

#3EnergeticBlueprint

THE ENERGETIC BLUEPRINT OF OUR SOUL

The secret to success is to follow your gifts through life.

This chapter uses the symbology of astrology and the basic 8 universal energies to lead us through an exploration of energetic blueprint of our soul. Our goal is to understand our unique energetic make up and to use this information to uncover, activate and nurture our assets, gifts, challenges and lessons.

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Suggested Reading: NMB#93: The Dance of the Three Modalities: Virgo, Pisces
Spiritualizing Matter

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"The mind can be thinking (flickering) or the mind can be feeling." -- Osho

I. Basic Universal Energies

The basic universal energies can be divided into 3 categories.

[1] The 2 Polarities

Male (M) and Female (F)

[2] The 3 Modalities of Creation and Evolution – G-O-D

G - Cardinal (Crd) D - Fixed (Fix) and O - Mutable (Mut)

[3] The 4 Elements

Air, Earth, Fire and Water (All derived from the all-encompassing element of ether)

2 Universal Polarities -- Masculine and Feminine

Masculine – that which stays constant

Feminine – that which changes

3 Modalities of Evolution – G – O - D

Generate/Cardinal/Brahma

Initiate, take action, create, gives birth

Organize/Mutable/Vishnu

Adjust, align, integrate

Deliver or Destroy/Fixed/Shiva

Hold (not hold on), contain, nurture, BE

Maintain or move on

5 Elements or Tattvas – Composition

- * Earth
- * Water
- * Fire
- * Air
- * Ether

The Basic Universal Energies and the Zodiac Archetypes

Interestingly enough, the 12 zodiac archetypes are each a unique combination of the 8 expressions of universal energies – 2 polarities, 3 modalities and 4 elements.

We are each made up of a unique combination of universal energies. Astrology helps us identify our unique make up or soul blueprint.

[1] The Polarities

Masculine

Two elements have **yang or masculine** energy – **AIR and FIRE**.

The male signs are **AIR (Gemini, Libra and Aquarius)** and **FIRE (Aries, Leo and Sagittarius)**

Feminine

Two elements express **yin/feminine energy** – **EARTH and WATER**.

The female signs are **EARTH (Taurus, Virgo, Capricorn)** and **WATER (Cancer, Scorpio and Pisces)**.

[2] The Modalities

One sign of each element expresses one of the modalities.

G - GENERATING energies are expressed by **Aries, Cancer, Libra and Capricorn**.

O – ORGANIZING energies are expressed by **Gemini, Virgo, Sagittarius and Pisces**.

D – DELIVER energies are expressed by **Taurus, Leo, Scorpio and Aquarius**.

[3] The Four Elements

AIR – Gemini, Libra and Aquarius.

EARTH – Taurus, Virgo and Capricorn.

FIRE – Aries, Leo and Sagittarius.

WATER – Cancer, Scorpio and Pisces.

Everything we experience in life is a dynamic expression of some combination of these 8 basic energies, which either synergize productively or create some form of dysfunction.

II. Male/Female—Stable/Flowing Polarities

The Dynamics and Interdependence of Male/Female Energies

To live conscious lives, both men and women must live in integrity with the two basic universal energies – the male polarity and the female polarities of our soul. Although the male body is designed to carry more of the male polarity, and the female body is designed to express more of the female polarity, both men and women are made up of both polarities. Your energetic blueprint will reveal a dominance of one or the other polarities. Women can be male dominant and men can be female dominant. We each have our own unique composition.

The cultivation of a deep, empowering relationship in our psyche with male and female polarities is a life long evolutionary process. Below I touch on a few of the attributes and roles of the polarities and the dynamics of their interdependence.

The **male polarity** incorporates the **mind** and **Spirit** and the upper chakras.

The **female polarity** manifests as the **body** and the **emotions** and the lower three chakras.

Basic Nature of the Polarities

Our inner journey opens the pathway to explore the distinct nature and highest expressions of masculine and feminine polarities and their harmonious interdependence.

[1] MALE POLARITY

In the neutral mind we experience the stable, neutral and imperturbable nature of universal male energy. The integrity and honesty of the neutral mind is expressed through its connection with universal truth and the universal mind. **The balancing forces of the male polarity are NEUTRALITY, STABILITY and PERMANENCE.**

[2] FEMININE POLARITY

In the body we experience that the emotions are neither stable nor neutral. **Their balancing force is CHANGE, RHYTHM and EVOLUTION.** The integrity and honesty of the emotions is expressed in their ability to adapt to change, to reflect evolutionary impulses and to integrate transformation.

[3] INTERDEPENDENCE

The **mature male polarity** allows us to be peaceful, non-judgmental, awake and aware.

The **mature feminine** allows us to rhythmically flow with the evolutionary cycles of life.

The female polarity is the active, participatory, ever-changing unfoldment of life.
The male polarity is the stage. The female polarity is the play, the evolutionary process.

Male and Female Dysfunctions

Egomaniac is the code word for the dysfunctional male, which is in denial of Spirit, our ultimate identity and authority. The mind is stuck. Instead of relating to Spirit as our identity, the mind is used to glorify the finite personality. The egomaniac misuses the mind to identify with, serve and glorify the limited personality instead of the infinite soul.

Neurotic is the code word for the dysfunctional female, whose emotions are expressed as obsessive thoughts, instead of being experienced as vital aliveness or interpreted as messages and information from the soul. Instead of cultivating rhythmic relaxation, the dysfunctional feminine indulges in and succumbs to chaotic confusion.

