



**Yoga Class Curator  
Pilgrimage & Puja**

**August 24 2022**

0  
00:00:04.500 --> 00:00:05.100  
It welcome.

1  
00:00:09.100 --> 00:00:09.600  
Welcome welcome.

2  
00:00:12.600 --> 00:00:13.700  
to your

3  
00:00:15.800 --> 00:00:19.400  
yoga class curator first pilgrimage and

4  
00:00:19.400 --> 00:00:23.100  
puta. I'm so excited that we're

5  
00:00:22.100 --> 00:00:23.700  
here together.

6  
00:00:25.200 --> 00:00:28.100  
And as we begin I want

7  
00:00:28.100 --> 00:00:31.300  
to invite you to have whatever you need with you.

8  
00:00:31.300 --> 00:00:33.200  
You can have Journal.

9  
00:00:34.300 --> 00:00:37.900  
And pen or pencil or colored pencils

10  
00:00:37.900 --> 00:00:40.200  
you could also have.

11  
00:00:42.500 --> 00:00:43.200  
candle

12  
00:00:43.800 --> 00:00:45.600  
and water

13  
00:00:48.200 --> 00:00:51.600  
Matt or anything that you're comfortable sitting on

14  
00:00:51.600 --> 00:00:54.600  
or rug or

15  
00:00:54.600 --> 00:00:58.100  
you should be on a sofa or your bed anything

16  
00:00:57.100 --> 00:00:59.400  
anything like that?

17  
00:01:00.500 --> 00:01:03.300  
And so welcome everyone.

18  
00:01:04.600 --> 00:01:05.200  
hmm

19  
00:01:06.700 --> 00:01:09.500  
I'll just take a moment as we come in

20  
00:01:09.500 --> 00:01:13.100  
to let ourselves gather and collect

21  
00:01:12.100 --> 00:01:14.000  
into the space.

22  
00:01:18.100 --> 00:01:21.100  
So there's a few guidelines. I just

23  
00:01:21.100 --> 00:01:25.500  
want to share for while we're practicing and the

24  
00:01:24.500 --> 00:01:27.300  
very first one is this is

25  
00:01:27.300 --> 00:01:30.300  
really for you and also for all

26  
00:01:30.300 --> 00:01:33.400  
of us to be together in community. So you don't need

27  
00:01:33.400 --> 00:01:36.400  
to do anything to be anything

28  
00:01:36.400 --> 00:01:39.300  
to put anything on to be

29  
00:01:39.300 --> 00:01:42.300  
here. That means you can have your camera

30  
00:01:42.300 --> 00:01:45.400  
on or off you can participate in the chat

31  
00:01:45.400 --> 00:01:48.100  
if you want or not, and if I

32  
00:01:48.100 --> 00:01:51.300  
invite folks to share say at the end then if

33  
00:01:51.300 --> 00:01:54.300  
you want to share you can if you don't you certainly don't need

34  
00:01:54.300 --> 00:01:57.700  
to a couple other just kind of General guidelines

35  
00:01:57.700 --> 00:02:00.600  
for technical support. Please

36  
00:02:00.600 --> 00:02:03.000  
email support at ignite be well

37  
00:02:03.900 --> 00:02:06.500  
calm and if you need any support

38  
00:02:06.500 --> 00:02:09.700  
during this pilgrimage and Puja our

39  
00:02:09.700 --> 00:02:13.300  
amazing yoga teacher and support at

40  
00:02:12.300 --> 00:02:15.300  
ignite. Andrea is here, and

41  
00:02:15.300 --> 00:02:17.100  
so, let me see if I can Spotlight you

42  
00:02:18.100 --> 00:02:22.100  
And Ramos, there we go. Do everything

43  
00:02:21.100 --> 00:02:24.900  
I yeah. Hello here.

44  
00:02:24.900 --> 00:02:27.300  
If you need any support you can message me

45  
00:02:27.300 --> 00:02:29.800  
directly happy to be here with you all.

46  
00:02:30.800 --> 00:02:34.400  
Thank you so much for being here and Andrea

47  
00:02:33.400 --> 00:02:36.400  
has answered. Probably a lot of

48  
00:02:36.400 --> 00:02:40.000  
your questions of email and  
49  
00:02:39.700 --> 00:02:43.100  
is here to support now. She's just  
50  
00:02:42.100 --> 00:02:45.400  
one person so she might not get to  
51  
00:02:45.400 --> 00:02:48.500  
everything and if there's a question that she can't answer or support  
52  
00:02:48.500 --> 00:02:51.700  
she can't give she'll have a list where we'll get  
53  
00:02:51.700 --> 00:02:54.200  
back to you. Even if we can't do it during this  
54  
00:02:54.200 --> 00:02:57.500  
live session. Okay. I'm so wanted to  
55  
00:02:57.500 --> 00:02:59.600  
just let you know those things and then  
56  
00:03:00.800 --> 00:03:04.600  
one other kind of logistical piece  
57  
00:03:03.600 --> 00:03:05.500  
is  
58  
00:03:08.300 --> 00:03:12.000  
Well, it's it's not just logistical. I think it's like it's important  
59  
00:03:11.200 --> 00:03:15.100  
to say as we begin a pilgrimage  
60  
00:03:14.100 --> 00:03:17.800  
and Pooja. I'm going to be offering a practice  
61  
00:03:17.800 --> 00:03:20.900  
space a guided visualization meditation some  
62  
00:03:20.900 --> 00:03:23.500  
movement and also the  
63  
00:03:23.500 --> 00:03:26.400  
Mantra to Ganesh who you can see  
64  
00:03:26.400 --> 00:03:29.700  
is here. This is a gift to  
65  
00:03:29.700 --> 00:03:32.900  
me and my family from my Aunt Jackie

66  
00:03:32.900 --> 00:03:35.700  
and this Ganesh is

67  
00:03:35.700 --> 00:03:39.100  
it's so beautiful. Ganesh will

68  
00:03:38.100 --> 00:03:42.300  
talk a lot more about who he

69  
00:03:41.300 --> 00:03:44.400  
is, but the piece that's

70  
00:03:44.400 --> 00:03:47.300  
important to acknowledge is for some folks

71  
00:03:47.300 --> 00:03:49.400  
millions and millions of people.

72  
00:03:50.300 --> 00:03:53.300  
Deities like Ganesh are the Divine and

73  
00:03:53.300 --> 00:03:55.900  
represent the Divine and exist in the world.

74  
00:03:56.700 --> 00:03:59.400  
In the universe and then to millions and

75  
00:03:59.400 --> 00:04:02.700  
millions of others these deities represent a

76  
00:04:02.700 --> 00:04:05.400  
potential potential in me a potential in

77  
00:04:05.400 --> 00:04:08.500  
you and they're an energy that we can connect

78  
00:04:08.500 --> 00:04:10.400  
with and cultivate.

79  
00:04:11.400 --> 00:04:14.800  
So the important piece is respect you do

80  
00:04:14.800 --> 00:04:17.300  
not have to relate to a deity

81  
00:04:17.300 --> 00:04:20.600  
like it is God for many people here, maybe

82  
00:04:20.600 --> 00:04:23.300  
atheists or agnostics or people who have different

83  
00:04:23.300 --> 00:04:26.700  
religious practices that understanding isn't

84  
00:04:26.700 --> 00:04:30.000  
going to work or be supportive for you, but it's

85  
00:04:29.200 --> 00:04:32.600  
just as simple as respecting that for others.

86  
00:04:32.600 --> 00:04:35.600  
These deities are like the Divine and

87  
00:04:35.600 --> 00:04:38.400  
so can be treated with respect and

88  
00:04:38.400 --> 00:04:41.300  
that Viewpoint can be treated with respect and then

89  
00:04:41.300 --> 00:04:45.100  
mutually for folks who are agnostic or atheist or

90  
00:04:44.100 --> 00:04:47.700  
have a different way different way

91  
00:04:47.700 --> 00:04:48.400  
of practicing.

92  
00:04:49.800 --> 00:04:52.500  
To show respect in that direction as well. So just

93  
00:04:52.500 --> 00:04:55.700  
wanted to make sure that understanding is clear that

94  
00:04:55.700 --> 00:04:58.800  
yoga is a non-denominational practice. You

95  
00:04:58.800 --> 00:05:01.500  
do not have to belong to any religion to

96  
00:05:01.500 --> 00:05:04.400  
practice it and it is not trying to convert you to any

97  
00:05:04.400 --> 00:05:07.500  
religion and I am not either so I

98  
00:05:07.500 --> 00:05:10.300  
wanted to make sure that that's clear and

99  
00:05:11.600 --> 00:05:14.000  
one other thing before we practice.

100  
00:05:16.500 --> 00:05:19.700  
Is let me pull this

101  
00:05:19.700 --> 00:05:20.100  
up.

102  
00:05:22.400 --> 00:05:25.500  
we added this fun thing that  
103  
00:05:25.500 --> 00:05:27.500  
I wanted to share with you because  
104  
00:05:31.100 --> 00:05:32.800  
let's see and  
105  
00:05:34.600 --> 00:05:37.500  
So in yoga class curator, can  
106  
00:05:37.500 --> 00:05:40.900  
y'all see my screen and do you  
107  
00:05:40.900 --> 00:05:43.300  
see the yoga class curator screen? Just give me a thumbs up so I  
108  
00:05:43.300 --> 00:05:46.800  
know yeah awesome. So underneath  
109  
00:05:46.800 --> 00:05:49.300  
you've got an I haven't actually shown you  
110  
00:05:49.300 --> 00:05:52.700  
this yet. It's helpful and clean in case you're not sure  
111  
00:05:52.700 --> 00:05:55.400  
how to navigate the portal. You won't see this up  
112  
00:05:55.400 --> 00:05:58.600  
here. This is because I'm logged in as an administrator, but  
113  
00:05:58.600 --> 00:06:01.800  
here you've got your intro course the monthly  
114  
00:06:01.800 --> 00:06:04.500  
issues the celebration Gatherings  
115  
00:06:04.500 --> 00:06:07.100  
where you can always find the recordings of what we  
116  
00:06:07.100 --> 00:06:10.400  
do together and the links if  
117  
00:06:10.400 --> 00:06:13.500  
you're like, oh it's starting now, but I don't remember the link. It's  
in  
118  
00:06:13.500 --> 00:06:14.600  
there and then  
119  
00:06:15.800 --> 00:06:18.300

