



Inner Awareness Kundalini Yoga Teacher Training

Your Path to Inner Peace

Inner Peace Course Syllabus

by Guru Rattana, Ph.D.



You can see the hand of God working only through intuition, then you do not fear. Intuition is the knowledge you see behind the Creator's hand. Otherwise you only see time and space working, and that is very annoying. That is the difference between a man with intuition and without intuition. -- Yogi Bhajan

The strength of the man does not lie in what he has, but what he can give. Only those can give who have the capacity to tap into the Universe. If the Universe is not in your mind, your heart cannot give. -- Yogi Bhajan

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If we take judging ourselves and others out of our life, we will mostly be living in paradise. --Yogi Bhajan

A spiritual man or woman is the one who lives for Infinity and whose presence creates peace. --Yogi Bhajan

Introduction

About this Course and Our Process

Training Teachers

Inner Awareness Teacher Training is designed around the concepts of (1) self-knowing, (2) self-healing, and (3) the subtle awakening of consciousness to attain soul-realization.

Our approach to teaching teachers is inspired by Yogi Bajan, 'Consciousness is not taught. Consciousness is caught.'

In addition to sharing vital information, our courses focus on cultivating inner experiences of love and peace. The teachers are dedicated to assisting students in elevating their consciousness, learning how to hold the space of love, and radiating the love and peace that we wish our students to 'catch' in our presence.

The Blessing of Inner Peace

Whatever we want, the prerequisite is Inner Peace. Happiness, health, freedom, success, prosperity, creativity, good relationships, God consciousness. We have to be in harmony within ourselves to have harmonious relationships, to attract opportunities, and to enjoy our life as it unfolds.

To be at peace we need to release attachment to the past including conflictual programming, and become energetically independent. When we are at peace, happiness wells up inside.

Our job is to build our foundation within and to make inner peace the cornerstone of our life. Inner peace creates outer peace. You/we are it! We are the climate. Change!

Inner Awareness Training

This course is about waking up and doing the work to get personally connected to unity consciousness (what yoga is all about). Awakening is progressive. We step up to the plate of consciousness. Open the door to your heart.

This course features basic inner awareness training. Kundalini Yoga helps us get to where we want to be. But we have to recognize the experience we wish to cultivate and we

have to be able to stay in the experience.

From Ego to Soul Consciousness

The internal shift from ego to soul consciousness is the foundation of self-realization. Through our self-experience of wholeness, peace, and love within our own being, we 'realize' our oneness with the Infinite. When we see God within, we can see God in all.

From Imagination to Reality

We do NOT imagine what we wish to experience. We awaken to an experience of the reality of our soul and the Infinite. It takes time to feel into a sensory experience and to bypass our thinking mind. Over time we elevate our energy and enjoy our personal experiences.

An attitude of discovery, not making something up, offers us another way to pay attention during and after the exercises. It is very important to practice in silence so our attention is on our inner space and energy in our body and not distracted by or listening to beautiful music.

We experience *existential pain* from disconnection from our soul, lack of awareness, and our inability to feel. When we suppress the feeling reality of our own being and lack the sensitivity to tune into subtle energies, we experience separation and aloneness. We need subtle sensitivity to experience our oneness with all existence.

We have to dig deep for the gold. To do so, we must activate our capacity to feel. Feeling is the access mechanism to reality. We want reality. We must relax and feel it!

Ek Ong Kaar remains a concept, a good idea, a theory, an experience that we aspire to but not enlightenment until we witness God in All.

Sensory System - Awareness Faculties

We use our 3 basic awareness faculties to connect with what is real, not made up in our imagination.

- (1) Consciousness, pay attention - mind
- (2) Feeling - body and emotions
- (3) Listening - integrate and connect body and mind

We have to pay attention, listen, and feel to awaken to deeper experiences. We miss life if we don't pay attention with consciousness, listening, and feeling. We miss the experience. Without consciousness, our life is held hostage by our subconscious, which

creates pain, stress and illness in our body.

Experience Your Experiences

We practice the techniques to get the experience. We use awareness to be in the experience. Techniques and awareness go together.

Yogi Bhajan told us 'Be conscious of your consciousness.' We will add to that 'Experience your experiences.' Using the Ten Body system, we become conscious of and present to what we are experiencing.

We live in physical reality. Our 10 bodies make it possible to have sensory experiences. What are our bodies experiencing? Most of the time we are checked-out, absent, and lost in our thoughts. To experience our experiences in the moment we have to be aware and feeling the sensations in our physical and emotional bodies.

A Subtle Journey

'Spirituality is the test of the subtle muscles to carry one's self and others with it.' Yogi Bhajan

As we practice and refine our energy, our awareness gets more and more subtle. The important thing is not to escape our body, but to stay in our body and feel Spirit descend into our physical form. As Yogi Bhajan told me when I asked him how to experience God, 'Relax and feel it! That is what I did!'

Pragmatic, not Moralistic Approach

Our approach is pragmatic. We are not defining virtues that we must uphold to make the grade and be perfect. We are not using morality as a control tactic. We are doing our best to be honest with ourselves in order for our life to work at a more optimal level.

If we subscribe to an idealized theory and do not deal with reality, we make up stories and excuses, kid ourselves, and live in our heads. For example, if we feel overwhelmed and stressed, we admit it, instead of blaming others or making excuses to justify our situation. To improve our situation we do our best to identify what is workable and realistic.

To liberate ourselves from the burden of illusions, conditioning, and complexes, we unravel our personal 'story' and the excuses we make for our problems and life challenges. With clarity we can be more present to our soul and let go of the rationalizations that sabotage our life. Our goal is to make progress, not to be perfect.

It's a Practice

How many steps will you take? Each step, each piece, makes the other steps, pieces possible. Evolution of consciousness happens incrementally through training and practice. As we practice, we train ourselves to feel, to cultivate awareness, to focus our attention, and to enjoy our experiences. Each step helps us clear the channels, prepare the way, forge the path, open the space, and move forward.

The Role of Kundalini Yoga

The dedicated practice of Kundalini Yoga makes it possible to attain and maintain inner peace by transforming systemic fear, anger, sadness to Love. As we learn how to work with the elements that express in our body as emotions, we realize that analyzing our stories can be a distraction. Instead we disengage stuck energy that keeps fear programs in place, focus on raising our vibration out of fear into Love, and activate the faculties of our soul mechanism that allows us to experience peace.

Kundalini Yoga helps us attune our vehicle for peace. The exercises (1) cleanse and purify our physical mechanism, (2) unlock stuck energy, (3) activate our receptor and consciousness mechanisms, (4) elevate our frequency, (5) align our energy bodies, (6) integrate all aspects of our being, and (7) synchronize our being with cosmic forces. The stimulation of the glandular system prepares the way to activate the Kundalini and awakening our consciousness.

Kundalini Yoga Gives Us a Chance

Humans suffer from calcified consciousness and endemic stress. Our fear programming feeds stress and wears us down. Kundalini Yoga loosens the grip lock and helps remove our resistance, We quickly begin to feel better. It is easier to feel our experiences.

Through stimulation and activation, Kundalini Yoga gives us a chance to experience something else. Kundalini Yoga clears the space so infinite qualities can arise. Mantras are not to cover up, but to change, infuse, imprint, encode new programming.

Kundalini Yoga delivers to where we want to be, if we walk through the door with awareness and feeling! With awareness of our breath, movement, and aliveness we activate feeling sensitivity.

The Tao asks - *How do I know?* And answers - *I look inside myself.*

It is a universal phenomenon that man always seeks union with God. Kundalini Yoga is the yoga of awareness that makes it practical today for the man to be with God. If one can be one-pointed on the Name of God, one can always find God in his heart.- Yogi Bhajan

Keep up! keep going, work through it. This is Earth School.

[1] Basics for Inner Peace

It is possible to find inner peace and to live and love in peace. Peace lives within everyone. We just have to know how to find it and stay there. We can become aware of the peace that lives within us, around us, and everywhere. Peace is a frequency. To experience inner peace our mind, body, and emotions must all vibrate with the peace frequency.

1. Kundalini Yoga – Path to Full Body Peace

To enjoy and live in peace, we must experience inner peace as a full body experience. Inner peace doesn't happen just in our mind. In fact, we can't find or maintain inner peace if our body and emotions are not at peace. This is why Yogi Bhajan started by teaching us to activate, align, and balance the first three chakras, which are our foundation for inner peace.

Traditional Yogic Paths

The goal of traditional yogic paths is to escape into the upper chakras and disassociate from the lower chakras, the body, and the emotions. It is possible with intense practice, celibacy, and isolation to shut down the lower chakras and to reach a state of one-pointed stillness in the mind.

These practices aim to withdraw the senses and transcend the elements (earth, water, fire, air), which makes it possible to achieve mental stillness and to reach a state of bliss.

Results of Upper Chakra Paths

As practitioners become more and more disassociated with their bodies, they become less and less motivated to interact with the physical world.

Bliss at the crown chakra stops all action in the mind *and* body. In samadhi the physical body becomes inactive. The downside is laziness, escapism, and

disconnection from physical reality.

Is this what we want? NO

The Ascent and the Descent with Kundalini Yoga

For us yogis and yoginis living in the world, with jobs, relationships, children, and worldly responsibilities, the *ascent* up the chakras to higher consciousness must be accompanied by the *descent* of expanded consciousness into our body. With the technology of Kundalini Yoga, we can raise our Kundalini and live in awakened consciousness in our daily lives.

Kundalini Yoga and Meditation practices upgrade energetic the frequency in our body so that peace and love emanate from every cell of our being. Gradually we synchronize with and experience unity with the universal flow (the goal of all yogas).

Kundalini Yoga is not an upper chakra, escape the body path. Kundalini Yoga is an integrative path that includes all the chakras. Kundalini Yoga offers us an **experience** of living in embodied higher awareness. Kundalini Yoga makes it possible to live and love in Peace and to bring peace to our relationships and to the World.

Peace in the Upper and Lower Chakras

There are two parts to the inner peace process -- the upper chakras and the lower chakras.

[1] **The upper chakra secret** to finding inner peace is *to change channels in our mind. We have to be in our neutral channel to find inner peace.*

[2] **The lower chakra secret** to living in inner peace is to cultivate and enjoy peace and aliveness in our body and emotions so that negative programming doesn't sabotage peace in the mind. We take care of our body and learn to pay attention to our body as the *container* for the peace of our soul.

The lower chakras express for the flowing, evolutionary polarity of our soul -- half of our being.

When wounded emotional programming collaborates with our negative mind, we experience inner conflict instead of inner peace. This is why upper chakra bliss is not enough and why we must work with our lower chakras to find and maintain inner peace.

2. How the Mind Works

It is possible to find inner peace and live in peace. Peace lives within everyone. We just have to know how to find it, have the experience, and then practice living in peace consciousness. The most basic requirement for experiencing inner peace is to access the peace channel in our mind.

Our mind has two different channels.

(1) Our *dual, rational mind channel* thinks, analyzes, compares, and judges. It is called our dualistic mind because it has *two voices and functions*. Both evaluate.

Our Negative/protective voice warns us of dangers, and tells us what to be aware of. Fortunately it activates first. It tells us, 'Be careful! A car is coming. Don't cross the street!'

Our Positive/expansive voice tells us the benefits and good possibilities. It activates second. It tells us 'Wow, this is a good idea. There is an ice cream stand across the street.'

(2) *Neutral channel* has only one voice, so it is non-dual. There is no discussion. Our neutral channel operates independently of external and changing events and our emotions and stories.

Our neutral channel activates third after the opinions of our negative and positive voices. If our neutral channel is not available it will not activate. We remain in the conflict between our protective and expansive minds. Our neutral channel is always at peace. But if we are locked in our dualistic mind, we won't experience peace.

The Differences Between Your Dualistic and Neutral Channels

◆ *Our rational/dualistic mind* evaluates and tries to figure things out. There is always a discussion and often a conflict between negative and positive -- yes-no.

◆ *Our neutral mind observes the whole situation.* There is no discussion and no conflict. It is at peace. In our neutral mind we can relax, let go, and receive information by listening to our intuition which speaks for the truth of our soul.

◆ Our soul speaks to us through our intuition, but if we are locked in our dualistic mind, we may not listen. If our neutral channel is activated we can hear our intuition, which tells us what is in our highest good. And we can pay attention to it and follow it.

3. Your Body as Your Container for Peace

We use Kundalini Yoga to activate our peace channel and to prepare our body to be our sacred vessel to contain peace.

What is the value of a vase, pitcher, glass, or cup? Its value is what it can hold. Its value is as a container. If it can't hold water, liquid, or substance, it doesn't have much value.

