



Self Mastery

part 1 - self study

RVE RITUAL

Part 1 – self study

INTRO

5 pillars of wellness

SELF STUDY

- Astrology
- Ayurveda
- Human Design
- Chakras
- Ten bodies

Gratitude ritual



5 pillars of wellness

Welcome to Self Mastery - Our most popular course that we launched in the beginning of 2020 and have done over 30 classes since with women from around the world, of all ages (16-75 to be exact)!

In this class we (Eva & Dagný) have combined the tools that have served us the best on our wellness & spiritual journeys and created the 5 pillars of wellness, and you will explore each pillar in each week of this class.

We not only use these 5 pillars to better our lives, we run our company by these pillars. You will see as you go through the class that these are universal laws and whenever you will experience that life throws you a curveball with fear, stagnation, any kind of loss you can find an helpful tool in one of the pillars

SELF STUDY - VISION - PURIFY - RITUALS - CONSISTENCY

A NEW YEAR REFLECTION

As this Self Mastery is starting on January 1st 2025 we have some extra reflection to take inventory. Please take a moment (10 min) with your journal to reflect on the year that just passed. Do it with friends, your partner or family aswell!

1. What were your top 10 highlights of 2024?
2. 10 small sweet moments?
3. 5 things you achieved this year you are proud of?
4. 5 things you are grateful for this year
5. 5 biggest lessons this year
6. End of the year capsule: how you felt at this point in your life? where are you at?
what are you working on? What are you struggling with

SELF STUDY

The first part of this course is SELF STUDY. That's because, when we connect to ourselves, understand our patterns, behaviors, energy, preferences, and needs we can use these reflections to take actionable steps toward a more aligned personal, professional, and creative life. This is why we think it's 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 and who we are, so for this course to have full effect you need to work each step to the best of your abilities, but remember, there is no perfection!

MEDITATION

A big part of this class is daily meditation and breathwork. As this is a habit that has a ripple effect on your whole 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 8-15 minutes) so you get to know different methods and practices from different yogic traditions and buddhism. In this first part we start with a self hypnosis meditation that helps us remove blockages.

WHY MEDITATION?

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. Meditation is the process of controlling and transcending the waves of the mind, allowing the flow of radiance from the soul. By creating new pathways in the brain, meditation creates a communication between you and your mind, and between your mind and your body.

SELF MASTERY : MEDITATION TRACKER

day 1

day 7

selfstudy

vision

purify

ritual

consistency



Practice of the week

3 minutes Breath of Joy

8 min Rvk Ritual meditation

Breath of joy - 3 min

This is our version of the breath of joy, that is usually done standing but we love this seated version for a quick inhale of joy in the morning

3-part breath in

- Sit comfortably. Inhale and fill up one-third of the lungs, (imagine that you're just filling up the bottom part) while swinging the arms up in front of you, shoulder height, palms facing up. (Then bring arms back down)
- Inhale again (same inhalation), imagining that you're filling up two-thirds of your lung capacity, while swinging the arms to the sides, shoulder height. (Then bring arms back down)
- Inhale filling up to full capacity while swinging the arms parallel along the front all the way up, over the head, palms facing each other.

One big exhale out

One big exhale to the sound of ha, bending forward swinging your arms down and along the sides up behind you

These 3 steps (quick inhalations) need to be done rather quickly in a row. Repeat for 3 minutes

Rvk Ritual meditation - 8 min

This classic Rvk Ritual meditation is a mantra meditation that we love oh so dearly. Using a mantra while you meditate is a strong anchor that you are not emotionally attached to, but still has a deep meaning. The mantra is: Om Namah Shivaya. Rvk ritual meditation can be done anywhere and at anytime. Put on a timer and follow the direction or listen to the audio file.

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.

MINDFULNESS: body scan. Keep your eyes closed and place your attention to one body part at a time. Start with your feet and gradually go up the body. Pay special attention to the stomach, shoulders and jaw as they are often tense and release the tension.

MEDITATION: With your eyes closed, repeat the “om namah shivaya” mantra in your mind. The breath should be normal in and out your nose. Put your attention to the area between the eyebrows, the third eye. When thoughts arise, gently draw your attention back to the mantra and the breath. Remind yourself of the meaning of the mantra (read more on that on the next page), as you are calling in your highest self, the best possible version of you

THE MANTRA

THE MANTRA: Om Namah Shivaya is from Hindu and calls to your higher and purest self. It has many translations and meanings but at its core Namah means "respect" or "admiration" Shivaya means "aligning itself with its higher self".

The intention of practicing this mantra is to work towards enlightenment and get rid of the ego. By aligning yourself with your higher self, you can rid yourself of negative feelings that come from the ego, such as jealousy, disappointment, anger, frustration, insecurity, and greed. Turn them into something positive, what is this “negative” teaching you? This negative is usually positive in reality. Jealousy is often to show you that you have met your peers, envy is often to show you what you can do, are you annoyed to be wrong? To “lose” an argument, you never lose, you win because you were learning something new, even though you make mistakes, you are not mistakes etc.