The Polarities in Action

To operate optimally in this world, we must establish our internal connection with the two basic universal energies. It is our relationship with these two primal energies that determines the quality of our lives and our ability to function effectively in this world.

[1] MALE POLARITY – NEUTRAL MIND AND INTUITION

Stability, stillness and neutrality are the essence qualities of the universal male polarity, which constitutes the base from which action can be divinely guided and optimally productive. When our mind is closed, blocked or limited by judgment, dogma, categorization and opinions, it is not available to receive clear, truthful information about what action to take. Instead the filters of belief systems and ideologies impede pure perceptions of what is in the highest good.

Our blinders also prevent accurate evaluation of the implications of the actions that we take. The results of action taken can be disappointing, destructive and can have disastrous consequences. Good intentions can never be a substitute for clarity of mind merged with purity of heart.

♦ **The male polarity must access the neutral channel. It is only in the neutral channel that we are able to listen to our intuition, which accurately guides our actions.**

Otherwise we are impeded by incomplete information or a biased perspective.

The mind (male) **loses its edge** when it is not clear and unencumbered.

[2] FEMALE POLARITY --INSTINCTS

Within each of us is the eternal flow and rhythm of the ever-changing universal feminine energy. The feminine animates our body and is the substance of our emotions. Feeling and being in tune

with this energy is required to **be able to relax, let go, trust and surrender to the unfoldment of life.** When we are in touch with the natural dynamic of our life force, surrender is possible. Without the ability to experience and then relax into our own flow, we hold on and create a state of stress. We don't know why we are holding on. We just know that we find it impossible to relax, and peace eludes us.

♦ **The feminine polarity has to be able to feel sensations and to relax into its rhythmic flow, to be able to accept, to surrender and to trust.**

Otherwise we are controlled and upset by this energy.

Emotions become commotional, when they are not flowing rhythmically.

[3] INTERDEPENDENCE

When we are in overwhelm, in a state of conflict and unable to decide what to do, we can stop and notice that our 2 polarities are not operating and interacting at an optimal level. We may be fueled by emotional upset (f) or in mental confusion (m).

To re-establish balance and sanity, we need to access our neutral mind. In our neutral channel our intuition can guide our action and help us make appropriate choices.

When the male (mind) takes false, unauthentic, unconnected action, the feminine withdraws in fear. When our male polarity is out of integrity, our feminine feels frustrated and angry.

When the male (neutral mind) takes action for the truth, the female is relaxed and content.

The male polarity needs the female (body and emotions) to feel alive. Without the feminine movement, the male mind feels empty and lost and hungers to be soothed by her rhythmic presence. The feminine comes alive when our mind simply, without judgment, pays attention to our emotions and feelings.

We have to engage our emotional body to invoke and feel the presence of Goddess energy. Pay attention to her and she will wrap you in a blanket of love.

Reinterpreting Male and Female Energy

Why are both male and female energy too often interpreted and expressed negatively?

Some women equate male energy with their negative experiences with men. Similarly, men shun and make fun of female energy because they do not understand women and equate the feminine with irrational, out of control emotional expressions by women. Both are reacting to dysfunctional expression of the two energies – cold, manipulative male energy and hysterical, unbalanced female energy.

There are two fundamental reasons for the dysfunctional expressions of the two polarities.

The first is the avoidance and condemnation of the feminine. The feminine is our physical

and emotional sensitivity, which connects us with the essence energies and authentic powers of the evolutionary aspect of our soul. Without a feeling connection to this primal energy, we cannot establish a functional relationship in our psyche with goddess energy. Without an integrated and interactive relationship with the feminine, male energy becomes aggressive and angry. Without our internal connection with our feminine polarity, our anger, sadness and fear is projected outside ourselves and acted out in childish games. For both polarities to be functional, the feminine polarity of our soul must be recognized, respected and loved.

Second, neither men nor women have been connected in an authentic way to male power. The highest expression of the male polarity is not to destroy, but to deliver us to the truth. We connect to authentic male energy in our neutral mind, where we find the wisdom and the guidance of universal truths. In our unconscious state, we act impulsively. Guided by the warped perspective of mentally fabricated and justified belief systems and fiction-based ideologies concocted to control people through intimidation, the results of our actions can be dismal and even catastrophic.

When our male polarity (mind) is disconnected from our feminine polarity (feelings), our emotional energy becomes angry, stagnant, and afraid.

Reconnecting with Source – Authority and Security

Problems arise when our male authority is not conscious and not connected to authentic universal male power. For too long male energy has been consciously disconnected from its universal source. The word ‘hu-man’ literally translates as light in the mind. The human mind is supposed to be open to receive the light, wisdom and inspiration of the universal mind. Male action is in turn directed by this inspiration. The ability to be guided by universal truths is the theory behind divine right kings. Somehow some of our kings have disconnected from their Source.

It is time for our kings to re-connect. It is time for both men and women to connect with Source through the neutral mind. Experience of the neutral mind is the foundation upon which our relationship with both male and female polarities and their functional interaction is built.

The natural expressions of universal male energy are not negative and abusive. When the true essence of male energy is experienced in the psyche, it is very satisfying. **The stability and neutrality of universal male energy creates inner peace.** The permanence of the male polarity creates the basis of our inner security. The ever-changing female energy must have a healthy, supportive relationship with her stable male polarity to feel secure.