We added a new thing. So if you  
120  
00:06:18.300 --> 00:06:18.900  
click here.  
121  
00:06:20.900 --> 00:06:23.000  
Ycc monthly giveaways.  
122  
00:06:23.700 --> 00:06:26.600  
I wanted to because I've seen some folks already  
123  
00:06:26.600 --> 00:06:29.700  
start to kind of organically share. I wanted  
124  
00:06:29.700 --> 00:06:32.700  
to give us a chance to share and also  
125  
00:06:32.700 --> 00:06:35.900  
kind of celebrate and support that. So what what  
126  
00:06:35.900 --> 00:06:38.100  
are you loving? What are you learning? There's gonna  
127  
00:06:38.100 --> 00:06:42.200  
be multiple ways for you to share this feedback. You can always email  
128  
00:06:41.200 --> 00:06:44.800  
us and it will have a feedback survey  
129  
00:06:44.800 --> 00:06:46.700  
for you in the middle of next month.  
130  
00:06:48.900 --> 00:06:52.300  
Here after the  
131  
00:06:51.300 --> 00:06:54.200  
office hours in once after  
132  
00:06:54.200 --> 00:06:57.800  
the pilgrimage in puta you can share and we had  
133  
00:06:57.800 --> 00:07:00.500  
so much fun with the prizes that  
134  
00:07:00.500 --> 00:07:02.500  
we wanted to keep that going. So.  
135  
00:07:04.300 --> 00:07:07.300  
What I'll share first is what you can do and then  
136  
00:07:07.300 --> 00:07:10.200  
what you can get if you want to and this is just for  
137  
00:07:10.200 --> 00:07:13.000

people who want to right if you're listening and you're like, I don't want to

138

00:07:13.300 --> 00:07:16.800

share that's not me. It doesn't feel aligned great. No worries. This is

139

00:07:16.800 --> 00:07:19.300

just if you would like to share with your community

140

00:07:19.300 --> 00:07:22.400

what you're loving and learning about yoga class curator. So

141

00:07:22.400 --> 00:07:25.700

this could be a social media post on Instagram tiktok

142

00:07:25.700 --> 00:07:28.400

Facebook, wherever you post a real,

143

00:07:28.400 --> 00:07:31.500

you know, I really like sharing videos and then

144

00:07:31.500 --> 00:07:34.500

just tag me and share the

145

00:07:34.500 --> 00:07:37.200

link to [yoga.classcurator.com](http://yoga.classcurator.com). And then

146

00:07:37.200 --> 00:07:41.400

you would drop the link to your post.

147

00:07:40.400 --> 00:07:43.200

There's this entry form. This is

148

00:07:43.200 --> 00:07:46.100

just to help us track it this is the same thing your name

149

00:07:46.100 --> 00:07:49.600

your pronouns your email and the link to your

150

00:07:49.600 --> 00:07:52.600

poster video. And then if you have any other feedback, you

151

00:07:52.600 --> 00:07:55.500

can also let us know there so the

152

00:07:55.500 --> 00:07:55.800

reason

153

00:07:57.100 --> 00:08:00.300

I'm so excited about this besides just getting to

154

00:08:00.300 --> 00:08:03.600

celebrate what we're learning and a has

155

00:08:03.600 --> 00:08:07.100  
an insights is supporting one another with  
156

00:08:06.100 --> 00:08:10.300  
all of our learning. Oh, yeah and use the hashtag yoga  
157

00:08:09.300 --> 00:08:10.900  
class curator.  
158

00:08:11.900 --> 00:08:14.400  
I want to be able to continue to talk to folks  
159

00:08:14.400 --> 00:08:19.500  
one-on-one. So one of the prizes is one-on-one half  
160

00:08:18.500 --> 00:08:21.200  
an hour boxer boxes like a voice  
161

00:08:21.200 --> 00:08:24.900  
messaging app support with me. So you can ask questions get  
162

00:08:24.900 --> 00:08:27.600  
coaching or insights anything. You'll  
163

00:08:27.600 --> 00:08:30.700  
go related. And then the second is an item  
164

00:08:30.700 --> 00:08:34.500  
from the yoga change maker store and I  
165

00:08:33.500 --> 00:08:34.800  
have  
166

00:08:36.600 --> 00:08:39.900  
Got my water bottle here, right? So water bottles  
167

00:08:39.900 --> 00:08:41.300  
Shirts Mugs things like that.  
168

00:08:42.200 --> 00:08:45.100  
So that's kind of fun. We'll do it  
169

00:08:45.100 --> 00:08:48.400  
every month and it'll be after the pilgrimage in  
170

00:08:48.400 --> 00:08:51.400  
Puja you can share for these two weeks drop your  
171

00:08:51.400 --> 00:08:54.900  
link on that form and then we'll pick someone and  
172

00:08:54.900 --> 00:08:57.300  
we'll share it at the office hours and then  
173

00:08:57.300 --> 00:09:00.200  
during office hours after office hours you can share and  
174

00:09:00.200 --> 00:09:03.300  
we'll say our winners during the pilgrimage and  
175

00:09:03.300 --> 00:09:06.100  
Putin. Well, so email you so you can get all set  
176

00:09:06.100 --> 00:09:09.100  
up. So that is kind of fun. I'm gonna  
177

00:09:09.100 --> 00:09:13.600  
stop sharing and any other  
178

00:09:13.600 --> 00:09:14.800  
logistical things  
179

00:09:17.600 --> 00:09:20.700  
I think the only other thing I'd love to invite folks  
180

00:09:20.700 --> 00:09:23.200  
to do is share in the  
181

00:09:23.200 --> 00:09:23.700  
chat.  
182

00:09:26.800 --> 00:09:27.200  
one  
183

00:09:30.300 --> 00:09:34.300  
One word no two words of how  
184

00:09:33.300 --> 00:09:36.900  
you're doing in this moment. So like  
185

00:09:37.700 --> 00:09:41.000  
How are you right here right now in this  
186

00:09:40.400 --> 00:09:42.500  
moment today? What's  
187

00:09:43.200 --> 00:09:46.200  
what's up with you? What's here with you? Maybe on  
188

00:09:46.200 --> 00:09:49.600  
your heart on your mind. Where you at?  
189

00:09:49.600 --> 00:09:51.900  
And so we can drop that in the chat.  
190

00:09:57.200 --> 00:10:01.100  
Mmm, hopeful and frazzled sleep deprived present  
191

00:10:00.100 --> 00:10:01.900  
that hopeful.  
192  
00:10:02.900 --> 00:10:03.200  
Yeah.  
193  
00:10:04.800 --> 00:10:06.000  
single sleepy  
194  
00:10:07.100 --> 00:10:09.100  
tired and content. Yes.  
195  
00:10:11.500 --> 00:10:14.300  
Okay. Yeah challenged and hopeful.  
196  
00:10:15.200 --> 00:10:15.400  
Yeah.  
197  
00:10:18.100 --> 00:10:21.500  
So welcome all of you all of you.  
198  
00:10:21.500 --> 00:10:24.700  
And what I'm feeling called to  
199  
00:10:24.700 --> 00:10:27.200  
do is invite us  
200  
00:10:27.200 --> 00:10:30.600  
to drop into this ritual space and you can keep dropping  
201  
00:10:30.600 --> 00:10:33.200  
your your notes in there how you're doing.  
202  
00:10:35.100 --> 00:10:36.700  
to begin this ritual  
203  
00:10:37.600 --> 00:10:40.000  
If you have a candle, and it's not yet lit.  
204  
00:10:41.100 --> 00:10:42.600  
You can light your candle.  
205  
00:10:48.700 --> 00:10:51.300  
And if you don't have a candle no problem, you can  
206  
00:10:51.300 --> 00:10:54.900  
use mine. It's gonna take a moment to gaze into  
207  
00:10:54.900 --> 00:10:56.700  
the flame.  
208  
00:10:59.900 --> 00:11:00.700  
seeing that  
209

00:11:01.700 --> 00:11:02.100  
light  
210

00:11:03.500 --> 00:11:04.500  
Universal light  
211

00:11:08.800 --> 00:11:09.500  
wisdom and insight  
212

00:11:14.700 --> 00:11:16.400  
We'll take three more breaths.  
213

00:11:27.100 --> 00:11:30.100  
You can place your candle somewhere around you where?  
214

00:11:31.500 --> 00:11:33.800  
It will be safe. I'm also going to light.  
215

00:11:34.700 --> 00:11:36.500  
incense or dupe  
216

00:11:37.400 --> 00:11:38.400  
as an offering  
217

00:11:39.900 --> 00:11:42.100  
to Ganesh and to the potential  
218

00:11:43.400 --> 00:11:43.700  
of  
219

00:11:45.600 --> 00:11:48.300  
new beginnings, which is what Ganesh  
220

00:11:50.400 --> 00:11:50.900  
represents  
221

00:11:52.800 --> 00:11:55.800  
removing obstacles and also understanding and  
222

00:11:55.800 --> 00:11:58.400  
acknowledging needed obstacles that arise.  
223

00:12:03.300 --> 00:12:06.200  
In this bowl. I also have some Earth so we  
224

00:12:06.200 --> 00:12:09.000  
have all the elements earth water fire.  
225

00:12:09.800 --> 00:12:11.300  
there and space  
226

00:12:12.500 --> 00:12:15.400  
and if you have some water near you if you need to  
227

00:12:15.400 --> 00:12:18.300  
use your drinking water, you can use that or if you  
228

00:12:18.300 --> 00:12:21.700  
have a container or bowl  
229

00:12:21.700 --> 00:12:25.000  
like this with water you can take your right  
230

00:12:24.000 --> 00:12:25.100  
hand.  
231

00:12:27.600 --> 00:12:30.100  
Often use the middle finger and you can  
232

00:12:30.100 --> 00:12:34.000  
place that water anywhere that needs refreshing traditionally the  
233

00:12:33.600 --> 00:12:35.000  
third eye.  
234

00:12:35.800 --> 00:12:37.600  
or the crown chakra  
235

00:12:38.200 --> 00:12:39.700  
or your heart or all three?  
236

00:12:48.400 --> 00:12:50.000  
So drink some water.  
237

00:13:00.200 --> 00:13:03.000  
Going to invite the Bell.  
238

00:13:44.700 --> 00:13:46.900  
See listen to sound of the Bell.  
239

00:13:51.400 --> 00:13:54.300  
Let your mind drift along with  
240

00:13:54.300 --> 00:13:54.900  
the sound.  
241

00:13:59.800 --> 00:14:03.200  
begin to reflect on what new beginnings  
242

00:14:05.500 --> 00:14:06.300  
in your life  
243

00:14:07.300 --> 00:14:08.500  
Are you starting right now?  
244

00:14:10.100 --> 00:14:12.500  
Or what might need a refresh.  
245

00:14:14.700 --> 00:14:16.100  
What are some things that are?  
246

00:14:17.400 --> 00:14:18.500  
ready for refreshment  
247

00:14:20.100 --> 00:14:22.500  
or that you can begin a new  
248

00:14:30.500 --> 00:14:33.400  
remembering that as we reflect in  
249

00:14:33.400 --> 00:14:34.900  
as we practice including the  
250

00:14:35.700 --> 00:14:38.400  
Introspection and journaling, all of this  
251

00:14:38.400 --> 00:14:41.400  
is invitation. I'm a guide you  
252

00:14:41.400 --> 00:14:44.200  
are really the expert and so if anything that I  
253