Yogi Bhajan said that if we do not have a solid first chakra, we are like a cup or container without a bottom. Spirit can pour into our upper chakras, but have to be able to contain it in body to be able to be a vessel for peace and love. With Kundalini Yoga we activate and nurture our body to be a container by strengthening our nervous system and raising our frequency to synchronize with the higher vibrations.

The only way to understand is to have the experience. We cultivate our experience of full body inner peace by doing Kundalini Yoga to (1) balance our lower chakras, (2) awaken our neutral mind, and (3) vibrate at the frequency of peace. After each exercise, we pay attention, listen, and feel.

Posture - Continually pay attention to your posture. Align your spine with the locks to activate and maintain the energy flow.

- ◆ Deeply listen, feel, and be non-verbally present to the sensations and your breath in your body.
- ◆ Feel your spine. Note your posture and align your spine. Raise your diaphragm. Focus on your spine as your center.
- ◆ Feel your skin and focus inside your skin. Your body/skin is the container of your experience of peace. Inside your skin and body, feel very cozy with yourself.
- ◆ Our body is our container for peace. And our body is our container for our soul, aliveness, consciousness, peace, space, joy, and love.
- ◆ How much can you hold?
We hold and contain with consciousness and feeling.
- ◆ Use your breath to receive and release what not of use, give back extra.
- ◆ Containment, Boundaries, Limits require self-focus, feeling awareness in body
In our body we get the experience (not mental idea) and intuitive messages.

In the Body Experience - Summary

- ◆ Focus your attention inside your skin.
- ◆ Feel your spine as your center.
- ◆ *Enjoy* being inside your body and skin.

Spinal flexes are always good to feel your spine as your center and bring your attention inside your skin.

The 4 part breath awakens the neutral channel. Each inhale and exhale are

divided into 4 parts.

Summary

To find and stay in our peace channel we have to be able

- (1) to stay focused,
- (2) to stay consciously awake,
- (3) to pay attention to subtle energies in our body,
- (4) to be in feeling awareness and consciousness, instead of thinking.



Mind is the only power you have which is positive, and can be definitely finite or definitely positively Infinite. It can reach both ends of the pendulum.

-- Yogi Bhajan

[2] Guidelines to Awaken the Neutral Mind

Below is an outline of the most basic directions for awakening to our inner energetic reality, our neutral mind and peace channel.

♥ Awaken Inner Sensory Faculties and Pay Attention

To find inner peace, we have to turn our attention within. We have to use our sensory faculties internally. Our basic sensory faculties are (1) sight, (2) hearing, (3) feeling, (4) taste, (5) touch. When we turn our sensory faculties inward they become our sixth sense -- our intuition and our instinctual knowing.

To awaken our peace channel, we use our sensory faculties to focus *inside our mind and body instead of outside ourselves*.

We *pay attention* with our subtle sensory faculties of (1) looking, (2) listening, and (3) feeling.

Look inside your head and *pay attention*. Open the door and go inside.

- ◆ Close your eyes. *Look* inside your head. Keep looking until you see something.
- ◆ *Identify* what you see. Some possibilities are space, empty, black, cave, void, nothing, emptiness, a dark space. What you see (black) is very simple. It may even seem boring and uninteresting.

This space can be dark or light, but it is usually simply a dark cave-like space. Whatever you see (dark, space, nothing, empty, etc.) *pay attention to that*.

Identify something that is under or behind your thoughts.

If you are looking at colors or images, and they change, then that is not IT.

Look deeper into an uncluttered space. Do not make something up!

Whatever IT is that does not change, that's your access route to inner peace.

◆ Look *into* the dark, black space. Use your faculties of *looking, listening, and feeling* to become aware of the neutral space within.

♥ **Inner Peace Directives**

1. Look Inside Your Head. Looking Becomes Consciousness

As you turn your faculty of seeing inward, it becomes perception and awareness. You are no longer looking with your two eyes. You are aware and observing with one eye, with consciousness. Feel the top of our head (crown chakra) and third eye to awaken consciousness.

You are in your neutral channel. You are not thinking, you are simply aware and conscious. Resist the temptation to analyze or think about anything. Remember, we are changing channels.

How to identify our peace channel -- No discussion/duality, no conflict, no conversation. We become the observer.

2. Listen Inside Your Head to the sound of silence

Now *listen inside* your head. Listen between your ears, as though you have an inner ear inside your head.

Listen deeply underneath any thoughts, until you hear the sound of silence. You will become aware of a “sound” that is always there in the background.

The infinite “sound of silence” is very soothing and peaceful.

The peaceful sound of silence is always present without discussion. This experience of permanency is comforting and reassuring and helps us cultivate trust of the Infinite.

3. Deep Listening Becomes Feeling

Listen deeply until you begin to feel your body and feel the vibration of peace in your mind and body. Our subtle sensitivity to peace is awakening in our neutral channel.

4. Keep Coming Back to Neutral

If your thinking mind tries to interrupt, allow the thoughts, but don't pay attention to them.

Engage your faculty of listening to pay attention to the sound of silence. (Don't get involved in thinking, evaluating, analyzing, or judging what you are doing. When you pay attention to your thoughts, you pop out of your neutral channel.)

5. Dwell in "My Sacred Space"

You are in your neutral channel. You are in your inner space that is always there.

Enjoy your inner sanctuary to which you can always return. Think of it as *my* personal space. No one except *me* has access to my sacred space of peace.

Experiences with Neutral

♥ *The Qualities of Neutral*

◆ The Quality of Neutral

In our neutral mind and inner space, we deepen our experience by paying attention to its qualities. The first quality is *neutral!*

Notice that your neutral space has no opinion. There is no discussion. There is

only one thought — the sound of silence.

* Neutral is not judging you, not making you wrong, not blaming you for anything!

There is no shame, blame, or guilt. And neutral needs nothing!

It is simply there for you, holding you, accepting you exactly the way you are!

◆ **The Quality of Peace**

My space has many wonderful qualities. It is peaceful. See, hear, and feel peace.

My space is still, silent, vast, pure, clear, open, expansive, and vast. See, hear, and feel stillness, silence, your favorite quality. Every quality is peaceful. Peace is always peaceful.

* *Peace in not afraid.* Peace is relaxed and harmonious. Feel the state of no fear.

Enjoy this experience of fearless peaceful energy that exists independently of your whims, thoughts, emotions, and moods. Peace never changes. Peace is totally free. Trust it to always be there for you!

◆ **Other Qualities of Neutral -- All Neutral Qualities Are Powers**

In our neutral mind, we experience the infinite qualities of the Divine, including stable, imperturbable, still, silent, vast, pure, and expansive. See, hear, and feel stillness, silence, your favorite quality. Every quality is peaceful. Peace is always peaceful. Peace is always free. Want freedom? Get peace!

♥ ***Become One with and Trust Peace***

1. Pay Attention to Peace

Pay attention to the quality of peace with your sensory faculties of awareness, listening, and feeling. Use consciousness (not thinking) to pay attention to peace.

Enjoy the feeling experience of peace. Peace is a Presence, a force, a universal

energy, that lives within you, that vibrates in every cell of your body.

Peace is unaffected by our thoughts, actions, and emotions. It is always available to support us in feeling at peace.

2, Peace Is a Dependable Resource, a Security Blanket, a Power

Every time you close your eyes, look *at* the darkness and be with your space within.

IT is still there! It will always be there for you! This is basic to cultivate trust.

Peace is a dependable resource that you can always count on. Peace is a security blanket that keeps you safe and comforted. Be cozy with peace.

Let peace protect and nurture your mind, body, and emotions. Let peace be your companion in life. The immutability of the Presence of Peace is a source of deep relief. And an experience upon we build our trust in the Infinite.

3. Let peace expand in your mind, body, and heart.

Build your sacred space by focusing on peace and neutral and *expanding your experience of peace and neural inside your body*. Feel the capacity of your mind, body, and heart to hold and be a container for peace increase.

You cannot control Peace. But you can count on the Presence of Peace to always be with you. With attention Peace gets stronger.

4. Identify with and Become One with Peace

When you pay attention to and feel the Presence of Peace, you are able to let go and become one with this universal energy.

What is in us *is* us. Identify with peace. Your soul is at peace. Be with your peaceful soul. (let it shine, dance, and be alive in you!) *Mastery is to be at one with.*

Let go. Let your whole body relax into a deep experience of peace.

Open yourself to Peace. You are at one with Peace.

Feel and embrace Peace completely. Peace is your best friend.

See, hear, and feel Peace in you, around you, everywhere in the world.

In peace, trust your soul, the Infinite, and everything will fall into place.

♥ ***Share and Live from Peace***

5. Share and Heal with Peace

In peace, you do your part to bring peace to the world! Feel the peace within spread into your aura and surround you with Peace. Feel Peace spread out into your environment and into the world. Feel that you can both contain peace and share it with everyone you meet and the world.

6. Enjoy, Relax into, and Live from Your Space of Peace

In your safe space of peace, you are free to relax, to trust your Soul and the Infinite, and to enjoy your life in peace.

As you feel the desire to stay in your experience and go deeper, this is an indication that your desire mechanism is turning inward. This is a very good sign.

Every day practice staying connected to peace, in you and around you. With every breath, live your life from this space of peace.

Man has to understand that it doesn't take a long time to tune into God's Name, and the flow of that Divine energy will flow through him and he will be filled up to the brim with the love and the light of God.- Yogi Bhanjan

A Subtle Exercise

With your eyes open, walk around the room and notice how you use these faculties. Notice that your attention is outside yourself and you may be thinking and not paying close attention to your environment or your body.

Now close your eyes and walk around the room. What changes? Notice that your need to pay attention is significantly increased. And your sensitivity is heightened. You have to be more careful. You can't be absent-minded. You feel and listen more attentively. You are thinking about the present and not day-dreaming

Awakening our inner sensory mechanisms and using them, i.e. paying attention go together. We use our sensory faculties to discover in our inner reality and then we pay attention to what we find -- see, hear, and feel.

To cultivate your experience, (1) look inside your head and identify space, (2) listen deeply inside your head to the sound of silence, underneath thinking, (3) feel the sensations in your body. The only way to understand is to have the experience.



It is mental forgetfulness and your fears that close the window of the mind, so you do not see the beauty and reality of your self. That is what causes all these unwanted and unnecessary ego troubles. -- Yogi Bhajan

Without vastness and an enriched mind, you entangle in earth and try to have everything and end up with nothing. -- Yogi Bhajan

You can tune up your mind with a sacred tune of God, with the words of truth from the Guru that penetrate your heart. -- Yogi Bhajan

♥ Love to All

♥ Light to All

♥ Peace to All

[3] Introductory Inner Peace Workshop

1. Train Your Mind

Our first and on-going job is to train our mind so that we can use it instead of having it use us. Our goal is to train our mind to experience inner peace.

2. To cultivate, expand and optimize our experience inner peace

We change our attitude.

We upgrade our altitude.

We reorient and monitor our direction.

Yogi Bhajan -- You go to therapy, to courses, to workshops, and you come back with zero. This is because your attitude has stayed the same. You don't need to be inspired or to be taught. You need to be trained to change your attitude.

We will train ourselves to change our attitude, our altitude, and our direction!

To change our attitude we have to change our altitude.

To experience peace, we have to raise our frequency to the frequency of peace.

Peace is everywhere.

We have to be in the peace frequency to have the experience of peace.

We use KY exercises to elevate our altitude (our energy) to the vibration of peace.

3. An elevated perspective and direction

◆ **Perspective** - When we change our altitude, we can see ourselves and our life from an elevated perspective. We can see what matters, not our problems. We can see what is really going on, not our opinion of what is happening.

We can see through the eye of our soul, not the eyes of our ego. Our third eye sees through the subtle feeling energy of our soul body, not our physical body.

◆ **Direction** - We can monitor our direction. We can see when our direction and attitude is (1) critical, dissatisfied, and complaining and when it is (2) open and available. We can see when our direction is toward fear, anxiety, and conflict and when it is toward peace, harmony, and love.

4. Train ourselves to pay attention - Mindfulness

We understand only through experience, which we get through practice. What do we practice? We practice paying attention, being mindful.

What can we pay attention to?

- ◆ Our breath
- ◆ Sensations in our body
- ◆ Sounds
- ◆ Inner Space

How can we pay attention?

- ◆ Looking, awareness
- ◆ Listening
- ◆ Feeling
- ◆ NOT thinking!

What do we experience?

- ◆ Inner space (openness, qualities - neutral, peaceful, stable, silent, still)
- ◆ Body (life, aliveness, emotions, feelings, flow, cells, Mother energy, elements)
- ◆ Sounds (thoughts, breath, silence, intuition)
- ◆ Breath - life force, connection infinite and finite, flow, giving and receiving

How do we use our mind, body and emotions to experience peace?