Identity, Approval and Relationships

As we tune into and reinterpret the essence energies of the polarities, we empower ourselves to embody their highest expressions and to use them to our greatest advantage. Authentic male energy makes it possible to find our inner authority, create reasonable boundaries, and to

experience and consolidate our identity. The male polarity leads us toward conscious **individuality and differentiation.**

The male principle teaches us that unquestioned approval has to come from within ourselves. Looking to anyone else for approval, acceptance and love will always entail some form of physical, and always some form of emotional dependency or abuse. As long as we are tyrannized by our need for external approval, our ability to develop an autonomous identity can be thwarted by our abandonment programs. Our relationship crises oblige us to confront our abandonment issues and to quit abandoning ourselves.

To be **abandoned** means to be ‘**without a destiny.**’ We don’t remember who we are. We are severed from our true identity. To establish our identity, we must consciously connect with the Light of our soul. We must individualize to be able to fearlessly take action and to initiate from our soul identity.

A powerful sense of identity is required to experience independence and freedom. **Emotional security (f) comes from a sense of autonomy (m).** From this internal integration of the polarities in our psyche, our relationships have a chance. The more complete we are, the less dysfunctions we act out and attract.

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*The universal polarities dance with such synchronicity that they appear as one.
– Guru Rattana*

Functional and Dysfunctional Male and Female Polarities

FUNCTIONAL	DYSFUNCTIONAL
<u>MALE/MIND</u>	
Oneness, unity, simplicity Stable, centered Equanimity, imperturbable Peaceful, calm, stable, still	division, separation, complicated wavering, unstable, excessive thoughts, (wrong channel) chaotic, fluctuates in duality conflictual, chaotic, agitated
Light, pure Clear, open Intuitive, decisive	dark, impure confused, cluttered, fuzzy, closed lost in rational mind, negative, polarized, indecisive
Neutral, non-judgmental Accepting, allowing Witness, detached	opinionated, judgmental critical, dogmatic, categorical, controlling judge, attached
Aware, conscious, awake Available, present, in NOW Centered, focused, purposeful	asleep, in denial, unconscious, shut down unavailable, lost, in past and future unfocused, distracted, off target
<u>FEMALE/EMOTIONS</u>	
Flowing, fluid Rhythmic	resistant, stagnant, stuck Hysterical, out of control, chaotic, disharmonious, forced
Willing Relaxed	unwilling, reactionary stressed, rigid, tense, uptight
Let go Surrender Trust	hold on, attached, paralysis, control afraid, fearful distrustful
Contained, consolidated Grounded, in body	dispersed, scattered ungrounded, in mind and fantasies
Nurtured Comforted Satisfied, content Creative, evolving	abandoned, angry neglected, disconnected dissatisfied, discontent destructive, imploding

III. The Dance of the Three Modalities

Energetic Modalities – G O D

Evolution and change happen through the progressive unfoldment of the creation process. The GOD modalities represent the three basic phases of creation.

G – Generate

Cardinal – Do, Action

Aries, Cancer, Libra and Capricorn (Angular Houses 1, 4, 7, 10)

Energy that radiates outward. Centrifugal energy.

Active, generative, creative, initiating, individualizing.

Definite action directed towards creation and accomplishment of specific goals.

Experiences that generate and expand energy.

D – Deliver, Destroy

Fixed – Have, Hold, Stabilize, Ground, Love, Enjoy

Taurus, Leo, Scorpio, Aquarius (Succedent Houses 2, 5, 8, 11)

Energy that radiates inward, Centripetal energy.

Solid, stable, persistent, inflexible, inert.

Energy and intention directed toward concentration, preservation, holding on, holding the space.

Experiences that focus, consolidate, solidify form.

Something is lost (released) and something is gained.

O – Organize

Mutable – Be, Adjust, Flow, Transform

Gemini, Virgo, Sagittarius, Pisces (Cadent Houses 3, 6, 9, 12)

Energy that moves in spiral patterns.

Flexible, unstable, adjusting, dispersed, inclusive, universal.

Energy that transforms, aligns, adjusts, integrates or disintegrates, fulfills or disperses.

Experiences that change, transform, harmonize or rearrange in some way.

THREE MODES OF OPERATION

In order to understand and appreciate OUR UNIQUE mode of operation, we need an understanding of the three creative modalities. Keep in mind that we all have a combination of these energies and need to learn how to work with each of them.

G – Generate – Do

(1) Cardinal signs (Aries, Cancer, Libra and Capricorn) are the movers and the shakers. They DO things. They initiate. They make things happen. They are the action kids on the block. Planets in the corresponding 1st, 4th, 7th and 10th houses operate energetically to move things forward. This energy likes to be in control.

D – Deliver, Destroy – Have

(2) The fixed signs (Taurus, Leo, Scorpio and Aquarius) hold things in place, provide stability and offer a firm foundation. The fixed signs conserve, hoard, relax and enjoy. Planets in the corresponding 2nd, 5th, 8th and 11th houses have a steady, sustaining and nurturing playing field.

O – Organize – Be

(3) The mutable signs (Gemini, Virgo, Sagittarius and Pisces) make adjustments, adapt, welcome the new and let go when it is time to move on. The mutable signs experience life in the middle, between cause and effect. Planets in the 3rd, 6th, 9th and 12th houses operate in a constantly changing environment. This energy knows it is not in control, but that it must participate in what is already been put into action.

