

Know Myself, Love Myself

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Training with Guru Rattana, Ph.D.

The greatest education is the science of self. The science of self and self-awareness is the highest knowledge a human being can possess because then you can pull yourself through all circumstances. - Yogi Bhanjan



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Introduction

Another Approach to Self Knowing and Self Love

We need another approach to self-love to stop the negative self talk that perpetuates inner conflict. We need an approach that

- ◆ invites us to explore our personal formula for finding our power and inner peace.
- ◆ helps us embrace our vital energies and use them to connect with our uniqueness and soul.
- ◆ leads to self-discovery and leaves behind comparing ourselves to others or a fictitious ideal.
- ◆ focuses on releasing self-doubt and promotes being kind and comfortable with ourselves.

The 'something is the matter with me' and 'I need to be fixed' approach keep us stuck in shame, blame, and victimization. When we are fixated on 'Something is not OK. I should be different, but I am not.' we perpetuate our negative attitude and indulge in what Yogi Bhanjan called *analysis/paralysis*. And we sabotage ourselves with unrealities, e.g. women thinking (or wishing) they should be and act like men.

We need an approach that (1) shifts our focus, (2) transforms our internal dialogue, (3) helps us know and appreciate our essence, and (4) makes it possible to operate in the world from a positive and empowered inner projection.

Astrology and Numerology

We can get to know ourselves by studying our soul blueprint as defined by our birth chart. With numerology we can understand the path of our soul and identify the subtle bodies that direct our human journey this lifetime.

Our attitude and inner conversation about ourselves undergoes a dramatic shift, when we shift our focus to (1) exploring how we are designed to operate, (2) understanding our energetic make up, and (3) identifying what we like and our soul path.

As we explore how we are made, we cannot but help love and appreciate who we are. We can teach our children too so they can avoid the problems we have created for ourselves.

With Kundalini Yoga

We can elevate ourselves out of the 'analysis-paralysis' approach with Kundalini Yoga and Meditation.

We unleash, explore, and experience the subtle energies that give us life.
We are not in our heads thinking about fantasies and wishing for what isn't real.
Instead of being preoccupied with past pain, and what is wrong or not perfect about us,
we feel what is alive in us that is propelling our journey and giving us life force to live.

This course is about a shift inward to our heart.

Planetary and Personal Shift to the Heart

We are in the midst of a massive transition of consciousness to the heart chakra.
Planet Earth herself is moving from the fear vibration to the frequency of the heart.
This is causing a lot of chaos because most people don't know what to do with the elevated
intense energy. They are still acting and reacting from old fear and scarcity programs and
wondering why they don't work anymore.

Release Fear Conditioning

All humanity has been under the spell of fear and fear programming that ran our lives for eons.
Our subconscious has accumulated and carried a heavy load of fear, anger, and sadness from
many lifetimes.

Fear conditioning cannot be released in the fear vibration.

We can't talk ourselves out of being afraid.

We cannot clean ourselves immersed in a mud puddle.

We can only release our old shame, blame, victim programs when we have an experience of
something different, when we experience and live in the frequency of the heart.

We must get ourselves out of the mud puddle of fear, anger, sadness, and neuroses.

Elevate Our Altitude

We must raise our vibration to the higher heart frequencies. We must elevate our altitude.

We must have an experience that the heart frequency is real.

And then we must train ourselves to stay there, in mind, body, and emotions.

In the higher love frequencies, old programming can be released.

We can extricate ourselves from fear, so that we can truly live in love.

As we do this for ourselves, we do it for everyone and the planet.

We are entering new territory. We have to learn how to navigate our lives in this new territory.

We have to recognize fear-based programs generated from our conflicted dualistic mind.

We have to make a conscious effort to stop operating from fear.

We have to know and love ourselves from the heart.

When we uplift ourselves, we can uplift others.

We can go together in the Aquarian Age. We join together.
We experience that we are not alone. Oneness is a comforting and heart-opening experience.

We have to raise our Kundalini to awaken our heart consciousness to match the heart frequency that is being infused on the planet.

This activation takes place within ourselves, and we are responsible for this awakening process. It is not automatically done for us, but we can do it together in our group practice.

Change Our Attitude

We must change our attitude. Our ego/identity structure must be directed from our heart. We must relate to ourselves and each other from love, kindness, compassion, and soul connection, not from fear, blame, shame, guilt, or victimization.

We each have our own formula, which we discover through our astrology and numerology. We go inside and listen to our hearts and feel our soul communicate with us.

Self-Acknowledgement of Progress

It is very important to acknowledge our progress and the changes that we have experienced this lifetime, with our life experiences, our practice of Kundalini yoga, and in this course.

Self-acknowledgement is key to moving

- (1) from self-doubt to self trust,
- (2) from self-criticism to self-love,
- (3) from guilt to acceptance, and
- (4) from fear to peace.

Outer to Inner Directed

Our basic transformation happens when we shift from living an externally directed to an internally directed life.

We have all been trained to act, react, and be in certain ways. We feel guilty, afraid, and uncomfortable when we dare to shift our habitual behaviors.

We cannot be at peace with ourselves until our directives come from within. We must connect with our own internal guidance system to be able to choose and generate from who we are.

We must get to know ourselves to get in touch with what works for us and our natural form of expression.

We will then also be able to identify when we are stuck and find within ourselves how to get unstuck and how to resolve our challenges.

In sum, we need to develop sensitive awareness of Self and how we function to be self-

empowered and self-satisfied.

Our mind is satisfied with learning, doing, and accomplishing goals.

Our soul is satisfied only when we love ourselves and our life and deal with our life challenges with courage from our heart.

Overcoming the Basic Block to Self-love

Our biggest spiritual challenge and our most important goal is to experience our oneness with the Infinite. This is a delicate and subtle task to accomplish on planet Earth, where the density of physical reality hides the reality of our oneness with non-physical energies.

Our experience of oneness is also thwarted by belief systems that preach separation and belittlement of our humanness. Religion has taught us that we are sinners who have to be redeemed and thus made us feel shamed and guilty. Actually, the main “sin” for us to forgive, is forgetting who we are, and forgetting our connection with the One. Actually forgetting is not a 'sin' in the traditional sense of the term, but it is most unfortunate and the source of much suffering. The yogic path and self-love are about letting go of falsehoods that block us and keep us separated from the truth of our oneness with the Infinite.

To do so we have to have an experience of the infinite energy and Light that flows through our body. The reality of life is that every cell of our body is animated by universal energy. When we realize that we alive because of this fact, we undergo a profound shift in consciousness.

We don't have to “believe” anything. Perhaps it is better if we don't! *What we need is an experience that we can believe is true.* We have to have an experience, which is possible at the higher frequencies of the upper chakras and the heart, that universal energies vibrate in our body and we are that. We feel the oneness, the connection, the Love, and the Unity that exists between us and universal energies. In this elevated and expanded state, we can let go of fear based programming. We can relax and feel comfortable and cozy in our bodies. And we can have compassion for ourselves, others, and all living beings.

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* The goal of our Kundalini Yoga practice is to have and deepen our experience of Oneness to the point that we can believe it, know it, and live from that conscious, feeling awareness. We become humble to the cosmic forces that dwell within us and express through us.

In the Piscean Age, the path was defined by “Believe and then experience.” In the Aquarian Age, the way is to experience and then we believe!

When we get an inkling of the God/Infinite that is in us, we don't let go of or dismiss this great gift. This is a critical juncture because we can be pulled back into old beliefs and behaviors that denigrate and dismiss our experience of oneness and our elevated sense of soul self.

We must train ourselves to relax and enjoy our experience of oneness. We must get used to the reality of oneness, trust it, make it a habit and a way of living. This is how we transform our identity from ego to soul identity. This is how we know ourselves and love ourselves.

Yogi Bhanjan told us many times, "If you can't see God in all, you can't see God at all!"
If we can see God in ourselves, we can see God in all.

