##### **[00:00:02.17] - Natalie**

Before everybody gets back, can I tell you the cuteest thing ever? Yeah.

##### **[00:00:07.03] - Caren**

It's being recorded. Is that okay? Oh, yeah.

##### **[00:00:10.19] - Natalie**

It's totally personal. Well, now it's back to mine. I'll tell you later.

##### **[00:00:16.14] - Caren**

Okay.

##### **[00:00:17.11] - Angela**

Sorry. I'll go away.

##### **[00:00:18.24] - Natalie**

It was not personal. People can't hear. It's just like, I didn't want to waste people's time with my story. I'll tell you.

##### **[00:00:23.01] - Caren**

People are still coming. Tell us.

##### **[00:00:25.03] - Natalie**

I was gone all week at this dude ranch in Arizona for my best friend's birthday to my two good friends. Before I left, the kids were at school when I left, so I put little notes on their beds like Mom loves you, blah, blah, blah, that thing. So Crew, my sweet little Scorpio boy. I wrote it so he could read it. It was like, Mom loves Crew, in big letters. Then at the end, it was like, I miss you so much. I can't wait to hug you when I get back on this big note. The little boy slept with it under his pillow the entire week, brought it to school with him every day. He kept thinking that if it was under his pillow, maybe that's how I'd come back like the Tooth Fairy. But it was like how mom loves me. Even this morning, and I've been back since Friday, but even this morning, I went to go get him out of bed, and he goes, Mom, this is how you love me. He had the little paper, and he's just holding it, and he just is now just attached to this little note. Is that not the sweetest thing in the world?

##### **[00:01:27.03] - Caren**

Yes.

##### **[00:01:29.02] - Natalie**

I know.

##### **[00:01:29.24] - Caren**

Precious.

##### **[00:01:32.18] - Natalie**

I love that kid.

##### **[00:01:37.04] - Caren**

Oh, Nat, that's just beautiful. Wow. Okay. Well, Scorpio Men, man, they're the best.

##### **[00:01:48.17] - Jeremy**

A second that.

##### **[00:01:50.14] - Caren**

Yeah. All right. Okay, this is officially the end of our last class, official class. Official class. Yeah. Amazing. Who would have thought, right? It's like blink, and here we are. Here we are. And so next week, just to confirm, we're starting at a different time, right? And does everybody agree on that time? I don't want to say it out loud and be wrong.

##### **[00:02:21.23] - Angela**

Is it 9:30?

##### **[00:02:25.16] - Caren**

9:30. We decided 9:30, so everybody has a chance to wake up and get here and stuff, and people will bring something to share food-wise, right? I'll have coffee and tea and all that. Mary, yeah.

##### **[00:02:38.11] - Mary B.**

I have a question on what to share food-wise. Do you want lunch? Do you want just a snack? What are we going for?

##### **[00:02:46.22] - Caren**

I think more snacky. Okay. Keep it more snacky because we'll be done at 12:30, and then people, if they're still here, you can go home and have lunch. But let's do more snacky. Okay. How does that sound? In other words, something you can put it on a plate, we can sit in the living room, and you can eat, and visit, and talk, and stuff like that.

##### **[00:03:07.06] - Mary B.**

Sounds good.

##### **[00:03:07.16] - Caren**

Not something we have to sit around the table and eat with a knife and a fork and all that, because we'll have Maggie on the Zoom with us.

##### **[00:03:17.19] - Jeremy**

And it's just us, not our partners.

##### **[00:03:21.20] - Caren**

Just us. Just us. Yeah. Okay. So we did all agree on the time. I thought it was 9:30, but I didn't want to say it wrong. Okay, so next week, we'll do a lot of reflecting. I've got stuff for us to reflect on, and for next week. But for today, are there questions? Are there questions? Are there comments on what we've done? Yeah, KES, you're nodding.

##### **[00:03:56.17] - KES**

Oh, I'm not muted. So I I went through my notes and my notebook, and I wanted to touch more on mudras. You mostly handed it out and didn't really... And also-

##### **[00:04:10.11] - Caren**

This here is one of my things to talk about. Yeah. Okay!