Our mantran creates dharana - to focus on one thing.



create your inner map

The two of us have taken every personality tests under the sun, read most of the self help books, studied our astrology, human desing, 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 and weeks 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

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.

Yogic Energetics

The chakras and the Ten bodies. 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? 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?

Human Desing

A powerful tool for understanding your energy, your intuition and life purpose Finding out your type and your authority can give you hints on how to listen better to your energy and intuition



Your Stars

Get to know your sun, moon & rising

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

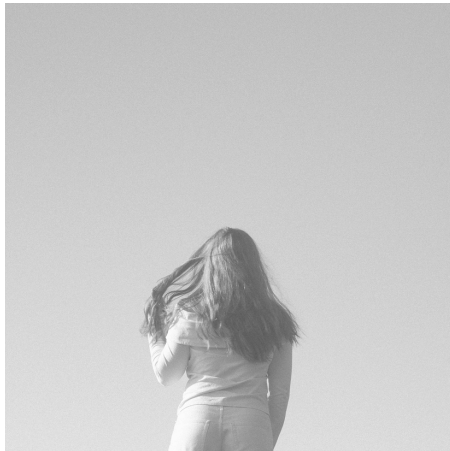
Click [HERE](#) and get your
chart

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

SUN SIGN _____

MOON SIGN _____

RISING SIGN/ AC _____



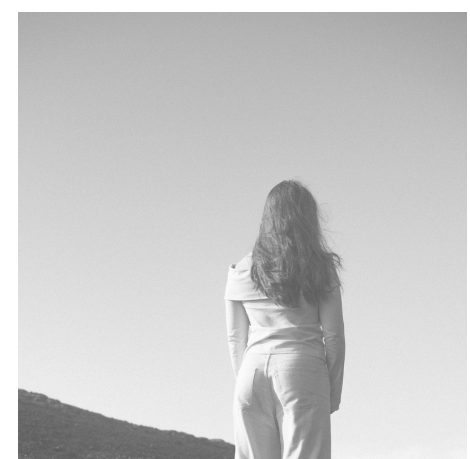
SUN SIGN

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. Also
called Ascendant sign

ritual assignment

Read about your sun, moon and rising sign, 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.

Read about your sun, moon and rising (Ascendant) sign [here](#)

(Click each sign and find sun, moon or rising)



A background image of two women with long, wavy hair, smiling and looking towards each other. The image is faded and serves as a backdrop for the text.

“

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. (if you get even results try taking [THIS](#) test aswell)

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 HUMAN DESIGN

WHAT IS HUMAN DESIGN?

We loooove Human Design. It has helped us structure the way we work, the way we live and how we understand and use our energy. It is a deep and big subject and this is just the first layer. Our mission is yo find our TYPE, your STRAGETY & your INNER AUTHORITY (where your intuition lies) Let this information digest in you through the class. But what is it?

Imagine a system that explains how you were built, and how to best respond to the world—like a combination between astrology and Myers-Briggs. It's called Human Design, and its creation story is one for the ages: In short, Ra Uru Hu (née Alan Krakower), had an eight-day visitation in the '80s with a "Voice," who dictated a mechanical system that's literally a four-hundred-page textbook for how we all work, as defined by our time and place of birth. While it sounds out there, when you actually generate your chart, you may be surprised by how much it sounds like you. While it's easy to get lost in the information, the first step is to get you [Bodygraph chart HERE](#) and then read more about your "authority" and "strategy" in the pages in this chapter. Understanding human design can really help you manifesting and how to live authentically.

STRAGETY AND INNER AUTHORITY

YOUR TYPE, STRATEGY AND INNER AUTHORITY GO TOGETHER TO GUIDE YOU. YOUR INNER AUTHORITY IS YOUR BODY'S KNOWING OR INTELLIGENCE, HOW YOU KNOW IF A DECISION IS THE RIGHT ONE FOR YOU. YOU HEAR A LOT THESE DAYS ABOUT FOLLOWING YOUR INTUITION. HUMAN DESIGN GETS SPECIFIC AND SHOWS YOU WHERE YOUR AUTHORITY LIES SO YOU CAN EXPERIMENT AND SEE HOW IT WORKS FOR YOU. WHEN WE INTENTIONALLY PRACTICE WITH OUR TRUE STRATEGY AND AUTHORITY, WE ALIGN WITH OUR UNIQUE PATH AND GENETIC MAKEUP. THINGS JUST NATURALLY FALL INTO PLACE, FROM WHERE WE LIVE, TO OUR JOB, AND OUR RELATIONSHIPS.