Cardinal signs create. Fixed signs hold on. Mutable signs negotiate the space and flow with the evolutionary winds. The contribution of the mutable signs is indirect, hidden and in our society often unappreciated. They often do the dirty, unapplauded work and act as the shock absorbers. They walk the tight rope, fight the wars, and clean up the messes. Their tasks make it possible for things to move forward and not get stuck.

WHAT ARE THE MUTABLE SIGNS DOING?

The action-oriented cardinal signs often look over their shoulders smugly and wonder what are those mutable signs doing? The answer is they are furthering the evolution of humankind. They are moving the storyline along. The mutable signs are often the most misunderstood.

The mutable signs are about **movement, but not about aggressive action**. They create movement within and between situations. Their capacity to go back and forth, around and within gives them the ability to weave facts, circumstances and realms together. They blend active and stable energies into evolutionary progress. “They move above and below, inside and out, here and there, between you and me – for varying directions converge at the center of these signs. To

people who are strongly fixed or cardinal, those whose energy isn't led astray once set in motion, this may seem aimless, wasteful and ill conceived." But thanks to the bees, fertile winds, and floods, "pollen is dispersed, seeds are scattered, and new growth comes into being." *(1)

The mutable signs are not focused on a concrete goal. "These are signs of journeying, of learning through an ever-changing, constantly shifting sense of self and the world." Their perception is extra sensorial. "Their attention is on what is shifting, what is out of sync. ...They are aware of slippages between worlds, of mutations and inconsistencies, and they are drawn to what is at variance with the norm." *(2) "They find the way through in unsettled times, come up with solutions, adapt to change.... In their back-and-forth, their contradictions and conflicts come the possibility of choice and the promise of a larger, awareness, the ability to see all the experience as part of the undivided whole." *(3)

♥ Unlike the **focused cardinal energy** or the **restrained fix energy**, **mutable energy is irregular and undirected, which can be experienced as excessive, unidentified agitation.** The goal is to make the movement relaxed and rhythmic. This can happen through the blending of the three energetic qualities, the mutable specialty.

The most difficult thing, however, for the mutable signs is feeling pulled in different directions at the same time. The incessant internal tugging happens because the mutable signs are the bridges between worlds and serve to bring different dimensions of reality together.

SPECIFIC CONTRIBUTION OF THE MUTABLE SIGNS

Each of the mutable signs makes its own specific contribution. **Gemini** observes everything in life with a sense of detachment and humor, and in the process learns how this world operates. Gemini is fascinated by the fact that nothing stands still. Everything is in constant motion. It is the thrill of life as a perpetual motion machine that keeps Gemini always alive and forever young.

Virgo is right in the thicket of life, trying to implement ideas and to figure out what works and what doesn't. Virgo identifies and devises the best techniques to fix the fixable. Virgo is constantly adapting to the limits of the physical body, the continuous feedback from life experiences, and the changing requirements and demands of the work environment. Virgo mottos could be – keep updating yourself, be adaptable and increase your effectiveness.

Virgo needs assistance from both Sagittarius and Pisces. **Sagittarius** opens the mind to explore another ways of looking at things. The centaur expands the mind to access new perspectives, and in so doing discerns the deeper meaning and significance of events.

Pisces knows how to enter the worlds beyond, where it is easy to let go of the unfixable and move on. Pisces ventures way beyond the confines of ordinary logic and accesses the Divine.

Strategies for Each Modality

Cardinal – G – Do

Challenges: too much undirected or misdirected energy, over committed, stressed out.

Strategies: Choose the right action to accomplish right goals.

- Learn to discriminate and to choose wisely.
- Enjoy being active and doing what you are doing.
- Be present to how and why you are doing what you are doing.

Fixed – D – Have

Challenges: Inertia, depression, feeling stuck.

Strategies: Relax, be still, go deeper, consolidate, nurture what already exists.

- Learn to manifest by holding the space, projecting, asking for assistance, nurture into being.
- Enjoy the expansion, the new dynamic, the new phase, a new level of awareness.
- Consolidate by being present to your own dance, creation and being.

Mutable – O – Be

Challenges: Too involved in adjusting, fixing, negotiating situations.

Strategies: Be flexible, but not malleable. Have your own position.

- Learn to not try to control, interfere or make everything OK
- Accept what you cannot change or impact.
- Let others work things out themselves. Doing nothing can be sweet.
- Be present to energies as they align. Be with the evolutionary process as it unfolds.
- Allow the shifts so a new level can be born. Wholeness is happening.
- Surrender to the natural intelligence of your soul and the universe. Let go of ego.
- Let yourself evolve, let your heart open, release resistance, don't hold on.
- Contain your dance on your inner stage.

IV. The Five Elements/Tattvas

The four elements – AIR, FIRE, EARTH AND WATER manifest from the universal ether. The four elements teach us about the composition of our humanness and the journey of the soul in the physical plane. For example

Aries (fire) personifies the authentic Spirit/Self.

Libra (air) offers us the neutral mind to observe what is happening.

Taurus (earth) introduces us to physical reality with no buffers – “What we feel is real.”

Scorpio (water) enters into the dimension of the soul. Stripped bare, Scorpio territory is the arena of deep authenticity – “What we feel is who we are.” At the end of the journey of the dark night of the soul and the dark night of the senses, Scorpio teaches us that the only way to be comfortable in our body and content is to “Let go and let God.”

