



RVE RITUAL

Self Mastery
part 1 - self study

Part I - self study



Mapping your inner landscape

- Astrology
- Ayurveda
- Inner code
- Chakras

Gratitude ritual

Why self study?

When we connect with ourselves, understand our patterns, behaviours, energy, preferences and needs we can use these reflections to take actionable steps towards a more aligned personal, professional, and creative life. This is why we think its important to use the tools of this chapter to give you a better understanding of yourself. These are the tools that we go to again and again for self reflection.

KEEPING YOUR WORD

Keeping your word to yourself is the key to growth and better self worth. We are responsible for our lives so for this course to have full effect you need to work each step to the best of your abilities, but there is no perfection!

a promise to myself

INTENTION

MY OVERALL INTENTION FOR THE SELF MASTERY CLASS IS:

THIS WORKBOOK BELONGS TO:

MEDITATION

A big part of this class is daily meditation and breathwork. As this is a habit that has a ripple effect on your life, in the best way. Meditating daily will change so much to the better, so we hope you try it out. In each part we will change your meditation practice (it will never be longer than 20 minutes) so you get to know different methods and practices from different yogic traditions and buddhism. When we meditate, the brain is affected by our eye focus, mudra, mantra, breath patterns, movement, and the duration of the meditation. There are hundreds of meditations available that have specific effects on the body, the brain, the mind, the emotions, the spirit, and the being as a whole. We are going to teach you our favourites.



Practice of the week

2 MIN -BOX BREATHING

11 MIN -SOLAR POWER MEDITATION

BOX BREATHING

Box breathing, also known as four-square breathing, involves exhaling to a count of four, holding your lungs empty for a four-count, inhaling at the same pace, and holding air in your lungs for a count of four before exhaling and beginning the pattern anew. This relaxes the nervous system and is perfect to do before meditation. Box breathing gives you energy and relaxes you.

1.Box breathing is exceedingly simple to practice. Simply relax your body and do the following sitting down:

1. Let out all of the air in your lungs to the count of four.
2. Keep your lungs empty for a count of four.
3. Inhale for a count of four.
4. Keep your lungs full for a count of four.

Repeat for 2 minutes

SOLAR POWER meditation

The solar power meditation can be done anywhere and at anytime both sitting up or lying down. This meditation is to let go of worries and charge your whole being. We have created led meditation soundfile with binaural beats under the led meditation to increase relaxation.

POSITION: Wear comfortable clothes and make sure you are not cold - get in a sitting position (in a chair or with legs crossed) and have your palms facing up. Straight spine, and chin a little bit down. Let go of doing this perfectly and let go of all expectations.

MEDITATION: With your eyes closed, breath in through your nose and out through the mouth. Inhale fresh energy and exhale stagnant energy, let go of lower vibrations, fear, doubt or tension. Let go of overthinking and negativitiy. Allow yourself to let go of all your worries.

Then slowly start breathing in and out through the nose, let go of breathing the right way, just find a natural rhythm to your breath. Relax in the face, chin and mouth. With every breath start to open your heart towards the sun and start opening your solar plexus (The third chakra, the Solar Plexus, falls in the middle of the belly below the ribcage.) towards the sun. Imagen the sun charging your solar plexus and heart., allow yourself to connect with the sun. Visualize the sun shining down on you and allow this energy to wake up your entire body. Feel the heat from the sun and let the sun heal whatever needs to be healed. Connect to the source. Visualize orange light coming out of your solar plexus towards the sun. You are surrounded by this orange light everywhere.

Deepen the breath again and come back to this moment.



inner map

The two of us have taken every personality tests under the sun, read most of the self help books, studied our astrology, many schools of yoga and dug deep to understand ourselves better. We have found out that these tools in the next pages help us make a map of ourselves that gives us clues into where we need to focus our energies. The self-research in the next pages will give you clues, so you can deeper understand yourself. Have fun with it, notice what you connect with and leave the rest. This information will accumulate into a graphic map of YOU.

THE TOOLKIT

to self study

Intuition

Only in the Self Mastery summer edition we focus on INTUITION . It is our most powerful tool that is inside all of us, but most of us need to reawaken it and start to trust it more

Astrology

A great and fun tool to understand different parts of you by using it as a mirror. Finding out and studying your rising sign and moon sign might give you deeper insight into your behaviours and give you more self compassion.

Chakras

In yoga texts we are reminded that we are not only our physical body and that our energy is dependent on the state of our chakras and ten bodies. Self diagnose yourself, where are you imbalanced in your chakras? What do you need?