##### **[00:04:15.14] - KES**

And also I have arthritis, so it's holding. It's not. So holding things is not so comfortable. Right now, it's okay. But anyway, I was just wondering.

##### **[00:04:29.24] - Caren**

So as far as mudras go, what's important to remember is they're not random. They're energy centers. And I think on the handout you guys got, everybody should have this, right? And it talks about how... And in all traditions, this, at least so far that I've seen, this is consistent. The thumb is the Ahambrahmasmi. It's the creation God energy. It's a solar Ajna chakra energy. Some traditions have these a little bit different, but in our tradition, this is the ego. This is the...

##### **[00:05:11.09] - KES**

Index finger.

##### **[00:05:12.04] - Caren**

Yeah, but it's a part of me that thinks in my ego sense, that believes that I am unique and separate in me, and all you all are, they're separate from me. So ego in the sense that I am a unique individual separate from everybody else. That's what this means. And then the middle finger is Saturn. And so generally, we don't do mudras with the middle finger because the Saturn is very heavy energy. It's a very heavy energy. However, for some people, I have given somebody once this as a mudra to work with, because if we're so spacy and so not grounded, and And so for Maggie, when you're watching this, this is not an un... It could be that there are times where you just need to ground. You need to come back into your body, into the heavier energies, because you're so, out there, and that would be a time to work with the Saturn finger. Otherwise, this finger, I believe, is the sun. Yeah, this one changes in different traditions. In our tradition, it's the sun, and then the little finger is mercury. The most important fingers we work with in our mudras are these two and this one.

##### **[00:06:45.15] - Caren**

And this one is why when we're doing alternate nostril, this is the mudra. We're using the God creation energy and the sun energy. So we're using powerful, strong energies. We're not now, Saturn energy, no ego energy. It's thumb and ring finger, thumb and ring finger for alternate nostril. I think this is called Shiva mudra, but I don't know. It's been a while. That's why the ring finger, because it is that, individualized, but in the sun-center way, not in the ego way. That makes sense? The most well-known mudras are Om mudra, which is where you've got the thumb and the individual in a circle. So it's union. We're coming back together. We're remembering our divinity. And we're transmuting the ego in the sense that we're union. It's union. It's not me separate. And this is Om mudra. Pretty sure it's Om mudra. Then we have this mudra where we take our individual-ness and we put it in the middle of the thumb because this is the... How do I want to say this so it doesn't sound I am... Well, this is the word that's coming, subsuming my individual ego to the larger divinity. So it's a, I'm surrendering, I'm surrendering.

##### **[00:08:47.10] - Caren**

And the tip of the thumb stepping out means I'm tapping into the wisdom of Life with a capital L. Does that make sense what I'm saying? As opposed to when I'm doing this, thumb in the middle of this finger, which you'll see people do. This is often used when we don't have confidence and we don't feel strong, and we need to be infused with the strength and the wisdom and the clarity of the divine energies to build us back up, to give us the strength to do what needs to be done. To give us the strength to do what needs to be done, to stand up for ourselves, maybe, to be authentic, to believe in ourselves. And so those are the... And I hope I tried to explain it in a way that you would understand, it will just be intuitive. Oh, I want to subsume. Man, that word keeps coming up. It's not a word I usually use. My ego to the Divine, or I need to feed and strengthen myself with the Divine. Do you see the difference? So I'm subsuming to the divine. This is the Divine is feeding me. This is we're all in here together.

##### **[00:10:11.06] - Caren**

Is that making sense? Did I go too fast, Jess, or did that make sense?

##### **[00:10:16.22] - KES**

No, it's good. It's just sometimes it's painful.

##### **[00:10:21.15] - Caren**

Then don't do it. No, seriously, don't do it because the most beautiful mudra is my hands, palms up, offering myself and receiving back. That's always there. And then this is one, KES, that I use a lot. This is probably my go-to when I'm meditating by myself is I just have my hands like this and my thumbs touch.

##### **[00:10:53.00] - KES**

And that's the Chalice mudra? That's what you wrote?

##### **[00:10:58.13] - Caren**

Yes. And I believe, I'm hoping on...