Right (F) and Left Brain (M) Functions

Two elements work through the conscious left brain (M) – AIR and EARTH.

Two elements work through the unconscious right brain (F) – FIRE and WATER.

Conscious left brain functions include the capacity **to analyze, reason, focus on details, objectively observe and are function oriented**. Conscious left brain functions are both rational and logical (air) and practical (earth.)

Unconscious right brain functions include the **spontaneous and subjective knowing, understanding and meaning**. Right brain functions are both **intuitive (fire) and instinctual (water)**. They tune into the bigger picture. (**Also see modes of knowing in NMB # 94**)

*William Blake (Nov 28, 1757) saw creation made up of four archetypes. (1) Emotion/Love, (2) Reason, (3) Sensation and (4) Spirit/Intuition. (31). These obviously correspond to the four elements. Note that the water element of feeling was honored as the bearer of Love and the fire element and intuition is associated with Spirit.

Summary Composition of the Elements

ELEMENT	HUMAN FUNCTION	POLARITY	BRAIN FUNCTION
AIR	thinking/rational	yang/masculine	conscious/left brain
EARTH	sensation/practical	yin/feminine	conscious/left brain
FIRE	intuition/creative	yang/masculine	subconscious/right brain
WATER	feeling/instincts	yin/feminine	subconscious /right brain

THE FIRE/ AIR COMPLEMENTS

The first pair of complements -- Aires/Libra -- joins the fire and air elements, which are masculine and express themselves as “**Free to be and think.**” (See NMB #52)

The fire element is simply excited about being alive. The fire element enjoys the purity of “I am” and expresses the creative, individualistic freedom of spirit. In its spirited enthusiasm fire has a *tendency to disconnect from its feelings.*

The air element expresses itself through the mind. Master of the mind, air is able to be *detached from the fray of the emotions* and hang out in the arena of the bigger picture. The air element loves to discuss what is happening. It empowers itself by not judging or falling into victimization traps. It experiences frustration when it realizes it cannot rationalize and explain away problems.

THE EARTH/WATER COMPLEMENTS

The second pair of complements – Taurus/Scorpio -- joins the earth and water elements, which are feminine and express themselves at “**Free to feel and express.**”

The earth element is our anchor in physical reality. The earth element is experienced through the senses. We have to be present nonverbally to experience the earth element, which responds to touch, physical love and nurturing.

The water element embodies the primal emotions of fear, sadness, anger and joy. The emotions are *totally subjective, irrational, cannot be explained by mental logic and defy control.* Emotions are experienced through feeling and can be tamed through attention and nurturing

THE ELEMENTS: ROLE AND TECHNIQUES

Our ultimate human goal is unity of Self and God in our body.
We can create this experience by working with the 5 elements.

FIRE – MOVEMENT, ACTION, SPARK – THE GENERATOR AND TRANSFORMER
Kundalini, locks, breath of fire, navel exercises.

AIR – BREATH – THE CONNECTOR
Circular breathing, long deep breathing, all Pranayama, mental focus.

WATER – SENSATIONS – THE INTEGRATOR
Feeling sensations, gentle, rhythmic movements.

EARTH – ATTENTION – BE HERE NOW
Mental focus and concentration, lower chakras, root, standing poses.

ETHER – PERCEPTION – ALLOW AND SURRENDER
Awareness, consciousness, listen inside, be in inner space.

ROLE IN THE CREATION PROCESS

Fire – Desire, I want it
Air -- Focus, define it
Earth – Consolidate, attract it Ground, pull it in
Water – Relax and attract it
Ether – Grateful, trust Surrender, get help

ACTIVATION AND ANTIDOTES

Water – move to activate. Earth to stabilize. Rhythm to calm and collect
Earth – stillness to experience – Fire to move, enliven, give hope. Air to enliven, clear out.
Air – breathe to connect -- Earth to ground
Fire – ignite to burn – Cool with earth

THE ELEMENTS IN SELF AND IN RELATIONSHIP

EARTH – PHYSICALLY CONNECT - STILLNESS

With Self -- Surrender to this moment, here and now.
Enjoy the sweetness, coziness of existence.

In relationship – Maintain awareness of sensory feelings in another's presence.

Be sensitive to how feelings expand or alter in some way.
Stay present to any changes inside your body and awareness.

WATER – ENERGETICALLY MERGE – PASSION

With Self -- Relish the harmonious attunement of energies.

In relationship – relish the attunement of energies activated by another's presence

AIR – CONNECT PHYSICAL WITH NON PHYSICAL – Real, not just an idea

With Self -- Let go to the expansive integration of body and spirit.
In relationship – Let go to the expansive integration of Souls.

FIRE – SHIFT REALITIES – SPIRIT

With Self -- Allow transformations of consciousness.
In relationship -- Merge in the Light and Sound in each other's presence.

ETHER – BE ONE IN DIVINE CONNECTION

With Self -- Surrender to the experience of Divine Love.
In relationship – Be together in God Consciousness.

GIFTS OF THE ELEMENTS

Earth – Endurance, patience keep going, keep up

Water – Surrender, let go, go with the flow

Fire – commitment, act, got for it, passionate, on purpose

Air – discrimination, clarity, analysis and evaluation

Ether – openness, freedom, pure knowing, neutral perspective

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MASTERING THE 5 TATTVAS

The tattvas make up the elementary composition of all life. The five tattvas make up our human existence.

Each chakra and each of the ten bodies embodies the energy of one or more of the elements.