aura type 1: The Generator

THEY ARE THE LIFE FORCE OF THE PLANET, THE BUILDERS. THEY HAVE A DEFINED SACRAL CENTER AND AN OPEN AND ENVELOPING AURA THAT IS CONSTANTLY PULLING LIFE TO THEM. THEIR STRATEGY IS TO RESPOND, AS OPPOSED TO INITIATE. IT'S A SACRAL RESPONSE (THIS CAN BE SACRAL SOUNDS, BODY MOVEMENT, ETC.) THAT LETS THEM KNOW IF THEY ARE AVAILABLE TO GIVE THEIR ENERGY TO SOMETHING OR NOT. WHEN GENERATORS INITIATE FROM A MENTAL PLACE (INSTEAD OF WAITING FOR THIS RESPONSE), THEY CAN END UP FEELING DEEPLY FRUSTRATED AND DEGENERATED RATHER THAN REGENERATED AND SATISFIED IN THEIR LIFE AND WORK.

aura type 2: The Projector

PROJECTORS REPRESENT ABOUT 20 PERCENT OF THE POPULATION. THEIR STRATEGY IS TO WAIT FOR RECOGNITION AND INVITATION. THEIR FOCUSED AND PENETRATING AURA GIVES THEM THE ABILITY TO SEE DEEPLY INTO OTHERS. WHEN INVITED AND RECOGNIZED (I.E. THEY FEEL APPRECIATED AND SEEN), PROJECTORS ARE HERE TO BE OUR MOST GIFTED GUIDES. IF PROJECTORS ARE FOCUSING ON THE WRONG PEOPLE AND HAVE NOT BEEN REALLY RECOGNIZED, THIS CAN LEAD TO EXHAUSTION AND BITTERNESS. PROJECTORS NEED TO LEARN TO BE VERY DISCERNING ABOUT ENGAGING THEIR ENERGY. THEY ARE NATURAL AT MASTERING SYSTEMS, AND WHEN THEY USE THEIR ENERGY CORRECTLY, WILL EXPERIENCE SUCCESS IN THEIR LIFE AND RELATIONSHIPS.

aura type 3: *The Manifestor*

MANIFESTORS REPRESENT ABOUT 9 PERCENT OF THE POPULATION. AS NATURAL INITIATORS, THEIR STRATEGY IS TO INFORM THOSE AROUND THEM OF THEIR DECISIONS BEFORE THEY TAKE ACTION. MANIFESTORS HAVE A POWERFUL IMPACT; THEIR CLOSED AND REPELLING AURA CAN MAKE OTHERS FEEL OFF BALANCE AND WANT TO CONTROL THE MANIFESTOR. WHEN A MANIFESTOR SHARES WITH OTHERS, THIS NATURALLY RELAXES THOSE AROUND THEM AND REMOVES ENERGETIC RESISTANCE, ALLOWING THEM TO INITIATE IN PEACE. MANIFESTORS CAN BE AN INITIATING CATALYST FOR THE OTHER TYPES, TOO. WHEN THEY ARE MOVING THROUGH LIFE WITHOUT INFORMING OTHERS, MANIFESTORS CAN END UP FEELING ANGRY AS A RESULT OF THE RESISTANCE THEY EXPERIENCE.

aura type 3,5: The Manifesting generator

THE MANIFESTING GENERATOR (30.2% OF THE POPULATION) IS A MIX OF THE MANIFESTOR AND GENERATOR. MANIFESTING GENERATORS HAVE TO WAIT FOR SOMETHING TO RESPOND TO BEFORE THEY LEAP INTO ACTION. THIS IS, IN ESSENCE, LIKE WAITING FOR A “SIGN” OR A SIGNAL THAT THE TIMING IS RIGHT BEFORE TAKING ACTION. FOLLOWING THERE STRONG GUT-LEVEL PULSES ALWAYS PUTS THE MANIFESTING GENERATOR IN THE RIGHT PLACE, DOING THE RIGHT WORK, AND HAVING THE RIGHT IMPACT. IN ADDITION, MANIFESTING GENERATORS HAVE A UNIQUE ABILITY TO DO MORE THAN ONE THING AT A TIME AND NEED TO CONSTANTLY KEEP MANY BALLS IN THE AIR. THEY WILL ALSO SKIP OVER DETAILS THAT AREN'T IMPORTANT AND FIND THE FASTEST WAY TO MASTERY. A MANIFESTING GENERATOR IS UNIQUELY CAPABLE OF GETTING MORE THINGS DONE THAN MOST AND FOR A LONG PERIOD OF TIME. THE MANIFESTING GENERATOR WHO IS NOT RESPONDING RUNS THE RISK OF BEING VERY BUSY DOING NOTHING. AND BECAUSE THE MANIFESTING GENERATOR IS SO FAST WHEN THEY DO RESPOND, THEY HAVE A TENDENCY TO SKIP IMPORTANT STEPS AND FREQUENTLY HAVE TO GO BACK AND FIX THE STEPS THEY SKIPPED. THE MAIN GOAL OF THE GENERATOR IS TO ACHIEVE MASTERY. THE MANIFESTING GENERATOR CANNOT ACHIEVE MASTERY IF THEY'RE LEAPING AND LEAPING.