Yogi Bhan Quotes on Self-Love

◆ "Love yourself. Love your soul and let go of the past. Past pain is keeping you in pain. You don't have to deteriorate." Yogi Bhan

◆ "Your job is to control yourself. Your job is to discipline yourself. Your job is to deal with everything in life with affection, love and kindness." Yogi Bhan

◆ "If you can convince yourself that you are limited, you goofed. You will go through depression. You have to rescue yourself." Yogi Bhan

◆ "When you understand who and what you are, your radiance projects into the universal radiance and everything around you becomes creative and full of opportunity." Yogi Bhan

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 Bhan

◆ "Reach out. Touch others. Walk tall. In every essence of life, please grow. Time is with you. Tide is with you. Tomorrow is yours and you have to build that tomorrow with the strength of compassion." Yogi Bhan

◆ "You owe it to yourself to be yourself." Yogi Bhan

◆ *"The best day of your life is the one on which you decide your life is your own. No apologies or excuses. No one to lean on, reply on, or blame. The gift of life is yours—it's an amazing journey, and you alone are responsible for the quality of it. Your journey is determined by the choices you make. Your answers are determined by the questions you ask. Your destination is determined by the steps you take. Your future is determined by what you do today."* (from the empowering book *How Many People Does It Take to Make a Difference* by Dan Zadra

◆ "You determine your worth. Nobody else can do it. Whatever worth you give yourself, that shall be." Yogi Bhan

◆ "You have to learn only one thing: You are you - with in you, around you, after you, before you, and for you." Yogi Bhajan

◆ "Kundalini Yoga is uncoiling yourself to find your potential and your vitality and to reach for your virtues. There is nothing from outside. Try to understand that. All is in you. You are the storehouse of your totality." Yogi Bhajan

◆ "This is an affirmation for self-realization: "I shall not sell my consciousness. My consciousness is my awareness of my God." The first principle of self-love is that you are not for sale." Yogi Bhajan

I. Overview of Reality

1. Basic Universal Energies — Summary

In our quest to become more conscious, we need to understand and learn to work with the basic universal energies. All creation is composed of

1. Two polarities
2. Five elements or tattvas
3. Three modalities or phases of creation

The basic universal energies also make up the energetic anatomy of our being. They include the following.

♥ **Two Polarities — Stable and Flowing**

Stable and flowing are the defining qualities of the two universal polarities and the polarities of our Soul.

Two Polarities	Quality
Stable	Always stays the same
Flowing	Always changing and evolving

♥ **Five Elements or Tattvas — Composition**

Everything is composed of the five elements. Working with and experiencing the five elements, we can understand and take advantage of our unique energetic make-up. The basic elements are (1) Earth, (2) Water, (3) Fire, (4) Air, and (5) Ether.

♥ **Three Modalities of Evolution/Creation — G-O-D**

The cycle of creation moves between three phases or modalities of the creative process, which can be summed up with the acronym G-O-D.

Three Modalities	Properties	Qualities
G	Generate/Cardinal/Brahma	Initiate, take action, create, give birth
O	Organize/Mutable/Vishnu	Adjust, align, integrate
D	Deliver/Fixed/Shiva	Hold (not hold on), contain, nurture, BE, enjoy

2. The Vehicle of Our Soul — Summary

Elements of the Energetic Human Anatomy

To move into heart consciousness, we must identify and work with all aspects of the human being. There are several ways to cut the pie of the human mechanism, and each model is complete in itself and directs us to wholeness. Because each system deals with the human being, they all explain the same territory; every part of each system and every system interconnect and support each other.

Although the different systems inter-relate, it is best not to try to figure out exact correspondences between them. If there were exact correspondences, we wouldn't benefit from more than one system.

Our Soul is in a human vessel that has a complex and elegant operating system. Though the human energetic anatomy can be approached from different perspectives, we use the following three classifications to understand how the universal energies are manifested in our human system.

- ♥ The 10 Bodies
- ♥ The 8 Chakras
- ♥ The Sensory System

The 10 Bodies

The 10 bodies include our physical body, 3 aspects of our mind, and 6 non-physical subtle bodies. All 10 bodies must be activated and operating in a functional manner to consciously navigate our human journey.

1. Soul body — the pure light consciousness of our Soul
- The Human Mind — our mechanism of consciousness, which has three facets:
 2. Negative/Protective mind — our protective and preventative mechanism that warns us of danger to prevent undesirable results
 3. Positive/Expansive mind — gives us information about positive and evolutionary outcomes
 4. Neutral mind — takes us beyond duality and connects us with the universal mind
5. Physical body — the physical vehicle of our Soul
6. Arc line — the halo of light around our head which illuminates our mind
7. Aura — the electromagnetic field or energy field around our body
8. Pranic body — the magical mechanism of our breath, which receives life-giving prana
9. Subtle (emotional) body — the evolutionary energetic field of our emotional body
10. Radiant body — the light around our aura that protects us and makes us magnetic

8 Chakras

The chakra map allows us to look at our life and to identify and correct imbalances in our psyche. Knowledge of the chakras helps us create a balanced state of being and to live harmonious lives. By awakening the dynamic energetic resources of the chakras, we can tap the faculties that we need to operate effectively in the world and to use the creative potentials of our Soul. These faculties include

- 7th Crown — Divine connection, trust, and surrender
- 6th Third Eye — Observation and detachment
- 5th Throat — Clear, honest communication
- 4th Heart — Neutral, compassionate heart — kindness
- Mid Solar Plexus — Deep feelings, gateway to the heart
- 3rd and 6th — Ability to pay attention and to focus
- 3rd Navel — Center of physical body, ability to establish our human identity
- 2nd Sex — Ability to allow emotional energy to flow
- 1st and 2nd — Ability to contain our energy and have boundaries
- 1st Root — Ability to be grounded in our body and connected to Mother Earth

Sensory Faculties

Our human vessel has a sensory system that makes it possible to become conscious. We develop our awareness through the use of our sensory system, which receives and communicates messages from our Soul through our intuition and instincts. Our sensory faculties, awareness, listening, and feeling, compute our relationship with our Soul and with universal energies. These faculties are refined by our sensory experiences of the five elements and the G-O-D modalities.

1. Awareness
2. Listening
3. Feeling

12 Zodiac Signs

Our universality and individuality can also be understood and manifested through the energies of the 12 signs of the zodiac. We each have our own unique embodiment of

- ♥ Fire (Aries, Leo, Sagittarius)
- ♥ Earth (Taurus, Virgo, Capricorn)
- ♥ Air (Gemini, Libra, Aquarius)
- ♥ Water (Cancer, Scorpio, Pisces)

II. Journey to Self-Knowing

1. Awakening Consciousness and Going Deeper

To know ourselves we must awaken consciousness in both our mind and our body.
We must go deep to know ourselves and to have a more meaningful experience of our life.

The greatest human problem is that we live unconsciously in the vibration of fear.
We are programmed and reactive, robots. We are not free. We are not authentic.
Therefore, we suffer, we age, and we waste our lives.

Unconscious ego living is shallow and fear-based.
To know ourselves we must train our mind to find depth where there is no fear.
To know ourselves we must diving deep into our inner and energetic reality.

Playing in the Waves or Diving Deeper

When we stay on the surface, we go nowhere.
We are like children wading and splashing at the shore line.
We look forward to the next wave and next emotional surge.
We preoccupy ourselves with the next thought, emotion, and thing to do.
What is your mind doing? How long is your attention span?

The problem is that we stay in the waves, and avoid diving into the depths.
We need to dive below the surface and superficial thoughts and emotions.
We must go deeper to find Love!

Going deeper is about growing up. We can train our mind to serve us.
With depth we can cultivate mental maturity and emotional security.
But this requires connecting with and clearing our inner space.
Only then can we know ourselves and love ourselves.

What is the problem?

We abuse and criticize ourselves. We don't know why we are so unkind.
We feel alone and left out. We know something is the matter.
Something universal is going on and we want to be a part of the party.
When we join the universal party we will no longer feel alone.
We must become conscious of the infinite force.
We must relax to feel it support us and to enjoy it.
In our oneness, we can be released from fear and live in love. We can be kind.

We can live in the relax and attract, not the struggle mode of existence!

Separation and Reality of Oneness

All suffering and fear come from perceived separation between ourselves and universal energies.

As we raise our frequency, we enter a dimension where we connect with the reality of Spirit.

We experience our self and soul as one with the Infinite.

We experience that separation is an illusion that creates unnecessary problems and conflicts.

Self-Knowing Is an Inner Energetic Journey

Knowing ourselves a subtle practice to help us awaken to our oneness with universal forces.

Self-knowing is the journey into our inner and energetic world.

Self-knowing is about discovering what is already there.

Not filling it up with something that we think we have to create.

We release the past so that what is there can come into our awareness.

In silence and stillness, we become aware of something infinite that sustains us.

We must sensitize ourselves to what has been hidden and yet unknown.

It has always been there. Now we begin to notice.

We build, maintain, and strengthen our mind and body to become aware of the qualities that are always there, to discover the energy essence of our being.

The Power to Love

Self-knowing awakens us to the power to love.

The power to love makes it possible to merge with and experience infinity and oneness.