First and on-goingly, we must be conscious of (1) the activity in our mind and (2) the energy in our body, and (3) what both are doing.

To optimize the activity in our mind and the energy in our body,

(1) We train, focus, and direct our mind.

(2) We feel and allow the flow of energy in our body.

◆ What are we working with?

You have YOU and your mind, body and emotions (your bodies) to work with.

We train our mind, body, and emotions (all our bodies) to be instruments of peace.

◆ Know what we are doing.

Force, straining, excess effort create distortions that are not peaceful.

We do not heal our emotional body, we make it more afraid.

And we stress the adrenal glands.

5. Train and Trust

We are training our mind and body to experience peace.

Engage in and trust the process. It works if you let it!

◆ **Attitude of Discovery**

Adopt an attitude of discovery. Open your inner space for discovery.

◆ **Monitor Your Direction**

Monitor when and how you are analyzing or questioning what you are doing. Both mental analysis and critique sabotage the process. The negative mind and subconscious take over and prevent elevation of altitude and attitude. Wrong direction!

◆ **Desires vs Reality**

Watch when you want, desire, or expect things to be a certain way. You are in conflict. Use your neutral mind to be your neutral observer -- to pay attention to the way things are!

A fish in water that is thirsty, needs serious therapy. -- Kabir

6. Take the Blessing of Inner Peace into the World

Whatever you want, the prerequisite is Inner Peace.

Happiness, health, prosperity, creativity, good relationships are all dependent upon and created by our inner state of consciousness. You are it!

We have to be in harmony within ourselves to optimize our life experiences. We build our foundation within. Make inner peace the cornerstone of your life.

To anchor inner peace in our being we must train ourselves to interact in the world from peace consciousness. Evolution and growth into peace consciousness is an on-going journey that involves dealing with our life challenges, living our life, expressing our creativity, and interacting in the world. Everyday we have an opportunity to give inner peace a chance.

Darkness and Silence Are the Gateway to Peace

We cannot give a name to that which we wish to experience.

We cannot define that which eternal, ever-present, and what some call real.

Caught in the web of desire, expectations, and mind games,
we see only what we make up.

Desires, expectations, and critical thoughts create distortions.

We do not see what is eternal, what is real, that which is always at peace.

However, when we are free from desire, when we are neutral
we can experience a drop of eternal, ever-present peace.

As our mind becomes clear we can get a glimpse of that which is always at peace.

As our body and emotions relax and let go of control,
we can feel the waves of peace.

We can witness that which is manifested from the eternal.

Manifestations arise from the mystery, from the Source.

Everything is manifested from the eternal mysterious Source.

We can experience an opening to the mystery, but it still remains a mystery.

The opening of a portal to the mystery is a great blessing.

We find the portal in darkness.

We experience the eternal Source in silence.
Darkness within silence takes us deeper and deeper into the undefined mystery.
Darkness and silence are the gateway to peace.
Peace has no distortions. Peace has only waves of Love.



We have the right to be happy and excellent. It all depends on how we meditate and direct our mind—ourselves, or let it be directed by circumstances. Many people have good things by good luck but without a meditative mind they lose consistency and act as a loose caboose. - Yogi Bhanjan

[4] Immediate Ego and Subtle Soul — Workshop

The Dualistic Mind Dominates Our Reality

To find inner peace, we must understand and experience how our dualistic mind dominates our mental space and our reality. The discussion below can help us observe how our mind works. (The purpose of self-inquiry is not to analyze our crazy thoughts, but to identify how our mind works and then train our mind to serve, not sabotage us. 'Don't believe everything you think!')

[1] Reactive and Outer-focused

Our dualistic mind reacts to immediate input from our external environment. Its outer-focused sensory mechanisms do not compute subtle, inner, seemingly distant and remote input. In other words, that which we must find within -- our soul, the Infinite, and inner peace -- is unavailable to our dualistic mind.

[2] Attachment and Entanglement

The ego/dualistic mind attaches itself to immediate impressions. It enjoys and feeds off of the mental entanglement and the intensity of the emotional sensations, whether they are pleasant or painful. Our mental and emotional reactions create a hook and an entrancement that preoccupies the mind, which by its nature is constantly active.

[3] Stimulation and Satisfaction

Our neurotic, conditioned reactions are familiar, immediate, and emotionally tangible. The mental, physical, and emotional upset/confusion/conflict creates a stimulation and a weird sense of satisfaction that our mind not only enjoys, but craves. We do not need subtle sensitivity to feel or access the sensory results of our traumas, dramas, depression, and aggression/anger, which are readily available to be activated any random thought or minor trigger.

[4] Mind Is Consumed, Emotional Body Is Dense

When we incessantly go after these immediate intense feelings and indulge in mind games, our mind is busy, preoccupied, and consumed. Our emotional body becomes very dense with the feelings. (So dense that we feel overwhelmed and even numb.) There is no space left to feel the subtle sensitivity of our soul, the Infinite, and inner peace, which fade into a fog and remain remote and unavailable. (*The Mind* by Yogi Bhaajan p. 94)

[5] Fear Is Satisfied with Finite Security

When fear and insecurity rule our reality, our mind is satisfied with security in the physical realm. We are confined by fear and finite things. We do not pursue the subtle reality of inner peace.

[6] Emptiness with no Elevation

The limited ego/mind can produce a sense of immediate gratification. But the ego is also blind, and it creates pain in our lives. The problem with the ego mind is that it cannot lift us up and elevate us. The results are flat and empty. Therefore, it continually seeks more stimulation and gets caught up in “doing more.” We get worn down and nothing can reach within to penetrate beyond the void and pain.

The purpose of our spiritual practice is to save us from emptiness. We have to keep our attention with neutral, with peace, so we can relate to the Infinite and elevate our life into the dimension of Love.

[7] Distracted from Sensitivity of Heart and Soul

In our dualistic mind, we live through the mind's reactions. Immediate and superficial pleasures and gratification distract us. We miss the rich sensitivity of our soul and heart and the peace that is in us, around us, and everywhere. Inner peace eludes us.

[8] From Ego to Destiny

Our ego path avoids and fails the real tests that could deliver us to our uniqueness and our destiny.

Our Neutral Mind Is Our Escape Route

[1] Awaken Our Neutral Mind

We need access to our neutral mind to bypass the entrapment of the dualistic mind and to tune into the less immediate subtle reality of our soul and the Infinite (and its qualities including peace) which are vast, subtle, and refined.

In our neutral mind we can become aware of the possibilities and richness within. We are motivated to explore and discover our inner wealth.

[2] Third Eye Penetrates through Darkness

We must pass through our mind to reach our soul and to find peace within. We have to penetrate through the darkness in the dualistic mind and make a hole (third eye) in it to see the light and to connect with our soul and the Divine, which are always at peace.

[3] Focus, Sensitivity, and Consciousness

And we must create a focus and a sensitivity to be aware of our soul and peace within. That awareness takes us beyond our reactions and carries us to Infinity and an experience of inner peace.

We must cultivate alertness/consciousness to stop our mind from being absorbed in thinking and controlling and being lulled away from the intimate reality of our soul.

[4] A Nail to Stop Our Reactive Mind

Our spiritual path tests us each step of the way so that we can expand, be elevated, and reach our goal. We must always choose between temptation (reaction and thinking) and consciousness. To win this challenge, we need something to focus on and a way to transcend the immediacy of ego programming, random thoughts, and automatic reactions. *We cannot control our mind with our ego or dualistic mind.*

We need a nail to stop our mind when and before it reacts. Mantras, pranayama, and Kundalini Yoga are our nails. Hit the nail on the head :+)

[5] Mantras and Meditation

Mantras are Divine Word whose vibration, rhythm, and meaning give us an automatic stamina whenever we face a test, a situation, or a temptation to betray (not use, pay attention to, follow) our consciousness.

We use mantras and meditation to penetrate through the fog in our mind, to fill our mind with the love of our soul, and thus save us from fear and emptiness.

When we can control our mind, 'every opportunity will come to you as you, in your destiny, and in your spirit.' The light of our soul 'is the part of God that is in

you.' p. 96

[6] Mantras, Divine Words Can Control the Mind.

When we train our mind with Divine Words, we develop a faculty called *naam chit aveh* -- the identity of our spirit, and God comes instantly in our mind.

We can call upon these Words and in fact with practice they come automatically to us when we are in difficulty, in pain, or in a positive situation.

Like a fountain of water they refresh (reboot) our mind. As they take seed and blossom in our mind, we establish an antidote to mental and emotional confusion, we acquire a sense of neutrality, balance, peace, and an attitude of gratitude. p. 97

With mantras we can go beyond the reactions of the mind and experience the touch of the Infinite. This gives us knowledge of the self, our soul and Infinity. P. 98

[7] Always Remember

We remember and with remembrance we can choose spirit/peace and our soul which becomes more tangible than ego.

'To close this gap of the mind and save your life from the sense of remoteness is the purpose of life! Throughout all your activities, you have to relate, connect, and keep your soul with God/Peace. When you are eating, living, waiting, driving, anytime--remember. Let the word guide your mind to synchronize with the Infinite (Peace) under every mood. With this attitude established you can embrace life and feel the ecstasy of the creation with clarity, humility, and happiness.' p. 98

Yogi Bhajan explained, This is how it is. If you do not know how to stand adversity, you will never enjoy prosperity. The secret is to remain calm in every adversity.

[8] Activate Blessings and Peace with God's Name - Har

We activate the touch of wisdom, protection, opportunity, and blessing of the Infinite by training our mind to remember in all circumstances. Har--all the names of God work. When the Infinite/Peace penetrates our mind, it dyes us the same way. We become peace.

[5] Acceptance and Identify Your Stress Programs

Cultivating inner peace is a subtle and personal process. Kundalini Yoga and Meditation shift our energy to make Inner Peace possible, but we must each cultivate mental and feeling awareness to make inner peace a reality for ourselves.

To experience inner peace we have to work with both our mind and our emotional body. To live our lives from peace consciousness we must

♥ Identify the basic thought patterns and the emotional programs and reactions that create and perpetuate inner conflict and stress.

♥ Learn how to neutralize these mental patterns and emotional reactions by elevating the vibration of our mind and body.

♥ Train our mind, body, and emotions to hold and operate from the vibration of peace.

Systemic and Personal Emotions

Our negative emotions (fear, anger, and sadness) and their programs are both systemic and personal

[1] Altitude - change energy and direction to neutral, vast, conscious, awake
To deal with systemic programs/emotions we have to change our altitude.

[2] Attitude - kindness, compassion
To deal with personal programs/emotions we have to change our attitude.

[3] Arena/Direction - past, present, future

For both our altitude and attitude, we must monitor our arena and direction.
We must stay in the present and in neutral.

Our transformation process involves

Activation

Awareness

Attention - thinking or consciousness, direction

Alignment - how your formula fits into the cosmic puzzle, integrates into the light

Acceptance

We can experience peace and be in the right place at the right time when

- ◆ We accept the sacredness of life and love the uniqueness of our being
- ◆ We accept that the purpose of life is happiness. To serve peace is a gift.
- ◆ We enjoy the beauty and bounty of nature and Mother Earth.

Acceptance is the greatest gift. But it doesn't work, if we accept only the positive and not the negative. We can accept both in neutral. (We don't have to like what we don't like! We just have to accept the reality of what is happening.)

Peace, happiness, enlightenment

- ◆ Never doubt yourself. Trust your soul, be in charge of your life.

- ◆ Live and Let Live. Live your own life and don't have an opinion about others. Bless them.

- ◆ Trust the Infinite

♥ **Experience a Solution**

We need experience to connect with & accept ourselves / things the way they are.

- ◆ We can feel more alive and be more conscious.

- ◆ We can get connected and get accurate information from neutral mind and emotional body.

- ◆ We can observe the critical, negative, judgmental activity in our dualistic mind.
- ◆ We can watch the automatic thinking in our mind that has no discipline and wants to manipulate, control, and power over.
- ◆ We can train ourselves to allow, accept, love, and release resistance.
- ◆ We can train our mind to rely on experience and to give up judgments/opinions.
- ◆ In our neutral mind we can transcend fantasies, illusions, expectations, and attachments and tune into experiences of openness, peace, vastness, and neutrality.

Upper Chakras

Experience Reality as IT IS - Notice, Pay Attention, Be the Witness or Observer

- ◆ Raise your vibration to peace, where the soul wants to go.

Only in the place of peace is there resolution.

Are we in the field of peace and neutral or not?