##### **[00:11:06.23] - KES**

Left hand rests on top of right palm. But is that real important? Which one's top?

##### **[00:11:13.18] - Caren**

Well, actually, that's one. The other way is like right now, I've got my left hand supporting my right palm because the left is what informs the physical world. So if my right is my physical world, I tend to actually do it this way. I forgot... I didn't realize. But it's like the left, the subtle energy, precipitates into the physical. So my subtle world is what's supporting my physical world for me. I think on the Buddhist tradition, it may be more the other, but this feels so unnatural to me to do. You can't do it wrong. I think either way, it's a symbol, right? And what symbolism speaks to you.

##### **[00:12:06.08] - KES**

Thank you.

##### **[00:12:07.05] - Caren**

Did that help?

##### **[00:12:08.10] - KES**

Yeah, because I saw these pictures and I was like, we didn't talk about this, did we?

##### **[00:12:13.24] - Caren**

We didn't. I missed it. No, it was on a schedule for one day, and we didn't get to it. And so wherever the day you got the hand out, that was the day we were going to talk about it. So if it hurts your fingers, you don't do it. Okay. Yeah, don't, because pain has no place in meditation.

##### **[00:12:29.12] - Angela**

Okay. All right.

##### **[00:12:31.04] - Caren**

And then the other thing that can happen is sometimes if you're doing this, you find yourself tightening up. It's like, whoa, then ease. Because if your fingers get tighter and tighter, I know sometimes mine will, It's like, well, that's not the point because the currents aren't flowing. The currents aren't flowing, right? But sometimes a fun little thing to do if you're sitting down to meditate and it's like you're just sitting there, you don't particularly want to do anything in particular. You just... You just sit, get in your space, and then... Well, you can't see this yet, but they're both doing the same thing. But then just get it real still and just touch tip to tip and notice how the sensation. Then put it in, the index in the middle of the thumb. Then put the thumb in the middle. I mean, I could feel things. It's like they shift. Try the Saturn finger. Try it. Just play with it. You're not going to hurt yourself. But it's a way to help start tuning into the... It's very subtle, but it is affecting the current, the currents, right? And it was really weird right then because since you couldn't see this hand, I was just doing my right-hand, and I felt everything on this side.

##### **[00:13:48.22] - Caren**

I was like, I now feel like I got to balance the left side of a minute here. But it's just a fun thing to do. This is not the first time today I'm trying to use the word play. Play. Your meditation, it's not about serious. It's about joy. We're here to play in the Garden of God. We can play and have fun with our meditation. You get to experiment and see what happens if I do this. Most of you, I'm a little Cancer. I am fucking scared of everything in the subtle realm. Well, I used to be. There was no way I would play with anything because I was sure if I did, an apparition would come in front of me and I would turn white with fear. I mean, truly, because I grew up and I had so much sensitivity and we were not far from two Chinese graveyards. And there was a lot of spirit. And I could see a little bit. And it terrified me. Terrified me. That was the days of Twilight Zone and all those scary things. There was another one. So it took me a long time to begin to trust the subtle realm and to trust that I could play.

##### **[00:14:59.09] - Caren**

And, oh, It's a projection of my mind. If it's not good, if it's not love, anything else, it's a projection of my mind, and I can change that projection. I can choose. I could choose. Did that make sense?

##### **[00:15:20.16] - KES**

Yeah.

##### **[00:15:21.04] - Caren**

Yeah. So thank you for bringing that up. I'm just so happy because it's one of the papers I had here for the things that I know that were loose ends that I'd left. So thank you, KES.

##### **[00:15:33.09] - KES**

Well, then I also... But you... And maybe it's more that I need to... Causation and samscaras. But maybe that's too big of a...

##### **[00:15:43.22] - Caren**

But you were talking about it today, that causation is the Shiva, and Shakti brings in causation, right? Causation is a different context.

##### **[00:15:59.00] - KES**

Oh, what?