00:14:44.200 --> 00:14:46.600  
say isn't supportive then please  
254

00:14:48.300 --> 00:14:51.500  
Change it to suit. You do Your Own Thing turn down the  
255

00:14:51.500 --> 00:14:51.600  
sound.  
256

00:14:57.200 --> 00:15:00.000  
Now reflect on what obstacles.  
257

00:15:01.600 --> 00:15:03.000  
Might you be facing right now.  
258

00:15:05.800 --> 00:15:08.800  
Maybe you're tired wound.  
259

00:15:09.500 --> 00:15:10.100  
maybe there's  
260

00:15:11.400 --> 00:15:14.600  
challenge your personal life with friends  
261

00:15:14.600 --> 00:15:16.100  
or loved one.  
262

00:15:19.800 --> 00:15:22.800  
Maybe there's something going on at work. Maybe there's  
263

00:15:22.800 --> 00:15:24.600  
like 20 obstacles.  
264  
00:15:28.100 --> 00:15:28.900  
It's not uncommon.  
265  
00:15:30.200 --> 00:15:30.800  
You're not alone.  
266  
00:15:38.500 --> 00:15:39.700  
So as you're ready.  
267  
00:15:41.500 --> 00:15:44.400  
We're going to move out of the inner reflection  
268  
00:15:44.400 --> 00:15:46.700  
into some journaling and some writing.  
269  
00:15:47.600 --> 00:15:50.500  
And so bringing this continued Focus. That's  
270  
00:15:50.500 --> 00:15:52.200  
kind of an inner Focus.  
271  
00:15:53.400 --> 00:15:57.600  
Invite you to begin with whichever question feels  
272  
00:15:56.600 --> 00:15:59.400  
most on top  
273  
00:15:59.400 --> 00:16:02.300  
for you. So you can go either way. We'll take a few  
274  
00:16:02.300 --> 00:16:04.800  
minutes to write about New Beginnings.  
275  
00:16:05.600 --> 00:16:07.700  
Or what needs a refresh?  
276  
00:16:09.000 --> 00:16:09.300  
or  
277  
00:16:10.100 --> 00:16:10.900  
and or  
278  
00:16:12.400 --> 00:16:14.100  
the obstacles  
279  
00:16:16.200 --> 00:16:17.100  
for you right now.  
280  
00:16:21.200 --> 00:16:23.600  
And so we'll take some time together to write.  
281

00:16:44.700 --> 00:16:47.500  
And if you're not sure you're having trouble starting  
282  
00:16:47.500 --> 00:16:50.500  
sometimes it's like first thought best thought  
283  
00:16:50.500 --> 00:16:52.800  
like just let your let your thoughts.  
284  
00:16:54.900 --> 00:16:57.500  
Flow onto the page without censoring them  
285  
00:16:57.500 --> 00:17:00.500  
without worrying about them. And if you're like, I don't know what to  
286  
00:17:00.500 --> 00:17:03.300  
write. I don't even know what I'm doing right now. Just write that you  
know,  
287  
00:17:03.300 --> 00:17:04.600  
that's what's happening in your head.  
288  
00:17:05.600 --> 00:17:06.100  
Keep writing.  
289  
00:17:06.900 --> 00:17:09.800  
So you Beginnings or refreshments and  
290  
00:17:09.800 --> 00:17:10.500  
obstacles?  
291  
00:17:15.700 --> 00:17:18.600  
Sometimes it can help to like right, you  
292  
00:17:18.600 --> 00:17:21.100  
know on a page or to like put  
293  
00:17:22.100 --> 00:17:25.600  
The word obstacles or the word New Beginnings in mind  
294  
00:17:25.600 --> 00:17:27.000  
map it so like out.  
295  
00:17:28.300 --> 00:17:31.600  
To the side that's I very messy writing. Um,  
296  
00:17:31.600 --> 00:17:34.100  
so obstacles and then  
297  
00:17:35.300 --> 00:17:36.300  
Like for me it might be.  
298  
00:17:37.800 --> 00:17:40.400  
Not enough sleep, you know like that. So

299  
00:17:40.400 --> 00:17:41.700  
if it feels more  
300  
00:17:43.200 --> 00:17:46.300  
Easy or better aligned to mind math. You  
301  
00:17:46.300 --> 00:17:49.800  
can do it like that or Journal doodle draw pictures.  
302  
00:18:05.400 --> 00:18:08.200  
We'll take about a minute more on this  
303  
00:18:08.200 --> 00:18:11.300  
first prompt and then I'll invite you to switch to the second one  
304  
00:18:11.300 --> 00:18:11.900  
in a moment.  
305  
00:18:37.600 --> 00:18:41.200  
So now maybe turning to the next page and  
306  
00:18:40.200 --> 00:18:43.800  
switching as you're ready switching prompts.  
307  
00:18:43.800 --> 00:18:46.800  
So if you were journaling about obstacles now your  
308  
00:18:46.800 --> 00:18:49.800  
journaling about things you're refreshing or New  
309  
00:18:49.800 --> 00:18:52.900  
Beginnings your writing  
310  
00:18:52.900 --> 00:18:54.000  
or you can mind map.  
311  
00:18:55.400 --> 00:18:57.200  
That says New Beginnings.  
312  
00:19:00.400 --> 00:19:03.400  
And it doesn't have to be you know, a new thing like for  
313  
00:19:03.400 --> 00:19:06.300  
me one of mine is really refreshing my  
314  
00:19:06.300 --> 00:19:09.400  
relationships with my immediate family like my partner and  
315  
00:19:09.400 --> 00:19:12.300  
my kiddo and just having a lot more fun  
316  
00:19:12.300 --> 00:19:16.800  
and letting them be who they are without.

317  
00:19:18.100 --> 00:19:21.100  
Putting on expectations, right so that so it's not  
318  
00:19:21.100 --> 00:19:24.300  
like it's I'm not dating. It's not a new relationship. I'm not  
319  
00:19:24.300 --> 00:19:28.500  
having another kid right now, you know, it's it's refreshing  
relationships  
320  
00:19:27.500 --> 00:19:29.500  
that already exist.  
321  
00:19:33.300 --> 00:19:34.900  
Anything is welcome here.  
322  
00:20:28.900 --> 00:20:30.000  
okay, I'll take  
323  
00:20:31.200 --> 00:20:32.300  
just a minute more.  
324  
00:20:37.300 --> 00:20:40.800  
Yes so options for either journaling on  
325  
00:20:40.800 --> 00:20:43.700  
New Beginnings or what  
326  
00:20:43.700 --> 00:20:46.300  
needs refreshing and/or obstacles.  
327  
00:20:47.800 --> 00:20:49.800  
And we'll take about 30 more seconds.  
328  
00:20:51.300 --> 00:20:54.300  
Can always come back to this and reflect more  
329  
00:20:54.300 --> 00:20:54.700  
later?  
330  
00:21:04.600 --> 00:21:08.400  
If it feels aligned for you, maybe looking you  
331  
00:21:07.400 --> 00:21:10.200  
know, because we can't necessarily have like eight  
332  
00:21:10.200 --> 00:21:13.900  
things on my new beginnings. So maybe there's  
333  
00:21:13.900 --> 00:21:16.500  
the one or two that you want to focus on  
334  
00:21:16.500 --> 00:21:20.100

right now or at this next.  
335  
00:21:21.100 --> 00:21:24.400  
present time so maybe circling or just kind of taking a moment  
336  
00:21:24.400 --> 00:21:24.900  
to see  
337  
00:21:25.900 --> 00:21:28.500  
Which ones are our priority for  
338  
00:21:28.500 --> 00:21:31.400  
you and then obstacles I find  
339  
00:21:31.400 --> 00:21:33.400  
it's sometimes really helpful to.  
340  
00:21:34.700 --> 00:21:37.200  
give them a number, you know from either one  
341  
00:21:37.200 --> 00:21:40.800  
to ten or one to three with three  
342  
00:21:40.800 --> 00:21:43.500  
being like super challenging or 10 being super  
343  
00:21:43.500 --> 00:21:46.100  
challenging one being not that not as big  
344  
00:21:46.100 --> 00:21:49.500  
of a deal and then that helps me put  
345  
00:21:49.500 --> 00:21:52.500  
in perspective like yes, I have 10 obstacles, but only  
346  
00:21:52.500 --> 00:21:54.300  
two of them are like  
347  
00:21:55.700 --> 00:21:58.400  
10 so you know or sevens or  
348  
00:21:58.400 --> 00:21:58.500  
whatever.  
349  
00:21:59.200 --> 00:22:02.100  
So that also helps me prioritize. So if  
350  
00:22:02.100 --> 00:22:03.700  
you want to do that before we move on.  
351  
00:22:13.500 --> 00:22:16.800  
so why we're doing this is  
352  
00:22:16.800 --> 00:22:18.500

Ganesh is  
353  
00:22:19.800 --> 00:22:23.200  
The elephant headed deity who symbolizes  
354  
00:22:22.200 --> 00:22:26.400  
the removing of obstacles and  
355  
00:22:25.400 --> 00:22:28.300  
many of you may have heard of him  
356  
00:22:28.300 --> 00:22:31.600  
or have practiced with him or studied even about him in  
357  
00:22:31.600 --> 00:22:34.500  
the context of removing obstacles, but what  
358  
00:22:34.500 --> 00:22:37.700  
folks often don't know is he's actually also  
359  
00:22:37.700 --> 00:22:41.000  
the Placer of needed obstacles.  
360  
00:22:41.800 --> 00:22:44.400  
What does that mean? So that  
361  
00:22:44.400 --> 00:22:47.700  
means if you're connecting to the energy of Ganesh  
362  
00:22:47.700 --> 00:22:49.400  
that you're  
363  
00:22:50.600 --> 00:22:54.100  
it's within yourself that ability to your  
364  
00:22:53.100 --> 00:22:55.800  
in the sentiment of like.  
365  
00:22:56.700 --> 00:22:59.300  
The world gives us what we need  
366  
00:22:59.300 --> 00:22:59.900  
to grow.  
367  
00:23:00.800 --> 00:23:04.200  
Or in the sentiment of being here holding space  
368  
00:23:03.200 --> 00:23:06.900  
for your struggles and  
369  
00:23:06.900 --> 00:23:08.000  
for your strength.  
370  
00:23:08.900 --> 00:23:11.900