Our rational thinking mind and ego do not have this power.

In our thinking ego we feel weak and threatened.

Our soul has the power. Deep within we awaken to the power of our soul.

We need to experience that our soul and the One are more powerful than our personal ego.

BTW, We don't give up our identity. We find our soul reality.

We want to join the One, be with it, and love it.

Our journey is all about a relationship (or not) with the One so we can attain real power.

Real power is relaxed, accepting, neutral, loving power.

We are not in charge, but we must tune in and stay in the vibration.

The Process

(1) First and forever, our job is to awaken consciousness in our neutral mind.

We experience that there is no fear in neutral consciousness.

When we pay attention with consciousness, we are not controlled by our thoughts.

(2) Paying attention to the fearless qualities in our neutral mind, we clear our inner space.

We go deeper into the qualities to encode them in our mind and body.
We gradually free ourselves of fear and awaken our inner space and body to love.

(3) We notice and we practice living, acting, and reacting consciously from neutral love.

Path = Practice

Our life journey is a path that requires practice.
We don't need yet another set or meditation.
We need depth. We need training to acquire depth and consciousness.
We practice until we get results. And then we keep going. 1 year, 1000 days to start!

The formula for how long - life expectancy minus your current age = amount of time to practice

What is the way out? You can make it. The way out is either slowly suffer the rest of your life, or suffer once in a while and get out of all this. -- Yogi Bhanjan

I hope you enjoy your stay and the torture which comes with it, and that you will be strong, brave and courageous. And remember what I say, "It isn't the life that matters, it's the courage you bring to it." Do not give up courage, you will always win. Do not give up hope, you will always have a scope in life. Do not give up on yourself, and God will always be there in you. Don't pull down the shutters of hopelessness, and discourage yourself. God doesn't dwell outside of you. In God you dwell. -- Yogi Bhanjan

Silence and Meditation

When the mind becomes silent, the veil falls away. We see the vastness of existence.
But we are asleep, lost in nothingness, preoccupied with stories that we make up in our mind.

The magnificent play of creation is taking place at every moment inside us and around us.
We don't notice when we are involved with insignificant matters.
The universe is raining rubies and diamonds and we are counting stones. from Japji

It is time to notice. Where are our thoughts? Where do we abide?
What engages our attention? What discussions/arguments are cluttering our mind?

We witness that our thoughts are so trivial that they are unworthy of our attention.
Why do we waste our precious life with these inconsequential preoccupations.

In meditation we train ourselves to step aside from our thinking mind and enter a neutral zone.
In our neutral mind, we can hear the silent sound of the Universe resonate within us.

In silence and stillness we begin to witness the vastness of existence.
With sensitivity we feel the infinite life that is overflowing with nectar in our being.

The exquisite beauty and the limitless power keeps going with no beginning, no end. We humbly realize that we can never even imagine the glory of a boundless universe. How foolish we are to fritter away the chance to experience this wonder. 180

Self Knowing Is About

Self knowing is about looking inside and coming face to face with our own mystery. Self knowing is about gazing into the inner dimension of our being and experiencing how and why we function the way we do. And then fully embracing our unique being and life.

Self empowerment is about finding ways to overcome our submission to past self-sabotaging programming that co-opted our elemental energies and empowering their higher expressions.

Self-love awakens when we acknowledge these forces with acceptance, reverence, humility, compassion, and love.

We awaken to inner experiences of strength, freedom, truth, authenticity, wisdom, soul-directed will, compassion, security, contentment, and happiness.

Self-knowing Is an Invitation

Self-knowing is an invitation to take a journey into the subtle essence of our soul.

Self-knowing is about finding what is transparent, hidden, and yet unknown.

Self-knowing is about the inner energetic journey to our soul.

We can know ourselves by sensitizing ourselves to the subtle and essential part of our being. In meditation we awaken to the true meaning and essence behind all we perceive, feel, and do.

Self-knowing is a subtle process of opening our heart through the sensitive balance and integration of ten basic universal energies in our being.

Self-empowerment is about connecting with universal energies and allowing them work for us.

Self-knowing is about establishing a conscious feeling relationship with the cosmic forces and the mysteries of life that are the animating energies of our very being.

Self-knowing is about expanding our identity from ego to soul self.

Meditation is about becoming attuned to the forces that shape our lives and create our experiences.

Self-knowing is about a direct encounter with our unconscious, subconscious, and the dynamics of existence, and how we co-create and create our lives.

Self-knowing is about initiating ourselves into reality through our personal experience of our inner richness.

Self-knowing is about developing our personal relationship with universal forces and in the process transforming how they express in our life.

Self-knowing is about engaging in the inner alchemy of your soul.

The body has the power to recuperate. The mind has the power of infinity. The spirit has the power of defeating the defeat. The spirit has the power. You don't have the power. Now let us make it very clear and understandable. You are not powerful. Your spirit, your soul has the power to defeat the defeat. You don't have that power. To build that power, to defeat the defeat, you need your soul. It can't be done by hand. -- Yogi Bhaajan

Sacred Space Meditation

Sacred space meditation is an invitation to self-knowing and self-love
to enter the dimension of existence where we find the One
to open our hearts to an experience of unconditional love.

In our sacred space we can feel the resonance of existence.

We can hear a silence that is beyond words.

We can go to a place where we all belong, where we all feel at home.

Sacred space meditation is a path that we engage in with all our heart and soul.

Mechanical, mental, half-hearted meditation will take us nowhere.

To see within we must use our internal eye.

To hear the sound of silence, we must use our inner ear.

We must feel the resonance in our whole body.

We must dive deep to have a profound experience.

Total engagement is required for our total absorption into the frequency of the One.

The fragrance of the One is sweet ambrosia.

Know Ourselves to Become One with God

We must know ourselves to know God.

Basically we have only ourselves to work with.

We have to discover ourselves by elevating and aligning our own energies.

We have to enjoy being who we are.

So we have to have our own experiences to know the Divine.

We have to go inside to awaken to God qualities, to awaken to basic reality.

We discover these qualities inside ourselves and identify with them.

We discover that we are these qualities and are thus one with them.

Through this self-knowing, we awaken to self-love.

You must understand the fundamentals. You have to become total to know the Total. You must learn to obey totally to command totally. It's a simple balance. -- Yogi Bhanjan

III. Life, Mind, and Energy Management

Our life is a personal business.

How do you run the business of your life?

Life assessment is a continuing process of living and evaluating our progress.

Living our life requires engagement and participation.

Our life works better when we keep our connection with Sacred Space.

Mind Management

The neutral mind operates above time and space.

When we operate from the thinking dualistic mind we are trying to deal in time and space with rational analysis, which isn't rational!

This gets confusing and creates problems.

In consciousness, not thinking, we can operate above time and space and get a better perspective and soul guidance.

Tune into neutral qualities that become helpers and powers. (see above)

Energy Management

The energy we are working with is in time and space.

Be here, be present in the body in feeling awareness.

Know what is happening and connect under the external events.

Tune into how we energetically create our reality.

Work with the first 4 chakras and the four elements of those chakras.

Goal - to operate in time and space (physical reality) from a sacred space above time and space.

Oneness is not being the only one! Oneness is being one with the One

1. The Chakras — Time and Space

Upper Chakra - Crown and Third Eye -- above time and space

The sixth and seventh chakras are universal and impersonal.

In the upper chakras (mind) we experience stable, unchanging qualities.

We discover these qualities inside ourselves and identify with them.

We discover that we are these qualities and are thus one with them.

This is how we expand and make our ego universal.

We realize we aren't our limited personality ego. We 'transcend' our ego. Not 'kill!'

First Three Chakras - Personal Identity - in time and space

In the lower chakras we experience our individuality and personal identity.

The root, sex, and navel chakras are personal and human.

We experience these energies through feelings, emotions, and the 4 elements.

Connector Chakras - Heart and Throat - both in and above time and space

The 4th heart chakra expresses and integrates the stable and moving polarities.

The 5th throat chakra is receptive to and speaks for all the other chakras.

At the 5th chakra we deeply listen to cosmic sounds, silence and our intuition.

The 'Kill the ego' is an upper chakra only path. It seeks to kill the feminine, feelings, emotions, and transcend the elements.

The relax and attract mode of living and sacred space require all the chakras.

We must trust the Infinite to be able to relax in our body.

The Meditation Process - Start with Stable

Start with a stable foundation - always there, supportive, reliable
includes all, no fear, no anger, neutral

Our foundation must be unconditional love and acceptance

Peaceful, relaxed, no worries. No labels, boxes, or exclusions

Shift to the Heart - The foundation of the patriarchy is faulty.