##### **[00:15:59.22] - Caren**

Yeah. Shiva and Shakti are more the principles that undergird all creation. All. Everywhere. Causation is more related to karma, in the sense that karma is cause and effect, and in the sense that anything that is happening on this Earth plane didn't originate here. It didn't start here. It's caused by something in the subtle realm. So we talk about the precipitation of matter, right? It's pure potential. Let's stick with karma. In the sense of karma, remember, in the Ritual of Forgiveness, we use the word, it's, gravity. You come to realize that your karma... Karma is literally gravity in the sense that it's what exists on a subtle level. It becomes denser and denser, and it precipitates down, and it takes form here on the Earth plane. And that... This causation, this potential, eventually, that is what causes what is happening here. Does that make more sense? No?

##### **[00:17:35.06] - KES**

Maybe it's a whole another semester or whatever, but I do want to study it some more and understand it some more. So it's just more the causation and the difference between Shiva possibility, possible, and causation, possibility, potentiality is-

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

I see what you're doing. Okay, hold on. Let me think about this for a second. Try this. Instead of with Shiva, don't use the word cause, use potential.

##### **[00:18:28.24] - KES**

Okay. Okay.

##### **[00:18:30.23] - Caren**

It's potential.

##### **[00:18:31.20] - KES**

Shiva is potential.

##### **[00:18:35.06] - Caren**

Shiva is potential. It's power. It's potential. But there's nowhere for that power, that potential, it has nowhere to go. It just is. It just is. Shakti is the movement, the activation that harnesses that power, and it becomes something else. It's like, sometimes they'll describe it as... Think of it as pure power, but it has no way of doing anything. It needs Shakti. It needs the female. And energy to bring it into action, form, substance. And just for the record, these two forces are sometimes opposite the way they'll describe them in a tradition. I'm using Shiva Shakti this way now, but you can hear it another time, even in the more the Vedic yoga side, where Shakti is just pure consciousness power potential. It's the male principle that brings it into form. And in Buddhism, so don't get locked into the male/female emphasis so much as that there's a two... Do I want to call them states of awareness? Do I want to call them principles? Let's call them principles. One is power, and one is the capacity to direct and manifest that in form.

##### **[00:20:19.18] - KES**

Yeah. Thank you. Because I kept thinking, well, I thought that the male was... But it's just Yin-Yang, and it's the whole Yin-Yang symbol, the little spot of the other in it.

##### **[00:20:31.10] - Caren**

Yeah. That's all part of it. I love the way your mind is trying to make these connections. Yeah. And just remember that it's not going to blend perfectly because Yin-Yang is describing a whole other system, right? But it does transfer over. And so what we want to do is when we transfer something like the Yin-Yang and you got a little bit of the other and the other, it's so beautiful. But it doesn't necessarily transfer exactly over into Shiva Shakti. Okay? And so that's part of the nuance of it. And so I think what I love about the way your mind is working here is, let's keep the word causation out of these potential possible principles of power and form, of potential and manifestation. Really, what they say is spirit and matter. There's spirit and there's matter. And matter without spirit, nothing. Spirit without matter, it's just sitting there as power. You bring the two together and we have this.

##### **[00:21:52.02] - Angela**

But then there's an energy that actually brings the two together? Or is it-

##### **[00:22:04.04] - Caren**

Shakti. Shakti is the energy that brings the two together.

##### **[00:22:05.04] - Angela**

That's the Shakti that brings-

##### **[00:22:06.18] - Caren**

Shakti is the energy that brings the two together.

##### **[00:22:08.02] - Caren**

So not to introduce new words at this point, but since we're here, let's do it. So we have spirit is purusha, and matter is prakreti. Did I take it? Yeah. Spirit is purusha, matter is prakreti. And so you could say, Shiva is spirit, and Shakti is what happens when that activation force brings it into matter.

##### **[00:22:46.20] - Jeremy**

It sounds an awful lot like the physical world. To me, it sounds like kinetic and potential energy in the physical. Potential is it's energy, but kinetic is when that energy moves and it becomes whatever it's going to become.

##### **[00:23:06.10] - Caren**

Yeah, I like that. Yes. Yes. Yes. Yeah.