We train ourselves to recognize when we are there and when we are not.

What do we have to do to get there?

Sooner or later we will get there. There is no other direction.

- ◆ NOT imagine. Takes time to feel into subtle realities.

Keep going, keep waking up, keep paying attention, keep listening.

- ◆ Are you conscious or unconscious, present or absent?

To get there, notice and pay attention.

6th - There is more clarity, cleansing, light, and space.

In open space we realize that we are all connected, all one.

We find unity and there is no conflict.

◆ Experience and cooperate with the truth or be miserable.

We have to accept, love, and surrender to the truth.

We are there when nothing disturbs our equanimity. We are relaxed in the flow and stable in neutral. When we react, we still stay connected. Can you dial in and stay on line?

Lower Chakras

Feeling Awareness - Feel sensations are where programs are attached

◆ **Are you thinking or feeling?**

It is too scary to feel when we can't be neutral. Feeling activates pain (not reality, gives us information)

Use your neutral observer to feel.

Notice resistance, restrictions, limits, pain, anxiety.

What is the nature of your energy? - jumpy, agitated

Penetrate deeper into what is hidden, subtle, normally undisclosed, awaken to

Be with what is - not manipulate, demand, expect

Bless, gratitude

Love - we need and have the capacity to love - engage our emotional body

Life begins at the navel.

Focus and Flow are the 2 basic universal polarities of our soul and the universe.

We have to dig deep for the gold.

How to find resolution and peace in emotional body.

Feel *cozy* and *comfortable* in your body to *consolidate* your emotional energy.

Notice that thinking scatters your emotional energy.

Be aware not to use tension to try to consolidate your energy. Relax.

Consolidation of cozy energy brings resolution and peace.

Acceptance of what we feel brings peace and self-love.

"Whatever you are, you are wonderful because you know how to accept, if you accept that God has created you, that the purpose of life is happiness, and that serving others is the main theme of humanity. If you accept to enjoy nature, its beauty and bounty, you will have no chance to be in the wrong place. All you have to accept is to be in the right place, and the hand of time and God's space will be all yours. Remember, accepting is the greatest personal gift, if we accept nothing but the positive and do not accept the negative. At the least remain neutral." Yogi Bhajan

♥ Summary for Student Handouts below

The following 2 pages are handouts containing the basic information about how we internally create stress and how we can release stress programs and find inner peace.

♥ *Identify Your Stress Programs* ♥

To uncover the programs that create and perpetuate our deep level of stress, observe

- (1) thoughts - attitudes and beliefs that create mental conflict and
- (2) emotional reactions that cause emotional commotion.

Stress, pressure we put on ourselves, negativity, and wishful thinking control our reality.

How do we internally create stress?

Notice that your stories fit into a few basic recurring patterns, which are the source of self-inflicted pain, conflict, and self-sabotage. We each have our own version of these programs. Identify yours.

[1] Non-acceptance

All variations of wanting, not satisfied, and non-acceptance of the way things are.

[2] Resistance from thinking and beliefs

We want and believe things should be a certain way.

We can't stay in the unfolding process. We need to know before information is available.

[3] Self-Criticism

All variations of negative self-perception and self-esteem -- not good enough, not doing enough, doing the wrong things, something is the matter with me, I am not lovable, etc.

[4] Stress inducing mode of operation

We create distortion from stress, efforting, putting pressure on ourselves, and bombarding ourselves with unloving and unrealistic self-demands.

Stress-inducing beliefs and conditioning get us going, motivate us, control us, and direct our lives. This is why we can't let go. We can't let go of our program director because it is in charge.

[5] Time Gap

Our minds are in past or future, not present. We repeat regrets, rehash ideas and wishful thinking.

[6] Externally dependent and controlled

We are dependent upon external stimulation and input, so we focus outside instead of inside self.

We can't or don't try to stimulate and satisfy ourselves.

[7] We don't trust

We don't trust our soul or the Infinite Organizing Power.

We live in doubt, worry. We can't let go and let God.

♥ *Summary Causes of Inner Conflict* ♥

[1] Lack of Experience

Ignorance and resistance create perpetual stress.

- ◆ We don't know/acknowledge the way things/we are. We are denial experts.
- ◆ We don't accept the way things/we are.
- ◆ We don't relate to the way things/we are. We relate to wishful thinking.
- ◆ We don't experience/feel the way things/we are. We are lost in thoughts.

[2] Guided by Ego not Intuition and Soul

The basic problem is that we are not guided by our intuition, our soul. Our negative ego has co-opted our awareness and control mechanism. We are run by wounded programming, guilt, shame. Our vital energy is used up in trying to do enough or what we think is necessary to feel ok about ourselves. We must deepen our awareness to get in touch with information from our soul through our intuition and emotions.

♥ *How to Release Stress Programs and Find Inner Peace* ♥

We release ignorance, stress, conflict, and resistance through (1) experience/knowing, (2) acknowledgment, (3) acceptance, and (3) love. We work with our mind and our emotional body.

We activate and use our neutral mind as our awareness and evaluation mechanism. We develop feeling sensitivity to our emotional body as our feeling, information, and response mechanism.

Upper chakras

◆ Neutral or Nagging

Open neutral channel, change altitude to peace, not conflict

◆ Now or Never, Never Land

Be aware and conscious in mind and feel body

Be conscious of your consciousness.

Deeply listen to your intuitive intelligence.

◆ **Nice or Nasty**

Change attitude - be in heart.

Be kind to yourself. Be accepting and patient.

Lower Chakras

◆ **Navel or Knotty**

Center navel and feel pulse, flow in belly. Feel your energy in your body

◆ **Notice or Numb**

Feel sensations and breath in your body

Notice what you are feeling. Noticing brings us out of denial.

Honor feelings and emotions as the sensory communication mechanism of your soul.

Be conscious of what your emotions are communicating - your instinctual intelligence.



***Each thought, act, and emotion stirs the universe and many subtleties occur.
They seem like mysteries, but they are masteries. -- Yogi Bhajan***

***When you surrender your mind to your soul, then the soul will make God
surrender to you. -- Yogi Bhajan***

***When you acknowledge your vastness, you have manners. Your mind supports
your projection. The evidence of that is love. Love is the living power of Infinity.
Where's there's a love, there's no question. Where there's a question, there's no
love. -- Yogi Bhajan***

***Problem is not whether you will live and how rich you can be. The problem is
how much impact you have, how many legacies you leave, how much grace you
show, and how much vastness you experience. -- Yogi Bhajan***

There are two special time zones, when you have to enrich your mind: one in the morning, from 4am to 8am, and one in the evening, from 4pm to 8pm. These are the natural moments that have a tide of energy within you and without. The sun and Earth have a special relationship and angle at those times that affect your mind and your energy. -- Yogi Bhanjan

[6] Trust Inner Peace – Workshop

Inner conflict, confusion, and doubt disturb our psyche in the most insidious ways

- (1) we are indecisive and unsure of ourselves,
- (2) our energy is scattered and wasted, and
- (3) stress reduces our enjoyment of life.

We are looking for ways to create inner peace. And freedom from slavery and fear.

An essential faculty for creating inner peace is **trust**. Authentic visceral trust is not about a good idea, or a belief in a benefic external power.

Trust is about our ability to trust the Infinite within and our soul.

Both are unseen, subtle, and very real.

♥ Trust is about knowing that the Infinite and our soul are always there for us.

They guide us and come through to help us. In our subtle sensitivity we can feel it. We know and trust that it is true.

Kundalini Yoga techniques open up our sensory faculties that make this awareness possible. With awareness we walk through the door to consciousness and to an experience that we can trust.

It is our job to cultivate inner experiences in our mind, body, and emotions that we can trust. We use Kundalini Yoga to create these experiences.

Trust Inner Peace

In the accepting, compassionate, and loving space of your heart, soul, and the Infinite where you can

- ♥ Experience within your mind, body, and emotions what you can trust
- ♥ Witness how your inner experiences elevate you out of insecurity, aloneness, and fear
- ♥ Enjoy how your ability and willingness to trust brings you inner peace and happiness

The practice of Kundalini Yoga gives us experiences that we can trust. The experience of something trustworthy elevates us out of insecurity, aloneness, and fear. The ability to trust brings us inner peace and happiness.

Steps to Trust

- ◆ **Raise Frequency from Fear to Love**
- ◆ **Change Channels - Access Neutral Mind**
- ◆ **Awaken Faculties to Pay Attention Looking, Listening, and Feeling**
- ◆ **Looking becomes Awareness and Consciousness not Thinking**
- ◆ **Cultivate Inner Experiences that We Can Trust**
- ◆ **Experience Stable Qualities in Neutral Mind**
- ◆ **Pay Attention to These Experiences and Qualities**

Train ourselves to pay attention with consciousness, listening, and feeling

- ◆ **Cultivate Oneness (Freedom) with Trustworthy Qualities**

We identify with these qualities until we experience that we are (and are at one) these trustworthy qualities.

This is also our access point to listen to our intuition and feelings and trust our

own truth.

◆ **Monitor Our Inner State**

Monitor how we feel and how we are gradually elevated out of insecurity, aloneness, and fear into a state of inner peace and freedom.

◆ **Practice Trusting**

It is our on-going task to hone our ability and willingness to trust and to practice maintaining an inner space of peace and happiness.

Hold Sacred Space

Sacred Space is pure awareness that we hold in our neutral mind when our sensory space connects and merges with the Universal Field. In our mind, body, and emotions we experience the qualities of the Universal Field: neutrality, peace, stillness, silence, vastness, stability, and harmony.

We open and hold the space for allowing, aligning, knowing, creating, and healing.

Be with your quality and sacred space until permanence is attained. Trust and surrender to this Love. *Always remember and be at One with the Infinite*

What We Can Trust

We can trust that the two universal polarities are always doing their thing.

[1] The Flowing Polarity is always moving and changing.

Everything changes. Change is the nature of reality.

Life is not boring. There is always more!

The deeper we go, the more we wake up, the richer life becomes.

[2] The Stable Polarity never changes.

Simultaneously there is something that never changes.

The stable, neutral universal qualities are always available to enjoy, to give us strength, and to add value to our lives.

Through our personal experience of the ever-present universal qualities (1) we establish our oneness and (2) we can trust that the Universe is always there for us. We are never alone.

[3] To be at peace

We get on-going up-to-date information from both our emotions and our intuition.

Our job is to be authentic and clear so that we align with what works for our unique expression of universal energies.

The universe is set up for us to win.
We have what we need. We just have to activate it and use it.

Things are the way they are. Don't polarize the polarities.

Practice objectively observing without evaluating AND accepting things the way they are.

We can participate. The best way is (1) to relax and flow with change and (2) to be at one with what doesn't change. Then Inner peace is possible.

Face life's challenges with awareness, trust, peace, acceptance and gratitude.

Trust - Arc line and Crown Chakra

In the 10 Body System the Arc Line (Body #6) awakens us to an experience of the Infinite. This faculty is awakened at the crown chakra.

The Infinite Is Inside Me

Our job is to tune into a quality of the Infinite within.
Don't think about the details - yourself or others. Don't sweat the small stuff.

♥ Focus on one quality and stay there. Create an experience that you can trust

that the quality will always be there. Then trust that this quality creates an alignment between you and the Universe.

Arc Line Body #6 - Me in vastness and vastness in me is a reality and an experience, not thinking. The Infinite is inside me.

Pranic Body #8 - focus on your breath and experience the infinite in the finite. Stay stable in infinite!

Physical Body #5 - How much of this quality can you hold?

How and what are your bodies transmitting? When all our bodies are transmitting peace, we have the power to come through. We can trust our soul and our oneness with the Divine.

5X - listen to our emotions as the senses of the soul speaking to us. With awareness make the transition from hurt, deprived inner child with hidden agendas to soul consciousness

Inner Space, Consciousness, Peace inside body.

Be in neutral mind in observation mode.

Look inside your body, deeply listen and feel the sensations in your body.

Pay attention to the open space in your mind and let it expand into your body.

Pay attention to open space in your body. Space is inside your skin.

Consciousness/ your quality is inside your body.

Your body contains consciousness/peace.

Pay attention to consciousness/peace inside your body.

Consciousness/peace and body are one.

Trust space/consciousness/your quality inside body.

Make Yourself Relevant.

Be a part of life. It makes you feel good. You are needed. Plan your old age, your aging process.

The remedy and formula is simple. Faith. Trust. Participation. Devotion. The practice of devotion allows us to live with greater faith and trust. Our emotions

are soothed. Our thoughts and actions are more centered and focused so that we can live in the creative dance of life.



