - Natalie**

It was a good one. I don't know. It was similar to what I wrote with the first one. I don't know if I'm just after a cheap buzzing or all in my feels, but I got there pretty quick. In both of those times today, I feel like I got to the stillness really quick. I don't know if I actually heard you in the middle there. I was definitely deep in my Hong Sau and I was having the It's like a heartbeat feeling of all the things like that. I was really wonderful in there. Then really what I remember is hearing you start to breathe in joy, or contentment, joy contentment. Then I was like, Oh, shit, it's ending. Then I had to click back into my body. So it was really wonderful, but I don't know if I was super aware what was happening in the middle there.

##### **[01:18:26.15] - Caren**

Fair. Totally fair. Okay. So who's next to you?. I'm next, everybody.

##### **[01:18:37.08] - Natalie**

KES.

##### **[01:18:42.12] - KES**

I'm in the campground, so... We're out at the Coast, and that's why I'm this weird little... Anyway. So I was getting into it, getting into it, and then people started starting their engines and moving around. And so that pulled me out of it. And then I got back in, and then some other noise pulled me out. And so it was not great, but it was good. I enjoyed the milliseconds that I was there.

##### **[01:19:16.13] - Caren**

Okay, so fair. And thank you for just showing up authentically. And I can't stress this enough. You didn't do anything wrong. You showed up and you noticed what your mind did. And that's what minds do. They go off to the engine, right? So thank you, thank you, thank you. And there was no apology in what you said, which I just adored. Thank you. So who's next to you?

##### **[01:19:44.16] - KES**

Jeremy. He's always next to me still. Always still.

##### **[01:19:49.06] - Jeremy**

In spirit and in Zoom. For me, I felt expanding both inhale and exhale, but each was slightly different. This huge visual popped in with inhale, and it was like an orb that expands and it moves when it expands. Then on the exhale, the expansion was outside, like the circle around me. That was interesting. Then... What did I write here? Oh, recently, I experienced the involuntary movement, just the subtle, very subtle. It was not pronounced, not like when you did it for us. It was just subtle, but I noticed it. I'm like, there's movement here that I'm not doing. I did not find that today. I was secretly hoping, Oh, I hope we get that today. And I did not. But it felt more... I don't know. The breathing was in me and outside of me at the same time. Hard to explain. That was what I was feeling. Then I do have a question for another time, but it's related to this, which is the line between joy and contentment is very, very difficult for me to decipher. To me, they almost feel the same. Today, it felt a little different, but I can't explain why.

##### **[01:21:33.17] - Jeremy**

But I'm wrestling with that in my mind. What is the difference between joy and contentment? Because when I'm content, I'm joyful. When I'm joyful, it brings contentment. They're very blended.

##### **[01:21:51.06] - Caren**

I mean, think about it. If I said, inhale joy and exhale groundedness. Two different things. Inhaled joy, exhale contentment. I think we're just talking a different... It's like playing the note and then the harmony to it, right? I think this is a beautiful, beautiful thing for you to explore, because I end Hong Sau with this all the time. I have since the beginning. Well, not true. Since Kriyananda. When I was doing Hong Sau with Yogananda, with SRF, we didn't end it that way. But it just helps to sustain what we have because our mind likes to have a name. So there's an experience with Hong Sau. And giving it that beautiful... Wrapping it in that package helps us hold it a little, ground it, imprint it. Imprinted is the word I think Kriyananda would use. You do that, and we do it three times, right? Everybody understands threes because it just helps to imprint it, solidify it. We become more that. We become more that.

##### **[01:23:33.24] - Jeremy**

I really thought when you were like this, I thought you're going to do the head bobble that my Ishta does when I ask these questions. Like, yes, no, you don't know.

##### **[01:23:47.24] - Caren**

I love it. All right, who's next to you on the screen?

##### **[01:23:53.18] - Jeremy**

Mary B.

##### **[01:23:58.24] - Mary B.**

Well, I didn't go very deep today. I've got COVID brain, I think, going on here. But I did experience the spanda, the spanda.

##### **[01:24:09.20] - Caren**

Sally called it spanda. Spanda.