##### **[00:23:15.09] - Caren**

And the most important part is that everything, it's not inanimate. Everything is imbued with this prana, this Shakti, this aliveness, even if it appears to be this. That's the biggest difference between the way... I don't know if the new generation is being, but before we had the quantum physics, there was no life. It was lifeless, right? Solid. Whereas now we recognize that everything is made out of energy. And the energy, whether it's animate or inanimate, is... Now, does it have consciousness? That's a beautiful question to ponder, right? And I think in the yoga tradition, they would say it all has consciousness, just different states of consciousness. This is a heavier, denser state of consciousness.

##### **[00:24:31.15] - Mary B.**

Am I incorrect in thinking that Kriyananda said something about the rock people, even? Yeah, that's what I thought.

##### **[00:24:42.18] - Caren**

He tells a story of an experience where he went so deep. We talked about we have the seven chakras here, right? And then there's more chakras above, called the Karuna, the compassion realm above. But there's also chakras down into the legs, and they call it the Talas, T-A-L-A-S, the Talas realm. And it's so heavy and so dense. It's like, that's just not where we go.

##### **[00:25:17.17] - Caren**

But he went down because he wanted to explore, and he got down there and he couldn't move. And it took, I believe he said it just took a very, very long time for him to It evolved back out of that because it's so dense and it's so heavy. But that's what Mary is talking about with the rock people, right? Go ahead, Mary. You're muted. Yeah.

##### **[00:25:45.15] - Mary B.**

What are the chakras above?

##### **[00:25:47.20] - Caren**

Karuna. The Karuna. Compassion. The compassion realm. Yeah. Jeremy.

##### **[00:26:00.04] - Jeremy**

I want to ask a different question, so I just want to make sure-

##### **[00:26:08.15] - Caren**

Sure.

##### **[00:26:08.17] - Jeremy**

Okay. So I have to look at this really quick. It's like I know the answer to this question, but I want to hear it from you. So one of the things that it's a fear for me, it was what you talked about when this class is not here and we move on into the world. I think probably all of us fear that it's going to go away inside of us. And so let me give you a really physical thing that is on my mind every day. My whole life, I've struggled with disordered eating. Since I was a child, food scarcity, we had nothing. The most remarkable thing has happened, which is, I've now... This happened a month ago. I just was able to decide. I can choose. I don't need to fill whatever was missing, with food, or whatever. My health is improving. I've lost 20 pounds. But I've done this many times. I have journals all up there of I'm so confident. I'm on day 51 in one of those books. I've got this. Then it all falls apart, and I go back to the cycle, and I dieted with my parents.

##### **[00:27:43.09] - Jeremy**

I lost 70 pounds with my dad. Dad lost 110 pounds. Then we gained it all back. It's a deep-seated fear. But this time feels different. I'm not obsessed with control of it because I would before. It was all control. I had to control it. If I could just stay in control long enough, I treated it like alcoholism. I was like, This hour, I'm not drinking. Next hour, I might. But this hour, I am not doing that. I went through every hour of every day, I am not doing this. I am not doing this. I'm not doing that now. It's just happening. That's a long way of saying I'm afraid to trust it because I have a lifetime of thinking I got it and then failing. You know what I'm saying?

##### **[00:28:38.03] - Caren**

I do.

##### **[00:28:39.06] - Jeremy**

I'm afraid of it.

##### **[00:28:43.09] - Caren**

I don't know what your answer to yourself would be, but this is my answer. Something's different now, and there's a huge, huge power that this difference carries, which is you're learning to love yourself. And when we learn to love ourselves just as we are, loved myself when I was 200, loved myself when I'm 180, love myself, I'm 165 now, love myself when I was 150. I just love myself. I just love myself. That takes a whole bunch of the underlying distraction that eating brings and numbs, out of the picture because we love ourselves now. However, the habit is still there. The habit is still there, right? And so. You have two things that you didn't have before. You have love for yourself, and you have awareness, and you have RAIN, which says, I am aware that I'm eating right now because I It's habit, and I want to just feel stuffed and full. Okay, let's go ahead and eat, and we'll be stuffed and full. But guess what? You don't stuff and fill to the same amount that you used to. You don't. It's less. And little by little, what happens is there's a listening to the body that I think you've already mentioned you've experienced, where you're just listening to your body and your body says, Okay, that's enough.