To become rich and prosperous with wealth and values is to have the strength to come through. It means transmissions from your brain and the power of your intuition can immediately tell you what to do. -- Yogi Bhajan

The hand of God comes to help us through. Though it is unseen, as a sensory human we can feel it. -- Yogi Bhajan

When you want to be successful and very convincing, just feel truth in your heart. Be sure. Be confident. Feel that truth in your heart, then speak that truth from the heart. Don't try to run it around or manipulate it with your brain or head. -- Yogi Bhajan

[7] Awareness Training Classes

Awareness Training

We practice Kundalini Yoga and meditation to cultivate awareness and wake up to an in-the-body experience of our Soul and Divine Love.

With awareness training, we can move

- (1) from shut down to alive,
- (2) from outer focus to self focus,
- (3) from in the mind and out of the body to in the body.

Our journey begins and continues within our own body.

When we look outside, we distract and distance ourselves.

When we are in our mind and escape our body, we are disconnected from our energy.

We are learning to be present in the on-going ever-continuous moment.

[1] Relationship with My Breath

Our breathing mechanism is both unconscious and conscious. We have to train ourselves to be

conscious of our breath because it is simultaneously evasive and present. Our pranic body nurtures us without asking. Our breath is our life. Don't miss it!

♥ Pranic Body - Breath and Relationship

We can develop a relationship with our soul by developing a relationship with our breath.

What we pay attention to is what we have a relationship with.

How we pay attention defines the nature of our relationship.

If we don't pay attention we have an **absentee** relationship.

If we criticize we have an **abusive** relationship.

Love your breath to love your soul.

Feeling our breath centers us in our body, spine, and heart.

The breath balances giving and receiving.

With the life force in your breath, bathe yourself in the pleasure of being alive!

Take one breath at a time!

*You live by the **breath**. You are born by the breath, and you die when the breath leaves you. The focal point of your being is the breath of life. Yogi Bhajan*

[2] Alive in My Body – My Energetic Identity

There are many energies that flow through and animate our body. Mostly we are ignorant and unconscious of where our energy is and what it is doing. We aren't conscious of how we dissipate and scatter our energy. Lost in our minds, we distance ourselves from our energetic reality. When we are unconscious and not present, we can unknowingly sabotage our best intentions.

Pay Attention to the Energy in Our Body

To know ourselves, we need to pay attention, and we need something to pay attention to.

Our most basic training is to pay attention to our breath and to the sensations in our body.

Feel the different sensations -- stress, tightness, aliveness, numbness, emotions (fear, anger/fire)

Stay present to every sensation and allow it, release resistance, and FEEL THE ALIVENESS IN YOUR BODY. Absolutely do not escape into your mind and out of your body. This can initially be challenging, but you can do it.

Do any Kundalini Yoga exercise to create stimulation in your body. After the exercise FEEL THE ALIVENESS IN YOUR BODY.

Stay with it until you lose your concentration and then do another exercise and FEEL THE ALIVENESS IN ANOTHER PART OF YOUR BODY.

Keep doing this until your body feels very alive and you are enjoying being in your body. If some sensations do not feel good, allow them until they change. Allowing makes purification, release, and letting go possible.

The Energy of Your Soul

This energy, the sensations, the aliveness flowing through your body is your soul.

I am energy.

I am alive.

Your body is the vessel/container of your soul.

Feel your energetic self in your body.

Experience your identity as energy that is in your body.

Har Haray Hari Wahe Guru Meditation - Reciting this mantra in monotone, lightly pumping the navel, and feeling the 'H' sound at the heart activates aliveness in your body.

[3] Who Am I? — Self-Concept and Self Love

Something is living in my body. Something is walking around in my body. It is my soul. We get to know it by feeling the sensations in our body and being with our breath.

Energetic Soul Concept of Self

'I am not my body' directs us to pay attention to the energy that animates our body. We discover that 'I am energy in my body.'

Our soul path is about learning to relate to the subtle energy and sensations in our body and not to any ideas about our personality, what we do, or how our body looks.

Ego, Soul, and Infinite Self

In our human incarnation we can related to 3 aspects of ourselves, (1) our ego-individuality, personality, human expression, (2) our soul, and (3) our being as part of the Infinite Force.

As a human being our ego is our driver. We upgrade our ego with aware consciousness so that our ego is devoted to serving our soul. Our individual expression is how we make our unique contribution and how we fit into the whole.

Self-Discovery

Our body is the home of our soul during our human experience. To know our soul we get to know and develop a relationship with our energy. We learn to take care of our energy, nurture our energy, and trust the energy of our soul. Every breath, movement, and awareness can awaken and be nurturing.

Practice Self-Love

Don't make your life into war. Relax, accept, and honor the gift of being in a body. Use Kundalini Yoga to activate your soul energies and then enjoy the effects. Do the exercises with respect, for activation not punishment, to nurture not to abuse, with awareness and feeling, not absenteeism. Infuse the infinite vibrations of mantras into your being with love.

Experience yourself and all in you; in that unisonness is the beauty of life. Otherwise you will be a victim of your own perpetual fear. -- Yogi Bhajan

[8] Live and Love in Peace

Challenges Are Part of Life

Challenges are a necessary part of life and come with the turf of being a human being on Planet Earth. If we can see our life challenges, not as bad luck, distractions, or a waste of time, but as tools to build and strengthen our being, we can meet our challenges without feeling insecure or victimized and over-reacting. We can use our challenges to choose and build a stronghold of Love and Peace within.

Our Goal is to Live and Love in Peace

The goal of life is to 'live in love'. In love with that which eternal. In love with Love that is, was, and always will be with us in this human life. And in Love with that which we take with us and merge with when we leave this body. Life challenges us to identify our goal and then to stay focused and to sincerely follow the path of Love.

Identifying with Love

To live in love with Love, we have to identify ourselves with Love. We have to experience that we are Love. This process involves evolving from ego/individual to soul/infinite consciousness. We don't negate ourselves, through inner experience, we gradually claim our soul. We don't condemn our individuality, we use it to merge with our true essence of Love and Peace.

Identifying ourselves as universal beings, not alone, separate individuals, does not mean we lose ourselves. It means that we find our true identity. Confusion, conflict, and anxiety leave us. We become simple, stable, neutral, kind, and compassionate beings.

We cultivate Love with compassion for ourselves. When we can experience self-love and love of the Divine within ourselves, we vibrate Love. When we are filled with and vibrate Love, we can hold and vibrate healing love for others. Maintaining this Love state of consciousness is how we 'live in love.'

Love Is a Secure Place Within

In the state of Love we are at peace. Yogi Bhajan says “Love is the most secure place in an individual. It is very secure, very deep, very curative and healing. It has no pain. It’s not limited. The highest state of security of an individual is when a person is in the state of love. It is a consciousness that can penetrate through anything, for that thing and nothing can penetrate it.”

Misunderstandings about Love

The most serious misunderstanding about love is to believe that love is personal and that being in love is dependent upon another person. Loving another person in higher consciousness requires our ability to stay connected to Infinite Love when we are alone and when we are in relationship. When our connection is stable and sustaining, there is no dependence, no attachment, no possession, and no slavery of another person.

We are able to give because the Love that flows through us is infinite and lasts forever. We love for the sake of perpetuating and enjoying the ecstatic pleasure of the flow of Love through our being.

Effects of Being in Love

Being in Love with Love creates a halo around our head, illumination in our face, and radiance in our aura. When we are in Love with Love, our eyes beam Love and we can see God in everyone. Our words become sweet, and our communication speaks from and to the heart. We can peacefully uplift and heal the pain in another's heart. Higher love flows through us when we tune into, feel, and hold in

our mind, heart, and body the universal vibration of Love and Peace that we call God.

In the Space Where We Are One

If we want to be together, we all have to 'get it together.' We each have to open our heart to the space where we are one. If we are not in the space of oneness, we will feel alone and separate, even if we are physically together. Our purity, our tranquility, our wholeness is dependent upon our personal experience of the impersonal Infinite Oneness and Peace. When our experience is general, it is inclusive. When we are exclusive -- we select who we love and who we dislike -- we create stress, conflict, and an imbalance within ourselves that distracts from our grace and handicaps us in the game of life.

The Price is Love

The price we pay for a good life is being in love with our life. We cannot earn or pay with anything else but Love.

[9] Your Path to Inner Peace — 10 Body Charts

Introduction — Self-concept and Inner Peace

The evolutionary journey of our soul through our ten bodies delivers us to a state of peace. Our score card is computed in all our bodies. The sum total is calculated in our ninth subtle body.

It is our relationship with our self that determines our level of peace or conflict. Through the journey of our ten bodies we get to know who we are and develop an intimate relationship between 'human me' and 'soul me.'. To operate from a state of peace, each body must work through the various expressions of fear, anger, and sadness -- insecurity, frustration, doubt, jealousy, hate, depression, etc. that create distortions in our energy field and thus prevent peace.

When we are haunted by the negative emotions, they interfere with (1) our sense of self, (2) our perception of reality, and (3) our relationship with our soul and the Infinite. The more we are able to operate from a peaceful state, the more we evolve into a state of Love. Conditioned thinking and limiting emotional programming no longer confine us to 'working out our issues.'

As our ten bodies come into a state of peace, we become more and more available to connect in oneness with the Infinite. In turn, it is our divine connection that awakens our soul sense of self, relaxes us into a state of peace and love. It is our personal connection with Spirit (in whatever form inspires our soul) that gives and sustains a profound sense of faith, protection, and inspiration and is a source of guidance, happiness, blessings, and grace.

When our ten bodies are at peace and we experience peace within, our self-concept brings us humble self-confidence. Soul realization and our radiant body are built from inner confidence and trust of self. Thus self-confidence and inner peace go together.

Each body awakens us to the possibilities and richness of our soul and the sacredness of our life. As we explore and discover our inner wealth, we evolve from empty to full, from frustrated to peaceful, and from fear to love.

Expansion of Self-Concept

The ten body system leads us on a journey to explore and expand our concept of self. We engage in life experiences that help us understand, accept, and love our soul/self. The first soul body defines our goal, which we reach when our radiant body, the light of our soul, is illuminated in all our bodies. The process can be summarized in 3 interactive and on-going phases.

[1] The Human Phase 2-5.

First we create a foundation in our mind and physical and emotional bodies so that we can develop a relationship with our subtle bodies 6-11 from soul consciousness. In the first phase we become aware of that fact that we are a soul in a human body living on Mother Earth. To navigate our human journey

- ◆ We have to learn about our mind and how it works and train our mind to serve us.
- ◆ We use our mind to connect with our body and emotions.
- ◆ Through our physical and emotional bodies we learn how to work with the elements of physical reality. We become aware of the process of creation in the physical dimension.
- ◆ We learn how to connect and become one with Mother Earth and receive her nurturing.

[2] The Energetic, Divine Phase 6-7

As our arc line illuminates, we experience our mind is part of the Universal Mind. With the help of the Light being infused in our being, we are able to move out of the story version of the elements into the energetic nature of the elements. An awakened arc line significantly strengthens our aura. As we embody more and more refined energy, our aura is cleansed and purified. Our aura is sustained by and an expression of both the elements and Infinite Light. Our aura needs and expresses for both Earth and Light. Our self-concept expands to an embodied energetic being of universal energies.

[3] Integration Heart-Love Phase 8-11

Our pranic body connects us in oneness with the Infinite. We experience that we are always receiving and giving back in total harmony. We realize our oneness by experiencing within our own body the basic truths and functioning of the universe -- (1) giving and receiving go together, (2) interdependence is the operating principle of oneness, (3) evolutionary change and the eternal flow are continuous.

Our visceral experiences awaken us to our soul essence in our subtle body. Old

emotional conditioning falls away, opening the space of the heart to love ourselves and to profoundly appreciate the truth of our subtle essence. The stable and flowing polarities of our soul merge and radiate the light and love of our soul -- our radiant body is illuminated.

Old fear and anger programs no longer compute. Our thoughts are coherent, complementary, non-conflictual, and harmonious. Our mind and all our bodies are at peace. To maintain (and to achieve this consciousness of who we really are) we use the vibration of sacred sounds (11) to continuously integrate physical and non-physical realities. The sounds become our Guru. They awaken in us our essence and guide us on our journey with Infinite Love and Truth.