Ayurveda

The Indian life science Ayurveda is based on the human experience for thousands of years. They categorise humans into three types. Your type, or mix of types gives you insight into behaviour and physical health How can you reach balance?

Inner code

Your essence and values are what make you, YOU, We need to figure out our authentic code, as we need to know who we are to understand where we are going.



Intuition

"We need to make the world safe for creativity and intuition, for it's
creativity and intuition that will make the world safe for us."

Intuition is challenging to define, despite the huge role it plays in our everyday lives. Steve Jobs called it, for instance, "more powerful than intellect." But however we put it into words, we all, intuitively know just what it is. Pretty much everyone has experienced a gut feeling - that unconscious reasoning that propels us to do something without telling us why or how. Sophy Burnham, author of *The Art of Intuition*, defines intuition as "the subtle knowing without ever having any idea why you know it. It's different from thinking, it's different from logic or analysis ... It's a knowing without knowing."

Our intuition is always there, whether we're aware of it or not. When we're facing a problem, wondering what to do and trying to hear that inner voice, our intuition is always there, always reading the situation, always trying to steer us the right way. But can we hear it? Are we paying attention? Are we living a life that keeps the pathway to our intuition unblocked? Feeding and nurturing our intuition, and living a life in which we can make use of its wisdom, is one key way to thrive, at work and in life.

But if you are not very connected to your intuition that means it is weak or its signal is clouded. It's not forever broken. Here are the two main reasons for "faulty intuition," and how meditation fixes both:

#1: Your Intuition was Never Developed — If you thought your legs weren't real and therefore didn't trust or believe in them, what would happen? they would quickly dwindle away. Likewise, people who see their intuition as "sorcery" will watch as it shrivels up like a raisin in the sun. If life were a simple math problem, using your logical / analytical mind all the time would be fine. But it's not. Life often requires finding your way through the dark, figuring out things as you go along. Many decisions need to be made on "gut feel" rather than "this happened to me before so I know what to do now" experience. Thankfully, whether you believe in intuition or not, meditation can change your brain to make better decisions. Then, if you still don't believe in it, you can call it something else.

#2: Cloudy, Murky Intuition Signal — If you are depressed, anxious, emotionally blocked, and/or simply not feeling your highest and best, then your conscious mind's voice will be loud and proud. Learning to quiet down this superficial "monkey" mind layer is the key to unlocking your deeper, far more powerful subconscious mind. The home of intuition. Luckily, once meditation's never-ending benefits begin to snowball — anxiety, depression, and the chattering monkey-mind are the first dysfunctions to get buried. With a quiet conscious mind and easy access to your deep thinking subconscious mind, intuition flows like a river.

INVENTORY

How do you experience your intuition now?

When have you ignored it in a big way?

What is the feeling that comes with trusting and following your intuition?

What feeling comes with ignoring it?

Where do you feel fear in the body vs intuition?

INTUITION DIARY

This week, listen carefully, like you have never listened before to your intuition. What is it saying? When do you trust it and follow it? When not? Keep a journal (or a note in your phone) for things coming up in meditation & in life

So let's look at ways we can increase our intuition, these are not groundbreaking ways, but more reminders as we go through this week strengthening our intuition.

01

LISTEN

Shhh. Listen. It sounds simple enough – and it is. No tricks here. Your intuition can't talk to you if you're not listening. When you start to take notice, good things will happen.

02

TRUSTING THE GUT

When a word like 'gut' teams up with a word like 'feeling', you know there has to be a good reason. And there is. Research suggests that emotion and intuition have a physical presence in our gut. The gut is lined with a network of neurons and is often referred to as the 'second brain.' It's known as the enteric nervous system (ENS) and it contains about 100 million neurons, which is more than the spinal chord and peripheral nervous system but less than the brain. This is why we get 'sick' about having to make a tough decision or knowing we've made a bad one.

03

FEEL

You'll know your intuition is there because you'll be able to feel it – if you let yourself. You'll feel it in your belly and it will goosebump your skin, send a shiver down your spine, race your heart and quicken your breath. Sometimes it's even more subtle and the only way to describe it as a 'knowing'. You'll feel when something is right – it will feel clear, nourishing and enriching. And you'll feel when something is off – for us it's an ache or a flattening. Trusting your intuition might be difficult at first if you're not used to it, but give it time and trust it bit by bit It will be worth it.

04

LET SHIT GO

Negative emotions will cloud intuition, which is why when you're angry or depressed bad decisions can happen so easily. Research has backed this, finding that people made better intuitive choices in a word task when they were in a positive mood as compared to when they were in a negative mood. Frustration and petty negative things, got to go!