##### **[00:30:32.13] - Caren**

I'm really uncomfortable right now. And we listen. Doesn't mean we don't fill to feeling full and numb, but we don't have to over numb and full, right? It's like the habit little by little shifts. And what happens in here is the love for ourself, the appreciation of everything our body has been through, not because there's something wrong with us, but it was because that's the karma we're coming to balance and understand in this life. It's not wrong, it's not bad. This is the karma I came in for. And there's such a stigma that comes with the overweight, and neutralizing that, is complicated. Neutralizing that is complicated. So this whole process takes time, but there's a wholeness that you're finding, and that's what you're trusting. So you just let go of this. Am I going to go back again? You might. And when you do, you know how to begin again. And if If you do, you know how to say to yourself, Oh, what's the habit here? What's the habit? What's the habit? And you look at it with generosity, right? Generosity to yourself with compassion and kindness. And it's not the end of the world.

##### **[00:32:23.10] - Caren**

And it's not that there's something wrong with you. There's a wholeness that's coming into you, and it will take time for those old habits to actually really be neutralized. Because what's going to happen is they're going to come back up and we go, Oh, there you are, old friend. I know you. I see you. I mean, that's the best response we can give. When I get in that space where I just... I think it's the hardest work I've done is the eating. And when the habit comes up to eat, to just go, Oh, this is habit. Okay, this is just habit. And then my mind just can't say, Okay, and I'm ready to break the habit. It's not ready to break the habit. There's a lot of comfort there. And so I go, Okay, let's be comforted. Let's be comforted. And somehow it's all balancing itself out. I don't know. There's a process here. Maybe what the thing to do is to just trust the path. And if you show up on the path with awareness and love yourself and generosity and kindness to yourself, the rest is all going to fall into place. How's that for an answer?

##### **[00:33:52.17] - Jeremy**

That's a wonderful answer.

##### **[00:33:55.17] - Caren**

Yeah. Jeremy, that's not an answer out a book. That's not an answer. This is why it's so important to be authentic. This is an answer out of my own experience. I'm sitting here on the other side, and I said, I don't have 50 pound weight swings. I have my little 15 between 150 I'm 165. Sometimes I say, I just... And I weigh myself once every year, practically, right? But that's my little thing. And when I'm this, I actually like myself like this. My breasts are bigger, I feel more round and luscious. And when I get smaller, I feel more maybe energized, but I feel more vulnerable. And so I just know this is my little thing, and I have no heat on it. It's like, I've been doing this since 2008. This has been my thing with a couple. So I'm talking to you out of authentic experience. And I went from 50 pound swings to 30 pound swings to 20 pound swings. And I'm happy in this 15 pounder. Whatever it is, I'm fine. Does that make sense?

##### **[00:35:10.05] - Jeremy**

Oh, it's beautiful.

##### **[00:35:11.23] - Caren**

But it's all inside. It's all inside. There's nothing from the outside. And I literally won't. If Bill says, I want to eat more healthy, it's like, go you, eat more healthy. I'll do me. I'm just doing... Okay, I keep cutting you off. Go ahead. What were you going to say?

##### **[00:35:28.17] - Jeremy**

Oh, it's... There's so many things, but I'll just stick to one. I was having a conversation with a friend yesterday who is also one of our songha members, and she said something along the lines of, Well, you know how people are... They don't want to go on this path because they'll lose the highs and the lows, and they only get the middle. But what they don't understand is the middle is beautiful. While I understood what she was saying, what I'm is that is not true for me. I'm getting more highs that last longer and less lows that last less time. But the reason this is important is my father used to say he would not seek medication or treatment for depression because he told me many times, I don't want to lose the highs, and so I don't want to be on medication, which Which meant he suffered his whole life because he never addressed it, and he died suffering. He never found his way. I believed that, and what I discovered in this conversation is, I don't actually believe that anymore. It's changed because I believed it, too. I'm like, I was willing to do whatever I needed to do.