aura type 4: *The Manifestor*

MANIFESTORS REPRESENT ABOUT 9 PERCENT OF THE POPULATION. AS NATURAL INITIATORS, THEIR STRATEGY IS TO INFORM THOSE AROUND THEM OF THEIR DECISIONS BEFORE THEY TAKE ACTION. MANIFESTORS HAVE A POWERFUL IMPACT; THEIR CLOSED AND REPELLING AURA CAN MAKE OTHERS FEEL OFF BALANCE AND WANT TO CONTROL THE MANIFESTOR. WHEN A MANIFESTOR SHARES WITH OTHERS, THIS NATURALLY RELAXES THOSE AROUND THEM AND REMOVES ENERGETIC RESISTANCE, ALLOWING THEM TO INITIATE IN PEACE. MANIFESTORS CAN BE AN INITIATING CATALYST FOR THE OTHER TYPES, TOO. WHEN THEY ARE MOVING THROUGH LIFE WITHOUT INFORMING OTHERS, MANIFESTORS CAN END UP FEELING ANGRY AS A RESULT OF THE RESISTANCE THEY EXPERIENCE.

aura type 5: The Reflector

REFLECTORS REPRESENT ABOUT 1 PERCENT OF THE POPULATION. YOU HAVE A RESILIENT AURA THAT SAMPLES THE ENERGIES AROUND YOU AND REFLECTS THEM. THE WAY IN WHICH REFLECTORS PROCESS EXPERIENCE IS VERY DIFFERENT FROM THE OTHER TYPES. BECAUSE THEIR CHEMISTRY MAGNIFIES EVERYTHING AND EVERYONE, REFLECTORS HAVE THE POTENTIAL TO SEE WHAT IS HAPPENING IN A WAY THAT NO ONE ELSE CAN. THEIR GREATEST GIFT IS TO READ OTHERS AND THEIR ENVIRONMENTS. WHEN THEY ARE HEALTHY AND IN THE RIGHT PLACE, REFLECTORS EXPERIENCE THE WONDER AND SURPRISE OF LIFE. IF, HOWEVER, REFLECTORS END UP IDENTIFYING WITH WHAT THEY ARE MIRRORING, THEY CAN BECOME EXHAUSTED AND DISAPPOINTED.

AUTHORITY TYPES

SACRAL AUTHORITY

JUST UNDER 35 PERCENT OF THE POPULATION HAS THE SACRAL AUTHORITY; MANY GENERATORS FALL HERE. YOUR NATURAL TENDENCY IS TO WAIT FOR SOMETHING/SOMEONE TO SHOW UP IN YOUR FIELD SO YOU CAN RESPOND. YOUR AURA IS PULLING LIFE TO ITSELF ALL THE TIME. YOU DON'T NEED TO "GO AND GET THINGS." INSTEAD, GET FAMILIAR WITH THE MANY WAYS IN WHICH YOU ARE ALREADY RESPONDING ALL THE TIME. YOUR SACRAL LIFE FORCE ENERGY IS A RESPONSE MECHANISM—IT'S EITHER OPEN TO GIVING ITS ENERGY TO SOMETHING THAT IS HEALTHY FOR YOU IN THE MOMENT, OR CLOSED. A RESPONSE CAN BE SIGNIFIED BY A SPONTANEOUS SOUND OR BODY MOVEMENT TOWARD SOMETHING. IT'S NOT ALWAYS ABOUT SOMEONE ASKING YOU A DIRECT QUESTION.

EMOTIONAL AUTHORITY

ABOUT 47 PERCENT OF THE POPULATION FALLS INTO THIS TYPE OF SOLAR PLEXUS AUTHORITY: THE SOLAR PLEXUS OPERATES IN A WAVE THAT IS ALWAYS MOVING. AS THIS TYPE RIDES THEIR EMOTIONAL WAVE AND EXPERIENCES ALL OF ITS NUANCES, THEY PICK UP INFORMATION OVER TIME. WHEN THEY COME TO A PLACE OF CLARITY, OR LITTLE OR NO NERVOUSNESS IN THE BODY, THEY CAN MAKE THEIR DECISION AT THAT POINT. IF THIS IS YOU, YOU'LL ALWAYS GET THE BETTER DEAL FOR YOURSELF WHEN YOU WAIT. TAKE TIME TO "SLEEP ON IT," AND ALLOW YOURSELF TO EXPERIENCE THE FULL SPECTRUM OF YOUR EMOTIONAL WAVE BEFORE MAKING DECISIONS.

EGO AUTHORITY

THIS HEART-CENTERED AUTHORITY WILL COME FROM A PROJECTOR OR A MANIFESTOR, AND MAKES UP JUST OVER 1 PERCENT OF THE POPULATION. YOU MUST TRUST WHAT YOU SAY OR DO SPONTANEOUSLY, IN THE MOMENT. THE VOICE OF THE EGO WILL SPEAK OR MOVE THE BODY IF YOU ALLOW IT TO DO SO. IT'S ABOUT LETTING THE WORDS COME OUT UNFILTERED (AS WITH THE SELF-PROJECTED AUTHORITY), NOT SAYING WHAT YOU THINK YOU WANT TO SAY. THIS AUTHORITY HAS A WILLPOWER THAT IS UNMISTAKABLY ENGAGED, OR NOT.

