
In Search of the Miraculous

Awaken the dormant life force within and empower your truth, consciousness and bliss

In this two day transformational workshop we are going to:

1. *Discover the dormant energy potential within us;*
2. *Awaken this energy;*
3. *Channel this energy inwardly and upwardly;*
4. *Overcome fear and other obstacles;*
5. *Experience the Kingdom of God Within.*

1. In society, in day to day life, we don't need much energy to survive. As long as we can follow directions and fit into the categories that society gives us we will be fine, the society will take care of us. We can function on autopilot, half asleep. But there's a lot more to life if we want it, and that's what we're here to explore. We are here to go beyond the ordinary and to discovery the extraordinary potential inside ourselves.
2. And for that we need to awaken the energy within. Every vehicle needs fuel to serve it's purpose. A car needs fuel to take you around town, and a spaceship needs fuel to blast you into outer space. Our vehicle is more like a spaceship, except we're blasting you into inner space. The good news is you already have everything you need for the trip: the vehicle, the engine, the fuel, etc. We're just going to show you how to put it all together.
3. We will need to channel the awakened energy. Many of you know how it feels when the energy within you is awakened, flowing through your cells, you feel completely alive. Like when you go for a run, or climb a mountain or play football. Or it could be when you're making love or it could even be when you're in a fight or in an argument. The energy becomes so aroused that it seems like that's all there is. But in these situations the energy is channeled and projected outwardly, and usually unconsciously. What we are doing here is awakening the energy and

directing it inwardly and consciously. We have to take responsibility for our own self worth, love, empowerment, truth, as well as our own fears, our rage, our shame, our insecurities, our negativities. This is the path of self-mastery, where we take the light of consciousness and explore the dark night of the soul.

4. It's not easy to overcome our fears. We are usually divided: on one hand we believe our fears are true and we believe that they are in place to protect us, for our best interest, and we work hard to keep them there. On the other hand we want to be fearless, boundless, strong and free. We know that the moments in our lives when we were fearless were the best we ever had. But we are our own worst enemies. The fact is as soon as your energy is channelled into your unconscious, your fears will be there trying to sabotage the expansion of consciousness that you are experiencing, indeed because you are threatening their survival. The mind serves these fears well and will do all it can to convince you to stop and turn around at once. *This is the crucial point: to confront your demons.* You know deep inside that the fears and old patterns don't serve you and you need to trust that knowing. Trust the process, trust your deeper self, trust your journey of expansion that you have embarked on. *Be total with your focus, be undivided with your purpose.*
5. Darkness is an absence of light and it is absorbed by the light. In the same way fears and conflicts and confusions are absorbed by love, strength and wisdom. When we take the light of consciousness into the dark night of the soul and shine this light on our demons we see that this whole time we have been running away from shadows. What joy, what laughter, what lightness of Being, what clarity! We are no longer the helpless actors on the stage, we become the writers of our own script, the directors of our own play of consciousness. Welcome to the Kingdom of God Within, where you are the Conscious Creator of your own life.