##### **[00:36:54.03] - Jeremy**

He was not at that place. But the belief has changed, and I keep running into that with all these beliefs inside, the need to control with the weight and all of that. The belief has changed, and I didn't do it on purpose. It just occurred. That's one of the things I'm really... My garden on the right, my garden was... It's a wildflower garden, and I'm just going to cast out seed and see what grows. There was no intention. It was like, I'm just going to literally cast seed and see what happens. The other side It was much more controlled, maybe. I want to grow certain things inside of me. But I was like, I get to see what happens in the world if I just cast those seeds, and I'm happy to surrender to whatever it is. That's all different. I'm not doing it on purpose. It's just happening.

##### **[00:37:48.20] - Caren**

I wanted to say cast. I did, but I didn't want to inform and shape your experience. But that was the feeling. So you just made my heart so happy when you said that, right? The other thing you said, though, that is really important, I think, for all of you is you said, I don't want to lose the highs. I don't want to lose the lows. And it's like you said, But that's not true for me. You owned your experience. You said, That's not the truth. The highs are higher and they're sustaining longer and the lows are less. So what I want to say to you is, the thing is that the highs are not the manic highs that you want to hang on to and they can't sustain. The middle shifts. The fallacy in that analogy is that you're assuming the middle is right here, and the middle you're going to end up in is the middle between the two. It's a different middle. It's not the middle, it's equanimity. And it's It's laced with joy and love and compassion. Right? KES I can't thank you enough for that beautiful way you brought that, folded that into our whole morning with that.

##### **[00:39:14.09] - Caren**

And It's so, Jeremy, that's not true. That's not my experience. It's like, yes. That was the whole point of this class. To give you the strength and the courage to be able to say to a teaching that's been around for hundreds of thousands of years, however long, we don't know. Say, I don't think that's true. That's not my experience. Well done. Well done. Well done. And that goes for all of you, all of you, because you all saw as part of yourself in what Jeremie's talked about. Right? Yeah. So we've got just five minutes. Any other last burning question or thought? Yeah, Nat.

##### **[00:40:13.06] - Natalie**

Just really quick on that garden thing. Can you walk us through quickly through that outline of what that was? I know it was like, Oh, why?

##### **[00:40:21.04] - Caren**

Because that was a once in a lifetime meditation. We're not going to do it again.

##### **[00:40:26.15] - Natalie**

What if I want to go back to my garden and see how things are growing?

##### **[00:40:29.20] - Caren**

Go back to your garden and see how they're growing. You go back to your garden again and again and again. It's now your garden. It's now your garden. It's your meditation. It's not mine.

##### **[00:40:40.09] - Natalie**

Okay, so can I ask a specific question about that?

##### **[00:40:42.23] - Caren**

Yes.

##### **[00:40:43.19] - Natalie**

There was the physical realm, or I'm planting things for the physical. I'm planting things for the subtle or the heart chakra. And then am I planting more?

##### **[00:40:54.22] - Caren**

It's your garden. Do whatever you want.

##### **[00:40:57.24] - Natalie**

Okay.

##### **[00:40:58.16] - Caren**

Oh, that is not a good How can I answer for my Leo. Okay. How can I answer you better? My goal with this meditation was to jumpstart a process that it took me decades to understand. And I felt like doing it at the completion of this program, nobody was going into a barren garden. Did anybody have a barren garden? No, right? But this garden is now your garden. It's your garden. And you'll go in there. Go in there in your meditation. Go in there during your day. Go in there. What's going on in my garden? What's going on in my garden? And it took a long time for my... Actually, okay, let me put it the other way. There are other meditations that down the road, if we get to them, include this work, visualization. So it's a pattern. I've introduced a pattern of a meditation, but this is a specific meditation that we just did today for you guys to help you find your garden and see the beauty of it and recognize this is what you've created. This is what you are creating. And this is, in Kriyananda's mind, this is what we're here for.

##### **[00:42:40.19] - Caren**

We're here to serve. We're here to till the Garden of God. And sometimes it's just your individual garden. Sometimes it's the garden of the whole of life. They're both. They're all beautifully woven together. So is that a better answer for you, sweet one?