And that's not always the most helpful sentiment.  
371  
00:23:11.900 --> 00:23:14.600  
I just want to name that there's times where like I didn't  
372  
00:23:14.600 --> 00:23:17.400  
ask for this. I don't want this. This isn't fair. This isn't right.  
373  
00:23:17.400 --> 00:23:20.200  
This is a inequitable in so  
374  
00:23:20.200 --> 00:23:23.600  
many ways and that is also true right that both  
375  
00:23:23.600 --> 00:23:27.000  
things can be can be true. It it's  
376  
00:23:26.200 --> 00:23:29.400  
not intended in this particular case  
377  
00:23:29.400 --> 00:23:32.700  
to invalidate that experience or say  
378  
00:23:32.700 --> 00:23:35.100  
that we've created or we deserve the struggles that  
379  
00:23:35.100 --> 00:23:38.400  
we have but more if and when we're ready to look  
380  
00:23:38.400 --> 00:23:41.500  
at how might I learn from this obstacle  
381  
00:23:41.500 --> 00:23:44.600  
or how might I grow from the top score how might  
382  
00:23:44.600 --> 00:23:47.400  
I bring a different perspective to bear on  
383  
00:23:47.400 --> 00:23:50.000  
this obstacle. So I'll share a little  
384  
00:23:50.400 --> 00:23:54.200  
story about Ganesh before we do our visualization and practice. So  
385  
00:23:53.200 --> 00:23:56.700  
he has 32 incarnations.  
386  
00:23:56.700 --> 00:23:59.700  
He's a son of Shiva and  
387  
00:23:59.700 --> 00:24:02.900  
Parvati and there's a  
388  
00:24:02.900 --> 00:24:05.600

lot of stories there's a story for each of his incarnations, but  
389

00:24:05.600 --> 00:24:08.600

the story I want to share with you is actually how Ganesh  
390

00:24:08.900 --> 00:24:12.000

Came the deity that is respected. And  
391

00:24:11.100 --> 00:24:14.900

whose name is invoked before any  
392

00:24:14.900 --> 00:24:17.100

Puja before at the beginning  
393

00:24:17.100 --> 00:24:18.500

of any endeavor.  
394

00:24:19.700 --> 00:24:22.500

If you walk into a temple, you'll see Ganesh at  
395

00:24:22.500 --> 00:24:25.400

the front. Ganesh is the first the first of  
396

00:24:25.400 --> 00:24:28.700

the altars always and so how did that happen? Well,  
397

00:24:28.700 --> 00:24:30.800

one day Shiva and Parvati were  
398

00:24:32.900 --> 00:24:35.500

were sitting around just talking, you  
399

00:24:35.500 --> 00:24:38.700

know, kind of like arguing a little bit and civil was  
400

00:24:38.700 --> 00:24:41.900

bored and so was like, okay, let's have  
401

00:24:41.900 --> 00:24:45.100

a contest between my two children Cartier  
402

00:24:44.100 --> 00:24:46.700

and Ganesh.  
403

00:24:47.800 --> 00:24:50.600

And so Shiva said, okay between the  
404

00:24:50.600 --> 00:24:53.500

two of you. I want you to prove your love prove  
405

00:24:53.500 --> 00:24:56.800

your Devotion to your mother to parvety. So whoever  
406

00:24:56.800 --> 00:24:59.200

can go around the world and find the most  
407  
00:24:59.200 --> 00:25:03.100  
precious gift for your mother will win  
408  
00:25:02.100 --> 00:25:05.900  
and we'll always be the first one who's who's worshiped  
409  
00:25:05.900 --> 00:25:09.100  
first at every ceremony every proud and  
410  
00:25:08.100 --> 00:25:11.200  
so the brothers, you know agreed to do this  
411  
00:25:11.200 --> 00:25:11.900  
they  
412  
00:25:13.200 --> 00:25:16.700  
We're respectful of their parents and they got  
413  
00:25:16.700 --> 00:25:16.800  
ready.  
414  
00:25:17.800 --> 00:25:20.700  
They're sitting there ganeshia sitting there. And also  
415  
00:25:20.700 --> 00:25:21.500  
I want to name.  
416  
00:25:22.300 --> 00:25:24.200  
There's a power in.  
417  
00:25:25.300 --> 00:25:28.700  
And this is often over like they don't hear this talked about a lot.  
There's a  
418  
00:25:28.700 --> 00:25:31.200  
power in heaviness a lot of  
419  
00:25:31.200 --> 00:25:34.300  
the time we use heaviness. Like we'll say this is heavy or this  
420  
00:25:34.300 --> 00:25:37.000  
is challenging. This is this is heavy, right? It doesn't have a  
421  
00:25:37.400 --> 00:25:41.100  
positive connotation. Ganesh is a big body  
422  
00:25:40.100 --> 00:25:43.600  
person big physical body  
423  
00:25:43.600 --> 00:25:47.200  
big elephant head big elephant ears also  
424

00:25:46.200 --> 00:25:49.400  
represents the energy of  
425

00:25:49.400 --> 00:25:52.900  
the Earth Energy of the rootedness of  
426

00:25:52.900 --> 00:25:55.500  
muladhara chakra of the energy of  
427

00:25:55.500 --> 00:25:58.300  
the Kundalini energy in the  
428

00:25:58.300 --> 00:26:00.000  
base of the spine and that potential.  
429

00:26:00.900 --> 00:26:03.300  
So Ganesh is sitting there, you know recline kind  
430

00:26:03.300 --> 00:26:06.500  
of like in this image that you see here.  
431

00:26:06.500 --> 00:26:08.700  
Let me bring It Forward for you.  
432

00:26:10.600 --> 00:26:13.700  
And often you'll see Ganesh with a  
433

00:26:13.700 --> 00:26:14.300  
conch.  
434

00:26:15.700 --> 00:26:16.200  
It's beautiful.  
435

00:26:17.400 --> 00:26:18.900  
carving book  
436

00:26:20.400 --> 00:26:23.300  
in another story. He is  
437

00:26:23.300 --> 00:26:27.100  
his Tusk and he are part of the writing of the  
438

00:26:26.100 --> 00:26:29.400  
many of the different sutras.  
439

00:26:30.500 --> 00:26:34.000  
And so he's reclined there his brother. That's  
440

00:26:33.000 --> 00:26:34.300  
yeah.  
441

00:26:36.400 --> 00:26:39.500  
Very different live athletic. And so  
442

00:26:39.500 --> 00:26:42.300  
Shiva says, okay. Are you ready? And can I just  
443

00:26:42.300 --> 00:26:45.800  
sitting there? Mm-hmm. I'm ready and cutie  
444

00:26:45.800 --> 00:26:48.500  
has his behind his vehicle. The peacock  
445

00:26:48.500 --> 00:26:50.200  
ganesha's is a mouse and  
446

00:26:52.400 --> 00:26:55.900  
she was like, are you sure you don't look ready Ganesh? So  
447

00:26:55.900 --> 00:26:59.000  
yeah. Yeah, I'm ready and cut  
448

00:26:58.100 --> 00:27:00.400  
the kid jumps up on.  
449

00:27:01.300 --> 00:27:04.200  
His peacock takes off as soon  
450

00:27:04.200 --> 00:27:07.500  
as Shiva says okay go the contest has started  
451

00:27:07.500 --> 00:27:10.800  
and he's going around and around  
452

00:27:10.800 --> 00:27:14.300  
around the world. Okay, Denise sits  
453

00:27:13.300 --> 00:27:17.400  
at brings his hands into ganmudra.  
454

00:27:16.400 --> 00:27:19.600  
So pointer finger and thumb touching  
455

00:27:19.600 --> 00:27:22.300  
and if you'd like you can do the same and rest them  
456

00:27:22.300 --> 00:27:23.200  
on his  
457

00:27:24.700 --> 00:27:25.300  
Thanks.  
458

00:27:26.700 --> 00:27:27.900  
And closes his eyes.  
459

00:27:29.400 --> 00:27:32.100  
Looking Serene relaxed.  
460

00:27:33.300 --> 00:27:34.000  
grounded  
461

00:27:35.800 --> 00:27:38.300  
poverty looks at her husband.  
462

00:27:39.600 --> 00:27:41.800  
With the look we know the look.  
463

00:27:42.600 --> 00:27:43.200  
the  
464

00:27:44.300 --> 00:27:49.300  
What is our child doing look or  
465

00:27:48.300 --> 00:27:51.100  
you know beloved one? You might have  
466

00:27:51.100 --> 00:27:54.800  
given someone that look or you might have been the recipient of seeing  
someone  
467

00:27:54.800 --> 00:27:56.300  
you love give someone else that look.  
468

00:27:58.200 --> 00:28:01.500  
What is this? What's happening? Like what so Shiva  
469

00:28:01.500 --> 00:28:04.400  
interrupts the meditation? What are  
470

00:28:04.400 --> 00:28:07.100  
you doing tonight? What's going on? Why are you not  
471

00:28:07.100 --> 00:28:10.600  
flying? All right, I'm gonna go see where your brother is. I'll be  
472

00:28:10.600 --> 00:28:10.600  
back.  
473

00:28:11.400 --> 00:28:12.100  
takes off  
474

00:28:13.800 --> 00:28:16.300  
they have magical powers, right? So Chivas around  
475

00:28:16.300 --> 00:28:19.400  
half half the world comes back in an  
476

00:28:19.400 --> 00:28:22.200  
instant Ganesh your brother halfway around  
477

00:28:22.200 --> 00:28:26.400  
the world and it's found this beautiful diamond and Ruby mine

478  
00:28:25.400 --> 00:28:28.500  
and is is collecting this incredible  
479  
00:28:28.500 --> 00:28:29.900  
gift for your mother. What?  
480  
00:28:30.800 --> 00:28:31.500  
What's happening?  
481  
00:28:33.100 --> 00:28:34.600  
It has to Smiles.  
482  
00:28:36.100 --> 00:28:39.000  
Closes his eyes one more time and then it opens them.  
483  
00:28:40.100 --> 00:28:41.800  
his elephant ears flap  
484  
00:28:43.100 --> 00:28:45.400  
and then he bows gets up.  
485  
00:28:48.700 --> 00:28:51.100  
vows to his mother poverty touches her  
486  
00:28:51.100 --> 00:28:51.300  
feet  
487  
00:28:54.800 --> 00:28:57.800  
stands and mindfully one foot in  
488  
00:28:57.800 --> 00:28:58.200  
front of the other.  
489  
00:28:59.300 --> 00:29:00.800  
walks around  
490  
00:29:01.800 --> 00:29:02.400  
poverty  
491  
00:29:04.900 --> 00:29:07.100  
really slowly no hurry.  
492  
00:29:09.400 --> 00:29:11.400  
As if his feet are touching the Earth.  
493  
00:29:12.400 --> 00:29:15.400  
So much grace and so much gratitude that he  
494  
00:29:15.400 --> 00:29:17.100  
can transmit that to his mother.  
495  
00:29:18.100 --> 00:29:20.500  
And then finishes his circumambulation.

