

Module 6 – Law of Intention and Desire – Om Ritam Namah – My intentions and desires are supported by the universe – set clear intentions /trust the outcome/practice present moment awareness.

Wellbeing Techniques

This is the third webinar for module 6. Like last week, I'm going to go over practical techniques for empowering your wellbeing focusing on the Manipura Chakra that enlivens the Principle we are discussing this week. As with all the other techniques, these are not necessarily specific to the Law (Principle) of Intention and Desire, but they will help enliven it because of the connections to the specific area of the body.

I'll end this webinar like I always do, explaining how you can stack the techniques to truly strengthen your health and wellbeing empowerment. Our goal as always is to save you time, and to also make the techniques more doable within in your busy schedule.

The Wellbeing Technique of Mindfulness – Gaze (Dristhi) emphasis using a Sri Yantra (Thought to be the geometric vibrational representation of OM):

Direct Aim: To quiet the mind; to bring the mind to one point of focus; to take the mind from activity to stillness.

Indirect Aim: To respond with reflectiveness, openness, and calmness in all situations; to achieve, maintain, and preserve health and prevent disease in both mind and body.

Procedure:

1. Sit quietly, out of sunlight, in a comfortable seated position.
2. Prop the picture of the Sri Yantra up against something or put it in a standing picture frame; it should be about one to two feet away from where you are sitting. Remember that you have a pdf copy of the Sri Yantra in the Bonus Section of the Membership Site.
3. Allow your focus to settle on the dot in the center of the Sri Yantra and then allow your eyes to focus on the triangle surrounding the center dot and then all the triangles that surround it.
4. Expand your view further to include the concentric circles around the triangles.
5. Now bring your attention to the lotus petals surrounding the circles and notice that the petals are facing outwards as if they are opening.
6. Lastly gaze on the square surrounding all the geometric shapes and notice the four T-shaped gateways pointing towards the interior of the Sri Yantra.

7. Next gaze at the entire Sri Yantra and then without moving your head or your eyes focus back into the center of the Sri Yantra.
8. Now expand your focus, again without moving your head or your eyes.
9. Continue to gently expand your vision further and further outwards.
10. Then gently reverse the process and bring your attention back inwards to the center of the Sri Yantra.
11. Then gently reverse this pattern again by bringing your attention back outwards to the 'gates.'
12. Continue this process for about 5 minutes.
13. If you mind wanders, without judgment, bring your focus/awareness back to the Sri Yantra.
14. Once you have finished gazing at the Sri Yantra, sit quietly for a couple of minutes with your eyes closed just visualizing the process you have just completed.
15. After practicing this Mindfulness Technique for a week, try and increase the number of minutes in your Mindfulness practice; you may want to add one minute at a time until you can sit for 10 minutes.
16. Mindfulness practice is best done daily.

Notes:

In Vedic science, the Sri Yantra is considered to be the representation of the vibration Om and is therefore considered to be the most powerful Yantra for meditation. It is created using the Fibonacci sequence and depicts the process of evolution (growing away from Source) and involution (moving from multiple layers back to Source) in the form of a visual meditation.

The practice of Yoga to empower your wellbeing:

The Following Yoga poses will help enliven the Manipura Chakra (the Power Chakra). In this module, I've chosen yoga's well-known series called the Warrior Series, and yes, this series is considered strengthening, but is also a power series which can be used help with team building as well as up-leveling your day. There are several poses in this series, so I haven't given you any other types of poses to practice in this module. You can also create a flow out of the poses which will raise your heart rate and will most definitely strengthen your body. I demonstrate the flow in one of the videos that you have access to in the School Education Series. The strength developed in the body from practicing these poses will also be mirrored in the mind, and if you use the poses regularly along with the suggested mindset strategies, you will set yourself up for very powerful, creative days. As always, these poses can be used to activate some of the other chakras, but for the most part the Warrior Series is connected to the Power or Manipura Chakra. This series is not conducive to a work environment unless you are using it for team building and you've prepped people to wear exercise clothes. However, using one of the

poses to start your day along with the mindset strategies or stacking some with some of the techniques suggested you will notice that you will start your day from a place of confidence and strength allowing you more success.

Direct Aim: To bring about a sense of wellbeing and quiet to the mind; to tone, strengthen and lengthen the muscles of the body; energizes and grounds; to establish union within mind, body, soul, Spirit and environment.

Indirect Aim: To achieve, maintain, and preserve health and prevent disease in both mind and body.