AUTHORITY TYPES

SPLENIC AUTHORITY

THIS TYPE IS MORE RARE, ABOUT 11 PERCENT OF THE POPULATION, AND IS CHARACTERIZED BY AN INTUITIVE SENSE OR RECOGNITION IN THE MOMENT. THE SPLEEN IS OUR OLDEST AWARENESS CENTER, FASTER THAN THE MIND, AND DEEPLY ROOTED IN SURVIVAL, HEALTH, AND WELL-BEING. SOME PEOPLE DESCRIBE THIS AUTHORITY AS A SPLENIC "HIT," OR INSTANT, INTUITIVE KNOWING.

ENVIRONMENT/NO INNER AUTHORITY

THIS IS ABOUT 3.53 PERCENT OF THE POPULATION—IT IS A MENTAL PROJECTOR WITH A LOT OF OPENNESS. YOU RECEIVE GUIDANCE FROM SENSORY INFORMATION THROUGH YOUR OPEN CENTERS. USING OTHER PEOPLE AS "SOUNDING BOARDS" IN ORDER TO HEAR THE TRUTH/NOT TRUTH IN YOUR VOICE CAN BE HELPFUL HERE. BEING IN THE RIGHT ENVIRONMENT FOR YOU IS IMPORTANT.

SELF-PROJECTED AUTHORITY

THIS IS ABOUT 2.8 PERCENT OF THE POPULATION, AND DESCRIBES A SUBSECTION OF PROJECTORS WHO ARE DEEPLY NON-ENERGETIC, AND POWERFUL, BEINGS. THE ABILITY TO LISTEN AND HEAR THEIR VOICE IS KEY. THEIR TRUTH IS EXPRESSED THROUGH THE CORE OF THEIR IDENTITY (THE G CENTER). ALLOWING YOUR WORDS TO COME OUT UNFILTERED IS KEY..

LUNAR CYCLE AUTHORITY

ABOUT 1.39 PERCENT OF THE POPULATION, THIS IS THE AUTHORITY TYPE OF A REFLECTOR WHO DERIVES HIS/HER AUTHORITY FROM THE LUNAR CYCLE. THEY HAVE A SPECIAL CONNECTION WITH THE MOON. BEFORE MAKING AN IMPORTANT DECISION, YOU SHOULD WAIT THROUGH A TWENTY-EIGHT-AND-A-HALF-DAY MOON CYCLE, WHICH PROVIDES A CONSISTENT, FAMILIAR PATTERN TO WORK WITH.

How to use it?

Just by looking up your chart and opening up to Human Design is a first step to honouring your energy and intuition on a deeper level. Don't get overwhelmed by this, just, get to know a little bit more about your aura type their strategy and then your authority type and let it simmer.

Get inspired by Erla Sól to use this as a practical tool for self understanding.



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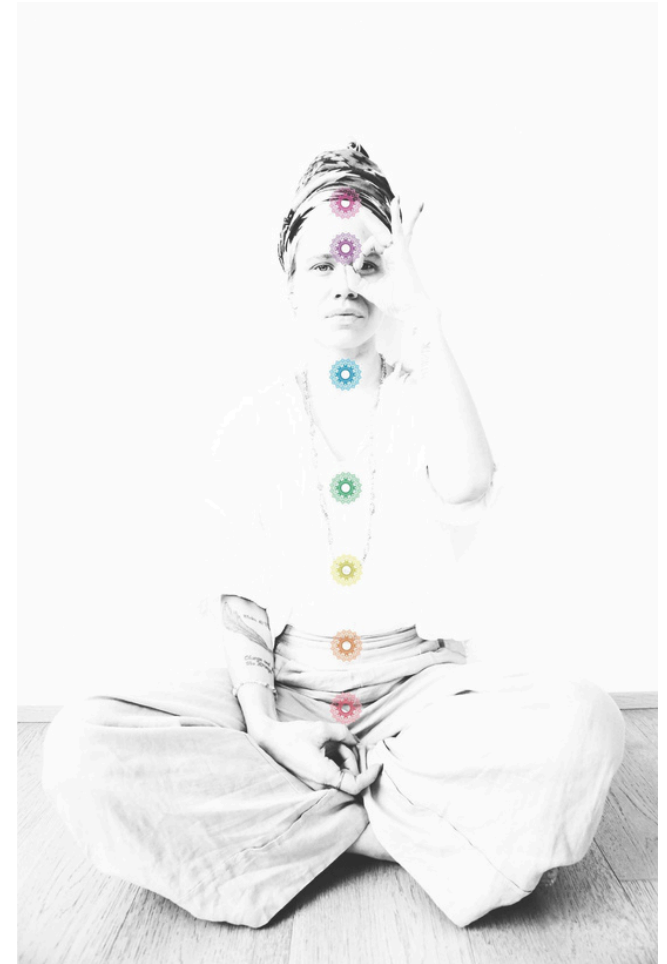
Your Chakras

"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

”

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.