Day 1 SOHAM INITIATION

1. **Grounding:** We start off with focussing on the energy in the core, at the base of the spine. It has been described as a Kunda, a pool of energy in your root chakra, or the Kundalini, the Sleeping Serpent. We combine mula banda with asanas and chalanas; This will ground us and empower the process.
2. **Shake:** Relax. Be loose and natural and gently shake your entire body. Let go of any tensions, any stress, any blockages. Shake them all out and let go of any thoughts in your mind.
3. **Dance:** Let your body guide you as you move ecstatically, wildly: dance, jump, crawl, make sounds, use every muscle, every fibre, like a free, untamed animal. Let your body disappear into the music while you maintain complete awareness and observe the energy arising inside.
4. **Who Am I?** Let “who” become your mantra. Breathe vigorously into your sex centre as you jump up and down. Loud, fast and strong, and yell “who! who! who!” on each exhale. Straight to your root chakra, focus your body and mind. Be total and become the “who!” (“hoo!”). The mantra/question “who am I?” was the technique for Self-Knowing used by the Indian mystic Ramana Maharshi. Furthermore the word “Hoo” is also a mantra used by Sufis—it is one of the names for the Divine. So pound yourself with this mantra “who!”, take it to the inner reaches of your Being. Let the mantra work it’s magic on you. Focus your entire mind, body and breath on this single task. When finished, sit comfortably.
5. **Soham:** Relax and sit or lay down. Inhale “soooo”, exhale “haaaam”, softly and deeply through your mouth. So Ham is the mantra meaning “I Am That”, pure consciousness, bliss, truth. Beyond all words, all limitations, all dualities, all confusion. You Are That.
6. **The Divine Breath:** Lay down and breathe deep in and out of your mouth. Breath into your root chakra, strong and steady, let the breath carry you. When you here the bell chime, breathe into your second chakra, and so on up until the 7th. After some time you may notice strange sensations, your body might contract or tingle, you might make sounds, your body might sweat, feel hot or cold or both, your hands might spontaneously go into mudras, you might want to cry or scream and you might have visions. Let it all happen, don’t cut the process, it’s all part of the experience, don’t be afraid, just keep breathing through it. Whatever happens breathe. This is a deep cleansing, a cathartic experience. The breath takes you into your unconscious and cleanses you from there. All you need to do is breathe deep and strong. Let the breath carry you. Let the breath guide you and it will guide you. Follow the breath. Trust the breath. Don’t worry about other people, just focus on your own deep and strong breathing. We will maintain your safety and take care of you throughout this vulnerable process. We are here for you.
7. **Soham:** Slow down your breath little by little. Now again inhale “soooo”, exhale “haaaam”, softly and deeply.
8. **Silent Meditation:** Remain laying or sit down. Reflect on the process, on the emotions, sensations, body, mind. Observe it all and ground the experience.
9. **Kaula Yoga:** Offering some gentle asanas to come back to the body.
10. **Sharing:** We will come into a sacred circle where we can share with each other how we feel, how was the journey, any questions, concerns, comments.
11. **Kirtan:** Devotional singing to the Divine. Singing from the heart, singing from the soul.

Day 2 KUNDALINI ALCHEMY

1. **Chakras Sadhana:**
2. **Shake:** Relax. Be loose and natural and gently shake your entire body. Let go of any tensions, any stress, any blockages. Shake them all out and let go of any thoughts in your mind.
3. **Dance:** Let your body guide you as you move ecstatically, wildly: dance, jump, crawl, make sounds, use every muscle, every fibre, like a free, untamed animal. Let your body disappear into the music while you maintain complete awareness and observe the energy arising inside.
4. **Chakra Sounds:** Connect with your root chakra. Gently open your mouth as you breath out sounds resonating with the energy you feel there. When the music changes move up to the next chakra centre. After the seventh chakra, slowly descend through the chakras again, assimilating, grounding and embodying the experience.
5. **Soham:** Relax and sit or lay down. Inhale “soooo”, exhale “haaaam”, softly and deeply through your mouth. So Ham is the mantra meaning “I Am That”, pure consciousness, bliss, truth. Beyond all words, all limitations, all dualities, all confusion. You Are That.
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Lead me Lord from the unreal to the real from the darkness to the light from death to a life of immortality

People for the most part are asleep, unconscious and unaware of themselves. What does this mean? It means that we identify with thoughts, ideas, ideals and beliefs that we think are real and true and valid but which in fact are not, and we think that they are 'ours' but they have simply been very well programmed into us (by innumerable external sources). Internal identity (i.e. the idea of "me" and "mine") is nothing but a reflection of external conditionings, well marketed by an unconscious society that needs robots rather than awakened conscious beings.

For most people that's just how they want it. Or at least they think so. Actually they have never tasted the bliss of self-knowing but nevertheless they have traded self-knowing for self-identification. Indeed self-identification (i.e. identifying the self with something, anything) is all the ego desires and it keeps the mind occupied. Besides it's a lot easier and safer that way than to enquire into the nature of one's existence. That takes work, and a frightening jump into the unknown. So we've compromised truth for comfort, but I must add that this comfort is only apparent, because in the end unconsciousness leads to suffering (and suffering is certainly not comfortable). On the other hand, consciousness leads to bliss.

So i'm not saying that *your* identity is wrong and that you should have a different one instead. Nope, i'm not going to give you another one. The point is not to deprogram you so you can be reprogrammed. The point is for you to deprogram *yourself* so that you can live according to your own self-earned and experienced truth. That leads to bliss.