Warrior I Pose

Procedure Warrior I:

1. Starting in **Mountain** pose, take your left leg behind you about 3 feet and bend your right knee so that the knee is tracking over the ankle.
2. Inhale and lift your arms overhead so that you are balanced evenly into the hips, which are square to the front, bent right knee.
3. Your right knee is bent at 90 degrees and the right knee is over the ankle and your back left foot is flat and angled slightly inwards.
4. Notice the placement of your arms, the inner arms should hug near your ears and shoulder blades are low down your back with shoulders away from your ears.
5. Take 3-5 deep breaths while holding this pose.
6. Exhale and step your left foot up towards the right foot while straightening your front right leg so that you come back into **Mountain** pose.
7. Repeat using your left leg.

Extensions:

Warrior I - Confidence/Courage/Strength: While doing **Warrior I** face another person and notice how strong each of you looks; while in the pose give your partner examples of when you're confident, courageous and strong; these examples might be shared as a team building situation.

Warrior Flow Series: This series uses all the **Warrior** poses in a sequence, which not only strengthens and lengthens the muscles of the body but will also raise the heart rate, energize your body and develop one-pointed focus.

Warrior II Pose

Procedure Warrior II:

1. Starting in **Mountain** pose, take your left leg behind you about 4 feet.
2. Turn your body so that your hips are squared to the front and bend your right knee so that the knee is tracking over the ankle and you have an external rotation in your right hip.
3. Your right knee is bent at 90 degrees and the right knee is over the ankle and your back left foot is flat and angled slightly inwards.
4. Your extended arms lengthen out from the space between your shoulder blades, parallel to the earth with palms facing downwards.
5. Turn your gaze towards your right outstretched hand if this is comfortable for you.
6. Take 3-5 deep breaths in this pose.
7. Exhale and unbend your right knee then step your feet together into **Mountain** pose.
8. Repeat using your left leg.

Extensions:

Warrior II: As you hold the Warrior II pose consider that the back hand represents the past and the front hand represents the future. We always want to be aware of our past and the effect it has on us, and we also want to be aware of our future goals. In this pose, we keep our eye gaze towards the future, but it is important for us to be aware of the hand and arm that represent our past – just like we do in life. As we don't want to be stuck in the past, nor do we want to focus too far into the future, we keep our weight balanced in the middle, through the hip area, which we could say represents the present moment – the here and now. Here again, is a great team building activity, but it's also an amazing analogy for how to go about your day especially in a position of leadership.

Warrior Flow Series: This series uses all the **Warrior** poses in a sequence, which not only strengthens and lengthens the muscles of the body but will also raise the heart rate, energize your body and develop one-pointed focus.

Reverse Warrior Pose

Pre-Procedure Warrior II Pose

Procedure Reverse Warrior:

1. Starting in **Warrior II** inhale, then on an exhale lift your body upwards while bending slightly backwards as you raise your right arm upwards and backwards above your face.

2. Keep your legs in the **Warrior II** pose position but engage your right oblique muscles and pull in your abdominal muscles.
3. Take 3-5 deep breaths while holding this pose.
4. Exhale and come back into **Warrior II** pose.
5. Repeat on the left leg by reversing your feet position so that you are in **Warrior II** on the left side.
6. To come out of the pose, come back into **Warrior II** pose and then back into standing **Mountain** pose.

Extensions:

Reverse Warrior/Rising Moon: Connect to the past and lift your heart; consider your past actions and lovingly let them go as you bring awareness to the present moment of the pose. Ask yourself how you can do this with regards to decisions that you may have made which didn't turn out the way you were hoping. Here, the lesson is that even though some of our well-intentioned choices may not prove to be as productive or as successful as we may have hoped, we can recognize that the present moment and how we respond in the moment, is really what is important as regards our success. Releasing, without judgement, past experiences, and the like is needed to be really successful in the moment.

Warrior Flow Series: This series uses all the **Warrior** poses in a sequence, which not only strengthens and lengthens the muscles of the body but will also raise the heart rate, energize your body and develop one-pointed focus.

Warrior III Pose

Pre-Procedure Warrior I

Procedure Warrior III:

1. Start in **Warrior I** pose facing a wall or touching a chair, but make sure your left leg is forward first and you have space behind you.
2. Shift your weight onto the left leg and reach and extend your arms so that they touch the wall or the chair.
3. Keep your foot grounded into the floor and steady and strengthen the left leg without locking out your left knee.
4. Slowly lift up your right leg by contracting the quadriceps and stack your left hip bone over your left ankle.
5. Hips are square to the floor.

6. Using the wall or the chair to balance in this pose, make sure that you are extending out away from your right hip with your right leg and bring your body and arms parallel to the floor.
7. Take 3-5 deep breaths while holding the pose.
8. Repeat using the opposite leg.

Extensions:

Warrior III: This balancing, forward reaching pose allows you to make a connection with the future all the while doing it on one leg. The pose can be used to help you understand the necessity of a balanced look towards your future.

