

# *Emotions & The Body*

## *Homework*

- 1. Posture*
- 2. Welcoming Prayer*
- 3. Self-remember*



*How do I include my body  
in my spiritual practice?*





- A case for the Welcoming Prayer from Carl Jung:  
“Anything experienced outside the body has the quality of being without body; so you must experience the whole thing over again, it must come in a new way.”
- Posture: The spine as the axis between heaven and earth
  - “The elongation of the spine is one of the most important ways in which we create an ‘immortal body,’ one which is able to resist the temptations of time to become weary, inflexible and shorter. Shorter often [means] a lower self esteem ... resentment for diminishment ... or for not living fully”



## Grounding in Gratitude

- Sit comfortably with feet grounded on the floor.
- Expand arms out to the sides with every inhale.
- With every exhale, place hands to a different region of the body and say the associated gratitude phrase:

Inhale	Exhale	Say with Exhale
Arms down by sides of chair	Hands on thighs	I am rooted in gratitude
Arms slightly higher than sides of chair	Hands below the navel	I am balanced in gratitude
Arms just below a T	Hands to solar plexus	I am empowered in gratitude
Arms to a T	Hands to heart	I feel gratitude
Arms just above a T	Hands to throat	I speak gratitude
Arms to a Y	Hands to eyebrows	I see gratitude
Arms above your head	Hands to top of head	I am gratitude

# Be a Bi-Valve ...

Upward and downward transmission of interpenetrating realities, mutually nourishing

Subtle and physical bodies can be the receiver and transformer of energies

Side-Octave Reciprocity: The Sun wants something for itself

See [2020 Journey School archives](#) for more on these topics

Christification: The Side Octave;  
Reciprocal Maintenance;  
Conscious Labors & Intentional Suffering



## A.A. Almaas afterword to “Eye of the Heart”:

- Subtle body teachings are constructed maps
- “Spiritual illumination is an interchange, an exchange, of spiritual substances ... ”
- “That which we call love, compassion, intelligence, will, forgiveness, and so on are substances ... ”
- “Our practice of conscious labors and intentional suffering generates energies ... ”
- “Our physical humanity is not separate from an indestructible spiritual essence ... ”
- “We can be liberated from much of the suffering by metabolizing it ... ”

## *Practices to support subtle body:*

- Asanas, pranayama, mantra, chant, mudra, visualizations, sound & vibrational healing
- Conscious labors & intentional suffering → kenosis
- “move off the attraction/aversion treadmill, which chains selfhood to the physical body and ... this world.”
- Conscious attention
- Discernment: learning to listen and receive guidance and knowing without interference
- Reconciling opposites
- TK: “When in doubt, WALK!”



# Practice Practice Practice

- The spine as the axis between heaven and earth (tadasana pose)
- Hatha Yoga
  - “The word *hatha* actually stands for *ha*, meaning sun, and *tha*, meaning moon = the union of the masculine solar principle with the feminine lunar principle ... This union is to awaken higher consciousness ... and the divine immortal body ...”
- The breath is the intelligence of the body ... brings us to a state of quiet attention. Breath is purifying ... a transformer.
- “It can take years for trust to enter the cells of the body. Yoga is not about performance or competition. It is about patience.”
- Intention is everything

# Emotions & The Higher Being Body

## Homework

1. Explore choice and non-identifying
2. Eucharist service
3. Other practices mentioned during class