##### **[00:43:00.09] - Natalie**

Yes, I was just typing that in, so I didn't interrupt you. Yes, that is the answer I wanted. Thank you. Okay.

##### **[00:43:05.02] - Caren**

All right. See, I love it. It's like I know her face, and it's like, Okay, not acceptable. Try again, Caren. All right. Yeah.

##### **[00:43:14.13] - Caren**

So here we go. I mean, this is our last official class, class, class like this. Next week, it's graduation, but it's not done. You are your cohort. You've got each other. And as the years go by, I mean, aren't you a great group? I mean, damn, you guys are a phenomenal group. Phenomenal. And, Maggie, we're including you. We're including you in this. And you are connected. There is a karmic linkage between the seven of you, the eight of us, that's real, and it's being fulfilled. And so take comfort in that. This is... This is a treasure. It's a jewel on your path that we got to do this together. But it's not over. It's really like we finish something, and next week, we're moving into this beautiful new moon. Bring it out. Bring it out into the world. And there's a lot more we can do together. But this, you've accomplished something of great magnitude, of great magnitude. So this week, my wish for you is to just... This is the Garden of God.

##### **[00:44:35.00] - Caren**

This is your garden. Just be in it. And next week, as part of graduation, you can tell us a little bit about your garden. Okay? All right. Nat.

##### **[00:44:49.08] - Natalie**

One last question. Should we bring anything with us to graduation? Should we bring our notebooks or anything like that, or just come as ourselves?

##### **[00:45:01.00] - Caren**

You might want your journal, your notebook, only if there's something in there you're looking at and you're going, Caren, one last thing here. Otherwise, maybe your journals But you don't bring your notebooks to graduation for other classes, right? The only difference might be you might want to make note of some of the things because we will do a short meditation. We'll go into a space, and it might be nice for you to write them down. So, yeah, bring your journal. How about that? Bring your journal. Okay, good question. All right, loves.

##### **[00:45:42.24] - KES**

I also got one of those chairs, the one that Ramon had.

##### **[00:45:48.13] - Caren**

Ramon had?

##### **[00:45:49.07] - KES**

Yeah. So can I bring it?

##### **[00:45:50.23] - Caren**

Yes!

##### **[00:45:52.03] - KES**

Okay.

##### **[00:45:53.03] - Caren**

Yeah. I think we'll be downstairs next week. We'll be downstairs. I think it's more comfortable in the living room, and we can

##### **[00:45:59.19] - KES**

That's so much more comfortable. I'm so excited.

##### **[00:46:02.13] - Caren**

Oh, I can't wait to sit. I haven't sat on his chair in a while. So I want to remember. All right, loves, let's just do an Om Shanti Shanti and

##### **[00:46:16.07] - KES**

Should we unmute ourselves to do our Om Shanti?

##### **[00:46:19.06] - Caren**

Yeah, let's unmute so we can do it all together. That's a good idea, KES. Thank you.

##### **[00:46:25.03] - KES**

[inaudible] doesn't always let us be together.

##### **[00:46:27.20] - Caren**

Well, we'll hear it popping in and out. So find your seat and settle into that awareness of the support, but also the awareness of the heart that is so filled with so much richness, precious treasures, awarenesses, wisdoms, love, generosity. Effulgent is a word they use sometimes. It's just effervescent and rich, and deep. And from this place, let's send our Om Shantis to each other. First one, to our families. It's been a journey for them, too, and to all beings everywhere. So inhaling, Om. Shanti. Tend it with a smile. Shanti. Shanti. Bring our hands together if you want to. May we be blessed. May we be blessed. May we be triply blessed. So we may be an even greater blessing to others. Namaste.

##### **[00:48:23.10] - KES**

Thank you.

##### **[00:48:25.11] - Caren**

I love you guys. I love you, love you, love you, love you, love you. There's a song, I love you, love you, love you, love you.

##### **[00:48:31.24] - Angela**

We love you, too. And we love Maggie.

##### **[00:48:38.12] - Caren**

And Maggie, exactly. All right. See you next week. Thanks so, everybody.

##### **[00:48:47.03] - KES**

Thank you.

##### **[00:48:49.10] - Angela**

Bye.