There are so many Infinities in our experience. God is Infinity. Love is Infinity. Commitment is Infinity. In every facet of our life we have the potential for the Infinity of our projection. Projecting with Infinity in our speech is the base of committed language. -- Yogi Bhajan

Fake it, you will make it. But you have to believe it. Yogi Bhajan

And you have to do the work to get real! -- GRK

Meditation is not what you do in the morning, that's practice. Meditation is the daily result of that practice. -- Yogi Bhajan

The greatest blunder you can commit is to think that mind and soul are yours. They are not finite, they cannot belong to finite. They are infinite, they belong to infinite. Just think that. Happiness will come to you. -- Yogi Bhajan

Enrich yourself with sacredness and opportunity will come to you from every corner. -- Yogi Bhajan

Chart 1: The Ten Bodies and Self/Soul-Realization

1. Soul Body - Our fundamental identity. We are a soul having a human experience with the goals of developing soul consciousness and self/soul-realization. We start with ourselves. We are it. It's all about oneness within ourselves and with the Infinite.

2-4 Negative, Positive, and Neutral Minds - The nature of our mind, how we use it and train it to serve our goals. The negative and positive minds are tools for evaluation. The neutral mind is our access channel to our soul and the Infinite.

5. Physical Body - Our vehicle through which we experience human life. We must refine and optimize its functioning to achieve our goals.

5X. Emotional Body - Expresses the elements/tattvas to create, express, and respond to our life experiences. Our emotional body is interwoven in our physical body. We must befriend our emotions as the communication mechanism of our soul.

6. Arc Line - Brings clarity to and refines our mind into a mechanism to connect with the Infinite. The arc line brings Light into our mind, expands our consciousness, and clears the way for our Divine Connection.

7. Aura - Expands our sensitivity to more subtle levels. The state of our aura either consolidates or scatters our energy.

8. Pranic Body - The mechanism through which our soul brings life into our body. Awareness and refinement of our pranic body (1) activates and increases our soul energy, (2) makes us conscious of giving and receiving, (3) helps us stay present in our body in the moment, and (4) awakens us to the rhythm and flow of our being.

9. Subtle Body - The flow of consciousness in our body. As we optimize the functioning of all our bodies and clear the karmic patterns especially in our emotional body, we purify our subtle body, build our sensitivity, and elevate our energy to subtle soul sensitivity.

10. Radiant Body - Radiates light and love. Our Soul Self is realized.

11. Guru Word - 11 or 2 - Eleven can always reduce to 2 and our negative mind takes charge. We are thus either in Divine Connection or mental calculation. Trust requires acceptance!

Chart 2: The 10 Bodies Are Awareness Mechanisms

1. Soul Body - Self

Unaware - limited ego, tribal consciousness

Aware - individualizing soul

2. Negative Mind - left brain - driver, needs something to think about, always active

Unaware - controlled by subconscious, automatic, out of control

Aware - focus, direction, need to train and direct

3. Positive Mind - right brain - needs to create, expand. There is always more attitude. Provides upliftment, hope, and new possibilities.

Unaware - lost in fantasies, escapism, distracts us from painful reality

Aware - appropriately open and available, expands to neutral

4. Neutral Mind - peace channel

Unaware - off balance, not centered

Aware - neutral observer, non-judgmental

5. Physical Body - physical vehicle

Unaware - abuse body, out of body, thinking not feeling

Aware - take care of and enjoy body

5X. Emotional Body - emotions

Unaware - victim, controlled by fear, sadness, and anger

Aware - use elements to create, process, experience, and respond to physical reality

6. Arc Line - Light in the mind. Visionary and psychic attunement. Need to be in body or get lost in other dimensions, not good for health.

Unaware - perceive separation, feel alone

Aware - connect with universal mind, perceive oneness with the Infinite

7. Aura - I am energy - subtle sensitive energetic self

Unaware - energy consumed by reactions and environmental vampires, unaware of how inner reality and outer reality interact and how outer influences impact us.

Aware - energetic boundaries are strong, identity in world is defined, know our own energy. Be able to say 'no' and don't let others intrude on our space.

8. Pranic Body - Infinite source for finite energy

Unaware - low energy

Aware - feel energized and can generate the energy we need

9. Subtle Body - mind and emotions are at peace.

We have redefined our story based on love and evolution, not fear.

Unaware - don't know what our energy is doing

Aware - sensitivity is at peace, presence expands long distances

10. Radiant Body - Light and radiance

Unaware - limited self-concept

Aware - I am the light of my soul

11. Guru Word - the state of awakened consciousness.

Use expanded awareness to stay in aware expressions of all bodies.

Live in the flow of the Infinite.

Unaware = don't trust the Universe. Still have a separate identity.

Aware = Our will and Divine Will are One and we gracefully follow it.



You are the master of your destiny. You are the leader of your day. You are the light of your life. You are nothing but a representation of God on this planet. That is the Will and decree, and that is God. In God you dwell, and God dwells in you. -- Yogi Bhajan

Chart 3: Inner Peace and Self-Concept

Evolution is the essence of the 10 Body System.

1. Soul Body - We ask, 'Who am I?' and set out on our journey to find out.

2. Negative Mind - Our negative mind is our protector mechanism. It takes care of us by figuring out and organizing what need to be done and being aware in the present moment.

It defines and focuses on self. It consolidates and discriminate what is me and mine.

From a safe place of self-awareness, we can know what is appropriate for our self and then expand into our positive mind.

If our negative mind is outer-oriented, it is preoccupied with competition and comparison. When we search for protection and identity outside of ourselves, we cannot be at peace.

"The Negative Mind is your first and fastest. It interacts with your thoughts first. It is a protector developed to preserve your life. It can give you a powerful self-understanding and detailed critiques of your actions. It can tell you what is wrong, what might be harmful, and it can locate problems to be solved." Yogi Bhajan

3. Positive Mind - The positive mind needs the self-focus of the protective mind to not get lost. When it can expand and be motivated from the core of self, it is free to evolve, to become more and more authentic, and work with innate potential. The positive mind opens our mind to an exploration and discovery of self.

'The Positive Mind seeks out what is useful and what can be of benefit. It is results oriented and proposes many solutions and possible avenues of action.' Yogi Bhajan

4. Neutral Mind - Our neutral mind offers us a non-judgmental soul overview of our human process and progress.

5. Physical Body - We realize that it is all happening in our body. We better take good care of it.

We meet our Teachers! - Our body, physical reality, karma, and mother nature.

5X. Emotional Body - We are at the mid-point of our journey, where we meet and interact with the subtle energies in and around our self. As we transition to the subtle realms, we must stay connected to feelings in our body in order to maintain self focus and our identity. Our focus is not about others, but how we react and interact.

6. Arc Line - There is more and it is infinite.

7. Aura - We develop acute sensitivity to how we interacting and the impact of our interactions on our sense of self.

8. Pranic Body - Our breath gives us a built-in mechanism to relax into the flow of our soul The pranic body is the integrator of finite and infinite, mind and emotions, stable and flow. The pranic body opens the mind and relaxes the emotions. Our pranic body innately balances the polarities.

9. Subtle Body - Our subtle body computes our progress in synthesizing all aspects of our self and experiencing healing and resolution.

10. Radiant Body - When our radiant body lights up, we have proof of the integration of the bodies of our soul in our human experience. Soul activation has happened!

11. Guru Word - How do we stay connected? Through sound, Light, vibration, and feeling. And by honoring what we hear when we listen and feel, i.e. receiving instructions through our sensory system and following them. This is how we maintain a state of alignment of our will and divine will.



The maximum percentage of your brain you can use consciously is about five percent out of a hundred. But if you use only point three percent of your brain capacity consciously, intelligently, and without ego, everything will go smoothly.

-- Yogi Bhajan

Chart 4: Ace Cards of 10 Bodies

- 1. Soul Body** - Open to self discovery and self-love
- 2. Negative Mind** - Focus mind, pay attention, able to evaluate realistically without resistance to possibilities.
- 3. Positive Mind** - Positive attitude, expand, open inner space to neutral, able to take risks without being gullible and naive.
- 4. Neutral Mind** - Neutral, no judgment, observe
Accept everything the way it is. And see everything as a gift.
- 5. Physical Body** - Work it out. Live it. Practice what you preach.
Enjoy being alive.
- 5X. Emotional Body** - Feel deeply and trust what you feel.
Allow, let go, accept, unconditional love.
- 6. Arc Line** - Elevate it - Keep the Universe in your mind at all times. Available to see opportunities as they arise.
- 7. Aura** - Integrate, embody at a feeling level, hold subtle feelings in body.
Contain all feelings and sensations in body.
- 8. Pranic Body** - Our breath gives us energy and changes our mental, emotional and physical states.
- 9. Subtle Body** - At peace with self, what is, and life.
Relax into the flow of your emotions and life.
- 10. Radiant Body** - Radiate light and love.
Shine your heart light.
- 11. Guru Word** - Live on the primal vibration of God. Thy will be done.

Chart 5: Self-Realization Process through the 10 Bodies

All our bodies are all-pervasive, integrated, and part of our wholeness. Our experiences get deeper and we evolve and develop more optimal operation. We assess and monitor our progress, resolution, and level of inner peace.

Your numbers are your formula for peace

To be at peace, each body needs to do its job. We create a foundation in our mind and physical and emotional bodies 1-5 so that we can develop a relationship with our subtle bodies 6-11 from soul consciousness. We go deeper into the faculties and functions of each of the bodies.

Soul - See life through the eyes of our soul.

Karma - how we crystallize our diamond and release imprints from past lives.

Gift - there to save us when we need help.

Mastery/destiny - takes us to our path and expands our identity.

Path - at peace with my soul and my life.

Evaluation and Evolution

We are constantly figuring out where we are. Our ten bodies are actively computing our orientation, direction, and safety. We evaluate what just happened. We anticipate what is going to happen and what we should do next. Am I ok? Am I safe? We know that we need to be in the flow of the evolving present. The 10 bodies give us the faculties to evaluate and direct our evolution.

Self-realization is about experiencing what works for us so we can be authentically who we are. We work with the basics and go deeper to get richer experiences. As our consciousness expands, the past and the subconscious no longer control our lives. We gradually shift into (up to) our natural state of being.

Our self-realization process involves releasing our past, letting go of what no longer serves us, and giving up fear-based programs and patterns, which have been stuck to our emotional/subtle body with the glue of fear, anger, and sadness. We process karma and heal past wounds so we can get to our subtle body (#9) without baggage and enjoy our life.

1. Soul Body

It is all about me. Our primary relationship is with our soul. We focus on our own life and gifts. Through self-acceptance and kindness to self, we develop oneness with our soul and the Infinite.

We realize and accept that the cause and the reaction are inside ourselves. We take personal responsibility for own life and evolution.

The Mind

Everything is processed through our mind. If 'mind' is understood only as mental activity, there is a disconnect with other aspects of our being. Our mind is a processing mechanism for all our bodies. The state of our mind determines how we relate to the elements.

Our goal is not to get rid of all our thoughts. Thoughts are like clouds – they come and go. As long as we have a mind, we will have thoughts. However, our thoughts can generate inner agitation or peace. Our positive and negative minds can create inner conflict or be useful and self-supportive. When the flow of our thoughts are complementary, instead of conflictual, we can experience inner peace.

◆◆ **Self- Inquiry** -- What is my mind doing and how can I train it to serve me?
Am I paying attention or distracted?

2. Negative Mind

The job of the negative mind is to discriminate, but not through endless analysis. It does so by paying attention, focusing, and listening to our intuition.

The evolved tasks of our negative mind are to wake up and focus with consciousness. We can't focus with thinking! Our aim is determined by our negative mind, which is why third eye is our default focus. *Attention attention. Attention intention.*

With focus we center ourselves and consolidate the energy of all our bodies.

Alignment happens with focus around our center.

Focus is the foundation of a meditative mind. When we focus on what doesn't change (stable polarity), we can relax into what does change (flowing polarity).

The negative mind is our enemy when it is closed, fixated, or rigid because it prevents us from expanding into our positive mind. With focus, we are free to expand into our positive mind and both the negative and positive minds are able to operate at a more optimal level and accurately decode subtle messages.

◆◆ **Self- Inquiry** -- Notice if your mind is happier when it is focused with consciousness.

3. Positive Mind

Our positive mind determines our attitude, direction, expansion, creativity, and openness. The positive mind makes it possible to enjoy our earth experience, love our selves, evolve and awake up.

We must be careful not to use our positive mind to cover up discontent. Trying to make everything nice to feel safe doesn't work. Attempting to make everyone happy, is a control strategy that fosters co-dependence to keep the peace.

We must avoid using illusionary visualizations as a means to space out. The positive mind must be trained to let go and expand into neutral. If we can't let go of our fantasies and wishful thinking, we never connect with reality.

Competitive. Want to be the best. Compare ourselves to others.

◆◆ **Self- Inquiry** -- How is my attitude creating my life, my personal reality?

What really gives me pleasure and peace?

Can I be satisfied being the best I can be and doing my best?