496  
00:29:21.500 --> 00:29:22.600  
bows to her  
497  
00:29:24.300 --> 00:29:25.300  
and sits back down.  
498  
00:29:26.300 --> 00:29:26.800  
and says  
499  
00:29:28.300 --> 00:29:30.000  
mother I didn't need to go anywhere.  
500  
00:29:31.200 --> 00:29:34.700  
You are my gift my greatest gift and you  
501  
00:29:34.700 --> 00:29:35.200  
are my world.  
502  
00:29:36.800 --> 00:29:39.600  
And so privacy just like breaks into  
503  
00:29:39.600 --> 00:29:42.600  
tears classed him to her like ah,  
504  
00:29:42.600 --> 00:29:45.900  
my son my son and right at that moment, you know cut  
505  
00:29:45.900 --> 00:29:48.900  
to care comes back has this beautiful basket of  
506  
00:29:48.900 --> 00:29:51.600  
jewels that are worth so much,  
507  
00:29:51.600 --> 00:29:54.900  
you know, very very like just shimmering  
508  
00:29:54.900 --> 00:29:56.800  
shining incredible riches.  
509  
00:29:58.900 --> 00:30:01.300  
And privately looks at him and says, don't worry.  
510  
00:30:01.300 --> 00:30:02.200  
You can sit down.  
511  
00:30:03.200 --> 00:30:05.200  
Ganese has already already won.  
512  
00:30:06.200 --> 00:30:07.000  
and  
513  
00:30:08.100 --> 00:30:09.000  
So In This Moment

514  
00:30:10.600 --> 00:30:13.700  
Ganesh the skinniest principle of  
515  
00:30:15.900 --> 00:30:18.600  
Sometimes there's another way to approach  
516  
00:30:18.600 --> 00:30:22.000  
a problem. Sometimes there is another way to address  
517  
00:30:21.300 --> 00:30:24.400  
what might be an obstacle or to not  
518  
00:30:24.400 --> 00:30:27.300  
even be in competition. But to see  
519  
00:30:27.300 --> 00:30:31.300  
the truth that truth of Love of devotion of  
520  
00:30:32.200 --> 00:30:36.000  
What's inside you what's inside that relationship that often  
521  
00:30:35.300 --> 00:30:38.900  
most of many of our obstacles are with others?  
522  
00:30:40.300 --> 00:30:43.900  
So that truth of the Simplicity of that  
523  
00:30:43.900 --> 00:30:47.700  
gesture is what Ganesh offers  
524  
00:30:47.700 --> 00:30:48.000  
us.  
525  
00:30:51.600 --> 00:30:55.100  
I love the story and as we begin  
526  
00:30:54.100 --> 00:30:58.600  
to practice, I want to see if you can Envision maybe  
527  
00:30:58.600 --> 00:30:59.900  
yourself.  
528  
00:31:00.700 --> 00:31:01.100  
as  
529  
00:31:05.200 --> 00:31:08.400  
As in in the story. We're all the roles right? We're  
530  
00:31:08.400 --> 00:31:11.700  
parvathy or Shiva where the  
531  
00:31:11.700 --> 00:31:14.200  
brothers sometimes rushing around trying to do so much

532  
00:31:14.200 --> 00:31:17.800  
to make something happen. Sometimes we're in that calm clear  
533  
00:31:17.800 --> 00:31:21.400  
presence. We just see like Ganesh that  
534  
00:31:20.400 --> 00:31:22.000  
devotion.  
535  
00:31:23.100 --> 00:31:27.000  
And so how I bring these practices  
536  
00:31:26.500 --> 00:31:29.100  
these stories into my life. There's many many  
537  
00:31:29.100 --> 00:31:32.500  
ways. But last thing I'll share story-wise before we  
538  
00:31:32.500 --> 00:31:35.800  
practice and if you're getting tight or  
539  
00:31:35.800 --> 00:31:38.900  
sore while you're sitting if you're sitting on the floor, maybe just  
540  
00:31:38.900 --> 00:31:41.400  
stretching a little bit as I'm sharing  
541  
00:31:41.400 --> 00:31:44.800  
is when I was in India in two  
542  
00:31:44.800 --> 00:31:48.300  
of animal lie, which is where Ramana Maharishi the  
543  
00:31:47.300 --> 00:31:50.900  
sage who asked who Am I  
544  
00:31:50.900 --> 00:31:53.600  
who Am I who am  
545  
00:31:53.600 --> 00:31:56.100  
I so I was in two of  
546  
00:31:56.100 --> 00:31:59.300  
animal lie, and it was a full moon and on the full  
547  
00:31:59.300 --> 00:32:02.900  
moon you can do a circumination of  
548  
00:32:02.900 --> 00:32:05.600  
pilgrimage around Arena mountain and it  
549  
00:32:05.600 --> 00:32:07.400  
said that it is a

550  
00:32:08.600 --> 00:32:11.500  
Pilgrimage it's about six seven eight miles somewhere  
551  
00:32:11.500 --> 00:32:13.300  
in there. Maybe like seven miles.  
552  
00:32:15.200 --> 00:32:18.800  
It's done at midnight. It's a pilgrimage that helps burn off obstacles  
553  
00:32:18.800 --> 00:32:20.400  
release Karma.  
554  
00:32:20.900 --> 00:32:23.200  
And clear and I had a lot of things in that  
555  
00:32:23.200 --> 00:32:26.000  
time that I was trying to let go of a lot of  
556  
00:32:26.400 --> 00:32:29.400  
blocks that I knew were in our obstacles to my relationships to  
557  
00:32:29.400 --> 00:32:33.000  
just being who I was or am in the world. So  
558  
00:32:32.200 --> 00:32:36.100  
I was like, yes, we're gonna do this this pilgrimage  
559  
00:32:35.100 --> 00:32:38.100  
so we went at midnight you start at the  
560  
00:32:38.100 --> 00:32:41.300  
temple and at the beginning and then you  
561  
00:32:41.300 --> 00:32:41.700  
you  
562  
00:32:43.200 --> 00:32:46.300  
What I found right when you get to the temple, you take your shoes  
563  
00:32:46.300 --> 00:32:49.200  
off. So you never wear shoes inside of a  
564  
00:32:49.200 --> 00:32:52.300  
temple took my shoes off place them on the side. And then  
565  
00:32:52.300 --> 00:32:55.400  
the entrance did the the  
566  
00:32:55.400 --> 00:32:58.700  
pujast to the different deities starting with Ganesh. And  
567  
00:32:58.700 --> 00:33:01.300  
then on the other side of the temple is the beginning

568  
00:33:01.300 --> 00:33:02.700  
of the pilgrimage.  
569  
00:33:03.500 --> 00:33:05.000  
And I realized in that moment.  
570  
00:33:05.900 --> 00:33:08.500  
Oh, I'm gonna be walking these seven miles  
571  
00:33:08.500 --> 00:33:11.100  
with no shoes on and these are this is  
572  
00:33:11.100 --> 00:33:14.400  
not like a Serene mountain path. These are Indian Streets with  
573  
00:33:14.400 --> 00:33:18.300  
cows with rickshaws with cars with broken glass bugs  
574  
00:33:17.300 --> 00:33:20.500  
like everything. It's midnight. So  
575  
00:33:20.500 --> 00:33:23.300  
even though it's a full moon. It's  
576  
00:33:23.300 --> 00:33:24.400  
cloudy. It's a little hard to see.  
577  
00:33:26.100 --> 00:33:27.700  
I couldn't in that moment.  
578  
00:33:29.500 --> 00:33:30.300  
Do I do?  
579  
00:33:30.900 --> 00:33:33.600  
And I turned to the intention of  
580  
00:33:33.600 --> 00:33:37.200  
practice to the energy of Ganesh  
581  
00:33:36.200 --> 00:33:39.400  
and to the wish not just now  
582  
00:33:39.400 --> 00:33:42.400  
for the inner removal of obstacles. But literally for  
583  
00:33:42.400 --> 00:33:45.000  
the removal of up schools in my way to be able  
584  
00:33:45.200 --> 00:33:48.500  
to complete this pilgrimage and so as I began  
585  
00:33:48.500 --> 00:33:51.300  
the walk and I

586  
00:33:51.300 --> 00:33:54.200  
did it in silence. I'm gonna write the  
587  
00:33:56.100 --> 00:33:57.500  
mantra  
588  
00:33:58.300 --> 00:33:59.000  
in the chat  
589  
00:33:59.800 --> 00:34:02.700  
I tented the Mantra to  
590  
00:34:02.700 --> 00:34:05.500  
Ganesh. So either to Guinness directly or the energy  
591  
00:34:05.500 --> 00:34:08.400  
of clearing of obstacles or placing of  
592  
00:34:08.400 --> 00:34:11.100  
needed obstacles of new beginnings. Um,  
593  
00:34:12.100 --> 00:34:16.200  
and you can repeat after me. I'll say the whole thing womb gum  
594  
00:34:15.200 --> 00:34:19.100  
ganapatia namaha, um  
595  
00:34:19.100 --> 00:34:23.800  
gum ganapatia namaha. Ohm,  
596  
00:34:22.800 --> 00:34:25.900  
the Divine sacred syllable  
597  
00:34:25.900 --> 00:34:29.400  
the universe gum. Ganesha seed  
598  
00:34:28.400 --> 00:34:32.300  
sound gonna put tea ganesh's  
599  
00:34:31.300 --> 00:34:34.800  
name. Namaha Abel where  
600  
00:34:34.800 --> 00:34:38.000  
I offer reference to salutations too.  
601  
00:34:37.900 --> 00:34:40.900  
Oh gum Ghana Pate  
602  
00:34:40.900 --> 00:34:41.900  
namaha.  
603  
00:34:43.100 --> 00:34:46.000  
so if that I would like to invite you to

604  
00:34:47.400 --> 00:34:48.000  
begin  
605  
00:34:49.100 --> 00:34:49.900  
a practice  
606  
00:34:51.900 --> 00:34:53.800  
so for this practice you can  
607  
00:34:54.900 --> 00:34:57.500  
Rest your hands on your body. It's gonna be mostly  
608  
00:34:57.500 --> 00:35:00.400  
seated will do one where we may  
609  
00:35:00.400 --> 00:35:01.900  
stand and then sit back down.  
610  
00:35:06.300 --> 00:35:06.600  
and  
611  
00:35:08.400 --> 00:35:12.300  
we'll Begin by circling a little bit. So imagining  
612  
00:35:11.300 --> 00:35:15.700  
this circle is your own circumambulation.  
613  
00:35:16.700 --> 00:35:20.500  
Just like in a circum nebulated poverty.  
614  
00:35:22.400 --> 00:35:24.200  
Maybe there's an inner truth or  
615  
00:35:25.600 --> 00:35:26.200  
something that  
616  
00:35:28.200 --> 00:35:29.600  
You're beginning or working with?  
617  
00:35:30.500 --> 00:35:33.600  
That you can circle around and you can let this circling  
618  
00:35:33.600 --> 00:35:35.700  
be as large or small as you would like.  
619  
00:35:37.700 --> 00:35:39.000  
inhaling forward  
620  
00:35:40.200 --> 00:35:44.200  
exhaling back and at any time during the practice  
621  
00:35:43.200 --> 00:35:46.700  
You Can chant yourself the Mantra

622  
00:35:46.700 --> 00:35:49.100  
OMG. I'm gonna pate namaha.