It can't hold the feminine because it exploits it and tries to destroy it.
(We must avoid imposing and superimposing faulty patriarchal criteria on reality.)

2. Fill Up and Self-Nurturing with the Elements

The elements/tattvas are the energies we have to work with in physical reality.
The elements either create transformation or keep us stuck in old patterns.
Use mantras, consciousness, breath, and rhythm to transform thoughts, to elevate vibration.

Air - Space - Chakras 4, 5, 6, 7 - above time and space

What is in your space? Thoughts, clutter?
Space expands, includes, no separation, establishes oneness.

Make your space sacred with neutral qualities -- space, peace, neutrality, openness, clarity, purity, expansiveness, vastness. (not just words! reality!)
Heart and mind open to include all in universal consciousness.

Earth - Body - 1st Chakra In time and space D-deliver

What is your body holding? Tension, stress?
The substance of earth makes it possible to contain, hold, ground, consolidate.

Contain and hold your space with relaxation, feeling, and pleasurable sensations.
Be a vessel for the qualities of the Infinite.
Be present to be a presence.

Water - Emotions -2nd Chakra - O - organize

How does your emotional body feel?
The fluidity of water makes it possible to let go, relax, surrender.

Release resistance and stuckness by moving rhythmically.
Relax, allow, let go, accept, flow.

Fire - Warmth, Aliveness - 3rd and 4th Chakras - G-Generate

How is your fire burning? With anger, resentment, frustration?
Fire purifies, uplifts, transforms substance and consciousness. Use fire to heal, not to destroy.
The heat of fire can burn out fear, purify, uplift. The warmth of fire can open the heart.

Use fire to warm and nurture your body. Use fire to bring light into the mind.
Radiate your fire as your sun to share love and light.

Elements Are Non-linear

Inclusion of all parts into a whole. Our destination is a feeling, not a point.

The sequence can vary, but all parts are included and necessary.

Totality produces another result -- Integration, Awakening, Wholeness, Stability, Unity

The elements integrate at the heart. Space expands. Flowing feeling. Neutral love/ compassion.

3. Who is in charge of your command center?

♥ Dualistic Mind

1. Inner child -- I want, I desire

Our inner child is driven by emotions and wants instant gratification now!

2. Inner Parent - tells us what we 'should do', gives orders, and evaluates

Our inner parent is the judgmental voice that monitors 'good and bad.'

3. Inner Adult - rationalizes, tries to explain. organizes, plans

Our inner adult tries to make sense of what is going on and is our internal planner, telling us what to do next and keeping track of what worked and what didn't get the results we wanted.

A common feature of all 3 aspects of the dualistic mind is that it is always on the move. It goes from one thought to the next. It cannot be without thoughts. It cannot be without desires, evaluation, explanations, or organization.

♥ Neutral Mind

4. Consciousness - The Observer. This is the way it is. Relax. Enjoy.

Consciousness listens to our intuition and stays aware of the situation in the moment.

With neutral observing, listening, and deep sensitivity, we are aware of both our inner and outer realities. Consciousness knows we can't know everything or control everything. Our inner conflict stops in the neutral mind, in consciousness. Then the body can relax.

4. Three Part Process to Relax

Below is an outline of a process that you can use in your Kundalini Yoga practice to consciously release stress and relax.

[1] Acceptance + [2] Adjustment/Alignment + [3] Contentment = Relaxation Flow

[1] From Thinking to Consciousness -- Acceptance

We raise our vibration and awaken the neutral mind where we find consciousness. We experience that we can change channels.

In consciousness and feeling we can relax and let go because we are not in dualistic

thinking.

Acceptance is possible in the neutral mind that is not stuck in either the past or the future.

In neutral there is space to be in the present to simply be with what is -- witness, listen, and feel.

[2] Adjustment in the Physical Body

Adjustment comes from shifting energy in our physical and emotional bodies.

Be in the movement, rhythm, shaking, dance, flow, which take us from thinking to consciousness.

Being with our breath is also how we become aware and present in the now.

Experience Effort and no-effort

We can't make relaxation happen, but we allow it to let it happen.

Get out of the way. Take down the wall. Relax is receptive.

The body can release trauma and heal itself, if we get it the chance.

With Kundalini Yoga move, activate, align, elevate to create alignment in order to relax.

Postures are rhythmic, not robotic.

Be in feeling conscious to integrate the effects of the posture.

Release and let go, renew, relax into the flow, enjoy being alive.

not just pass out, escape, or cover up the causes

[3] Build satisfaction and contentment with closeness. Be cozy and love with emotional body.

Closeness builds contentment, which replaces fear and anxiety.

Explore how you can get close inside yourself.

With your breath, feelings, space, mantras, vibrations.

Our own voice penetrates deep within. We can feel it.

Feel what is close and real for you.

The deeper we go, the closer we get to what is real for us.

Thinking and thoughts distance us from what we feel. We are far away.

There is nothing to hold on to and nothing to hold us.

What do I feel closest to? Our breath, sensations in our body, vibrations of mantras, silence, space (not thoughts). Get close and connected to what is already relaxed. Find what replaces emotional charge and stress with higher frequencies so you can relax.

There are no rules, no one way, no secrets. Find your own key.

Relax consciously so that you can receive - conscious non-doing.

We were lost, then found in the vibration of peace.

The militaristic path says wear yourself out until you give up and have to let go. The kindness/love method says go deeper until you find the place that is relaxed and naturally lets go. Relaxation becomes possible.

We love with our emotional body, which is the glue that holds everything together.

Loving engages the emotional body and frees it from needy desires.

Accepting where we are at is part of being human and the basis of self-love. Release systemic fear so we can love our fear and anger, so we can radiate light.

5. Mantra for Suchness - Truth and Acceptance

There is always a door. Walk through the door, not the wall. Accept what is.

This mantra with BEE puts us into an accepting, and surrender mode. This is the last four lines of the mul mantra. Chant this mantra in a soft monotone to cultivate an attitude of acceptance. When these sounds penetrate the psyche, we become one with *suchness*.

Ad such - True in the beginning.

Jugad such - True throughout all the ages.

He BEE (like bee) such - True even now, in the present.

Nanak hose BEE such - Pure one, the truth will always be true.

Such is the Nature of Things

Such means truth.

It is true that we are filled with endless useless thoughts.

When we become empty we can get in touch with another kind of truth.

A higher level of truth can fill us up.

A truth that is peaceful, kind, and happy.

Such also means to accept. What a great idea -- to accept the truth.

Such is an attitude that allows us to accept the truth.

Such is a perspective from awakened consciousness.

Such is the nature of the way things are.

The Tao, Buddha, Nanak and all great mystics tell us to accept the way things are.

But not just accept, but *to consciously live* in the reality of the way things are.

The mantra for suchness is -- *Such is the nature of things.*

The Burden of Non-acceptance

The pain stays with us because we carry the past with us in a heavy knapsack.

The painful memories as a child, as a teenager, as a young adult are still there,

We carry our whole life with us when we cannot live in acceptance.

We carry with us everything that we never really accepted.

When we accept something completely, we no longer carry it with us.

Anything that is incomplete stays in our knapsack.

We can let go only of that which is complete.

Our mind carries unfinished business in the hope that someday we may complete it.

To live in the present, we must transcend our past.

With an attitude of *suchness* we accept without a grudge or regret.

We simply understand that this is the nature of things.

Lighten Our Load

When we accept everything that happens, we lighten our load.

We are free. No one can take away our delight with life.

Nothing can disturb our inner peace.

We always find a way to be satisfied.

When we are at peace, we don't ruffle up reality.

We have the capacity to be with reality as it unfolds.

Suchness makes it much easier to witness and enjoy reality as it is.

Instead of discontent clouding our vision, contentment clears our vision.
With profound clarity, we see through the facade to the core.
When we can perceive in depth, we can understand things the way they are. O 91

Acceptance must be total

We must accept circumstances, feelings, ourselves, others, and all life as it presents itself.
When we look, feel, and listen with total consciousness -- a door opens, we find neutral love.

Suchness is an understanding that comes from a higher perspective.
We are not unwillingly accepting the inevitable.
We are not justifying what we don't like by saying it is God's will. It was written.
How can we know what was written? How can we know what is God's will?

Our mind makes up excuses because we have no control and we don't accept deep down.
Our mind creates rationalizations to console ourselves.
The consciousness of *suchness* is not fatalistic resignation.
We find no excuses or someone else to blame.
We simply look at things the way they are.

