

Aug 14, 2022 Class 5

Stabilization of Root Chakra of Self & Others Practice

Step 1: The Circuit

- Rest attention on Anja chakra (rest there until steady, over time it will become swift)
 - ***DO NOT DO WHILE DRIVING, OPERATING HEAVY MACHINERY, OR IF YOU HAVE OTHERS' LIVES IN YOUR HANDS.***
 - Use no effort or sensation of intensity, no concepts, no theory
 - Start inside the bone then move outside the head to 1 & ½ inches in front of forehead.
- Cycle Forward
 - Take it from the ajna down the front of your body to the root chakra then up the center line to behind your eyes and out to your ajna
 - See a ball moving through
 - Do until you get a feeling it becomes real for you 8-10x's or more
 - See the ball and the whole channel
- Cycle Backward
 - Take it from ajna to behind your eyes to center channel and down to root and come back up the front to the ajna
 - Again see the ball and keep doing until it becomes real and you feel the whole channel. 8-10x's or more.
- Do this so often until it becomes familiar and then do it more, until it becomes stable.

Step 2: Adding Atmosphere

- I have the right to exist exactly as I am
 - 1st flow: say it out loud
 - 2nd flow: say it yourself
 - 3rd flow: secret you have
 - 4th flow: ??
- Decide to hold this atmosphere for 1 day
 - Anytime you go into any situation that doesn't feel good, compresses you, you feel depressed, fearful, or anxious... say "Not today Satan" or some variation. Not today, maybe tomorrow.. be playful and light
 - Change it... Repeat I have the right to exist exactly as I am. Hold the atmosphere.
 - Do this until you can hold steady for 1 day

Step 3: Practice Around People:

- Notes:
 - Do not do this until you can hold steady on the other two.
 - Use your 4 sided crystal, hold in left hand.
 - Sit within 20 feet of others
 - Bring a notebook, write down any realizations
- Stabilize your circuits
- Now hold the atmosphere "I have the right to exist..."

- o Without doing anything... the other will create reciprocity
 - o Things will attempt to interrupt you... hold your position
- You fall off, put it back. Just keep coming back and holding steady.
 - o As our ability to stay steady in our practice, others can quickly change