There is something sumptuous waiting for you if you want it. You can experience truth, bliss, grace, self empowerment, "the kingdom of god within" if that's what you want. You can return to your own Self, it is everyone's birthright. You can live your life, not as a victim, but as a master.

tips for self mastery

- **Tame the mind.** Your thoughts are not you, they are not yours. So don't trust them, don't identify with them. Any thought that comes to your mind simply smile and let it go. You don't need it, and it doesn't have your best interest in mind, remember that. Go deeper, let go. Go deeper still. Jump. Your thoughts are like clouds, they come and go and come and go, and if you try to grab hold of them you can't. So don't!
- **Connect with your vital energy, your life force.** There are a thousand ways to do so, from yoga asanas to dance to sports to physical exercise or work.
- **Express your emotions.** Laugh. Cry. Shout. Scream. Allow yourself to feel deeply. Give yourself permission to release them. Your emotions are life energy being expressed in different ways. When you block them you block your own development, you suppress and repress, and natural urges become prisoners within you and you become the prison guard. Let the web of complexes inside of you be released.
- **Bring the body, breath and mind into complete alignment** in whatever you do. This is the meaning of yoga, i.e. union. Ensure they are assigned to the same task, the same duties in each present moment you remember.
- **Use the body to go beyond the body.** Shake, jump, dance, move your body in every possible way and posture. Exhaust your body, use every muscle, every fibre. Feel the body work, feel it sweat, feel it turn and writhe in every way it can. Let it free to do what it wants, you just observe it. Exhaust your body and maintain awareness and presence and observe the energy awaken inside.
- **Don't get stuck in the body.** You are not the body either. The body is also an external factor to your Being, and this is where many "yogis" go wrong. They identify with a healthy body. After doing a lot of yoga asanas, the body feels fantastic. And it's easy to become addicted to yoga asanas. But if you identify with your body you will suffer because every body gets sick or diseased and eventually dies. The body is a *vehicle*, remember that.
- **Use the mind to go beyond the mind.** Ask yourself, pound yourself with the question: "WHO AM I?" Enquire. Be honest with yourself. Let "who am I?" become your mantra. This was the entire technique of Ramana Maharshi, the enlightened Indian Mystic. Furthermore, the word "Who" is also a mantra used by Sufis—it is one of the names of God or Allah. So pound yourself with this mantra, take it to the inner reaches of your Being. Let the mantra work its magic there. Focus your entire mind on this task.
- **Use the breath to go beyond the breath.** Practice intensive breathwork and pranayama to transport yourself across the bridge between body and spirit. The *breath* is the link so establish this bridge consciously and strongly until it is unshakable. Cross this bridge often and feel at home in the new territory discovered.

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- **Be Total.** The more you give of your self, the more you will receive. If you give everything, you will receive everything. The problem is we live fragmentary and divided lives. Taking one step forward and one step back, saying yes and no at the same time. Be total. Just do it, go for it. Whenever you are divided within yourself you create conflict within yourself. In reality it is blissful to be and do anything totally.
 - **Meditation.** Drop everything and rise up into utter silence. forget everything that came before, all techniques, all tools. Meditation is the door to the temple, all the other stages are the steps leading here. Be present with your Being. Watch, listen, taste, enjoy. Experience your Self in its sublime nakedness. Let the peace shower on you like blossoms from heaven.
 - **Relaxation.** Go with the flow, relax totally. Allow the waves of experience to wash over you as you float on the ocean of existence, free. Release inflexibilities, relax the body, relax the mind, let go of worries, of tensions, of fixations, of control. Be loose and natural. Enjoy.
 - **Celebration.** Sing, dance, laugh, play. Express your joy. Express your freedom and creativity. Express your gratitude to the Divine for being alive and real Inside of you.
 - Find an appropriate atmosphere and likeminded people to work with.
 - **These stages complement each other** and work together in subtle ways.

We offer experiential classes and workshops to facilitate this journey of Self Mastery.

We also train people so they can empower their own process and guide themselves and others. The training includes:

- *Soham Initiation*
- *The Divine Breath*
- *Kundalini Alchemy*
- *Chakras Sadhana*
- *Tantra Encounter*
- *The Spirit of Play*
- *Into the Wild*

To find out more, visit and contact us at:

www.padmayogahealth.org

In search of the miraculous,

Moss and Jyoti