To function on planet Earth we need to be able to effectively use all five tattvas. Because we each have our own unique make up, our relationship to the elements will vary. If we have a lot of one element, we may experience an urgent need to learn how to deal with it. Other elements may already seem fairly balanced. We notice them, but they don't seem to create problems. Others may entice us to explore attributes and to enjoy their gifts. We may also be in denial about other elements, despite the fact that their presence controls us and nags at us for attention.

HOW TO MASTER THE 5 TATTVAS

To master the five tattvas we have to

- ♦ Understand their nature
- ♦ Cultivate non-verbal awareness of the primal energy at multi-dimensional levels
- ♦ Develop a relationship with by actually experiencing the nature of the energy
- ♦ Consciously activate, integrate and balance each energy in our being

FUNCTIONS OF THE ELEMENTS

EARTH – Learn about physical reality and physical laws
Be comfortable in our body and in the world

WATER – Learn how to gracefully move, adjust and integrate.
Be able to go with the flow of our emotions and events.

FIRE – Learn now to turn on and regulate passion and motivation.
Be able to act and respond to our instincts and outer events, without reacting.

AIR – Learn now to open space, include and be neutral.
Be able to expand our minds and our psychic space.

ETHER – Learn now to connect with non-physical realms of existence.
Be able to perceive beyond physical reality and to receive from the unknown.

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RESTRICTIONS AND DESIRES OF THE FIVE TATTVAS

EARTH

RESTRICTIONS

Feel useless, negative ego
Depression, lack of self worth
Waste time/Feel there is not enough time
Experience limitations of matter, material goods, body

DESIRSES

To feel comfortable in the body
Material well-being and stability
Able to adequately support oneself
Meaningful work based on personal skills
Able to be responsible for one's own life
Feeling of competence

WATER

RESTRICTIONS

Emotional isolation, insecurity
Trauma dramas
Denial of emotional needs
Feel powerless, victimized and vulnerable, Fearful

DESIRSES

Emotional maturity
Self-nurturing and comforting
Experience emotions as a source of power
Inner and outer security and peace

FIRE

RESTRICTIONS

Feel insignificant
Feel powerless
Egomantic or egocentric
Angry, victimized
Feel overwhelmed or out of control
Energy misdirected to destructive or wasteful enterprises

DESires

Enjoy being alive
Conscious of Self
Understand life purpose
Experience true nature and aliveness

AIR

RESTRICTIONS

Feel lonely, socially isolated, estranged
Experience confusion
No center, absent
Egocentric

DESires

Mastery of mind
Hear the thought of the Infinite, the Word
Use thought as a creative act
Detached, but present, neutral
Focus
Clear communication

ETHER

RESTRICTIONS

Feel alone and unprotected
Lost in the maze of nothingness

DESires

Connect with the unknown/Divine. Be present and consciously awake.

How do we unleash the hidden, mysterious powers of the heart?

Wake up from our sleepy nap.
Stimulate our impulse to live.
Awaken our guarded yearnings.
Unlock our secret passions.
Find our inner conviction.
Tap our strength and vitality.
Let our heart sing!

NATURE AND METHODS TO CONNECT WITH EACH ELEMENT

EARTH – THE PHYSICAL BODY

Sensations

Dense, solid, immovable, stable, permanent

How to connect with, balance, integrate

Get to know and be connected to body through being present and awareness

Feel sensations in the body – pain, discomfort, energy

Stimulate, activate

Move, stretch, strengthen

Heal, develop a loving relationship with

Allow all sensations, accept, relax

Enjoy

WATER – EMOTIONS – THE SUBTLE BODY

Feelings

Cozy, full, substantive but not solid, watery, fluid

How to connect with, balance, integrate

Feel how the emotional body permeates every cell of the body, a fluid presence

Feel in belly and solar plexus

Balance and integrate with rhythmic movements

Soothe and calm down by chanting

Diaphragm lock to consolidate solar plexus

Feel their content enrich and harmonize into body

FIRE – SPIRIT

Feelings

The spark, Aliveness, Fire, heat, warmth

How to connect with, balance, integrate

The locks
Breath of fire
Navel exercises
Activate energy in and be present to the spine
Active movement

AIR – MIND

Feelings

Clarity, freshness, open, alive space

How to connect with, balance, integrate

Pranayama
Third eye focus

ETHER – SPACE

Feelings

Space
Consciousness
Awareness

How to connect with, balance, integrate

Concentration
Silent meditation - Focus inward on inner space
1 minute breath

INTEGRATION OF ALL ELEMENTS

Inner space becomes solid and stable
Whole body and all sensations are included in the spatial awareness, rhythm and movement

HOW TO PROCESS THE EMOTIONS

Healing is an inside affair, which requires shifting our attention from the outside in. We have to shift our mode of stimulation inwardly too. We have to stimulate and activate ourselves with our own attention.

To become a functional, integrated human, we have to work with the emotional/feminine energy of our issues in our body and deep in our psyche. We discover the painful and empowering truth that no one can save us but ourselves. This is an on-going, long-term, subtle and very personal process. There are no exact formulas that will deliver us pain-free to the other side. The following are some guidelines that can help you be with your emotional energy in a healing and empowering way.