623  
00:35:49.800 --> 00:35:52.500  
Or if you prefer to use a phrase or

624  
00:35:52.500 --> 00:35:55.700  
affirmation in English, then perhaps another

625  
00:35:55.700 --> 00:35:59.000  
language is welcome as well. Then you

626  
00:35:58.100 --> 00:36:01.600  
can do that. For example, it might be like Trust.

627  
00:36:02.900 --> 00:36:05.500  
trust inhaling Trust

628  
00:36:06.600 --> 00:36:08.400  
Maybe exhaling surrender.

629  
00:36:09.400 --> 00:36:12.100  
And we'll Circle a few more times this direction.

630  
00:36:22.500 --> 00:36:25.500  
And then Circle the

631  
00:36:25.500 --> 00:36:25.700  
other way.

632  
00:36:47.600 --> 00:36:50.600  
from a yogic perspective often when one

633  
00:36:50.600 --> 00:36:51.200  
searches for

634  
00:36:52.600 --> 00:36:54.400  
answers or for the divine

635  
00:36:56.700 --> 00:36:58.200  
the answer is

636  
00:36:59.400 --> 00:37:02.200  
that God or the Divine or that the answer to your

637  
00:37:02.200 --> 00:37:03.500  
question is inside you.

638  
00:37:04.200 --> 00:37:07.300  
Because you are not separate then everything else.

639  
00:37:07.300 --> 00:37:10.300  
There's an already always interconnection. This

640  
00:37:10.300 --> 00:37:13.500  
is literally what yoga means yoga Union  
641  
00:37:13.500 --> 00:37:15.400  
the unity unifying.  
642  
00:37:17.200 --> 00:37:20.600  
So if we can introspect into our cells, we don't need to go anywhere.  
643  
00:37:20.600 --> 00:37:23.600  
We don't need to put anything on we don't need to practice more  
644  
00:37:23.600 --> 00:37:26.700  
or be better. We just always already  
645  
00:37:26.700 --> 00:37:27.100  
are.  
646  
00:37:28.100 --> 00:37:31.700  
That thing that we're searching for that new beginning that ability  
647  
00:37:31.700 --> 00:37:34.700  
to remove or relate to an obstacle and  
648  
00:37:34.700 --> 00:37:37.200  
a new way where it becomes an insight.  
649  
00:37:38.800 --> 00:37:40.600  
One more Circle in this direction.  
650  
00:37:42.800 --> 00:37:46.100  
Beautiful coming now not  
651  
00:37:45.100 --> 00:37:48.700  
to perfect Center not  
652  
00:37:48.700 --> 00:37:51.500  
to your center of last week or last  
653  
00:37:51.500 --> 00:37:54.400  
year different lifetime, but your center  
654  
00:37:54.400 --> 00:37:57.400  
right now, which is yours in this  
655  
00:37:57.400 --> 00:38:00.600  
moment. So rooting down through your muladhara your root.  
656  
00:38:01.500 --> 00:38:04.100  
Lengthening through your spine up through the crown of your  
657  
00:38:04.100 --> 00:38:04.300  
head.

658  
00:38:05.200 --> 00:38:08.300  
Now invite you to bring one arm down  
659  
00:38:08.300 --> 00:38:11.300  
to the side. I'm not sure if I'm set up to mirror you  
660  
00:38:11.300 --> 00:38:14.200  
so I'm going to just do what I'm doing. So my left arm  
661  
00:38:14.200 --> 00:38:17.300  
is down. My right arm is coming up towards the sky.  
662  
00:38:18.300 --> 00:38:21.200  
Inhale opening up through your right side body.  
663  
00:38:22.600 --> 00:38:23.500  
exhale  
664  
00:38:24.700 --> 00:38:27.600  
switching sides right hand down left arm,  
665  
00:38:27.600 --> 00:38:28.200  
right, so  
666  
00:38:31.600 --> 00:38:32.500  
exhale  
667  
00:38:33.400 --> 00:38:35.100  
moving with your own breath  
668  
00:38:35.600 --> 00:38:36.000  
feeling  
669  
00:38:37.200 --> 00:38:40.400  
the lengthening and the stretch through your side body.  
670  
00:38:42.100 --> 00:38:44.800  
Through the parts of you that maybe don't often get.  
671  
00:38:45.500 --> 00:38:48.400  
stretched removed in the middle of a busy  
672  
00:38:48.400 --> 00:38:48.600  
day  
673  
00:38:55.400 --> 00:38:56.800  
I am grounded.  
674  
00:38:58.300 --> 00:39:00.000  
I am sustained.  
675  
00:39:02.200 --> 00:39:05.900  
activate sustenance Within Myself

676  
00:39:09.800 --> 00:39:11.800  
one more each side  
677  
00:39:16.600 --> 00:39:20.300  
and then I'm next your next exhale bring  
678  
00:39:20.300 --> 00:39:23.500  
your right hand down behind you and left  
679  
00:39:23.500 --> 00:39:26.600  
hand circles around in front of you place it  
680  
00:39:26.600 --> 00:39:29.800  
so your left hand is on your see if  
681  
00:39:29.800 --> 00:39:33.200  
I can show you what I'm doing on your right knee  
682  
00:39:32.200 --> 00:39:35.400  
and then your right hand  
683  
00:39:35.400 --> 00:39:38.300  
circles up and around behind you for a Twist.  
684  
00:39:38.300 --> 00:39:41.800  
So it doesn't matter how much or how  
685  
00:39:41.800 --> 00:39:44.300  
far you go in this twist. What does  
686  
00:39:44.300 --> 00:39:47.600  
matter though? Is it you're twisting from your core first so  
687  
00:39:47.600 --> 00:39:51.400  
you can come out a little if you feel like you're wrenching inhale  
688  
00:39:50.400 --> 00:39:53.800  
lengthen Twist from your belly then your  
689  
00:39:53.800 --> 00:39:56.500  
heart then your shoulder and then even your  
690  
00:39:56.500 --> 00:39:58.800  
eyes twisting around to the side.  
691  
00:39:59.900 --> 00:40:02.300  
In yoga Asana twists are  
692  
00:40:02.300 --> 00:40:06.300  
very helpful for shifting perspective removing  
693  
00:40:05.300 --> 00:40:08.300  
obstacles or blocks and

694  
00:40:08.300 --> 00:40:12.300  
are noddies which are like the energy centers

695  
00:40:11.300 --> 00:40:14.500  
the flow the energy channels in

696  
00:40:14.500 --> 00:40:14.700  
our body.

697  
00:40:16.400 --> 00:40:17.500  
inhale

698  
00:40:18.200 --> 00:40:20.900  
exhale slightly soften out

699  
00:40:21.800 --> 00:40:24.300  
and then inhale and twist a little

700  
00:40:24.300 --> 00:40:24.900  
bit deeper.

701  
00:40:26.400 --> 00:40:27.400  
I am strong.

702  
00:40:29.400 --> 00:40:31.400  
I am unified solid.

703  
00:40:32.100 --> 00:40:33.800  
mind body and spirit

704  
00:40:42.800 --> 00:40:43.900  
and then exhale

705  
00:40:44.700 --> 00:40:48.200  
inhale your left arm up towards the sky, right?

706  
00:40:49.600 --> 00:40:52.600  
Up and around and we'll switch sides. So right hand

707  
00:40:52.600 --> 00:40:54.500  
goes on to your

708  
00:40:56.300 --> 00:40:56.700  
left knee

709  
00:40:57.500 --> 00:41:00.600  
left arm comes out lift up and

710  
00:41:00.600 --> 00:41:02.300  
then twist around behind you.

711  
00:41:03.400 --> 00:41:05.500  
taking a moment on this side as well to

712  
00:41:07.300 --> 00:41:07.900  
Twist from your belly

713  
00:41:09.100 --> 00:41:12.400  
then your heart then your shoulders and then

714  
00:41:12.400 --> 00:41:15.400  
your eyes neck and eyes twist around last.

715  
00:41:26.500 --> 00:41:27.800  
Where is my consciousness?

716  
00:41:29.300 --> 00:41:30.100  
awake

717  
00:41:32.000 --> 00:41:32.600  
dreaming

718  
00:41:33.900 --> 00:41:34.600  
asleep

719  
00:41:36.600 --> 00:41:37.100  
gone beyond

720  
00:41:40.200 --> 00:41:43.700  
ultimately when we're removing obstacles working with

721  
00:41:43.700 --> 00:41:45.700  
obstacles in the yogic sense.

722  
00:41:46.900 --> 00:41:47.500  
We're removing.

723  
00:41:49.100 --> 00:41:52.100  
step by step Moment by moment obstacles to

724  
00:41:55.700 --> 00:41:56.400  
fullest highest self

725  
00:41:57.400 --> 00:42:00.200  
and to interconnection with all that is

726  
00:42:07.300 --> 00:42:08.600  
one more breath here.

727  
00:42:12.800 --> 00:42:15.400  
And exhale coming back

728  
00:42:15.400 --> 00:42:17.000  
lifting your arms up.