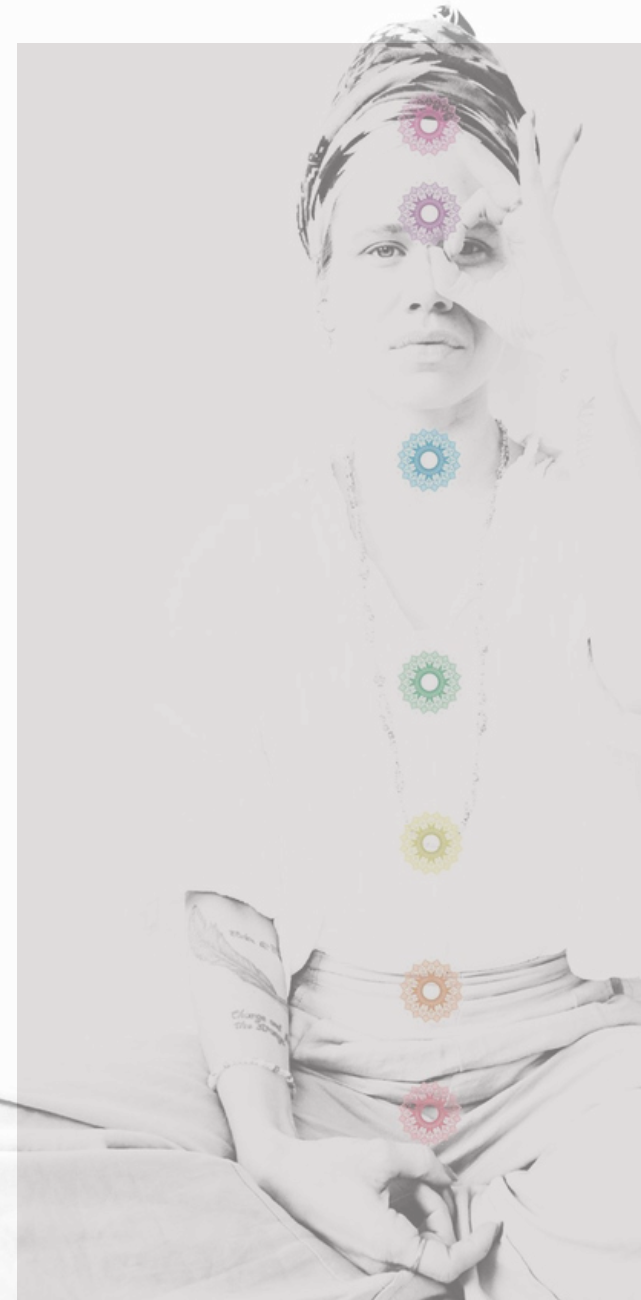


More on the chakras

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

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.

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

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.

The background of the slide features a faded, grayscale image of two women. The woman on the left is smiling and looking down, while the woman on the right is smiling and looking directly at the camera. They are both wearing light-colored, possibly white, tops. A thin black horizontal line is positioned above the main title, and a thin black vertical line is on the right side of the slide, creating a frame for the text.

Your ten bodies

“ If you understand that you are Ten Bodies, and you are aware of these Ten Bodies, and you keep them in balance, the whole universe will be in balance with you.”

The Ten Bodies

The texts written on the 10 Bodies is a philosophy from kundalini yoga of how to understand and excel in our human experience. Most human beings only ever identify with one of their bodies: the physical one. At best, you figure out that next to your physical body, you also have a mind, and if you are really conscious, then you'll also acknowledge that you have this thing called a soul. Kundalini yoga teaches that a human is made out of ten bodies: the physical body, three mental bodies and six energy bodies. All the Ten Bodies together make up your totality, and your totality will determine your calibre. Calibre is what will get you through life. It is helpful to study the ten bodies and use them as a metaphor and teachings to understand better that we are all energy beings and our energy says so much about us. This is why we meditate, do self work, exercise, do breath-work and ect.. To clean out ALL the 10 bodies and RADIATE! Look at this at a metaphor for your entire being.

FIRST BODY: SOUL BODY

“Heart over Head”

The vibration that is YOU beyond time and space. The part in you connected to the Infinite. You are A soul: AN infinite soul who came to earth to experience a human life. All the other bodies are there to serve THE SOUL.

The real issue underlying the soul body is the question of whether or not you are living from the heart. When your connection to your Soul Body is weak, it will be harder to find the strength to live your passions and follow your bliss. But if you have a strong connection to your Soul Body, you will know why you are here: you have a conscious awareness of your journey. If your Soul Body is strong, you will feel very creative, in the flow, and sexy. You will live From the heart, completely in line with what you have come to earth for, living a creative life full of passion and purpose. You will live from your heart and feel infinitely loved by the flow of the Universe.