4. Neutral Mind

Our neutral mind creates the space for us to expand and evolve, to move forward, not backward into the past. Neutral is expansive, vast, thoughtless. Neutral is

detached, impersonal, and nonjudgmental. It can let things go and play out.

Our neutral mind is our peace channel and defines our *altitude*. Neutral makes it possible to objectively work with our physical and emotional bodies. In neutral we can stay in our center and observe reality, without doubt or duality.

Interference is the problem. In neutral we can step out of the way and let the truth speak for itself. True mastery, let things go their own way, don't interfere.

*"So, it's a very simple thing. **Don't interfere** with another person's psyche. Let it be. Live and let live. Never let yourself down. Never let your friends down. And never let your enemy down. Give him a good match. Enjoy." Yogi Bhajan*

◆◆ Self-inquiry

From your observer/neutral mind, evaluate how your dualistic mind processes information. Identify how your dualistic/ego mind filters and interprets input. What programs run control your mind?

5. Physical Body

Our physical body is our sacred vehicle to contain peace, to embody our soul, to hold and be held by Higher Love.

Our physical body is like a ladder that must be planted firmly on the ground for us to climb up the steps. When we feel our body as a ladder firmly planted on the earth, we experience our body connect with the Mother energy of the Earth.

When you do not consciously relate to your body, then your mind does not consciously relate to you. – Yogi Bhajan

◆◆ Self- Inquiry -- Are you thinking or feeling? i.e. are you present or absent?

5X. Emotional Body

Our emotional body is the communication mechanism of the soul and speaks to us through the feeling sensitivity of the 5 elements. It directs and determines the integration of physical and nonphysical realities.

The Tattvas/Elements and Consciousness

It is through our physical and emotional bodies that we experience the essential energy that creates and sustains matter and how matter holds that energy. Life is about integrating, balancing, exchanging, and sustaining energy.

It is through our physical and emotional bodies that we experience and create with the elements. We have 'real life experiences' when we feel the elements working in our body.

The state of our physical and emotional bodies determines our ability to stay present and tuned into how the elements are working through us. These 2 bodies express how our consciousness relates to the tattvas -- Do we embody Spirit or let ourselves be controlled by our subconscious programming. In our emotional body we can make the transition from wounded inner child with hidden agendas to soul consciousness.

◆◆ **Self- Inquiry** -- How do you experience the elements (earth, water, air, fire) in your physical and emotional bodies? Notice what may be absent, negative, and satisfying. How could you use these energies for more pleasure and power? (see below)

3 Faculties of Consciousness

(1) Awareness/consciousness, (2) listening, and (3) feeling connect us to the tattvas/elements and our physical and emotion bodies.

Consciousness is self-centering. **Listening** and **feeling** keep us present in the body and available to be aware of subtle energies and how they affect us. These 3 faculties also connect us to our intuition and feeling messages from our soul.

Listening/sound, feeling/sensations (breath, movement, and mantras) are connector mechanisms. They connect physical and non-physical realities. We are not floating around spaced-out.

Air element - Non-physical space

Earth element - body as a container for non-physical energies

Fire element - aliveness

Water element - relax and flow

◆◆ **Self- Inquiry** -- Monitor when, how, and why you disconnect from your feelings.

Life is either a dance or a war of the five tattvas. Life is not what it looks like. The quality of our life depends upon the constant interaction between the tattvas and consciousness.

Whenever our five tattvas are imbalanced, our mind is not ours. *'Because either mind has to relate to the soul or mind has to relate to the tattvas. By itself, mind cannot exist. You have one established relationship. You are alive because your spirit is there and your spirit should guide the mind and govern the tattvas. When basically your spirit, your soul is there to reflect the balance of your mind and reflect the balance of your tattvas. --Yogi Bhajan*

If you want to win over time, you can only win through mind. If you want to win over space, you can only win through the tattvas of the body. Body represents space and mind represents time. And time and space makes the world move.

-- Yogi Bhajan

Our emotional body connects us with the Mother and integrates the Feminine in our psyche.

Women feel their belly and experience *I am the Mother. My body/my womb is the Mother.*

Men connect with the Earth and are nurtured by the life-giving Earth Mother. Men need to connect to the Divine and Earth Mother, not their mother or a woman substitute! They then can honor the Divine Feminine and serve Her and all life.

◆◆ **Self- Inquiry** -- **How do I relate to my emotions and feelings?**

Denial and choices - what is in control?

Subconscious - may even believe it is right and true.

Unconscious - ignorant, asleep, hidden.

Conscious - know, but deny to protect self, fear of lose.

6. Arc Line

God in me, me in God becomes a conscious reality. From this oneness perspective, we can trust life. The Tao (14) says - Remember where you came from to be at

ease in your own life.

As our arc line illuminates we witness a sustaining Force that is ever present. I am not alone.

Our relationship with the Infinite starts with remembering, feeling, and acknowledging a presence. With a powerful arc line, we can build and sustain a stable, reliable relationship with higher Love throughout our life.

Arc line awakens our divine connection, which is necessary to transcend and release structural fear. The awakening of the arc line to oneness and enlightenment, creates a structural shift in our psyche. We move into love consciousness and self-love as the Light filters into all our bodies.

In our neutral mind we develop a relationship with our soul. In our arc line we expand our soul connection into oneness with God. There is no duality, no question, no suffering in Love and Light. Our actions are covered by sacredness, purity, and grace.

◆◆ **Self- Inquiry** -- When you need help can you ask, wait, and trust the Infinite to assist you?

7. Aura

At the stage of our seventh body, the Aura, we move into more subtle awareness of our energy at both a personal and structural level. With our arc line available, we can release fear from our energy, life, and emotions. Self-love and Divine love heal our aura. We revisit and heal our physical and emotional bodies.

Our aura is super sensitive and constantly interacting with both internal and external forces, both of which influence how we hold and experience ourselves. We feel our being as a vibration and notice how we are influenced by subconscious programs and our surroundings.

Those born in July their karma number is 7 the aura, which means that they can feel that their aura is constantly being assaulted. They are very sensitive and protective about their environment and interactions. Our aura is our delicate shell.

◆◆ **Self- Inquiry** -- How does your sensitivity to external energies determine your choices concerning your interactions in life? Do you avoid experiences to feel safe and protect yourself?

8. Pranic Body

Our pranic, breath mechanism is both unconscious and conscious. We have to train ourselves to be conscious of our breath. We can use it to clear our subtle body and karmic imprints.

With our breath we can activate both feeling sensitivity and consciousness.

Through our pranic body, the Infinite feeds and energizes our finite being. Our breath is the connector mechanism between finite and infinite and body and mind. A basic problem is that mind and body are disconnected. First become aware of disconnect. We reconnect with awareness and feeling our breath.

Sequence -- observe, feel, allow, accept, release resistance and relax into the flow of what is and your breath. Feel how breath awareness can release resistance and bring awareness into your body. As you inhale feel your breath go into your nostrils at the bridge of the nose. This activates the 3rd eye and awakens the neutral mind.

◆◆ **Self- Inquiry** -- Why do you disconnect? -- fear, don't feel safe, don't feel loved or accepted? Identify programs and habits relative to your breath. Notice when your breath gets fast and shallow.

9. Subtle Body

We attain subtle alignment with our soul. We release fear imprints, live in love and trust of the Divine and our soul. Our sensitivity is at peace. Our energetic presence expands and heals at long distances.

◆◆ **Self- Inquiry** -- Do you know what your energy is doing? Evaluate your progress -- to what extent are you in acceptance, released resistance, at peace and can let go?

10. Radiant Body

We shine our light, radiate peace and love, and project from truth and light
In the sixth body we experience how power of love sustains us. In our tenth body
we radiate the power of love.

◆◆ **Self- Inquiry** -- How has your self-concept evolved?

Can you experience - I am the light of my soul? Can you shine your heart light?

11. Guru Word

Our job is done. We enjoy an intimate relationship with the Infinite.

*Those who learn to live on the primal vibration of God, they are the bright-faced, they
are the light of light, and their job is done. - Yogi Bhajan*

◆◆ **Self- Inquiry** -- What techniques do you use to stay connected to the Infinite and live in
the flow of the Infinite?



***Committed language is when you speak directly, with your heart, with all parts
of your mind supporting what you say. -- Yogi Bhajan***

Chart 6: Sources of Conflict and Pain in the Ten Bodies

What prevents us from experiencing inner peace?

- 1. Soul Body** - limited, negative self-concept. absence of a concept of being a soul
- 2. Negative Mind** - self-criticism, judgmental attitude, analysis paralysis
- 3. Positive Mind** - absent in fantasies and illusions, distractions are compensation, ego maniac, lack of self-love
- 4. Neutral Mind** - absent, spaced out, lack neutral observer
- 5. Physical Body** - think too much, don't feel, stress, tension, health issues
We need earth to consolidate and contain energy to find peace and not be anxious
- 5X. Emotional Body** - emotional issues. become theatrical to get attention
Our emotional responses trigger inner anger, fear, and sadness related to long-term issues.
- 6. Arc Line** - not connected to the universal mind
attachment to limiting beliefs is a brick wall that causes suffering, anxiety
- 7. Aura** - weak nervous system, over sensitivity to environment and emotions
- 8. Pranic Body** - not enough energy, prana or connection with Source
- 9. Subtle Body** - unresolved emotional traumas from this life and past lives, can't relax
- 10. Radiant Body** - our soul light is weak and disconnected from our body
- 11. Guru Word** - can't connect or relax into the universal flow



The greatest art is to sit, and wait, and let it come. -- Yogi Bhanjan

Chart 7: Resolution and Healing in Our Ten Bodies

1. Soul Body - self-love and acceptance, find purpose, mission and live it, develop unique talent

2. Negative Mind - honest, realistic, strategic.

3. Positive Mind - positive attitude, open to discovery and adventure. We uplift ourselves.

4. Neutral Mind - we see the bigger picture and are nonjudgmental, open and available

5. Physical Body - embrace our life and accept our life challenges
alive, healthy, relaxed. right/peaceful action and responses

5X. Emotional Body - Insecurity no longer haunts us. Fear-based emotions no longer interfere and get in the way. We are no longer 'overcoming', we are 'becoming' and available to evolve into deeper knowing of our soul. We can find personal power in the elements and deal with the energy, not the stories. We are at peace with the elements in body. (1) Earth contains. (2) Water is relaxed and flows. (3) Fire is alive. (4) Air gives us space in our mind and body.

6. Arc Line - God and me, me and God are One. We witness how Spirit manifests in us and in everyone. Visionary. Mastermind.

When our mind becomes the instrument of our intuition, our thoughts speak for the truth of our soul. We feel protected, guided, and blessed. We are at peace.

7. Aura - We can process and interact with our internal and external environments and maintain our energetic boundaries.

8. Pranic Body - Our breath gives us vitality and merges finite and infinite in our heart.

9. Subtle Body - The polarities - flow and stable - are balanced and at peace. We embody transpersonal refined energy that interacts in the universe and in the world.

10. Radiant Body - We shine the sun of our soul uplifting all.

11. Guru Word - We enjoy living in the flow of the Infinite.

Chart 8: Status of Ten Bodies

Conflicted- disconnected

1. limited ego identity
2. destructive, self sabotage
controlled by sub-conscious programs
competitive, win-lose, zero sum
3. desires not satisfied, needy
focused on wanting more
pushy, controlling
4. neutral observer is missing
5. not connected to body and Mother Earth
- 5x. emotions create conflict and trauma
6. In other realms, out of body
disconnected
7. over sensitive
8. limited sense of energy, not enough, scarcity
9. over-sensitive and don't know why
energy goes to others not to self
not connected to heart, elements, and soul
10. lack protective energetic field
11. Don't know how to connect with the Infinite

Peaceful - connected

- soul identity
- focused on mission
support self
- happy to be alive
grateful for what have
life is entertainment
- see things the way they are
understand at a deeper level
relief to be out of obsessive desires
- body is healthy and feels good
- emotions are a source of information
- psychic connection with other
dimensions
- sensitivity is useful
- infinite source of energy, give and
receive
- can contain sensitivity in body, not get
lost
- Light of soul protects and projects love
- Guru Mantras save the day

[10] How We Create Our Reality and Self-Evaluation

Our ongoing task is to become more and more aware of *what* we are creating and *how*. There are 2 basic factors that determine how *we participate* in the co-creative process. (1) Consciousness and (2) Feeling. (The chart below lists functional and dysfunctional expressions of the 2 universal and soul polarities -- Stable and Flowing.)