There is always a door to find a place inside where *suchness* resides.
The door leads to the heart where we welcome reality in its totality, not just partially.
Such is the nature of things.

IV. The Energetic Blueprint of Your Soul

** Expanded from the Inner Art of Love by Guru Rattana, Ph.D.*

1. The Astrology of Self

Your Special Day

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

The degree and sign at the horizon at our time of birth is our *Rising sign* or our *Ascendant*, which is the cusp of the First House, or the very beginning of our journey. Our Rising sign determines the placement of the planets in the 12 houses.

Our personality, our Soul, and our life's journey are all encoded in our birth chart. The symbology is elegant and comprehensive. In this manual I will teach you how to identify and examine the nature of the energies represented in your birth chart (polarities, modalities, and elements). Knowledge of our energetic make-up teaches a lot about ourselves and helps us identify and work with both our life challenges and our innate gifts. Of course, there are many interrelated parts to our birth chart, so it is hard to isolate one thing at a time. The best approach is to begin to understand one thing and then to build upon that understanding.

Your Evolutionary Path to Fulfillment

Each sign of the zodiac represents a path to fulfillment. The 12 signs provide us with 12 keys to access the potentialities and power of our Soul. Each one denotes an archetypical combination of universal energies, which manifest as *specific challenges, moods, desires for expression, and need for fulfillment*. Within each sign is encoded an evolutionary process by which we can move from the immature/unconscious to mature expressions of that combination of energies. We evolve by learning how to embody the highest expressions of the universal energies of our Soul's blueprint. As we do so, we become more authentically ourselves and achieve wholeness, satisfaction, and happiness.

The information available from the study of our birth chart helps us become more aware of who we are and what we came here to be and to do. Our birth chart is the *symbolic representation of our energetic body* within which our evolutionary path is encoded. Similar to our physical body, it evolves. Dissimilar from our physical body, we take our evolved (hopefully) subtle body with us when we depart the physical plane.

Our birth chart denotes the *invisible blueprint of our Soul's journey*. Although we cannot see our inner being in a mirror, like we see our physical body, our birth chart is the guiding force in our human incarnation. It indicates (1) what we have to work with, (2) what we are here to accomplish, (3) what challenges we will face, and (4) the tools we have to work with to find courage, happiness, and peace in this life.

The Zodiac Archetypes and Kundalini Yoga

Our human lessons can be conveniently categorized according to the 12 zodiac archetypes. After we have identified our major lessons, we can use Kundalini Yoga to facilitate our developmental process. Astrology helps us understand how universal energies play out in our lives; Kundalini Yoga helps us to use these energies to optimize how we express them.

Each of the 12 astrological archetypes represents a unique combination of universal energies. Although we each have our own special blueprint, we all work with the same archetypal energies. Every sign of the zodiac embodies a set of lessons that we must *all* learn to optimally operate in physical reality and to leave this Earth having evolved to a higher state of consciousness.

So no matter what our Sun sign, the Sun transmits the energy of each sign of the zodiac on all of us for approximately 28 days a year, giving us an extra boost of energy to tune into the power, potential, and radiance of that specific frequency. During this time, our issues relative to integrating and optimizing this particular archetype become more apparent.

In addition to the Sun, the energies of all the planets affect us in their particular way. As a planet passes through the zodiac, it radiates that energy on us for varying lengths of time. The farther the planet from the Sun, the longer its time spent in each part of the zodiac.

We can take advantage of the inflow of cosmic energies to (1) look at ourselves, others, and the world in new ways, (2) acquire deeper insights about ourselves and the universe, and (3) propel ourselves to a more profound state of awareness and self-realization.

The Path of Our Soul

As we investigate the evolutionary path of each of the 12 zodiac signs, keep in mind the following:

1. Our Journey and Lessons

The sequence of the zodiac is the archetypal journey of our human life. Each sign represents lessons and issues that we all have to deal with.

2. Maturity, Power, and Gifts

As we mature and learn to work with the various challenges and lessons, we evolve and are able to access the powers and the gifts of each sign.

3. All 12 Archetypes Impact Us

Every birth chart contains the energies of all 12 signs of the zodiac. We are each impacted by and interact with all 12 energies.

4. Our Unique Configuration

We each have our own unique configuration of universal energies that make up our soul blueprint.

5. Houses Are Life Arenas

To understand *where* each energy plays out in your life, locate the house where each sign falls in your birth chart.

6. Type of Energy

The zodiac sign represents *how* each energy is manifested in our lives.

7. Planets

The planets identify the aspect of our human make-up.

8. Our Evolutionary Path

All of the facets of our birth chart weave together to define the nature of our evolutionary path.

As we study the energetic make-up of each of the zodiac signs, we discover that the biggest challenges presented by each sign are also the source of their unique power and fulfillment. The key to finding resolution to their specific issues is to learn to work with their basic energies. The appropriate activation, balance, and integration of energies allow us to move out of pain, suffering, and dysfunctional patterns into liberating and empowering expressions of the archetypes and our Soul.

*Astrology teaches us that we both find and make our path. We both discover and create our reality. We get in touch with potentialities, and then we **make choices** and work to manifest our life goals and to become more authentically ourselves.*



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

2. The Basics of Astrology

Complex and Fascinating

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

Five Basic Components of Astrology

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

Though the study of astrology can seem complicated to the beginner, it actually simplifies our understanding of the basic dynamics of life. There are five basic components of astrology and your birth chart.

1. Zodiac Signs or Archetypes — 12 Energies

Ancient sages, who were acutely attuned to universal energies, divided the sky into 12 areas. They witnessed that the nature of the energies in these different positions in the sky expressed differently in human beings and impacted their behaviors in specific ways. I find it fascinating that the sensitivity of humans was so refined that they could witness and make these distinctions!

Hence we have 12 signs or archetypes, each of which embodies a specific energy, expresses it in certain ways, and confronts us with unique challenges and gifts (see brief summary list on page 74).

Each archetype is a unique combination of the two polarities, the three modalities, and the four elements.

2. Planets — Aspects of Our Humanness

In addition to planet Earth, eight major planets revolve around the Sun. Each planet represents an aspect of our humanness.

Each planet is associated with one of the 12 signs/archetypes because it expresses that archetypal energy.

Each planet also moves through the sky at its own speed, depending upon how far away it is from the Sun. As it progresses through the sky, it passes through the 12 areas of the zodiac. While the planet is in a particular zodiac arena, it expresses through that energy.

In addition, each sign and planet has its own glyph or symbol. *The key to reading your chart is to first recognize the symbols of the planets and the zodiac signs.*

3. Houses — Arenas of Life

The birth chart is divided into 12 houses, which represent the fields or arenas of our life experiences. Each house is associated with one of the 12 archetypes.

The birth chart represents the sky and the positions of all the planets at the moment when we were born.

The time of our birth determines the position of the planets in the 12 houses. The sign of the zodiac at the horizon at the time of our birth is our rising sign or ascendant.

The position of each planet in our natal chart in the 12 houses indicates the arenas in which this aspect of our being will be challenged and expressed.

4. Aspects — Modes of Interaction

Aspects is the term that indicates the energetic relationship between the various planets. The position of the planets in relationship to each other determines how they interact. Their interaction can be harmonious, stimulate action, demand harmonization, create conflict, or stimulate change.

5. Transits — Current Planetary Alignments and Their Impacts

Transits is the term that describes the current planetary alignments. The ever-changing planetary positions and how they interact with each other sends varying types of energy to the planet. The energetic effects impact everyone in general and impact us personally by how these energies interact with the planetary placements in our birth chart.

Attitude, Resource Information, and the Three Gunas

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

My approach to the zodiac signs is to investigate their expression in terms of *asleep, waking up, and awakened consciousness*. There are no 'bad' characteristics, just lessons that we must learn

and attributes that we must cultivate to access and enjoy the power and potential of each sign and planet and thus our unique selves. These three states correspond to the “Three Gunas” in yogic terminology, which define the three stages of behavior and being.

Three Gunas

Tamasic — Animal -- Asleep

Our behavior is determined by programmed unconscious instincts only.

Rajasic — Earthly, Human, Worldly -- Waking Up

We start waking up and are able to consciously acknowledge what we are doing and how we create our reality. This is a life-long phase.

Sattvic — Angelic Human -- Awakened

We know and live the Truth. We relate to our Soul and are internally guided by our conscious connection with the Divine. We gradually move into this phase as we learn our lessons and evolve into higher states of consciousness.

(See Guru Rattana Blog of www.yogatech.com for discussions on each sign and planet.)