HOW TO MASTER THE SOUL BODY

come from a place of great humility, relax into the flow of God energy and use it to create beauty

- If weak: you come from the head instead of heart; feel stuck, not able to access your purpose and creative flow
- KEY WORDS: humility, creativity
- To Balance: Raise the Kundalini. open the heart, Be forever a student of spiritual matters.
- Quote for the Soul Body; “if you can’t see God in all, you can’t see God at all”

SECOND BODY: NEGATIVE MIND

“Longing to Belong”

It is what sees and identifies possible dangers, pitfalls or shortcomings in any situation. connected to the great gift of saying NO! The capacity of the negative mind is to analyse the situation and assessing whether there is any danger involved. What is there that you need to consider? The negative mind stores the memories, the past experiences, and sends you warning signals.

The key to balancing your negative mind is to value your discipline, your obedience. Obedience means to bow down to your SELF!, to your own soul’s desire, as in the mantra “Ong Namoh Guru Dev Namoh”, meaning I bow to the highest wisdom within myself.

HOW TO MASTER THE NEGATIVE MIND?

give form to the creativity of your Soul Body via containment, form, and discernment; a longing to connect very deeply with your own God Self

- KEYWORDS: Containment and obedience.
- If weak: inappropriate, self-destructive relationships; over-influenced by others
- To Balance: value your discipline; develop conscious relationships of integrity;
- strengthen the Positive Mind if the Negative Mind is overdeveloped

THIRD BODY: POSITIVE MIND

“Devil or Divine”

Extremely supportive and sees all the opportunities available to you at any given moment. It inspires you by showing the best possible results in any situation. The Positive Mind is the one which argues with your Negative Mind and throws in the “Yes we can!” A strong third chakra – or third body, can protect you from paralysis with negativity.

HOW TO MASTER THE POSITIVE MIND?

YOU NEED TO HAVE strong will, use power easily and humbly; BE naturally playful and optimistic. Good sense of humor; can communicate directly. Strong sense of hope

- KEYWORDS: Equality, trust and positivity
- If weak: overwhelmed by input of the Negative Mind, which can be depressing and paralyzing; angry and intolerant, or hesitant to use your own power because of being afraid of the responsibility
- To Balance: strengthen the Navel Point (Third Chakra); use positive affirmations;
- strengthen the Negative Mind if the Positive Mind is overdeveloped. An overly developed positive mind is when you can't say no to anything, ignore danger, ignore your intuition and experience a lack in discipline.

FOURTH BODY: NEUTRAL MIND

Cup of Prayer”

Takes the information from both Negative and Positive Minds and decides on the best course of action using unbiased, intuitive knowledge. It gives a directive of action or inaction based on the needs of the soul - your true you. The meditative mind comes into place once you have laboured through the other two minds – there is no shortcut to it!

You will see everything being rid of shape. What remains is a neutral yet compassionate. Determination of your path. Strong neutral mind can evaluate and determine the best course within 9 seconds.

One of its greatest attributes is to let you see everything that has happened to you (positive and negative) in terms of blessings, gifts and lessons. Obstacles become opportunities: you will see life from a new perspective.

HOW TO MASTER THE NEUTRAL MIND?

Meditation is the key here! Meditation will train your mind not to react over every single thing. The Fourth Body is also associated to the Heart Chakra, where you move from “me” to “we” to the others,

- KEYWORDS: Service, compassion and integration.
- If weak: difficult to make decisions; the habit of feeling victimized; a hard time seeing beyond the polarities of life
- To Balance: meditate
- “The Mind becomes a monster when it becomes your master. The mind is an angel when it is your servant”

FIFTH BODY: PHYSICAL BODY

“Teacher, Balance”

The vehicle through which you participate fully here on Planet Earth. That which we know as the physiological, biological beingness. It is the temple where the other Nine Bodies play their parts. If we don't take care of our physical body, then everything else suffers.

Due to the influences of the mass media, we have been given this impression of a perfect body. Meaning; Body Shaming, to the point where some may even have a hate relationship with their bodies.

The physical body is so important – how can you have everything turn out right in life, but hate yourself for your body? A positive relationship with a strong physical body is a key to creating a whole and happy life. The Fifth body is a bridge between the inner and the outer world and it is also there to choose dharma over karma.

HOW TO MASTER THE PHYSICAL BODY?

If you master the physical body you will have the ability to balance all parts of your life without extremes like laziness or fanaticism

- KEYWORDS: Sacrifice, balance, teacher
- If weak: angry, jealous, greedy, competitive, and ungrateful; inner and outer realities out of balance; trouble expressing yourself verbally; afraid to be in the position of teacher
- To Balance: exercise regularly; teach!

SIXTH BODY: ARCLINE

"Person at Prayer"

The Arcline extends from ear to ear, across the hairline and brow; it's your halo. It is what holds incarnational patterns and blessings. It is associated with the pituitary gland, regulates the nervous system and glandular balance thus protecting the heart center. Women have a second arcline reaching across the chest from nipple to nipple. The Arcline is your projection, your radiance. It gives you the ability to focus, to be concentrated, to meditate. You can use the intuition of your sixth chakra and Sixth Body to protect yourself, so that you can deal with the stresses of life without shutting down your heart. The projective power of the Sixth Body helps you manifest whatever you want in life.