##### **[01:24:13.04] - Mary B.**

That is a normal thing for me when I'm breathing, Hong Sau, that it feels like there's a bubble. When I breathe in, the bubble contracts, comes in. When I breathe out, the bubble expands. So it's like my aura is breathing me, too. I got that, but it didn't go really deep or anything.

##### **[01:24:42.24] - Caren**

Mary?

##### **[01:24:45.04] - Mary B.**

What?

##### **[01:24:47.04] - Caren**

Some people would say that was deep.

##### **[01:24:49.02] - Mary B.**

Oh, okay.

##### **[01:24:51.05] - Caren**

The fact that you could even sense it, it's like, Hello, Mary.

##### **[01:24:58.05] - Mary B.**

A lot of times That's what Hong Sau is for me. It's how I experience Hong Sau is this... I don't know. Anyway, it's like my physical body gets fuzzy and my aura and my physical body become one in it.

##### **[01:25:22.08] - Caren**

Let's not call it the aura. Let's save that word for-

##### **[01:25:26.01] - Caren**

Subtle body.

##### **[01:25:26.20] - Caren**

Yeah, subtle body. Let's use subtle body because aura has too many of the connotations in terms of colors and all this other stuff. That's not where we are here. Yeah. Okay.

##### **[01:25:36.06] - Mary B.**

The subtle body is breathing out as I'm breathing in, and the subtle body is expanding as I breathe out. That's how I experience it.

##### **[01:25:46.04] - Caren**

Thank you. Who's next to you, Mare?

##### **[01:25:50.02] - Mary B.**

KES.

##### **[01:25:52.17] - Caren**

No, KES already went.

##### **[01:25:54.06] - Mary B.**

Oh, okay. Maggie.

##### **[01:26:04.04] - Maggie**

I think I heard you say, but I was far away, I'm breathing into... I heard a field.

##### **[01:26:20.07] - Caren**

I don't know if you said a field. I did say that.

##### **[01:26:23.24] - Maggie**

Okay, so I had a literal field in front of me.

##### **[01:26:26.21] - Caren**

Instead of an energetic field.

##### **[01:26:29.24] - Maggie**

Correct.

##### **[01:26:30.05] - Caren**

You had a mountain Meadow Waterfall field?

##### **[01:26:32.23] - Maggie**

I had a... There was a fence, a dirt road.

##### **[01:26:39.18] - Caren**

Caren just learned something. Okay, wrong word.

##### **[01:26:44.15] - Maggie**

A wheat grass field and little trees in the background. It was quite lovely. It was an artist rendition, like a painting or something. I was breathing in and out of that field. Then the feeling was like, I think also because I have a cold, like fuzz, like fuzzy. I was just fuzzy. Ease, I wrote that down. Ease.

##### **[01:27:24.03] - Caren**

Ease.

##### **[01:27:24.22] - Maggie**

The contentment and joy was just natural to the whole process. It felt very natural. The field was natural. Breathing in and out of the field was natural. I didn't feel any allergies on that. It was... Yeah. Kind of like being outside. It was very nice for me, but not in a place that I'm familiar with.

##### **[01:27:54.08] - Caren**

Okay. Well, I learned something here. So in future, because I would play with this I like this week, you guys. If there was, it would be... Let's play with Hong Sau this week. Just have a sense that there is right here in front of you... It's like you are in a field of your own energy, right? Your own subtle body, and that this, when you're breathing in, the breath starts here, and then it comes in. And as you exhale, it goes back out here. So the breath isn't starting here in the nostrils. Really have a sense that the breath is here, coming in and going out there. So it helps you to move out of the body, to release the edges of the body for Hong Sau. I mean, this is just one way in. And I thought it might help get us there quicker today. It seems like it has for several of you. So thank you, Maggie. I'm still glad it worked. Oh, lovely Pisces. It still worked because you got there. So Angela, your last, what was your experience?

##### **[01:29:07.18] - Angela**

I really liked how you brought us into the Hong Sau that way. My mind at first was, Oh, this We're just quick. We're just starting. Okay, I'm going to go with it. I'm really, bringing that field. I could really feel the pulsing right away. Usually, it takes me time to get to where I'm feeling that. And somehow that just worked today. And then my edges really didn't fall away completely, but I still felt softness and an ease also. And then when we went to the joy and contentment, it was just flowing. I could just really feel that. So it was good. But in the beginning, I was already, oh, I don't know. This was fast.

