

## *Kundalini Teleclass* *Meditation Homework* *November 22-28, 2012*

As we have been, please meditate for at least 15 or 20 minutes each day. You can meditate at any time of day, or before bed.

### **Meditation Practice:**

You may continue with the meditation practice we were doing last week, in which we practice breathing kundalini energy as far up as the Ajna Chakra, then resting in the space in the center of the head with the seed mantra Aum.

Or, you may meditate in the chakra that 'draws' you. You'll find below a meditation that lets your awareness flow with the breath through the Ajna, Vishuddha, and Anahata chakras with the mantra Aum.

I suggest that you practice the meditation we did on the call at least once or twice this week, bringing awareness chakra by chakra up to the Sahasrara, and then allowing the energy of Sahasrara to fountain down through your body.

However, for your daily practice, my suggestion is that you work with one of the meditations we did last week or the week before, or the following practice, which is helpful in creating pathways between the 4th, 5th and 6th chakras, and which will deepen your awareness in the central channel. In the instructions, I suggest that you practice the mantra on the exhalation. However, you may find that it feels more natural to breathe the mantra with the inhalation. So, feel free to experiment and find the way that works best for you.

### **Flowing between the Ajna, Vishuddha and Anahata Chakras**

Again, we'll use three primary tools: the breath, a 'soft' practice of visualizing or energetically sensing the energy of kundalini as a spring or point of light, and finally, the primal seed mantra of manifestation, Aum, known as the pranava. Aum is also the syllable related to the Ajna, or 6th chakra, but it is such a foundational mantra that it can be the resource for all types of meditation practice. Some of you, who are used to meditating with the mantra HamSa/So Ham, should feel free to use that one.

### **Posture:**

Place yourself in a comfortable, upright posture. This will allow the energy to flow easily up and down the body. If it's hard for you to sit unsupported with a straight back, place pillows behind you at the small of your back to push your spine upright.

1) Begin by offering your meditation for the welfare of all beings.

- 2) With your attention on the breath, *become aware* of the presence around you of a benign, loving energy, the energy of grace and love. Have the feeling of welcoming the energy. *Feel* that your breath is arising and subsiding on its own, drawn by the power of Kundalini Shakti, which is breathing you. *Ask* that the power and presence of grace, of Shakti, the power of Kundalini, help you open in meditation.
- 3) For a minute or two, *practice whole body attention with the following four steps*. This will both ground you and expand your awareness of yourself as a unified physical entity.
  - a. Inhale and exhale, feeling the air flowing in and out of your nostrils.
  - b. Expand your awareness to include the movements that the chest and abdomen make when you breathe.
  - c. Allow yourself to be aware of your heartbeat or pulse in your body.
  - d. Include in your awareness the sense of your muscles holding your body in a balanced posture.
- 4) Now that you have grounded yourself in the body, bring your attention to the area of the perineum, to the root chakra, where your body meets the seat. Have the sense that the kundalini Shakti, in the form of a coiled spring of golden light, is present in the root of your torso. You can imagine her visually, or simply feel her presence as a bud of energy in that part of your body. You can think the mantra Aum as you breathe with the awareness of the root chakra
- 5) Inhaling, imagine that with the breath, energy is drawn up from the muladhara into the area in the back of the sacrum, in the lower lumbar spine, just in front of the spinal column. Inhaling and exhaling, feel energy expanding from that area through your lower belly and sacrum. With the exhalation, think Aum.
- 6) After a few breaths, inhale with the feeling that you draw the energy up into the area behind the navel, again towards the back of the body, in front of the spine. Inhaling and exhaling, feel the energy expanding through the whole area of the solar plexus. Continue with this for a minute or two, with thought Aum flowing with the exhalation.
- 7) Inhale, and feel that you draw the energy up into the area of the heart. Towards the back of the heart, just behind the spinal column, become aware that there is a thumb-sized golden flame. As the inhalation and exhalation flow in and out, feel that the breath touches the flame and makes it glow. Let the mantra Aum flow with the exhalation.
- 8) Allow the breath to flow with the feeling that the inhalation flows into the flame in the heart, and that the exhalation arises from it and flows out through the whole chest area, radiating out from the flame. Let the focus be soft, more of a gentle attuning to the flame in the heart than a tight feeling of concentration.