3. Self-Discovery through Astrology

Studying our birth chart helps us piece together our identity and find wholeness. Begin with and continue to come back to your Sun sign, which is how our heart shines. The planets serve our Sun sign and each in their own way help us find wholeness. We can relate to each zodiac sign and planet as a universal archetype that is available to come alive within us. They each become a universal god or goddess assisting us on our path of self-discovery and self-love.

We are engaged in a lifelong exploration and awakening of our soul self. Stay with each archetype and the role it is playing in your life to incorporate it into your being.

Basics — Sun, Moon, and Ascendant

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

Sun

How we shine our light from our heart. Conscious will.

Our **Sun** is the basic soul energy that permeates our being. Our light shines the energy of our Sun sign. We are most conscious of our Sun sign energy, which we must learn how to deal with

first and foremost. Our Sun represents our will, individuality, spirit, and sense of identity. Our Sun sign is the *foundation of our self or our active masculine will*.

Moon

Nature of our emotions, unconscious will.

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

Ascendant - Rising Sign

The lens through which we see the world. The meaning we look for and give to what we see. How we perceive reality.

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

Descendent

The sign directly opposite the ascendant. On the cusp of the house of relationships. What we attract and play out in our relationships with friends and partners.

Midheaven

The sign at the very top of the chart. 12:00 noon.
How we present ourselves to the world and how we are seen.
The zodiac sign on our midheaven is how we feel self-assured in the world.

Nadar

The sign at the very bottom of the chart. 00:00 midnight.
The nature of our inner reality and how we must relate to our inner reality to find our emotional and sacred space within. The Zodiac sign of our nadar is the god or goddess that lives in our inner reality and is the foundation of our sacred space. For example, we may experience Capricorn as a stable, very tall, solid, and majestic mountain. Pisces feels cozy inside with divine love.

The Personal Inner Planets

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

Mercury

Mercury represents our mind.

How our mind operates, looks for and analyzes information. How we communicate and understand what others are saying. Also the nature of the activities that we like. Mercury is our messenger that moves between different realities -- subconscious, unconscious, conscious, non-verbal and non-physical realities.

Venus

What we love, what makes us feel loved, how we love. What makes us feel safe, comfortable, at peace and at ease. Feminine, flowing, nurturing energy.

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

Mars

Active, masculine, action energy. What we choose to do. How we decide to use our creative energy. Decisive and dominate in terms of choices.

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

Jupiter

How we expand, evolve, and transform beyond our current reality. What takes us out of ruts and makes us feel free and on purpose.

Jupiter represents what expands and excites us.

Saturn

The nature of the lessons we must learn this lifetime. What seems difficult, slow, taxing. How we manifest and bring our dreams into reality.

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

North Node

New territory for the evolution of our soul this lifetime. May seem unfamiliar and foreign. We have to learn to embrace this energy and its lessons.

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

South Node

The sign directly opposite the North Node. (Usually not given on the birth chart) Familiar territory. We need to perfect this arena to build a foundation for the awakening of the North Node.

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

Chiron

What we must heal this lifetime. Involves a wound that must be understood, accepted, and forgiven. Self-love is required. The healing is the source of our personal empowerment.

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

Impersonal Outer Planets

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

Uranus

Unexpected, unpredictable, and even shocking ways that we wake up. Uranian wake up calls lead to freedom and break the bonds of conventionality so we can build our personal identity.

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

Neptune

How we dream. The nature of our illusions and source of deception. How we express our divine gifts and connection with the Divine.

Neptune represents where and how we search for the Divine.

Pluto

The nature of our deep inner transformation. How we wake up to subconscious programming and release it.

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

5. Strategies for the 3 Modalities

Cardinal — Generate — Do

Challenges

Too much undirected or misdirected energy
Over-committed
Stressed out and overworked
Too many uncompleted projects
Good ideas and little results

Strategies

Learn to discriminate and to choose wisely how you use your energy.
Choose the right action to accomplish right goals.
Enjoy being active and doing what you are doing.
Be present to how and why you are doing what you are doing.

Mutable — Organize — Becoming

Challenges

Too involved in adjusting, fixing, negotiating situations
Feel too responsible for fixing situations
Unrecognized for our labors

Strategies

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

Fixed — Deliver — Have

Challenges

Inertia, feeling stuck
Depression, hopelessness
Feeling alone and disconnected from Spirit and our Soul

Strategies

Relax, let go, be still, go deeper, consolidate, nurture what already exists.
Manifest by holding the space, projecting, asking for assistance, nurture into being.
Enjoy the expansion, the new dynamic, the new phase, a new level of awareness.
Consolidate by being present to your own dance, creation, and being.
Have gratitude for what you have and for all gifts from the universe and Mother Earth.
Appreciate the gift of your body, your breath, your senses, and your sensations.
Connect with, surrender, and trust the Infinite.



There is beauty in your presence. There is beauty in your radiance. And that radiance of your psyche reaches out and communicates who you are.

— Yogi Bhajan

6. The Elements/Tattvas

The elements or tattvas make up the elementary composition of all life and define our human existence. Each chakra and each of the 10 bodies embodies the energy of one or more of the elements.

Creation on planet Earth is birthed from the four elements, **air**, **fire**, **earth**, and **water**, which manifest from the universal element **ether**. The four elements express our humanness and the journey of the soul in the physical plane.

The **fire** signs personify the authentic, creative Self which manifests from Spirit.

The **air** signs symbolize our mind and how we use it to get information and connect with the universal mind.

The **earth** signs ground us in physical reality with natural laws and the limits and gifts of our body.

The **water** signs express our emotional body and communicate for our Soul through instincts and feeling awareness. "What we feel is real."

Lessons of the Elements

Earth

Learn about physical reality and physical laws.

Be comfortable in our body, in the world and on Planet Earth.

Water

Learn how to gracefully move, adjust and integrate.

Be able to go with the flow of our emotions and events.

Fire

Learn now to turn on and regulate passion and motivation.

Be able to act and respond to our instincts and outer events, without reacting.

Air

Learn now to open and hold sacred space in our consciousness.

Be able to awaken our neutral mind and to expand our minds and our psychic space.

Ether

Learn now to connect with non-physical realms of existence.

Be able to perceive beyond physical reality and to receive from the unknown.

Gifts of the Elements

Earth — Endurance, patience, grounding, presence, physical pleasure

Water — Surrender, let go, go with the flow, sensory nurturing

Fire — commitment, act, go for it, passionate, on purpose, focus, will power

Air — discrimination, clarity, evaluation, observation, neutrality, non-judgment

Ether — openness, freedom, pure knowing, unattached perspective

Role in the Creation Process

Earth — Consolidate. Ground. Contain. Relax. Physical pleasure.

Water — Flow. Align. Adjust. Integrate. Nurture. Emotional sensitivity.

Fire — Desire. Magnetism. Ability to attract.

Air — Clarity. Open space. Neutrality. Non-judgmental acceptance.

Perceive the Truth.

Ether — Grateful. Trust. Surrender.

Zodiac Signs in the Four Elements

Air — Gemini, Libra, and Aquarius

Earth — Taurus, Virgo, and Capricorn

Fire — Aries, Leo, and Sagittarius

Water — Cancer, Scorpio, and Pisces

Element Activation and Antidotes

Water/Emotions

Move to unblock.

Use earth to give it a container.

Use rhythm to calm and move into flow mode.

Earth/Body

Be still to experience.

Use fire to enliven, cleanse, give hope.

Use air to create space and clear out.

Air/Mind

Breathe to connect.

Use earth to ground and make ideas real.

Fire/Soul

Ignite to come alive.

Use earth to cool and contain.

Integration of All Elements

Inner space becomes ever-present and available in our mind, body, and aura.

All sensations, rhythm, and movement are included in our sensory awareness and space.



To be able to determine what is in our best interest, we have to be able to listen to and feel the messages from our Soul. Self-empowerment and our journey to consciousness require developing an energetic relationship with our Soul and universal energies.

Our Inner Sun

We each receive the Sun's energy in a particular way depending upon our Sun sign. To tune into and vibrate with the essence of our Sun, we can meditate on the essence energy of our Sun sign. Below is a brief outline of the nature of the energy of each sign. The keywords evoke mental states (air), physical sensations (earth), feelings (water), and energy (fire) that express how our particular Sun sign effects how we experience self-awareness, access Light and Love, open our hearts, and find our divinity.