##### **[01:30:01.12] - Caren**

It was fast, yeah. But you got there.

##### **[01:30:04.20] - Angela**

Yeah.

##### **[01:30:05.12] - Caren**

You got there. Yeah. Okay. We'll continue to talk about Hong Sau next week. Oh, wow. This week, play with Hong Sau. Nat?

##### **[01:30:18.08] - Natalie**

Can I ask one last Hong Sau question?

##### **[01:30:20.23] - Caren**

Yeah.

##### **[01:30:22.02] - Natalie**

Where is the Hong Sau technique from? I know it's a staple, Hong Sau meditation, but is that a Kriya technique? Is it a... So Hong Sau is Kriya.

##### **[01:30:32.00] - Caren**

It's a Kriya technique. There's so much to say about Hong Sau. It's a Kriya technique. For today, let's just leave it here. What I would love you to play with this week is surrender. Just practice surrendering to the breath and keep a portion of your awareness in what is the experience you're having. How do I say this? As you're surrendering, what is the experience you're noticing as you surrender to the breath and you stop breathing the way you think you should be breathing, but you just surrender. And then next week, what we'll talk about is the different ways that the different types of things you will become aware of. I don't know in which order. I know the order it happened for me, but eventually, eventually, you will, breathing Hong Sau, you will tap into the current of the breath. There's a current. It's a current. Now, it took me a long, long, long time to find the current. But I think that this is one of the things I love about Hong Sau is the more you do it, if you keep showing up fresh and you let go of that idea that, Oh, for the last...

##### **[01:31:54.19] - Caren**

This is what I just go about Hong Sau. This is it. And you let go of it, And like, Jeremy just finally felt that he started to feel a little bit of the current, the movement, right? Hong Sau is your teacher. The breath is your teacher. It will reveal itself to you. And in the meantime, if you can come back to that joy and contentment, it's a win. It's a win. So this is a technique that right from the get go, oh. Well, that's not true. Some people don't like it in the beginning, but eventually, it is ultimately our main technique. You've learned so many other things doing this, but all of the things we've learned, everything we've done is going to augment your experience and understanding of Hong Sau. That's the way it's said. Okay?

##### **[01:32:58.16] - Caren**

So I have a proposal [treat?] for you. I'm torn about saying it or not. No, let me start here. Do you guys have a lot of other questions for me that are lingering from the training? Are you feeling fairly complete? I feel incomplete, but I don't know if you are. But my proposal was that rather than have graduation on November second, why don't we have graduation on that last class on the 27th?

##### **[01:33:41.12] - Caren**

But that will only work if your questions have been answered. But I feel like the retreat was such a... And I feel like prolonging it that one week isn't necessary. Nat.

##### **[01:33:56.22] - Natalie**

I was going to be driving back from Bend that morning on the 27th, which I can still do and leave super early at 5:30, so timing just might be a little issue for me, but I'll do whatever needs to make it work. But I just want to put that out there. I could maybe be home by 9:00, 8:30. How far is Bend? Three hours? We can wait till people agree if that's what they want to do. But logistically, I'd probably need to have a conversation.

##### **[01:34:24.06] - Angela**

Can we bump it a little later? Are we doing it your house, Caren, then on the 27th? Yeah, we could. I mean, I could. I should speak for myself. But you wouldn't start at 7:30, would you?

##### **[01:34:39.03] - Caren**

We wouldn't have to. It would be our last class graduation, and, but it just needs to work for everybody. I love the aspects on that day for us when I looked at it. Originally, I did the second because it was a new moon. And then I realized, no, that's the wrong... No, this is a... This is a completion. And so the aspects on the... What I love about this, this astrologists will appreciate this, is that the Moon will be in Virgo, which is bringing it into the Earth plane, bringing it in. And it's ruled by Mercury, which is the messenger between the centers. I love the symbolism of us ending in Virgo, so that we're bringing this into our Earth life, into the Earth plane, the symbol of the harvest. But it has to work for everybody. Does anybody have a feel that they wouldn't be ready to do graduation on the 27th?