729  
00:42:18.300 --> 00:42:18.700  
back

730  
00:42:19.700 --> 00:42:23.000  
and then options couple options here you  
731  
00:42:22.300 --> 00:42:23.700  
can bring  
732  
00:42:24.700 --> 00:42:25.300  
your feet  
733  
00:42:26.500 --> 00:42:27.000  
up  
734  
00:42:28.300 --> 00:42:31.100  
I'm on the earth. So if you're sitting in a chair,  
735  
00:42:31.100 --> 00:42:34.400  
we see how it modify this but your feet can be flat on  
736  
00:42:34.400 --> 00:42:37.500  
the ground and then make a little  
737  
00:42:37.500 --> 00:42:40.600  
hammock with your shoulders. It's a subtle movement. You just  
738  
00:42:40.600 --> 00:42:43.200  
kind of dropping your shoulders back in between  
739  
00:42:43.200 --> 00:42:46.300  
your shoulder blades. So we're  
740  
00:42:46.300 --> 00:42:49.500  
often told to keep our shoulders away from our ears. But here you  
741  
00:42:49.500 --> 00:42:52.000  
keep your shoulders towards your ears. So if you're in a chair,  
742  
00:42:52.600 --> 00:42:55.100  
you might be able to do this with resting your hands on  
743  
00:42:55.100 --> 00:42:58.600  
the arms of the chair and then just kind of like hunching your shoulders  
744  
00:42:58.600 --> 00:42:59.000  
up.  
745  
00:42:59.500 --> 00:43:00.600  
to counter  
746  
00:43:01.200 --> 00:43:01.700  
movement  
747  
00:43:05.100 --> 00:43:08.700  
to expanding our spine head can gaze forward

748  
00:43:08.700 --> 00:43:11.100  
or if it feels okay on your neck. You can  
749  
00:43:11.100 --> 00:43:12.000  
drop your head back.  
750  
00:43:13.800 --> 00:43:16.800  
Resting in a hammock kind of like a nice  
751  
00:43:16.800 --> 00:43:19.900  
does right this heaviness this weightiness this  
752  
00:43:19.900 --> 00:43:22.300  
like I'm chilling here. I'm in  
753  
00:43:22.300 --> 00:43:23.400  
the hammock of my life.  
754  
00:43:27.700 --> 00:43:28.900  
One more breath here.  
755  
00:43:30.700 --> 00:43:33.400  
And then inhaling straightening your arms now  
756  
00:43:33.400 --> 00:43:37.300  
lengthening your ears away from your shoulders and  
757  
00:43:36.300 --> 00:43:39.600  
you can drop your knees over to one side. So  
758  
00:43:39.600 --> 00:43:42.400  
you're stretching your knees. In this case. I'm  
759  
00:43:42.400 --> 00:43:46.000  
going to the right and then my shoulders are lengthening and  
760  
00:43:45.500 --> 00:43:47.900  
my gaze is going to go towards my left.  
761  
00:43:49.100 --> 00:43:52.400  
So another twist full body twist through the  
762  
00:43:52.400 --> 00:43:52.700  
core.  
763  
00:43:55.500 --> 00:43:58.800  
And inhale switching sides you might  
764  
00:43:58.800 --> 00:44:01.100  
want to lift your hips and take a moment just to kind  
765  
00:44:01.100 --> 00:44:04.300  
of shift your weight knees to your right

766  
00:44:04.300 --> 00:44:06.900  
and you can do this twist in your chair as well.  
767  
00:44:08.100 --> 00:44:09.900  
Or on the floor if you prefer.  
768  
00:44:13.300 --> 00:44:14.800  
And move a few times.  
769  
00:44:15.900 --> 00:44:18.600  
side to side on your own breath  
770  
00:44:19.300 --> 00:44:20.700  
inhaling One Direction  
771  
00:44:21.800 --> 00:44:25.100  
and then exhale switch other direction  
772  
00:44:24.100 --> 00:44:26.400  
inhale.  
773  
00:44:28.200 --> 00:44:29.100  
exhale  
774  
00:44:39.800 --> 00:44:41.900  
once more each Direction  
775  
00:44:46.300 --> 00:44:49.500  
And then come back to an useful seat. I'm  
776  
00:44:49.500 --> 00:44:52.300  
going to share a kriya that  
777  
00:44:52.300 --> 00:44:55.500  
is specific to Ganesh.  
778  
00:44:56.700 --> 00:44:59.700  
Practice and it's a little bit intricate. So  
779  
00:44:59.700 --> 00:45:02.400  
I'm gonna explain it and then we'll get into the pose  
780  
00:45:02.400 --> 00:45:06.600  
that you would normally do it in. So this is malasana Baba  
781  
00:45:05.600 --> 00:45:08.400  
karanam. So you take your  
782  
00:45:08.400 --> 00:45:11.600  
right thumb and forefinger and  
783  
00:45:11.600 --> 00:45:14.600  
you hold them on your left ear.

784  
00:45:14.600 --> 00:45:17.700  
Your thumb is in front and you're  
785  
00:45:17.700 --> 00:45:20.300  
four fingers are behind so my fingers are like this. My hand is  
786  
00:45:20.300 --> 00:45:23.300  
like this crossed over my body thumb is in  
787  
00:45:23.300 --> 00:45:24.100  
front and  
788  
00:45:26.500 --> 00:45:29.600  
And fingers are behind now. I'm wrapping  
789  
00:45:29.600 --> 00:45:32.200  
my left hand underneath my right so the right  
790  
00:45:32.200 --> 00:45:32.900  
arm is on top.  
791  
00:45:33.800 --> 00:45:36.200  
And doing the same on the other side. So on  
792  
00:45:36.200 --> 00:45:39.800  
the left side the other way to do this if your left hand first Thumb  
793  
00:45:39.800 --> 00:45:43.000  
in front fingers behind and then on top right  
794  
00:45:42.000 --> 00:45:43.300  
arm.  
795  
00:45:44.100 --> 00:45:47.400  
And so you've got this little gentle grasp on your  
796  
00:45:47.400 --> 00:45:51.100  
ear so you can stay right here and handling an  
797  
00:45:50.100 --> 00:45:53.300  
exhaling or if you'd like to add on and  
798  
00:45:53.300 --> 00:45:56.200  
the way the full creat is done is you  
799  
00:45:56.200 --> 00:45:58.300  
come into malasana.  
800  
00:45:58.800 --> 00:46:01.100  
So a squat shape, so if you're  
801  
00:46:01.100 --> 00:46:04.500  
in a chair, you can just kind of sit in your chair with your

802  
00:46:04.500 --> 00:46:05.100  
knees wide.

803  
00:46:06.900 --> 00:46:09.700  
If you're on the earth, you can

804  
00:46:09.700 --> 00:46:12.400  
see my feet on the floor and then I'm squatting down

805  
00:46:12.400 --> 00:46:15.200  
with my hips in between my heels. It's okay. If

806  
00:46:15.200 --> 00:46:18.300  
your heels are up you can widen your legs. You can lift your

807  
00:46:18.300 --> 00:46:19.500  
hips up as much as you want.

808  
00:46:20.500 --> 00:46:23.900  
Now here you're taking that mudra. So

809  
00:46:23.900 --> 00:46:26.400  
right arm in front left arm

810  
00:46:26.400 --> 00:46:28.800  
behind clasping your ears, beautiful.

811  
00:46:30.400 --> 00:46:32.900  
imagine if you'd like the

812  
00:46:33.800 --> 00:46:36.600  
Mantra om gum ganapatia namaha

813  
00:46:37.500 --> 00:46:40.600  
And here's where the heat comes the obstacle

814  
00:46:40.600 --> 00:46:42.800  
comes the fire comes we're going to stand.

815  
00:46:45.200 --> 00:46:48.800  
Inhaling and then exhaling pulling

816  
00:46:48.800 --> 00:46:51.700  
down gently on your ears,

817  
00:46:51.700 --> 00:46:54.900  
sit back down and we'll do that eight times. So

818  
00:46:54.900 --> 00:46:56.600  
inhale rest.

819  
00:46:57.900 --> 00:46:59.400  
Exhale sit back down.

820  
00:47:01.500 --> 00:47:03.900  
inhale rise

821  
00:47:04.900 --> 00:47:07.400  
exhale release you can

822  
00:47:07.400 --> 00:47:11.500  
hold the Mantra or your phrase

823  
00:47:10.500 --> 00:47:14.900  
in English. Inhale. Trust exhale

824  
00:47:13.900 --> 00:47:15.500  
surrender.

825  
00:47:17.400 --> 00:47:17.900  
halfway there

826  
00:47:26.700 --> 00:47:27.600  
just two more.

827  
00:47:32.700 --> 00:47:33.600  
last one

828  
00:47:36.600 --> 00:47:40.000  
Coming back down to malasana and

829  
00:47:39.400 --> 00:47:43.000  
folding your arms taking seat. Close

830  
00:47:42.100 --> 00:47:44.600  
your eyes tune in.

831  
00:47:57.800 --> 00:47:59.300  
imagine

832  
00:48:00.900 --> 00:48:01.900  
that you are

833  
00:48:05.300 --> 00:48:06.400  
the base of a mountain

834  
00:48:14.200 --> 00:48:17.200  
Then you might call this mountain to mind.

835  
00:48:20.700 --> 00:48:22.400  
in your imagination

836  
00:48:23.900 --> 00:48:25.500  
maybe it's not kailash or

837  
00:48:27.500 --> 00:48:29.700  
a mountain that you would love to visit

838  
00:48:30.900 --> 00:48:33.600  
we're imaginary mountain or one that you've  
839  
00:48:33.600 --> 00:48:35.100  
actually been to in person.  
840  
00:48:38.300 --> 00:48:41.900  
and this mountain my represent for you and obstacle  
841  
00:48:41.900 --> 00:48:43.200  
or challenge or  
842  
00:48:45.400 --> 00:48:48.100  
a new phase of your life or way that  
843  
00:48:48.100 --> 00:48:48.400  
you want to  
844  
00:48:49.700 --> 00:48:50.300  
relate  
845  
00:48:51.400 --> 00:48:52.100  
to your life  
846  
00:48:53.600 --> 00:48:54.300  
and you beginning  
847  
00:48:56.700 --> 00:48:58.000  
so just as  
848  
00:49:05.700 --> 00:49:08.600  
Ganesh circumnabulated poverty  
849  
00:49:11.100 --> 00:49:13.400  
or in the story I shared with you. I walked around.  
850  
00:49:14.700 --> 00:49:15.500  
this mountain  
851  
00:49:17.300 --> 00:49:17.800  
full of trust  
852  
00:49:20.700 --> 00:49:23.800  
Connected to the energy of removing obstacles and  
853  
00:49:23.800 --> 00:49:24.600  
understanding.  
854  
00:49:26.600 --> 00:49:28.800  
The obstacles that were in my way were needed.  
855  
00:49:29.600 --> 00:49:31.000  
And I could learn from them.