Fire Signs (Aries, Leo, Sagittarius)

Vitality and aliveness of spirit, expansion, brightness, willful, regal, purposeful

Earth Signs (Taurus, Virgo, Capricorn)

Stability of earth, containment, satisfied, content, supported, acknowledged

Air Signs (Gemini, Libra, Aquarius)

Aliveness of breath, lightness, balanced, detached, neutral, observing

Water Signs (Cancer, Scorpio, Pisces)

Flowing, breath as waves in the chest, secure inside, merging, cozy, nurturing

When we find the combination that corresponds to our energy, we feel like we have come home. The experience makes our inner Sun shine. We feel complete, whole, peaceful, and alive. As you meditate on the key concepts of your Sun sign, it is important to relate all of the feelings to yourself. For example:

Aries — Shine your heart light to illuminate and love yourself.

Taurus — Indulge in having a very special relationship with Mother Earth in your body and enjoy your own fragrance.

Gemini — Enjoy dancing through the day and being your own companion. Listen to the dance of your heartbeat.

Cancer — Feel that you are nurturing yourself, not others.

Leo — Illuminate your body with your own heart light.

Virgo — Heal yourself, not others.

Libra — Be in relationship with yourself instead of needing others.

Scorpio — Connect with inner power instead of external power.

Sagittarius — Enjoy your purposeful journey. Don't get distracted. Focus on your goal/light.

Capricorn — You *are* the mountain; the mountain is not on your shoulders.

Aquarius — Set yourself free by enjoying your uniqueness.

Pisces — Don't escape to another reality and lose yourself, become that reality inside your body.

How to Turn on Our Heart Light

There are many techniques to help us turn on our heart light and let our inner Sun shine. There are many KY asanas, kriyas and meditations to open the heart center. They often involve the arms, which are an extension of the heart chakra. They produce a sensation at the heart, which can be felt in front, inside, and in the spine. The heart produces the sensation of soothing warmth. Once we awaken even the slightest pleasurable sensation, we focus on it.

We can use the eyes to hold on to it by looking down with closed eyes through the bottom of the chin to the heart. Placing our attention on the underside of the chin balances the emotions. The eyes turned down toward the heart moves our mental energy to the neutral heart center. Once the energy is moved (energy + motion = emotion), we start to feel more peaceful, and the energy of our emotions is available to turn on our inner Sun.

The following meditation takes advantage of the fact that we create, awaken, and empower what we focus on. To get out of any dysfunction, we have to shift our attention. All change is produced by a change in frequency and rhythm. Kundalini Yoga and chanting sacred mantras help us raise our energy to match the vibration of our Soul. Combined with pranayama, we can tune into the light of our Soul and experience the rhythmic flow of our being. And then we can focus on how good this feels. Whatever feels good brings us out of negative patterns and closer to our heart.

Hands on Your Heart Meditation

A simple technique is to put your hands on your heart at night as you go to sleep. It won't take long to feel a very pleasurable warmth that becomes stronger and stronger. Whenever you focus on this warmth, you will feel happy for no apparent reason. You will love this feeling, as though it is your lover. Allow yourself to receive and let it give love back to you. Cultivate a little love affair with your heart and your own life. Create a relationship between "conscious you and soul you" in your body and heart. You may be surprised what happens in your life.

Meditation on the Sun and Opening the Heart

One of the ancient secrets of masters was to meditate on the Sun as a means to tap into their inner Sun power. The Sun is the focal point of all Kabalistic practices. The following meditation can be done with the hands on the heart or in prayer pose.

♥ *Focus on your heart and meditate on the Sun inside your body.*

Feel the warmth and then the heat and allow it to permeate your whole body. At some point the heat may be too hot to bear so you will have to back off.

♥ You may initially visualize the Sun in your heart.

But the mental image will eventually get in the way of your experience.

To *cultivate the experience of the energy*, feel the sensation of warmth in your heart.

Warmth is the natural essence energy of the heart chakra.

Empower the feeling of warmth simply by continuing to feel it and by enjoying the pleasure of this sensation. This is your inner Sun.

♥ *Let the heat burn away any negativity*, resistance, discomfort, or disease.

You will feel free and clean afterwards.

♥ *Feel the Sun shine through your Sun sign* and empower the quality that feels like your essence. Use the above as a guide, but feel free to tune into the energy that feels most comfortable and true to you.

♥ *Develop a deep relationship with the Sun* by alternating between loving this warmth and letting yourself be loved by it.

Embellish the exchange of giving and receiving by incorporating the breath in the process.

On the inhale receive and on the exhale give back to the Sun.

♥ *Chant the mantra RAAAA* to empower the Sun energy. Chant long RAAAAs for 5-11 minutes and then do the above meditation.

This is a very powerful technique. Over time, you can create a powerful shift in consciousness, remove negativity and depression, and experience a very profound level of self-love.

How Do We Know We Are in Our Heart?

How do we know we are in our heart?

1. **There is no discussion!** If there is a discussion we are in our minds.
2. Our heart is neutral. When the heart is authentically open, we feel in love without an object. There is no reason or external stimulus.
3. The Light of our Soul, our inner Sun, shines on all without discrimination or judgment.
4. Our heart generates and expresses self-love



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

Wake up from our sleepy nap.

Stimulate our impulse to live.

Awaken our guarded yearnings.

Unlock our secret passions.

Find our inner conviction.

Tap our strength and vitality.

Accept everything as a gift.

Embrace our precious life.

Let our heart sing!

Stages of Spiritual Awakening

In this chapter we outline different approaches to spiritual evolution and awakening. The different classifications of stages offer us touchstones to evaluate the distance we have traveled and have yet to travel on our journey through life.

1. This is YOUR Unique Life Journey

This book (*The Inner Art of Love*) offers you technology to consciously engage in your evolutionary transformation. Although there is a lot of information, it is not about learning the information. You are being given the keys to experience your life in a different way and to open the portal to another dimension of existence.

The key is to practice the technology every day, to engage yourself in self-training, and to patiently take one step at a time. Be with yourself exactly where you are at and be present to your evolutionary process. Your life will unfold in wonderful ways that you never imagined. Trust the technology, your Soul, and the Infinite. It is fine to set your intentions and monitor your progress. But your attention should be devoted to your practice. Give up control and the need for specific, calculated outcomes.

As you practice this technology, many things will change, and you will receive many intangible gifts of consciousness.

- ♥ Your *awareness will expand*. You will understand yourself, others, and situations at a deeper level of meaning.
- ♥ You will feel compelled to integrate this expanded knowing into your life and relationships. You will want and be able to deal with situations, others, and yourself in ways you had not thought of before.
- ♥ The more you do your inner work, the more you will enjoy the process of self-discovery. The more you connect with your inner self, the more you will realize the endless depth of your being waiting to be explored, experienced, and enjoyed.
- ♥ Over time your divine space and connection will become more and more pervasive. You will be able to connect and stay connected at all times. You will be able to maintain a peaceful, stable state of being, without letting external distractions lure you away from self focus. You will realize that you are at choice where you want to be, and you will be able to make that choice at every moment.
- ♥ You will realize that who you are does make a difference. You will experience that you can send love and light to situations and make an impact. You will realize that the more

you hold the space of love, the more you contribute to healing the planet. The more you find your own truth, the more other truths will be revealed.

- ♥ You will be able to achieve the above, not because you have mastered escaping your humanness and your emotions, but because you have learned to acknowledge your humanness and work lovingly with your emotional energies. You will be able to accept that being angry, afraid, and sad is part of being human and will not go away.
- ♥ As you embrace your physical and emotional bodies as the dynamic flowing expression of your Soul, you will be able to relax into the profound richness of the human experience. As you learn how to work with emotional energies, feeling will become a delicious meal instead of a dreaded signal to escape your body into your mind.

As you release self-criticism and focus on exploring the hidden mysteries of your Soul, you will be able to authentically experience self-esteem, self-confidence, and self-love. Loving yourself and simply enjoying being you is the ultimate gift that you can give yourself this lifetime.

Ung Sung Wahe Guru! Ecstasy dances in every cell of my body.

2. Principles of Awakening

There are many perspectives from which to describe the stages of spiritual awakening. The underlining theme is that our spiritual journey is an evolutionary process. As we progress, we experience peaks and valleys. We need to remember that the challenges, as well as the successes and pleasures are part of our journey.

However we define the stages of the spiritual path, several principles always operate:

1. There are many levels and levels within levels.
2. There is always more.
3. Each experience leads us forward into expanded and deeper awareness.
4. There is no precise defined way. Just keep going.
5. We can't skip stages.
6. We learn through the challenges and how we face them at each stage.
7. The next stage will inevitably emerge.
8. Our full participation is required.