05

CHOOSE YOUR COMPANY WISELY

People who drain you will add to the noise and make it more difficult to hear what your intuition wants you to hear. Chances are that you already know who they are. If not, be still for a moment – your intuition will be trying to tell you. Keep people who enrich and empower you and keep distance from those who drain you.

06

FIND TIME TO BE SILENT AND STILL.

Having solitude turns down the noise of the world and allows you to tune in to your intuition. Our intuition is always sending warnings and encouragement but often we are too busy to notice. Let your mind wander and be open to what comes to you – feelings, thoughts or words. One of the ways to do this is through meditation. By focusing your thoughts on your own experience in the present moment, mindfulness gets rid of mental clutter and makes way for you to connect with your intuition.

A grayscale photograph of a woman with long hair, smiling slightly, holding a large seashell to her ear. The image is framed by a thin black border. The text is overlaid on the center of the image.

Your Stars

Get to know your sun, moon & rising

"We are born at a given moment, in a given place and, like vintage years of wine, we have the qualities of the year and of the season of which we are born. Astrology does not lay claim to anything more."

CARL JUNG

To get your astrological chart, you will need your...

Birthdate

What date and
year were you
born?

Birthtime

At what exact
time?

Location

What city/town
and country you
were born?

We like to use astrology as a tool to better understand ourselves.
Also to have fun with and better understand the people around us.

Get your chart

Click [HERE](#) and get your chart.

Write down these three most influential things in your chart, here or in your notebook.

SUN SIGN _____

MOON SIGN _____

RISING SIGN/ AC _____



SUN SIGN

Your Sun sign
dictates your zodiac
personality



MOON SIGN

Represents your
emotions, your inner
mood



RISING SIGN

Your first impression.
Represents your
physical body and
outward style.

ritual assignment

Read about your sun, moon and rising, and journal one - three adjectives that sound most like you in each of the texts about your signs. Don't force it, just use it as a mirror and see if you connect.

Sun sign here
Moon sign here
Rising sign here





““

Your Dosha

“ Ayurveda teaches us to cherish our innate-nature – “ to love and honor who we are” , not as what people think or tell us, “ who we should be.” —Prana Gogia

””



The Indian life science

Ayurveda is based on the human experience for thousands of years. They roughly categorise body and personality types into three categories that can be extremely useful for understanding yourself better, what foods are good for you, what kind of climate and so on. Take the test [HERE](#) and then read about your dosha in the next pages.

VATA

Vata types tend to be thin and lanky. They are very mentally and physically active and enjoy creative endeavors, meeting new people, and traveling to new places. When they are balanced, vatas are flexible, have lively imaginations, and are original thinkers. When imbalanced they can get anxious, ungrounded, and can seem "flaky" about fulfilling commitments, sticking to a routine, and completing projects. They tend to run cold and dry and enjoy warm, humid weather. It's common for vata types to experience cold hands and feet, constipation, dry skin, and cracking joints. The influence of the air element in their constitution causes their energy, mood, and appetite to fluctuate dramatically. For this reason vata types often fail to eat and sleep regularly, swinging from eating heavy foods to ground and sedate themselves, or ingesting stimulants like coffee and sugar to sustain intense physical or mental activity. Insomnia and low immunity are very common problem for the sensitive vata person.

PITTA

Pitta types are dominated by the fire element, which makes them innately strong, intense, and irritable. They tend to have a medium build and endurance with powerful musculature. They often have freckled skin that easily reddens in the sun, during exercise, massage, and when blushing. They are strong willed and good at doing what they think is right. They approach work and play with the same intensity and competitiveness. They are natural leaders and quick learners whose ability to easily comprehend and master new skills and concepts can make them judgmental or impatient toward people they feel are slower or less focused than themselves. They have strong digestion and intense appetites, both for food and challenges. If they miss a meal they are likely to become grumpy and may take a "bite" out of somebody instead. It is common for them to suffer from health conditions such as inflammation, rashes, acne, and loose stool. For balance, pittas need to manage their "fiery" tendencies, channeling them in productive ways and learning to recognize their destructive power.

KAPHA

Kapha types have strong frames and are naturally athletic as long they are exercising regularly to manage their tendency to gain weight. The influence of the earth and water elements makes them innately stable, compassionate, and loyal. They appreciate doing things in a methodical, step-by-step manner, and prefer a regular routine in their personal and professional lives. When imbalanced they can become unmotivated, stubborn, and complacent even when change is necessary. Their metabolism tends to be slow and their appetite for both food and stimulation is less intense than vata or pitta types. They benefit from exposing themselves to new environments, people, and occasionally fasting.