A strong Arcline, a strong projection! That's what you want! If your thoughts and feelings create your reality by offering a vibration to the Universe, then your Arcline is the transmitter that sends out the signal.

Arclines act as a mini-recorder, picking up vibrations and absorbing them. The virtue of the Sixth Body is therefore justice – “all just is” – which is also linked to fearlessness.

How to master the ARCLINE?

When you have mastered the arcline you have the ability to focus, to be concentrated, to meditate; use the intuition of the Sixth Body to protect yourself from life's stresses.

- KEYWORDS: Justice, protection, projection, Balance between physical and cosmic realms
- If weak: overprotective; easily influenced; glandular imbalances leading to inconsistency in moods and behavior; unfocused and unable to manifest prayers.
- To Balance: awaken the pituitary gland (Sixth Chakra), Speak only truth. Do what you say you will do and practice what you preach.

SEVENTH BODY: AURIC BODY

"Platform of Elevation"

The aura is the electromagnetic field that surrounds your body; it acts as a container for your life force, bringing confidence and security. It is the combined energetic field of your chakras. The auric body stores information which can attract or repulse others. The colours of the aura usually correspond to the colours of the chakras. Your aura is a reflection of your state of health and well-being. Thought waves from your mind are translated into colours, based on your experiences. the thought waves in your mind translate into colours, so will your aura. If you have learnt to keep your mind clean, your transparent mind will project a very bright and strong aura from you.

Don't underestimate the importance of your aura. When the aura is strong, then it will be a strong container for your life force, prana. A protective space of security and self- confidence and opportunity. If your aura is weak, another person can leave imprints in yours. The aura is created by the flow of prana through energy meridians. A strong Auric Body leads to more strength in the Pranic Body.

HOW TO MASTER THE AURIC BODY?

When you have mastered your auric body you attract positivity and repel negativity, IT works like a shield; illness cannot penetrate to your physical body; sense of security allows an uplifting presence

- KEYWORDS: Mercy, security and love
- If weak: paranoid, lack self-trust; negativity can penetrate into the psyche and physical body
- To Balance: meditate; wear white clothing made of natural fibers; work on the Eighth Chakra.

EIGHTH BODY: PRANIC BODY

"Finite to Infinite"

Through the breath, the Pranic Body continuously brings the life force and energy into your system. It is what holds your life force in the physical body

HOW TO MASTER THE PRANIC BODY?

WHEN YOU HAVE MASTERED THE PRANIC BODY YOU FEEL fearless, fully alive, at one with all creation; nothing can bother you; self Motivated with enough energy to achieve goals

- KEYWORDS: Purity, energy, fearlessness and self-initiation
- If weak: constant low-level anxiety and chronic fatigue; look to food or stimulants for energy; fearful, defensive
- To Balance: Pranayama - Breath Work.

NINTH BODY: SUBTLE BODY

“Mastery or Mystery”

The Subtle Body helps you see beyond the immediate realities of life to the sublime universal play that lies beyond. It is also known as the Ghost’s Body, when your physical body dies, the soul body and the subtle body join together and travel to the next stage of being, to the next level of your incarnation, with a record of all your deeds, words, and actions. The Subtle body is deeply artistic and profound.

HOW TO MASTER THE SUBTLE BODY?

WHEN YOU HAVE MASTERED THE SUBTLE BODY YOU have great finesse and a powerful calmness; YOU learn quickly and master situations easily; able to walk into a room and intuitively know what’s going on

- KEYWORDS: Calmness, subtlety and mastery
- If weak: naïve and easily fooled, unintentionally crude or rough in speech or behavior; restless
- To Balance: CONSISTENCY in any form -do any meditation or kriya for 1,000 days

TENTH BODY: RADIANT BODY

“All or Nothing”

The Radiant Body gives spiritual royalty and radiance. It is the body that glorifies you, allows you to project into the world and attract success. It repels negativity and darkness wherever you go

HOW TO MASTER THE RADIANT BODY?

WHEN YOU HAVE MASTERED THE RADIANT BODY YOU BECOME courageous in the face of any obstacle; magnetic presence and command the respect of all who know you

- KEYWORDS: Royal courage, radiance and nobility
- If weak: afraid of conflict, shy away from people’s attention; feel ineffective and unable to come through in situations
- To Balance: commitment; do not cut the hair



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.



“

YOU

Now that you have gone through this part and studied your astrology, dosha, chakras, ten bodies and your human design, 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) and LEARNING THE MAGIC OF CONSISTENCY (part 5)

”



Gratitude ritual

Know what you have, to know what you want. Do this gratitude ritual one time in the first part, handwrite for one minute all the things that you are grateful for, then meditate on them for about 10 minutes with music or a mantra that will evoke joy (we recommend [this one](#)). During the meditation, remember all that you are grateful for and why. After the meditation, write freely in your journal about gratitude and what came up. This will give you abundance and lifts your spirits.