3. Stages of Awareness

Use the following outline of the stages of awareness to guide you in your personal practice and to monitor your progress.

1. Outward-oriented

In the beginning we are in our dualistic minds. This phase is intellectual and mental. We are curious and talking about ideas. We get books and read about spirituality, but we haven't started our practice yet. When we begin a practice, our awareness is outwardly directed. We look around the room and try to make sure we are safe and doing the postures correctly.

2. Inner connection

We begin to shift our focus, using our senses to perceive inwardly instead of outwardly. Our sensory awareness increases as we turn our attention to ourselves instead of to others, our environment, or mental distractions. We move from being absorbed in our thoughts to body and feeling awareness.

3. We access the neutral mind

We have an experience of inner space, which can forever be developed and expanded. We have a reference point for establishing an inner center and refuge.

4. Inner listening

We can be silent and listen within. We can access and identify our intuition. We welcome listening to the Infinite sound and the silent space within our mind. When we discover the ability to listen internally, our focus is very limited (only a few seconds). As we train ourselves to listen within, we gradually extend our ability to focus for longer periods of time.

Listening can illustrate the stages within stages:

1. We hear the silence inside our head.
2. We become more tuned into our intuition.
3. We hear the messages from our heart.
4. We add instincts to intuition for more complete communication with our Soul.
5. Listening eventually grows into an expanded state of consciousness where we are continually aware of the Infinite Field and our interaction with it.
6. Our listening becomes so deep and so connected that we receive guidance from the Universal Field interacting with our Soul.

5. Universal Field

Through our neutral mind, we begin to connect with the qualities of the Universal Field (silence, stillness, stability, neutral, peace, and more). As we experience these qualities, we can identify with and feel them in our mind and body. *I am that*. We gain a new sense of identity. We can operate from this expanded identity.

6. Inward magnetism

Our inward pull becomes stronger and stronger until the inner pull is more powerful than the outer pull. We can focus our mind longer and longer on our inner space, and our feelings. We can be in feeling communication with our body and savor our mind/body relationship.

7. We become more and more awake and aware

We become more awake and aware. Our sensory capacity is refined and expanded. Our intuition and feeling instinctual awareness become more and more available. We listen to and follow the messages of our Soul. We no longer act from fear. We act and live from our heart with trust and love.

8. Infinite awareness

We perceive the Divine everywhere, inside ourselves and in others. We act from this awareness and consciousness.

4. Five Stages of Awakening — Classical Yogic Model

Pod means stage.

1. Saram Pod — Beginning

We begin our spiritual journey.

We are motivated by pain, possibility, or inner calling to explore another way.

We have our first awakening and experience of another choice.

We learn the rules (do's and don'ts) to follow and get information about the technology.

2. Karam Pod — The Work

We have to do the work and establish a daily practice.

We commit to a disciplined regime.

Our subtle sensory awareness increases as we proceed.

3. Shakti Pod* — The Energy

We feel the energies and work with them in our body.
We feel a physical connection and awakening to prana and the flow of universal energies.
We continue to transform or we discontinue.
We have to totally commit and surrender to the path.
Or we get discouraged and give up. Or our limited ego takes over and we think we are done.

4. Sahej Pod — The Flow and Grace

Sahej is a state where we are tuned into the Infinite field and our Soul.
Our inner connection is consolidated.
We feel joy and live life in the flow.
We are aligned with the Universal Field and our Soul.
We follow our inner guidance.
We trust our Soul and the universe.

5. Sat Pod — Divine Identity

Self-realization.
Self-mastery.
God and me, me and God are One.

Cumulative and Inclusive

These stages are cumulative and inclusive. They are not strictly linear. We do not pass from one to the other and leave the previous step behind.

We achieve a higher level of a stage that allows us to move to a higher level in another stage.

The stages are interactive. They all work together synergistically. So don't get discouraged when you are in a valley. And don't get cocky when you are enjoying a peak. To embrace the evolution of each stage, we must look at them from the following perspective:

1. Within each stage there is always more. We are always evolving. We are always a student.
2. We always have to maintain our practice. When is it over? The day we leave our body. Daily spiritual practice, Sadhana, is a requirement.
3. We will always have new and deeper experiences of our humanness, universal energies and our Soul.
4. Living in the flow is a moment by moment experience that requires our participation. We have to stay awake to enjoy and to participate.
5. There are so many levels of mastery. This is why the true master is very humble.

* The stage of Shakti Pod is not to be confused with the term Shakti pat, which refers to energetic blessings from a Master who has achieved God-consciousness.

5. Stages of Emotional Awakening

Below is a short outline of how our emotions evolve from commotion to devotion.

Our level of pleasure, joy, and bliss is determined by the state of our mind, body, and emotions. All three have to attain their unique manifestation of neutral. We normally think of neutral in relationship to the mind. Accessing our neutral mind is one of our very first spiritual tasks. As our inward journey progresses, we understand that neutral has a deeper and more comprehensive meaning. *Neutral refers to the state where we connect with the Universal Field and move out of duality consciousness.* When our mind synchronizes with the Universal Field, our whole being begins to be absorbed into both stable and flowing awareness.

As our experience of neutral expands, our neutral space also expands to include not only our mind, but our heart, our body, and all our subtle bodies. Our heart accesses our emotional body, but not the commotional state where our emotions usually hang out. The true emotional state of the heart is neutral compassion. The spiritual heart does not operate in duality. When both our heart and our mind are operating from the consciousness of the Universal Field, we can use our emotional body to deepen our connection with the Infinite. With our heart, we love IT. This act of love produces the experience of **Anand**, translated 'bliss.' *Anand is the emotion of mystical joy.*

In these higher states, our whole body vibrates at higher frequencies. When our mind, body, and whole being can relax and enjoy being part of and one with the Universal Field, we experience **Ung Sung Wa He Guru** — "Ecstasy vibrates in every cell of my being." Then we can live and act from this state of consciousness in our daily life.

Tracking Our Spiritual Evolution

We can track our spiritual evolution by the state of our emotions. As we evolve, our *emotional body is recalibrated into higher states of instinctual awareness and consciousness.*

We pass through the following emotional stages. As you experience these phases, note how the relationship between your mind, body, and emotions deepens.

1. *Numb and mental* — We are lost in our mind and not in our body. We feel pain and resistance because our emotional energy is stuck and not flowing.
2. *Feeling* — We feel our emotional energy in our body.
3. We *acknowledge* our emotional body as an evolutionary body of our Soul.
4. We embrace and *love* our feeling/emotional body and enjoy its aliveness.
5. We *relax into the flow* of our emotions.
6. Our emotions *transform into a rhythmic dance.*

7. The emotional body becomes one with the forces of nature and the creative unfoldment of the universe.
8. In our body we experience ♥Peace ♥Pleasure ♥Contentment ♥Satisfaction ♥Joy, and ♥Love.

Kundalini Awakening Begins at the Navel

by Guru Rattana, Ph.D. 2017

1. Begin by inhaling deeply into the nostrils, feeling the breath go up to the bridge of the nose and activating the 3rd eye. Maintain a soft focus at the 3rd eye using the inhale as an activator mechanism.
2. Activate Navel - mix prana and apana with powerful pranayama to create tappa/heat.
3. Activate Root and connect with Earth to receive Kundalini energy from Earth. Feel gravity keeping you anchored to the Earth.
4. Relax belly and allow the flow of energy up from the root and in your spine.
5. On the inhale feel your belly and chest expand, in addition to awakening third eye.
6. Slowly exhale. When the exhale is about half way out pull in the navel and then pull the muscles at the root-first chakra.
7. Feel the fire/tappa at the navel reach down to Kiss the Kundalini at the 1st chakra.
8. Lightly pull on sex organ to add sexual energy to Kundalini energy. Keep the belly relaxed so that the energy can flow up the spine to the third eye.
9. With a combination of relaxation and muscle action coax and allow the flow of Kundalini and sexual energy up the spine.
10. Add fire energy at navel to empower the flow up to the heart using diaphragm lock, by pulling the diaphragm in and up. (only works on exhale)
11. Pull spine up to adjust the neck to open the throat to connect body and head. Neck lock is an adjustment of the neck to open the neck space.

12. Keep your focus at the third eye to pull energy to awaken the neutral mind.
13. Feel and focus at the top of the head to release energy to open crown chakra.
14. Exhale ends at the crown chakra. The next inhale begins at the third eye.
15. The breath can become a circular breath. The inhale is an expansion down the spine. The exhale is a release up the spine.
16. How to keep the Kundalini up - pull in navel and root on the exhale.