TRIDOSHIC

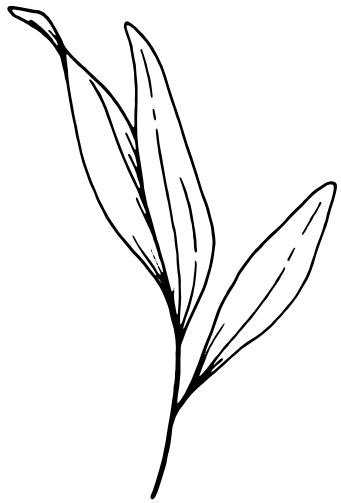
Maybe you have gotten a very even results from the dosha test. That might mean you don't have enough clarity of how you are and look (and it could be helpful to take the test again) or it might mean you are tridoshic. You can also take another test to see if you get more clarity - [CLICK HERE](#)

Tridoshic individuals are blessed with ideal physique and near-perfect body weight. With all the three Doshas in equal measure, these individuals are considered to be the healthiest of the lot. Having said that, they are also prone to minor ups and downs as it is extremely difficult to maintain the perfect balance at all times. These people generally do not complain of any major health issues. Tridoshic individuals can't tolerate extreme weather conditions.

Personality traits of the Tridosha body type: With the natural balance of all the Five Elements, i.e. Earth, Water, Air, Fire and Space, Tridoshic individuals boast of a very balanced mind. They think through things really well before arriving at a decision. These individuals usually display a sound temperament and are lucky to get a sound and refreshing sleep. These individuals are also blessed with a good learning power and strong memory. However, they have a secret fear about unknown things and find it difficult to manage extremely stressful situations.

RITUAL ASSIGNMENT

AFTER YOU HAVE TAKEN THE
DOSHA QUIZ, CLICK TO READ
MORE ON YOUR DOSHA AND
TAKE NOTES OF WHAT YOU
CONNECT TO!



VATA

Minimize Stress and Feed Your
Creativity

PITTA

Balance rest and activity and
spend time in nature

KAPHA

Seek stimulation and have a
regular daily routine



YOUR CODE

"Values are like fingerprints. Nobodies are the same but you leave them all over everything you do."

Elvis Presley

Living authentically

Raise your hand if you have found yourself saying yes to things that bore you, buying things that you feel don't belong to you, or committing to things you seriously do not want to do. We've all found ourselves there - living inauthentically, prioritizing things we believe we should do/be/buy rather than what our soul craves for us to do. If you feel this way, we think it's simply because you aren't living by your Code.

What is your inner code?

Your code is your core essence. Your code defines the values that make up who you are and dictates what should be filling all of your time. Answer the questions in the next pages in writing as honestly as you possibly can (and think about regular days), to figure out your four core WORDS.

Ritual assignment

I. WHAT DO YOU SPEND MOST OF YOUR TIME AND ENERGY ON? ON A NORMAL DAY, WHEN NO ONE IS WATCHING, AS WELL AS EVERYDAY. PUT DOWN 4 ITEMS.

II. WHAT DO YOU SPEND MOST OF YOUR MONEY ON? WHAT ARE YOU SAVING FOR? WHEN DO YOU THINK ABOUT WANTING MORE MONEY AND WHAT DO YOU REALLY WANT TO GET FOR THEM? PUT DOWN 4 ITEMS:

III. WHAT IS ORGANIZED IN YOUR LIFE? FROM THE CALENDAR, IN YOUR SURROUNDINGS, IN THE BANK, SOCIAL LIFE, ETC. PUT DOWN 4 ITEMS:

IV. WHERE ARE YOU THE MOST RESPONSIBLE IN LIFE? IN WHAT FIELD, TO WHOM, WHEN? PUT DOWN 4 ITEMS

V. WHAT DO YOU SPEND MOST TIME THINKING ABOUT? WHERE DO YOU USUALLY THINK YOUR THOUGHTS ARE? WRITE 4 ITEMS

VI. WHAT DO YOU USUALLY SEE WHEN YOU DREAM ABOUT THE FUTURE? WHAT CONDITIONS? THINGS? PEOPLE? LIFE EXPERIENCE?

VII. IN SOCIAL SITUATIONS, WHAT DO YOU LIKE TALKING ABOUT THE MOST? OR WISH YOU COULD TALK MORE ABOUT? WHAT TOPICS MAKE YOU EXCITED WHEN THEY COME UP IN SOCIAL SITUATIONS?

VIII. IF LIFE WAS A MAGAZINE, WHAT GIVES YOU THE MOST INSPIRATION? WHAT WOULD YOU BE CUTTING OUT OF THE PAPER? WHAT ARTICLES, PICTURES, PEOPLE, TOPICS, EXPERIENCES, TIPS, TOOLS?