Now, on to further discussion about the Chakra which enlivens this particular Law (Principle):

The Manipura (Power) Chakra: we associate the color yellow with this chakra. Our ego, motivation and all things to do with the power of our minds and bodies are associated with this Chakra. The Manipura Chakra helps develop clarity, self-confidence, self-assurance, knowledge and wisdom. It's also thought to help with wisdom and the ability to make good decisions.

According to yoga, the power chakra is above the navel and below the heart in the area of the body which is called the solar plexus. The seed mantra to enliven the Manipura Chakra is: "RAM."

Wellbeing Technique of Breath – Shitali (Cooling) Breath:

In this module you will be learning how to practice the yoga breath used for cooling the body. It can be used at times when you are physically over-heated, but also if there is an excess of Pitta in your mind or body. However, it is important that you do not practice this breath if you have any Kapha or Vata imbalances no matter what your Dosha. Also, neither Kapha nor Vata Dosha mind-body types may use this breath in the cooler seasons of the year.

Breathing Techniques: Shitali (Cooling) Breath

The technique also requires that you are able to curl your tongue, but if you can't do this, then please practice the alternate method included in the procedure.

Direct Aim: To assist in cooling the mind, body and emotions.

Indirect Aim: To achieve, maintain, and preserve health and prevent disease in both mind and body.

Procedure:

1. Sit in a comfortable position and practice a couple of rounds of Success Breath (Ujjayi Breath).
2. If you are able to roll your tongue into a tube shape (curl the sides of your tongue upwards) then roll your tongue. If not, flatten your tongue against the bottom of your front teeth as you go ahead and open and widen your mouth in a smile.
3. Inhale either through the tube created by your tongue, or over the flattened section of your tongue. Notice, that this breath involves breathing through your mouth. As such, please make sure that you are in an area which is as pollution free as possible. When you breathe through your mouth you are not able to filter the pollutants like when you breathe through your nose.
4. Once you've inhaled over or through the tongue, hold your breath for a couple of seconds and then breathe out through your nostrils. This is considered one round of Shitali Breath.
5. Continue with Shitali Breath for as many rounds as you are comfortable.
6. Finish off by doing several rounds of Success (Ujjayi Breath).

Note:

Whenever you are faced with a stressful situation that makes your feel hot and bothered, take several deep belly breaths to calm your mind and body and then practice a few rounds of Shitali Breath. This will help calm your emotions and reduce any aggravation of the Pitta Dosha; in other words, you will assist yourself in cooling off so that you can think and respond rationally and without any heated emotions.

Stacking Techniques

This week, we have focused on building emotional and physical strength while also assisting ourselves in developing a calm approach to daily challenges and situations.

So, when we practice any of the poses in the Warrior Series we can use the mindset strategies to help us with our perceptions. Shitali Breath can be used when practicing the various Warrior Poses, but make sure that you do not use it when doing Reverse Warrior. Visualizing the mindset strategies and actually seeing how you want them to play out while holding one of the poses will create a strength of purpose and resolve in both the mind and the body.

Of course, as usual the affirmations can be practiced in all but the Reverse Warrior Pose (because you do not want to be speaking while you have your neck bent backwards). When you are in Reverse Warrior Pose, I would suggest using visualization techniques that pertain to the position of the pose – create your own or use the ones that activate the Law of Intention and Desire.

The Chakra intoning of Ram would be appropriate to use whenever you are in any of the Warrior Poses except for Reverse Warrior. In fact, this will really enliven the Manipura Chakra and as such make the poses even more powerful. Start your day off with one of your favorite Warrior Poses along with the intonation of Ram and then either a visualization or affirmation. Notice how this up-levels your day and empowers you towards great decision making and being able to face the dynamic challenges of your day.

When practicing the Mindfulness technique using the Sri Yantra this week, I do not suggest you do anything but this activity, but you can the mantra for the Law of Intention and Desire (Om Ritam Namah) for about 1 minute before you practice the Mindfulness Technique of Gaze using the Sri Yantra. Practice the technique for about a minute and then finish off with another minute of repetition of Om Ritam Namah. Remember, that the mantra is repeated silently in your head as if you are listening to someone whisper it to you.

My usual suggestions follow: Practicing daily while trying to include as many of the wellbeing techniques that you can for each practice time. As always, I suggest that you practice one or several techniques three times per day for about 5 minutes at a time, as this will bring noticeable benefits to both your mind and body in a relatively short period of time.

Yet again, my usual reminder here is that by stacking the techniques as much as you can, you will compound the benefits of the different techniques which also allows your practice to be more powerful. You can also use any of the techniques separately at any point in time whenever the moment is right for you. You now have many different techniques that you can use, but I suggest that you really hone in and learn and understand these techniques before trying to incorporate anything from the previous weeks here.

And of course, I can't let you go without reminding you that we are all unique, so therefore, your practice is unique to you and as such you are the one who will know best what works for you. Practicing the techniques for short periods of time daily will, however, benefit everyone as evidenced by the research.