##### **[01:35:52.04] - Jeremy**

I'll be ready for graduation in the spring.

##### **[01:35:55.12] - Group**

Let's just. Okay. I love it. That was a great answer. Sure.

##### **[01:36:00.09] - KES**

After I've studied more. But what about Maggie? What's she doing that day on the 27th?

##### **[01:36:06.24] - Caren**

Maggie, what are you doing? I know your friends are coming in the following weekend.

##### **[01:36:10.15] - Maggie**

It's better for me. And the timing is fine. I can do any-

##### **[01:36:16.07] - Caren**

Any time that day?

##### **[01:36:17.13] - Maggie**

Yeah, time that day is fine.

##### **[01:36:19.15] - Caren**

What if we did it at 10:00 at my house or 9:00 at my house, give Nat a chance to get back from Bend, and then we just do our little graduate And the session is special.

##### **[01:36:32.13] - Maggie**

And is it three hours?

##### **[01:36:34.21] - Caren**

Yes, it's a full three hours. In fact, it should be four hours. It takes a while, but we'll do it in three. You're a small group. We can do it in three. It's when I've had the larger groups. It's gone over. So, Nat, would that work?

##### **[01:36:50.20] - Natalie**

That works great. I feel like 9:00 is reasonable. What if we say 9:30?

##### **[01:36:57.09] - Caren**

Because those of you have to drive up to my house. Would it be 9:30? It feels a little more doable. And what if everybody just brings something and we have a little potluck and we'll share it with Maggie virtually?

##### **[01:37:08.24] - KES**

Yeah.

##### **[01:37:09.22] - Caren**

So Maggie, you just have a few little snacks there for you.

##### **[01:37:13.09] - Natalie**

I probably won't bring anything because I'm literally going to drive right up.

##### **[01:37:16.06] - Caren**

She says that, but I know her and she will bring something. She'll prepare it the day before.

##### **[01:37:22.09] - KES**

My cookies at one of those health food stores in Bend.

##### **[01:37:27.20] - Natalie**

Something for Bend, right? There we go.

##### **[01:37:28.18] - Caren**

She's got zucchini bread or something in her freezer. You'll bring something, Nat. But no pressure.

##### **[01:37:34.24] - Natalie**

Wow you're not going let me out of that one.

##### **[01:37:39.02] - Caren**

No, Nat, I have an even better idea. Send me what you want and I'll Instacart it for you.

##### **[01:37:45.01] - Natalie**

Just because you said that, I will absolutely do that.

##### **[01:37:47.13] - Caren**

Oh, good. Yeah. She's training me. Mary, what were you going to say?

##### **[01:37:51.05] - Mary B.**

I was just saying, Good for you. And I was just saying, Here's Fairy Godmother saying, No, Nat, you don't have to bring anything. [inaudible]

##### **[01:37:58.13] - Angela**

Yes.

##### **[01:38:00.21] - Caren**

All right, so let's do it. So next week is Hong Sau. We're really focusing on Hong Sau. There's something else. Oh, you're not going to believe this, but I actually want to talk about the brain. We've done all of this, but there are some anatomy of the I think that would be good for... Just to make sure. I think you already know it, most of you. But just to be sure, just to go over it, because it is... Anyways, we got a bunch to talk around that. And then I think we're ready. I think you guys are ready. You guys are a phenomenal group. And I wouldn't have said this, but reading your journals and your notebooks, it was like, oh, my gosh. Oh, my gosh. And that takes all of the complication away from that weekend of the second. Everybody can go do their things And then we'll be happy but so sad. All right. Next week for sure, 27th here in person, 9:30. All right. All right, loves. Well, we're going to let it go just like this. All right? So just say goodbye to each other, and I'll close the recording.

##### **[01:39:06.22] - Angela**

Thank you, everybody. Thank you so much.

##### **[01:39:09.08] - Jeremy**

Yeah, thank you.

##### **[01:39:10.09] - Angela**

You guys are all so wonderful.

##### **[01:39:12.22] - Caren**

Thank you. Bye, everyone.

##### **[01:39:14.24] - Angela**

Bye.