IX. WHEN YOU THINK ABOUT YOUR LONG-TERM GOALS, WHAT ARE THEY? WHAT DO YOU WANT OR CALL FOR IN ORDER TO MAKE YOUR LIFE RICHER?

X. WHEN IT COMES TO YOUR TIME ONLINE, WHAT DO YOU LOVE MOST ABOUT LEARNING? WHAT ARE YOU MOST OFTEN READING ABOUT? WHAT BOOKS, BLOGS, YOUTUBE VIDEOS, INSTAGRAM, MEDIA ETC.

Ritual assignment

NOW LOOK AT THE 4 MOST FREQUENTLY WRITTEN ITEMS YOU WROTE DOWN, WHILE ANSWERING THE QUESTIONS BEFORE. WHAT IS THE CORE ESSENCE BENEATH THEM? TAKE A GOOD LOOK AT THEM, AND FIND OUT WHAT LIES BEHIND THEM AND WHETHER YOU CAN PUT THE WORDS INTO CATEGORIES AND FIND A NAME THAT COVERS THAT CATEGORY. FOR EXAMPLE, DAGNÝ'S CODE WAS ONCE: BEAUTY (ART, BEAUTIFUL CLOTHING, FOOD, THINGS, WRITINGS, SURROUNDINGS, PLACES, PEOPLE), LEGACY (LEAVING MEANINGFUL WORK BEHIND IN THE WORLD), SELF GROWTH (HEALTH, SPIRITUALITY, BETTERING HERSELF IN ALL POSSIBLE WAYS) AND FINALLY BEING SEEN (WHICH MEANS EXPRESSION SUCH AS FILMING, SPEAKING, RECORDING):

FREE WRITING

ANSWER THE QUESTIONS EXACTLY UNTIL YOU GET THE CLARITY OF THE WORDS AND WHAT LIES BEHIND THEM. WHICH WORDS CAME UP MOST OFTEN, WHICH WORDS CAN BE COMBINED AND CREATE 4 WORDS THAT YOU ASSOCIATE WITH AS YOUR INNER CORE AND VALUE. THIS EXERCISE CAN BE TRICKY, BUT JUST START AND THEN LET IT SIT FOR A FEW DAYS, AND VISIT THIS AGAIN AND SEE IF YOU HAVE MORE CLARITY ON THE CODE. ON THE NEXT PAGE WE HAVE EXAMPLES TO HELP YOU OUT

Authentic Code Examples

SPIRITUALITY + WELLNESS: TAKING CARE OF MY PHYSICAL, MENTAL, AND SPIRITUAL BODY

TRAVEL: EXPLORING AND LEARNING ABOUT THIS PLANET, PEOPLE, AND CULTURES

HUMOR: LAUGHING, HAVING FUN, NOT TAKING ANYTHING TOO SERIOUSLY, INNER CHILD

CREATIVITY: EXPRESSING MYSELF CREATIVELY AND BEING INSPIRED BY OTHER CREATIVE OUTLETS AND EXPRESSIONS

FREEDOM: INDIVIDUALITY, ACCEPTANCE, LIMITLESS

CONNECTION: COMMUNICATION, STIMULATION, FEELING SEEN

BEAUTY: FEELING INSPIRED, CREATING, APPRECIATING AESTHETICS AND LUXURY

EXPANSION: GROWING, LEARNING, EXPERIENCING, AND BEING CHALLENGED

CONNECTION: TO MYSELF, TO MY SPIRITUALITY, TO OTHER PEOPLE, TO NATURE, TO EVERYTHING I ALLOW INTO MY LIFE

LUXURY: FREEDOM, COMFORT, SECURITY, RESOURCES, AESTHETICS

SELF-CARE: THIS CAN MEAN A VARIETY OF DIFFERENT THINGS - EMOTIONAL & PHYSICAL, BUT TAKING CARE OF MYSELF NO MATTER WHAT, ALLOWING TIME FOR IT, HAVING THE RESOURCES FOR IT

CREATING: COULD BE AS SIMPLE AS DECORATING MY HOUSE, COOKING, OR BIGGER CREATIVE PROJECTS

SPACE: A PLACE JUST FOR ME, SPACE TO MEDITATE, UNBLOCK, FEEL CENTERED, SPACE TO GROW

MOVEMENT: MOVE MY BODY EVERY DAY IN SOME WAY, FORWARD MOVEMENT IN GROWTH, IN MY JOB, IN LIFE

CONNECTION: TO MYSELF, TO THE PEOPLE IN MY LIFE, TO MY JOB

SECURITY: FINANCIAL, HOME, SAFETY

AESTHETICS: CONNECTING TO THE CREATIVITY OF A PERSON, PLACE, OR THING

FLEXIBILITY: WITH MY RESOURCES - TIME, MONEY, BELIEFS, ETC

EXPLORATION: FEELING MOST ALIVE WHEN I AM FREE TO EXPLORE PHYSICALLY, SPIRITUALLY, AND MENTALLY

CREATIVITY: CREATING FROM MY HEART THROUGH WORK, LEGACY, FOOD, RESOURCEFULNESS, ETC.