- (1) Get in touch with the purity of your soul essence (male polarity) before attempting to heal your emotional body (female polarity).
- (2) Do your best to process from the neutral mind. In the neutral mind and heart we can listen, observe and be with our emotional energy with unconditional acceptance.
- (3) In the world of emotions, our energy is usually not neutral. A neutral vantage point will however allow us to practice (a) accepting, (b) allowing and (c) loving what we experience.
- (4) Notice in a nonjudgmental way how and where you restrict, hold back, resist and hesitate. Be with these sensations in your body.
- (5) Monitor your reactions and responses. Notice how and when your responses are a result of automatic conditioning. Notice that when you are conscious of your soul essence how your reactions and responses are different. Monitoring the difference opens you to the possibility of freedom of choice.
- (6) To love is a soul action. We have to invite our soul energy home into our body. Simply be with your energy like you would be with a child or a pet.
- (7) Practice various ways to nurture your energy, including (a) letting go and relaxing, (b) accepting and allowing, (c) moving with connected, gentle exercise.
- (8) Practice different attitudes of consciousness including being (a) unconditional, (b) flexible, (c) flowing, and (d) present –listen and feel what is happening.

We first access the pure essence of our soul in our mind, but our soul is not embodied via the mind. We have to invite it in through the emotional body. The soul reconnects through the physical and emotional bodies and the heart. It is through conscious sensitivity that we pull in and retrieve our soul.

V. The Astrology of Self

Complex and Fascinating

Astrology is intriguing and complete. It can seem overwhelming at first because we are confronted with everything at once. Astrology is admittedly complex, but understanding even a few things about the energy dynamics of your soul as set out in your birth chart can be invaluable in deepening your self-understanding. Take one baby step at a time and investigate as you feel moved to use this modality to deepen your self-understanding. There is always more to discover in our journey to explore and know our earthly self and our soul.

Your Special Day

We each choose to be born on a specific day, at a specific time and place. The great event of our human birth happens when the Sun, Moon and Planets are in the exact location that corresponds to the energies and their dynamic interaction that will serve us in this incarnation. The location of the celestial bodies at the time of our birth is visually represented in our birth chart.

The placement of the planets in the 12 houses is determined by our birth time. The degree and sign at the horizon at our time of birth is our **Rising sign or our Ascendant**, which is the cusp of the First House or the very beginning of our journey. Our Rising sign determines the grid of the rest of the chart and where the planets fall into their respective houses.

Our personality, our soul and our life's journey are all encoded in our birth chart. The symbology is complex, elegant and complete. For the purpose of this course, our primary goal is to explore the nature of the energies represented in our birth chart. Knowledge of our energetic make up helps us consciously know ourselves and work with our innate gifts. Of course there are many interrelated parts to our birth chart, so it is hard to isolate one thing at a time. The best approach is to begin to understand one thing and then to build upon that understanding.

THE BASICS OF ASTROLOGY

The Basic Archetypes

There are a lot of basics that we must familiarize ourselves with to launch ourselves into the study of astrology. Astrology works with archetypes and archetypical energies. So even though there are common definitions, the depth of our understanding is unlimited; the interpretations are vast; and the journey is endless and fascinating!

To summarize, the basic components of astrology and your birth chart are

[1] The **12 Signs or Archetypes** (see brief summary list on p. 26)

[2] The **Planets**, which each represent an aspect of our human experience
Each planet expresses itself through one of the 12 signs/archetypes

[3] The birth chart is divided into **12 Houses**, which represent the fields or arenas of our life experiences. Each house corresponds to one of the 12 archetypes. Every planet is in one of the 12 houses. This is the arena in which this aspect of our being will be challenged and expressed.

[4] The position of the planets in relationship to each other determines how they interact. The different modes of interaction are called **Aspects**. We are not going to discuss this.

Each sign and planet has its own **Glyph or Symbol**. **The key to reading your chart is to first recognize the symbols.**

Attitude, Resource Information and the Three Gunas

It is important to view your birth chart with a positive and explorative attitude. Some people are afraid of what they might find. This is not an appropriate attitude. We want to use our birth chart to facilitate our life's journey and to validate and find out more about ourselves.

I have explored in depth each sign and planet in my New Millennium Being e-zines. These can be accessed by going to www.yogatech.com and hitting the astro e-zine button. There is a list of all back issues. By clicking on any title, a blank email will appear. Send it as is and the issue will be sent to you.

I have written NMBeing for over 10 years, so there are many issues on each sign. The first set discusses each sign in terms of ♦ **Asleep, Waking up, and Awakened consciousness**. My approach is that there are no “bad” characteristics, just lessons that we must learn and attributes that we must cultivate to access and enjoy the power and potential of each sign and planet and thus our unique selves. These three states correspond to the “Three Gunas” in yogic terminology, which define the three stages of behavior and being.

Tamasic – Animal – Our behavior is determined by programmed unconscious instincts only.

Rajasic – Earthly, Human, Worldly – We start waking up and are able to consciously acknowledge what we are doing and how we create our reality. This is a long phase.

Sattvic – Angelic Human – We know and live the Truth. We relate to our soul and are internally guided by our conscious connection with the Divine. We gradually move into this phase.

The Basics – Sun, Moon and Ascendant

The very first thing we want to explore is the Sign or energy of our Sun, Moon and Ascendant.

Our **SUN** is the basic soul energy that permeates our being. Our light shines the energy of our Sun sign. We are most conscious of our Sun sign energy, which we must learn how to deal first and foremost. Our sun represents our will, individuality, spirit and sense of identity. Our Sun sign is the *foundation of our self or our active masculine will*.