[1] Consciousness

Our level of consciousness is one determining factor in our ability to be at choice in what we create. The more unconscious we are, the more our subconscious programming dictates our actions, thoughts, and moods. The extent to which we are asleep and ignorant is the extent to which we are not in charge. The more conscious we become, the less our subconscious sabotages us. Activating our free will is about being able to make conscious choices. We become more conscious by activating and using our *awareness mechanisms*.

[2] Feeling

Conscious choice is also dependent upon conscious reactions and responses. To get in touch with how and why we react and respond in certain ways, we have to monitor how we feel in our body. Our focus is **visceral, in-the-body** experience.

We miss the experience of life if we don't feel and we don't listen. Life is held hostage by our subconscious. Unexpressed energy creates pain, stress, and illness in our body and manifests things in our life that we don't like or want.

How we feel impacts how we hold the light of our soul and how we radiate, which determines the nature of our projection and the quality and magnetism of our presence.

Awakening Feeling

Feeling is a personal subtle vibration in our body. We can awaken our feeling

mechanism by being present to the aliveness in our body. Being present to our breath and sensations in our body keeps us in the body. We also cultivate awareness of when and why we shut down (repress) what we feel.

If we want to feel better, we have to feel. Humans are wired to try to feel good. However, many of our efforts result in covering up and escaping feeling our emotions and our body. Distracting strategies disconnect, instead of connect us, to our aliveness. We need our non-judgmental neutral mind (consciousness) to be able to stay attentive to and process both pleasant and unpleasant feelings.

* With feeling we can awaken and refine our *receptor and responder mechanisms*.

Feelings and Emotions -- the Receptive and Creative Process

We feel/process what is available and what impacts us in both our inner and outer realities. Generally we shut down to pain and are more receptive to good feelings. Kundalini Yoga practices upgrade what we feel by aligning our body and by increasing our vibration so that more light and love becomes available. Over time it becomes pleasurable to feel the aliveness in our body.

We train ourselves to notice what we are feeling. Paying attention to what we are feeling brings us out of denial and helps become aware of what our emotions are saying. Our sensory feeling mechanism becomes available to give us information through our instincts and intuition.

Creation and Prosperity Are a Function of Source and Receptivity

We can cultivate and monitor our experience of receptivity and co-creation by tuning into the essence energies of the **Sun** and the **Moon**.

The **Sun** is (and represents) the Source of infinitely abundant Light of our soul. The **Moon** is (and represents) receptivity. Source and receptivity are interactive, complementary forces that work together to create life.

In the human body, our feeling sensitivity (bodies) determines how we receive, process, integrate, and embody Light. Infusion and containment of Light happen through feeling. Everything is processed through feeling. We feel the elements, which are the substance of creation in physical reality, i.e. water, fire, and earth are what change and evolve.

What we receive and how we receive it determines what and how we create. We examine our receptivity and responses to determine how we (1) block, resist or (2) accept, allow, receive, hold, contain, consolidate Light. Two ways we can increase our receptivity are by (1) consciously opening the space in our mind, and (2) loving the Light with our emotional body.

Stability and Receptivity in the 10 Bodies

Evolution of consciousness is a continual process that obliges us to clear the channels, prepare the way, forge the path, and open the space. Although we first notice and work with our mind, body, and emotions, all our 10 bodies are receptive, response mechanisms. As we activate our complete system, our awareness, receptivity, and responsiveness increase. All parts of our being become more alive, conscious, and able to communicate with us.

Self-sustaining and Sustainable

What is referred to as 'Real and the Truth' is that which is self-sustaining and sustainable. No matter what we do it is always there. It doesn't go away like physical things, people, places. The question is not, is it there. The question is - can we tune in, remember, and keep our focus on IT. In relationship to the stable polarity, this is what we *remember* and pay attention to.

Stable Bodies

The even numbered bodies embody qualities of the mind/awareness/ consciousness -- the stable polarity. These bodies serve to awaken our consciousness and stabilize and focus our awareness. *They consolidate our identity. They seek elevation and expansion. They seek unity and Oneness with the One.*

#2 - Negative Mind - Focus on the formula. We are focused, not scattered or confused. Evolve from thinking to intuition.

#4 - Neutral Mind - Clear the space, maintain clarity of space and intention. We can be the observer in our neutral space. Awareness and consciousness awaken.

#6 - Arc line - Trust our Divine Connection. Doubt dissipates our energy and sabotages our intentions.

#8 - Pranic body - Inhale SAT, exhale NAM. Paying attention to the breath maintains our physical connection with the Infinite. Awakens our heart.

10 - Radiant body - Radiate love and light. We magnetize and live in the attraction mode.

We need stability to receive and respond appropriately to ever-changing energies. The even numbered bodies provide the stability needed for evolution to happen without interference. Stable holds everything together. Stability in our mind creates a coherent base for a relaxed and flowing state of being in the odd number flowing bodies.

Flowing/Feeling Bodies

The odd numbers embody qualities of the flowing/feeling/body/emotions polarity.

These bodies always seek change, transformation, and evolution of consciousness. They expand our identity and well-being. They seek the ability to join and relax into the universal flow.

#1 - Soul Body - Honor and enjoy your evolution. Who you are makes a difference.

#3 - Positive Mind - Life is an adventure. There is always more!

#5 - Physical Body - We meet our teachers everyday in every way.

#5X - Emotional Body - The richness of being.

#7 - Aura - Sensitivity is a gift, use it wisely.

#9 - Subtle Body - Your impact is far-reaching.

With the power of love for the Infinite Force, we can live in all circumstances as one identity with the constant flow of that energy that we call God, the Divine, the Universe, Oneness -- which is, was, and always will be.

The universal polarities dance with such synchronicity that they appear as one.

Chart 9: Stable and Flowing Polarities

Functional

Dysfunctional

MIND - AWARENESS - CONSCIOUSNESS - STABLE

<p>Oneness, unity, simplicity Stable, immovable Equanimity, imperturbable Peaceful, calm, stable, still</p> <p>Light, pure Clear, open Intuitive, decisive</p> <p>Neutral, non-judgmental Accepting, allowing Witness, detached</p> <p>Aware, conscious, awake Available, present, in NOW Centered, focused, purposeful</p>	<p>division, separation, complicated wavering, unstable, excessive thoughts, (wrong channel) chaotic, fluctuates in duality conflictual, chaotic, agitated</p> <p>dark, impure confused, cluttered, fuzzy, closed lost in rational mind, negative, polarized, indecisive</p> <p>opinionated, judgmental critical, dogmatic, categorical, controlling evaluate/judge, attached</p> <p>asleep, in denial, unconscious, shut down unavailable, lost, in past and future unfocused, distracted, off target</p>
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BODY - EMOTIONS - FEELINGS - RECEPTIVE

<p>Flowing, fluid Rhythmic</p> <p>Willing Relaxed</p> <p>Let go Surrender Trust</p> <p>Contained, consolidated Grounded, in body</p> <p>Nurtured Comforted Satisfied, content Creative, evolving</p>	<p>resistant, stagnant, stuck chaotic, disharmonious, forced</p> <p>unwilling, reactionary stressed, rigid, tense, uptight</p> <p>hold on, attached, paralysis, control afraid, fearful distrustful</p> <p>dispersed, scattered ungrounded, in mind and fantasies</p> <p>abandoned, angry neglected, disconnected dissatisfied, discontent destructive, imploding</p>
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Chart 10: Chakra and Element Awareness and Experiences

The following guidelines can help you experience and develop chakra and element awareness.

♥ *Earth Element — First Chakra/Root*

Feel the sensations in your body, inside your skin.

Experience your physical body as the container for your awareness and all your feelings.

Allow your body to be nurtured by and be at one with Mother Earth and natural forces.

♥ *Water Element — Second Chakra/Sex Organs*

Feel the flow and rhythm (or resistance) of the pranic and emotional energy in your body.

Enjoy rich, pleasurable, and ever-changing feelings.

♥ *Fire Element — Third Chakra/Navel*

Be present in feeling awareness to the aliveness, life force, and heat in your body.

Experience the vitality, tingling, and radiance as your soul in your body.

During your day, use this alive, active energy to eagerly participate in life.

♥ *Water Element Solar Plexus — Mid-Chakra/Solar Plexus*

Allow and accept, without judgment, shame, or blame, deep non-verbal feelings of anger, fear, and sadness or stuck emotional energy, and then love every emotion to open the gate of your heart.

♥ *Fire and Air Elements — Fourth Chakra/Heart*

In your spine at the level of the heart chakra, feel the warmth of fire.

Relax into the rhythm and flow of your breath in your chest.

Use the air of your breath to open your neutral and expansive heart space.

Feel how your breath effortlessly receives the universal life force and generously gives back.

♥ *Air and Ether Elements*

Space is a universal container. Experience the space that contains physical reality and beyond.

Feel that you are one with non-physical reality from which all comes and goes.

Your inner space contains the Universe. The Universe contains you.

♥ *Fifth Chakra/Throat*

Listen deeply until you feel resonance and vibration in your whole body.

♥ *Sixth Chakra/Third Eye*

Witness clarity and purity. Be an observer and experience detached neutrality.

♥ ***Seventh Chakra/Crown***

Enjoy the vastness of infinite space and let your awareness expanded into this space.

Monitoring Our Receptivity and Awareness

Life is a never-ending dance of change and reaction. The primary question is 'How do we respond?' Here are some ways to monitor your awareness and receptivity:

- ◆ Notice the degree of your receptivity and stuckness by being aware of your posture, stress, tension, reactions, non-reactions.
- ◆ Our reactions also register the degree to which we like or dislike what we receive. Be sensitive to and discriminate between nurturing energies and destructive energies.
- ◆ When and why do you stay aware and present or go unconscious?
- ◆ If we lose our neutral and stable support system, we fall off the wagon. What situations and reactions capsize your boat or can you stay afloat, going with the flow?
- ◆ What do I need to do to process and be sensitive to what is impacting me?
- ◆ How can I let go of and repel hurtful energies?
- ◆ How can I experience and process beneficial frequencies to my advantage?
Clue -- The more Light, the easier it is to feel and to feel good. Do Kundalini Yoga!
- ◆ How many steps will you take? Each step makes the other steps possible.

Honesty and Awareness Check In

How awake are you? Our greatest existential pain comes from lack of consciousness. Trying to navigate life in asleep state is guess work at best. We are not only dealing with our own ignorance, we must deal with other unconscious people and systems that takes advantage of asleep people.

- (1) Are you conscious or unconscious? Present or absent? Thinking or feeling?
- (2) Monitor your attitude and altitude
- (3) Notice the difference in your ability to feel when your mind is critical or neutral.
- (4) Notice the nature of your energy - jumpy, agitated, calm?

(5) Notice resistance, restrictions, and limits in your body.

(6) Is it scary to feel when you feel pain?

(7) How long can you stay in feeling awareness? What causes you to disconnect?

Be honest with yourself. Don't disconnect by escaping into your mind and using activities, external focus, excuses, talking, and thinking as escape routes. Thinking blocks feeling. Feeling is possible in the neutral mind, with consciousness.

Self Check-In

Of course, we are always checking out the safety of our external environment. If situations are too uncomfortable or threatening, we leave. Don't lie, or pretend everything is ok.

In safe situations, notice when you are looking to get attention or approval. In other words, monitor your neediness and then pay attention to yourself to break dependence programs!

Awareness Touchstones

What to be aware of during and after exercises. (in Vol 2)

Conscious - aware, observing, not thinking

Centered - at navel and third eye and in spine

Contained - inside skin, body, and aura

Calm - at peace in neutral channel, relaxed in the flow of life

Compassionate - to self and others

Life begins at the navel.

Navel or Knotty

Neutral or Nagging

Now or Never, Never Land

Nice or Nasty

Notice or Numb

Keep up

Never give up on yourself! Keep going. Keep walking. Keep waking up.

We win the game of life when we can trust our soul, the Infinite, and our oneness.

Enlightenment

When your sensory system perceives the totality of the environment and the universality of the situation on which you become the hub of the moment and the time and space, and then you correlate to the entire flow and redirect it by your own existence by the polarization of its direction, and you reach the point of the end of achievement, fulfillment and creativity, you have left a legacy, and that is when you have taken your distance and walked unto destiny.

- Yogi Bhajan

Love is the glue. By the power of love I am supported and sustained! = peace

Ten Body Self Evaluation and Progress

1. Soul Body

2. Negative Mind

3. Positive Mind

4. Neutral Mind

5. Physical Body

5X. Emotional Body

6. Arc Line

7. Aura

8. Pranic Body

9. Subtle Body

10. Radiant Body

11. Guru Word

***Love is the ultimate state of human being where compassion prevails
and kindness rules. -- Yogi Bhajan***

Love to All. Light to All. Peace to All. Sat Nam!