Release shame around your code

Do you think any of the words coming up are silly or that you don't deserve it? What? If there is, shame could be stopping you from living by your authentic code. When you have found your 4 words, it's important to share them with the people in your circle to get rid of any shame around them. For example Dagný thought it was silly that she wanted to "be seen" and thought the "beauty" category was very superficial. This is exactly the inner judgement we want to release to be able to fully own our code and live by it. You can release shame by telling people your code, taking the words into meditation and truly accepting them without judgement. This way you are accepting all of you, not who you think you should be. This can truly be so helpful in making decisions. For example: If a job offer doesn't fit any of your inner code words, then maybe it is a NO! Use your code to filter and make decisions.



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Your Chakras

"Chakras are organizational centers for the reception, assimilation, and transmission of life-force energy. They are the stepping stones between heaven and earth." Anodea Judit

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The Chakras

Chakras are centers of consciousness according to yoga texts and connect to our glands. They are focal points of energy that have a direct, immediate, and profound effect on our daily lives. The particular chakra where the majority of your kundalini energy is primarily focused, influences your basic behaviour and attitudes. This relationship between behaviour and your dominant chakra is key because energy acts like a magnet. We constantly attract vibrations to ourselves that are on the same wavelength as the chakras from which we are operating. When this balance of the chakras occurs, you become empowered; you are able to be a compassionate, conscious, and capable human being. In some yoga lineages they write about the seven chakras and in other eight, like kundalini yoga. We will go through the eight chakras.



More on the chakras

The chakra is the energy that emanates from the spiritual body through the physical body. This energy is vital for harmonizing the dimension of the human being. Each Chakra within the human body has a corresponding symbol, Mantra and colour, as well as a corresponding element.

Chakras can be imbalanced by becoming blocked (underactive) or overly intense (overactive). When this happens our being as a whole is imbalanced, often leading to illness and/or emotional blocks and creating an unhealthy environment.

The following Chakra Chart can help you determine the well being and balance of your chakras.



CHAKRAS

THE FIRST CHAKRA; EXISTENCE

RELATES TO THE ELIMINATION FUNCTION AND SURVIVAL ISSUES, SAFETY AND SECURITY.

IMBALANCED: WE MAY FEEL VICTIMIZED, PARANOID, HOSTILE, COMPULSIVE OR SELFDESTRUCTIVE

BALANCED: WE FEEL GROUNDED WITH A STRONG FOUNDATION.

EMOTIONAL: GREED

PHYSICAL: HEMORRHOIDS, CONSTIPATION AND ENVIRONMENTAL SENSITIVITIES

THE SECOND CHAKRA; FEELING

CORRESPONDS TO THE SEXUAL ORGANS AND RELATES TO OUR EMOTIONAL LIFE, SENSUALITY, SEXUALITY, RELATIONSHIP ISSUES AND CREATIVITY.

IMBALANCED: WE MAY AVOID INTIMATE RELATIONSHIPS OR HAVE POOR BOUNDARIES, WE MAY FANTASISE EXCESSIVELY OR WE MAY BE EITHER OVERLY EMOTIONAL OR SHUT DOWN EMOTIONALLY.

BALANCED: WE EXPRESS OUR EMOTIONS APPROPRIATELY, NURTURE HEALTHY RELATIONSHIPS AND EXPRESS OUR CREATIVITY.

EMOTIONAL: LUST

PHYSICAL: UTERINE OR PROSTATE PROBLEMS, RECURRENT VAGINAL INFECTIONS OR DISCOMFORT, LOW BACK PAIN, KIDNEY DISORDERS, INFERTILITY AND OVARIAN CYSTS

CHAKRAS

THE THIRD CHAKRA; POWER

CORRESPONDS TO OUR SENSE OF PERSONAL POWER, WILL, CONTROL, STAMINA, STRENGTH AND OUR ABILITY TO DEAL WITH LIFE

IMBALANCED: WE MAY EXPERIENCE LOW SELF ESTEEM, HAVE TROUBLE TAKING RISKS OR FOLLOWING THROUGH WITH GOALS, OR LACK DISCIPLINE. WE MAY BE ANGRY, AGGRESSIVE, DOMINEERING, CONTROLLING, OVERLY AMBITIOUS, AUTHORITARIAN OR ABUSIVE

BALANCED: WE ARE ASSERTIVE, HAVE CONFIDENCE, STAMINA AND CAN INITIATE CHANGE

EMOTIONAL: ANGER

PHYSICAL: DIGESTIVE PROBLEMS, ANOREXIA AND LIVER DISEASE.