Our **MOON** represents the *emotional feeling side* of our being. Our *instincts, subconscious patterns and inner, feminine nature* are expressed through our Moon. This part of our being may be hidden, but we must always remember that to a large extent it is in charge. Our subconscious emotional imprints and programming can sabotage the best laid plans of our active masculine will and ideas about how things ‘should be.’

Our **ASCENDANT or RISING** is the sign that is on the cusp of the first house. The ascendant represents our first impression of the world and the lens through which we continue to view the world. The Ascendant represents our temperament and physical body. It also describes the nature of our reactions to daily pressures and how we deal with circumstances and our immediate surroundings. Usually, unbeknown to us, others perceive us in terms of our Ascendant.

The Personal Inner Planets

The personal planets are Sun, Mercury, Venus, Mars, Jupiter and Saturn. These are also known as the inner planets because they orbit closest to the Sun. They symbolize aspects of our humanness.

Mercury represents our mind.

Venus represents our feminine energy, what we love, what we attract and what makes us feel comfortable, peaceful and harmonious.

Mars represents our male energy, i.e. where and how we focus and direct our action.

Jupiter represents what expands and excites us.

Saturn represents our challenges and life lessons that we must learn to become mature adults and to be able to manifest and take care of ourselves in physical reality.

The **North Node** is what we have to learn this lifetime. This is new territory which must be explored to be successful and make evolutionary progress in this lifetime.

The **South Node** is what we have already learned or the talents that we have acquired in previous lives. The North and South nodes are always exactly opposite each other and in complementary signs.

Chiron is one of the five asteroids (mini planets). Chiron orbits between the inner and outer planets, i.e. between Saturn and Uranus. Chiron represents what we must heal to be empowered and to move into our planetary service.

Impersonal Outer Planets

The impersonal planets are Uranus, Neptune and Pluto. They are also known as the outer planets because of their distance from the Sun. It takes them 6, 12 and 18 years (respectively and approximately) to orbit around the Sun. Each time a planet orbits the Sun it changes signs. Thus the outer planets stay in the same sign of the zodiac for 6, 12 and 18 + years. The outer planets define generations because everyone born in the 6, 12 or 18+ years will have the same sign. They impact people in the same age group simultaneously and confront us with similar lessons. The energies and the challenges of the outer planets, being more distant, are harder to access and understand than those of the inner planets.

Uranus is the wake up – surprise planet. It represents where and how we search for freedom and uniqueness

Neptune represents where and how we search for the Divine.

Pluto represents our instinctual drive towards transformation, death and rebirth.

Signs and Houses-Arenas of Life

Aries/first house -

Self, identity, soul, authenticity, personal, exited about life and being alive, very active.

Taurus/second house –

Self- worth, money and financial matters, physical security issues, how to take care of yourself.

Gemini/ third house –

a lot of activity and stimulation, distracted, discovery of the mind, communication, listening.

Cancer/fourth house – Self-

love, nurturing, emotional sensitivity, home, family, food, emotions, inner space, inner security, more focused

Leo/ fifth house – tests of the heart and self-worth, creativity, self-centeredness and self-focus.

Virgo/sixth house – health, work, home, daily chores, wholeness, service.

Libra/seventh house – relationships, creating harmony, peace and equality, neutral mind.

Scorpio/ eighth house – business dealings, emotional issues, deep inner probing, transformation.

Sagittarius/ninth house – education, travel, spiritual matters, teaching, writing, higher mind.

Capricorn/tenth house – business, career matters, recognition, contribution.

Aquarius/ eleventh house – group participation, social transformation, need for freedom.

Pisces/twelfth house – God, karma, letting go and letting God, surrender, infinite love.

(this is duplicated in the Instructions)

VI. Your Birth Chart and Energetic Inventory

Get a Copy of Your Birth Chart

You will need to get a copy of your birth chart. There are free charts available on-line. You need to know the **date, time and place of your birth**. If you do not know the exact time, be as accurate as you can. The ascendant and house positions are determined by the time and place of birth. For your energetic composition, the exact time is not as important.

I suggest that you get a chart that includes not only the major planets, but also the 5 asteroids, which represent very personal aspects of your personality. It is not necessary to include the asteroids, but their inclusion will give you a better idea of the resources of your soul.

There are endless ways to use your birth chart to explore the blueprint of your soul.

For this course in Kundalini yoga, the most important thing is to identify

- (1) the basic energies of your Sun sign and**
- (2) the total energetic composition of your chart.**

Exercise One – Sun and Individual Planets

Identify the energetic nature of your Sun

- ♦ Masculine or Feminine
- ♦ G – O – D
- ♦ Element – fire, earth, air or water

You may also wish to identify the same for your

- (1) Moon and Ascendant
- (2) and the other planets

Use the charts in the chapter on Energetic Blueprint to understand your energetic make up.

Exercise Two – Total Composition

Identify the basic energies expressed in your total birth chart. The simplest way is to find a chart that has two roles of squares somewhere on the birth chart that indicate the number of planets in each element and in each of the 3 modalities. (C = G, M = O, F = D)

You want to make a chart for yourself that gives the number of planets in

Feminine

Masculine

G

O

D

Fire

Earth

Air

Water

And there you have it. That is the energetic blue print of your soul!

As you work with the 8 universal energies, you will be able to better understand your gifts, challenges and lessons. This is a wonderful way to get to ‘Know thyself.’

Sat Nam!