- 9) When you are ready, draw the energy with the breath up to the base of the throat. Be aware of the energy there as a soft white luminosity. Let the breath flow with the awareness of it expanding through the throat. You can think Aum with the exhalation.
- 10) Draw the energy with the breath up to the center of the head, to the place of the Ajna Chakra. The spot is just about the upper palate, between the ears, and behind the forehead, in the very center of the head. Here, be aware of the presence of a thumb-sized white flame, like the flame in the heart, but white.
- 11) Feel that the breath arises and subsides from the center of the head, flowing into the flame and softly sounding the syllable Aum with the exhalation.
- 12) After a few minutes, begin to feel the breath and your attention moving inside the inner pathway between the center of the head (*Ajna*), the throat (*Vishuddha*), and the heart (*Anahata*). At your own pace, with the gentle movement of inhalation and exhalation, sense the energy moving. The mantra Aum flows with the breath. You can inhale into the flame in the head exhale with Aum. Inhale with the sense that the breath flows from the head to the throat, with Aum. Inhale and exhale in the throat. Then when you are ready, sense the breath and your attention flowing down into the heart. Inhale and exhale in the heart, feeling awareness expand gently through the whole heart region with Aum.

At your own pace, with soft focus, let your awareness move from Ajna to Vishuddha in the throat to Anahata in the heart, letting the breath be your guide, and including the mantra Aum as a gentle offering to the energies of your inner body.

As thoughts arise, name them as 'Thought' and bring your attention back to the flame in the head and the thought AUM.

OR, when you notice the thought, 'name' it as Shakti, as an expression of kundalini manifesting through mental activity.

- 13) End in the chakra where your awareness is naturally drawn, and rest there for the remainder of the meditation.

## Contemplation Practice

Take some time this week to contemplate the following question:

*Consider how your practice during this course has impacted your meditation, your daily life, your intuitive life, and your relationships.*

Find yourself a quiet place. Have pen and paper or your journal with you. Take a comfortable meditation posture.

- 1) Read through the following paragraph, which relates to the way Kundalini is working with our karmic patterns.

**The energy of Kundalini Shakti is awake within me. My inner Kundalini, my own life force, is the same Shakti that manifests universes. For the sake of love, Shakti has become my body and mind. For the sake of love, Shakti is clearing karmic traces from my body, mind and spirit. All this is the work of love.**

**May I be freed of all that keeps me bound by old, painful patterns. Let me partner with my own conscious Shakti. Let me receive her grace. Let me enjoy her love as my own.**

*(Feel free to use your own words for this last paragraph.)*

- 2) Read the words aloud to yourself three times, listening as you read.
- 3) Whisper them three times.
- 4) Find the sentence that has the most meaning for you.
- 5) Repeat that aloud three times.
- 6) Sit silently for a few minutes, repeating that sentence to yourself.
- 7) Then, take the pen and paper, and with your non-dominant hand, write a message to yourself as if Kundalini were writing. Start with the sentence, **"Kundalini is working within me to..."** And let the rest of the sentence or sentences come out spontaneously. Don't try to control or judge what you write. Just let it come out.
- 8) Read through what you have written. Then, sit in silence for a moment or two, allowing all this to penetrate into your being.

## **What To Do During Emotional Upheaval**

- A) If you feel that emotions are arising in a dramatic way during these weeks, it could very well be a sign of Kundalini purification. To help move it along, try the following practices:

As emotions (fear, grief, anger, jealousy, obsessive infatuation, anxiety, etc.) arise, notice the feeling. Have the sense of allowing it to be present. You might even think, "I accept this feeling, and I accept myself even though I have these feelings." At the same time, try not to identify with the feeling. (This is important, as often we tend either to wallow in the feeling, or try to resist or push it away.)

Notice the story you're attaching to it. It may be a memory or a present situation. Say to yourself, 'I welcome this, knowing that it is showing me where I am not yet free.' The mere act of welcoming helps defang much of the charge in the story, and lets you go on to the next step.

Let go of the story, and focus on the felt sense of the emotion in your body. Sense its color, its shape, the quality of the energy (dull, sharp, hot, etc.)

Imagine a space around the energy in your body. Allow the space to permeate the energetic feeling of the emotion in your body. As you sit with it, the emotion should begin to morph, change, and eventually dissolve.

- B) If strong, painful memories are surfacing, get a pen and paper, and write them down. Then throw away or burn the page. This is a simple but effective way of getting these thoughts out of your mind!
- C) When an emotion such as the ones we've described above surfaces, try the following protocol. This is from the Sedona Method, and it's very effective.

Find the felt sense of the emotion, as above.

Have the conscious recognition of accepting and allowing the feeling to be present.

Ask yourself, "Can I let this go?"

If the answer is "Yes," ask: "When?"

This is an invitation to decide, "Now" and let it go. You may have to do this several times, but there should be a feeling of relief.

If the answer is "No," then once again consciously 'allow' the feeling to be there. Ask again, gently, until you get a real "Yes,"

Then ask, "When?" and have the sense of letting it go.