THE FOURTH CHAKRA; LOVE

IS RELATED TO OUR ABILITY TO GIVE AND RECEIVE, TO FEEL LOVE ACCEPTANCE, FORGIVENESS AND COMPASSION.

IMBALANCED: WE MAY GIVE TOO MUCH AND BE UNABLE TO RECEIVE, EXPERIENCE LACK OF JOY OR MAY NEED TO FIX OTHERS TO FEEL OKAY ABOUT OURSELVES. WE MAY ADDICTED TO RELATIONSHIPS OR FEAR INTIMACY. WE MAY USE OTHERS, BE IRRESPONSIBLE AND FEEL EMOTIONALLY GUARDED.

BALANCED: WE ARE SERVICEFUL, KIND, LOVING TO OURSELVES AND OTHERS AND ARE HOPEFUL

EMOTIONAL: ATTACHMENT

PHYSICAL: BREAST CYSTS AND CANCER, HEART DISEASE, HYPERTENSION, CIRCULATORY PROBLEMS, CHEST PAIN, BRONCHITIS, PNEUMONIA, ASTHMA, BREATHING DIFFICULTIES, ALLERGIES AND UPPER BACK AND SHOULDER PAIN.

FIFTH CHAKRA; TRUTH

IT IS RELATED TO THE WORD AND ALL THAT WORD CREATES, SELF EXPRESSION, COMMUNICATION, LISTENING, SURRENDERING TO ONES DESTINY, EMBODYING DIVINE WILL AND TEACHING.

IMBALANCED: WE MAY BE UNABLE TO VOICE OUR FEELINGS OR CREATIVITY, EXPERIENCE, WRITERS BLOCK, ARE UNABLE TO TAKE IN WHAT OTHERS ARE SAYING, ARE CUT OFF FROM OUR DESTINY, HAVE POOR COMMUNICATION SKILLS, AND FEAR OTHERS OPINIONS AND JUDGEMENT.

BALANCED: WE HAVE THE ABILITY TO COMMAND THROUGH SPEECH AND TAKING RESPONSIBILITY TO ONES ACTIONS.

EMOTIONAL: PRIDE OR ARROGANCE

PHYSICAL: RECURRENT SORE THROATS, NECK PAIN, LARYNGITIS, HOARSENESS, SPEECH PROBLEMS, UNDERACTIVE OR OVERACTIVE THYROID, MOUTH SORES, GUM DISEASE, EAR INFECTIONS, HEARING PROBLEMS, SWOLLEN GLANDS IN THE NECK.

CHAKRAS

SIXTH CHAKRA; INTUITION

IT IS ASSOCIATED TO THE PITUITARY GLAND AND IS RELATED TO INTUITION, VISUALIZATION, SKILLS AND CONCENTRATION

IMBALANCED: WE MAY FEEL DEPRESSED, CONFUSED, ALIENATED AND MAY OVERINTELLECTUALIZE.

BALANCED: WE HAVE THE ABILITY TO PLAN, MAINTAINING A GOAL AND THE ABILITY TO KNOW THE UNKNOWN AND SEE THE UNSEEN

EMOTIONAL: CONFUSION

PHYSICAL: GLANDULAR IMBALANCES, LEARNING DISABILITIES, VISION PROBLEMS, DEPRESSION AND CONFUSION

CHAKRAS

SEVENTH CHAKRA; GRACE

IT IS ASSOCIATED TO THE PINEAL GLAND. THE CROWN OF THE HEAD. THIS CHAKRA LINKS. THE FINITE TO THE INFINITE, THE INDIVIDUAL TO THE UNIVERSAL.

IMBALANCED: WE MAY FEEL ALIENATED, ARE MORE INCLINED TO HAVE ADDICTIONS TO DRUGS OR ALCOHOL AND MAY EXPERIENCE DEPRESSION. LACK FAITH AND MAY HAVE SUICIDAL THOUGHTS.

BALANCED: FEEL UNITY WITH ALL, ARE CONNECTED TO OUR HIGHEST CONSCIOUSNESS AND DESTINY, ARE ABLE TO MERGE WITH THE DIVINE EXPERIENCE INFINITE VASTNESS AND TRANSCENDENCE.

EMOTIONAL: ALIENATION AND DEPRESSION

PHYSICAL: LIFE THREATENING ILLNESS, NEUROLOGICAL DISEASES, SEASONAL AFFECTIVE DISORDER, MANIC DEPRESSION, SCHIZOPHRENIA, INSOMNIA

EIGHTH CHAKRA; RADIANCE

THIS CHAKRA ENCOMPASSES THE AURA OR ELECTRO MAGNETIC FIELD, WHICH RADIATES AROUND THE BODY FOR APPROX NINE FEET IN ALL DIRECTIONS AND PROVIDES US WITH AN ENERGETIC PROJECTION AS WELL AS PROTECTION. IT HELPS TO INTEGRATE ALL THE CHAKRAS

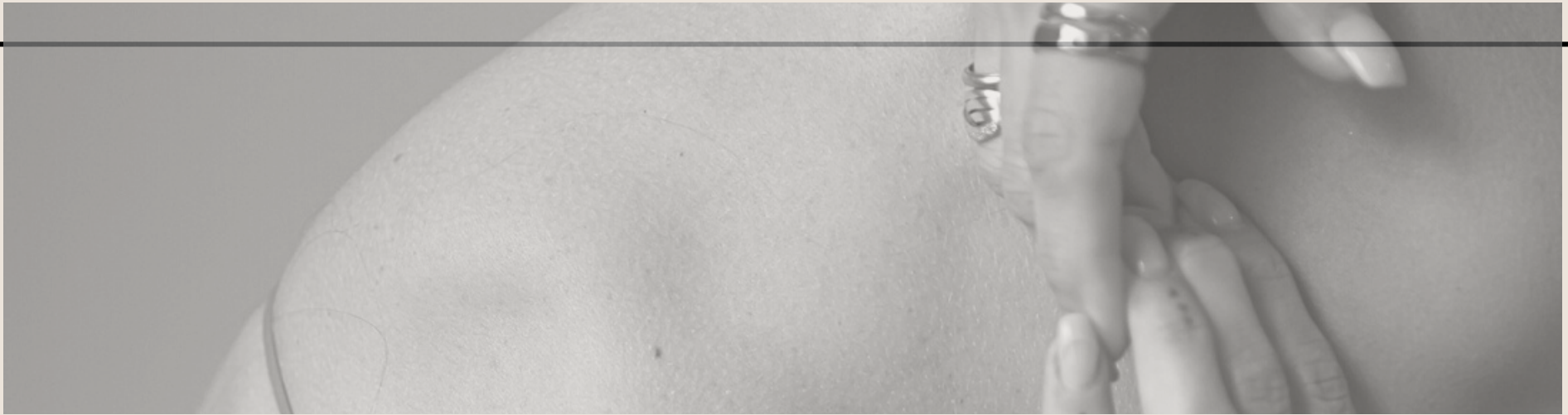
AND ALL PARTS OF THE BODY.

WEAK: WE MAY HAVE POOR BOUNDARIES, ARE EASILY AFFECTED BY NEGATIVE INFLUENCES AND MAY BE PRONE TO ACCIDENTS, ENVIRONMENTAL SENSITIVITIES OR ALLERGIES.

STRONG: WE HAVE POWER OF PROJECTION, RADIANCE, A STRONG PRESENCE AND FEEL INTEGRATED.

EMOTIONAL: LACK OF INTEGRATION

PHYSICAL: ADDICTIONS TO CO-DEPENDENCY, WORK, SUCCESS AND VIDEO GAMES.



RITUAL ASSIGNMENT

After reading about each chakra, journal about where you think you are in balance and where you are out of balance now. Keep this in mind when we go deeper into the subject in week 3. Now take a look at the video lecture on the chakras to understand the topic better.



Ritual Assignment

Understanding the ten bodies is about getting a deeper motivation to meditate, do breathwork and self study. Read about the 10 bodies to identify where you are the most imbalanced and what self practices would benefit you the most, journal it down.



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YOU

Now that you have gone through this part and studied your astrology, dosha, chakras, ten bodies and your inner code, you might have a better picture of what you are made of, what you need, your likes and dislikes, what you need to work on and what you want. This "map of you" will serve you well in the next few weeks where we dive deep into self mastery where we work on our radiance to attract all we need by VISION MAKING AND GOAL SETTING (part 2) PURIFYING & LETTING GO (part 3), and CREATING RITUALS & HABITS (part 4)

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