856  
00:49:32.700 --> 00:49:34.100  
Can visualize yourself?  
857  
00:49:35.300 --> 00:49:37.800  
Taking Breath by breath step by step.  
858  
00:49:40.500 --> 00:49:43.300  
a pilgrimage around your Mountain  
859  
00:49:54.600 --> 00:49:55.700  
inhale  
860  
00:49:56.500 --> 00:49:57.700  
plant your foot  
861  
00:49:59.100 --> 00:50:01.500  
exhale lift your back foot.  
862  
00:50:03.300 --> 00:50:05.800  
inhale place that foot  
863  
00:50:06.800 --> 00:50:07.700  
exhale  
864  
00:50:08.700 --> 00:50:09.600  
one movement.  
865  
00:50:11.300 --> 00:50:12.300  
one foot  
866  
00:50:13.700 --> 00:50:14.400  
one breath  
867  
00:50:17.900 --> 00:50:20.300  
Um gum gonna put tea namaha.  
868  
00:50:23.800 --> 00:50:24.200  
Trust  
869  
00:50:26.200 --> 00:50:26.800  
surrender  
870  
00:50:31.400 --> 00:50:34.500  
you can stay right where you are in meditation  
871  
00:50:34.500 --> 00:50:38.000  
with this visualization if you like or  
872  
00:50:39.000 --> 00:50:39.900  
option  
873  
00:50:40.600 --> 00:50:40.800  
to

874  
00:50:42.100 --> 00:50:45.700  
practice walking meditation and I'll  
875  
00:50:45.700 --> 00:50:47.000  
describe what I mean by that.  
876  
00:50:48.400 --> 00:50:52.000  
Just as in this visualization, you're taking a breath  
877  
00:50:51.700 --> 00:50:53.300  
and a step.  
878  
00:50:54.100 --> 00:50:57.400  
Right and a step does not matter how far  
879  
00:50:57.400 --> 00:51:00.100  
you go. I'll just walk back and forth in front  
880  
00:51:00.100 --> 00:51:01.500  
of the screen here.  
881  
00:51:03.200 --> 00:51:05.300  
So if it feels supportive to you.  
882  
00:51:06.500 --> 00:51:07.900  
You can gently rise.  
883  
00:51:11.900 --> 00:51:13.100  
And I'll show you my feet.  
884  
00:51:15.300 --> 00:51:16.000  
Let's take a moment.  
885  
00:51:18.500 --> 00:51:18.900  
bow  
886  
00:51:21.300 --> 00:51:22.300  
inhale  
887  
00:51:24.200 --> 00:51:24.900  
and step  
888  
00:51:26.900 --> 00:51:30.200  
shifting lifting your back foot exhale  
889  
00:51:31.000 --> 00:51:31.200  
step  
890  
00:51:41.400 --> 00:51:42.200  
you get to  
891  
00:51:44.100 --> 00:51:45.500  
the edge of where

892  
00:51:46.600 --> 00:51:49.500  
you are wall can pause  
893  
00:51:49.500 --> 00:51:50.100  
take a moment.  
894  
00:51:51.500 --> 00:51:53.300  
Around you and mindfully turn.  
895  
00:51:55.200 --> 00:51:59.600  
Walking meditation. What matters is your presence  
896  
00:51:58.600 --> 00:52:01.200  
not where you're going.  
897  
00:52:18.800 --> 00:52:21.900  
Walking meditation can be done slow like  
898  
00:52:21.900 --> 00:52:24.900  
this one breath One Step more quickly  
899  
00:52:24.900 --> 00:52:28.700  
like you're walking trust trust  
900  
00:52:27.700 --> 00:52:29.700  
trust.  
901  
00:52:30.500 --> 00:52:33.400  
surrender surrender surrender  
902  
00:52:35.100 --> 00:52:37.200  
so in this way anywhere that you are  
903  
00:52:38.200 --> 00:52:38.900  
can become  
904  
00:52:40.300 --> 00:52:43.200  
a place of pilgrimage a place of practice  
905  
00:52:44.400 --> 00:52:46.000  
we'll take just  
906  
00:52:47.300 --> 00:52:51.100  
minute more either in meditation or in  
907  
00:52:53.500 --> 00:52:54.600  
Walking together  
908  
00:53:29.400 --> 00:53:30.600  
as you come  
909  
00:53:32.700 --> 00:53:36.200  
to conclusion of that part of your practice invite you

910  
00:53:36.200 --> 00:53:38.500  
to settle back into a seat.

911  
00:53:40.300 --> 00:53:43.100  
If you're standing you can sit down if you're in a

912  
00:53:43.100 --> 00:53:43.100  
chair.

913  
00:53:44.600 --> 00:53:48.000  
That I mean going to invite you to do is fire

914  
00:53:47.500 --> 00:53:50.900  
log pose so you can bring one

915  
00:53:50.900 --> 00:53:53.700  
leg in this case. I'm doing my left on

916  
00:53:53.700 --> 00:53:56.600  
top of my right so options here.

917  
00:53:56.600 --> 00:53:59.500  
So I'm stacking my knees above one

918  
00:53:59.500 --> 00:54:02.500  
another that's possible in the chair. It's all

919  
00:54:02.500 --> 00:54:06.300  
so possible to do figure four or thread the

920  
00:54:06.300 --> 00:54:09.000  
needle so you can be lying on your back.

921  
00:54:10.500 --> 00:54:13.400  
Gets close to similar benefit of

922  
00:54:13.400 --> 00:54:14.800  
stretching through the hips.

923  
00:54:17.200 --> 00:54:20.100  
And then from there you can take your arms. So if

924  
00:54:20.100 --> 00:54:23.400  
you're left knee is on top then your left arm goes under

925  
00:54:23.400 --> 00:54:26.200  
and your right arm comes on top wrapping around

926  
00:54:26.200 --> 00:54:27.900  
like ganesha's trunk.

927  
00:54:29.100 --> 00:54:32.100  
And you got Eagle arms or just chunk that

928  
00:54:32.100 --> 00:54:35.400  
you can move forward and down on an exhale

929  
00:54:35.400 --> 00:54:36.800  
upward on an inhale.

930  
00:54:37.300 --> 00:54:40.200  
No worries how much your arms twist right you

931  
00:54:40.200 --> 00:54:44.000  
can clasp your hands if that feels better many options

932  
00:54:43.800 --> 00:54:45.500  
for this shape.

933  
00:54:47.200 --> 00:54:50.300  
he's bringing a little bit of playfulness a little

934  
00:54:50.300 --> 00:54:50.700  
bit of

935  
00:54:54.300 --> 00:54:56.000  
crossing right and left

936  
00:54:58.100 --> 00:54:59.500  
allowing our brains to

937  
00:55:00.800 --> 00:55:04.200  
receive that stimulation that helps us solve

938  
00:55:03.200 --> 00:55:06.300  
problems or see obstacles in

939  
00:55:06.300 --> 00:55:06.900  
a different way.

940  
00:55:09.800 --> 00:55:11.400  
once more on this side

941  
00:55:12.400 --> 00:55:15.400  
and then we'll switch sides a couple options here. If your feet

942  
00:55:15.400 --> 00:55:18.600  
are on the floor one really fun way. You can just lift

943  
00:55:18.600 --> 00:55:19.400  
your left leg off.

944  
00:55:20.100 --> 00:55:23.700  
Fit around put your right leg on top, but I really like planting my

945  
00:55:23.700 --> 00:55:26.500  
feet in the Earth turning around to the

946  
00:55:26.500 --> 00:55:29.400  
right planting my hands and doing kind of like a disco  
947  
00:55:29.400 --> 00:55:30.400  
thing with my legs.  
948  
00:55:31.900 --> 00:55:34.700  
walking the hands all the way around and now  
949  
00:55:35.500 --> 00:55:38.800  
Tada right knee is on top and my  
950  
00:55:38.800 --> 00:55:41.500  
left knee is beneath it if that didn't work  
951  
00:55:41.500 --> 00:55:45.000  
for you. No worries. You can  
952  
00:55:44.200 --> 00:55:47.900  
just anyway at all switch your  
953  
00:55:47.900 --> 00:55:50.200  
legs. That's new for you. I find  
954  
00:55:50.200 --> 00:55:52.000  
that a very fun transition.  
955  
00:55:53.200 --> 00:55:56.200  
To practice once you get there  
956  
00:55:56.200 --> 00:55:58.700  
your right knee is now on top.  
957  
00:56:00.300 --> 00:56:03.400  
So right arm goes underneath left arm on  
958  
00:56:03.400 --> 00:56:03.600  
top.  
959  
00:56:04.800 --> 00:56:08.500  
Forming your trunk and inhale lengthen  
960  
00:56:07.500 --> 00:56:10.400  
exhale fold forward.  
961  
00:56:27.600 --> 00:56:30.900  
One powerful thing about Ganesh to  
962  
00:56:30.900 --> 00:56:33.400  
30 or Guinness Pooja  
963  
00:56:33.400 --> 00:56:37.100  
this time this practice which happens right at

964  
00:56:36.100 --> 00:56:40.900  
the end of this month one more breath here exhale and  
965  
00:56:40.900 --> 00:56:44.200  
now coming to any supportive relaxation  
966  
00:56:43.200 --> 00:56:46.200  
pose that works for you. So  
967  
00:56:46.200 --> 00:56:49.600  
that might be less than a it might be seated meditation.  
968  
00:56:49.600 --> 00:56:52.700  
It might be laying on your back and subhasana  
969  
00:56:52.700 --> 00:56:54.300  
or just leaning back on your chair.  
970  
00:56:55.700 --> 00:56:57.200  
Wherever You Are  
971  
00:56:58.400 --> 00:57:00.300  
but knowing that  
972  
00:57:02.100 --> 00:57:03.300  
the Indian freedom fighter  
973  
00:57:05.300 --> 00:57:06.800  
lokmanya tilak  
974  
00:57:08.200 --> 00:57:11.900  
Was able to utilize Ganesh Puja  
975  
00:57:11.900 --> 00:57:14.600  
as a tool of Liberation under  
976  
00:57:14.600 --> 00:57:18.500  
British colonization. And since that time goodness  
977  
00:57:17.500 --> 00:57:20.400  
Puja has always had this element of  
978  
00:57:20.400 --> 00:57:23.700  
a himesa of nonviolent resistance to  
979  
00:57:23.700 --> 00:57:25.700  
to oppression.  
980  
00:57:26.900 --> 00:57:29.600  
So under the British colonial rule,  
981  
00:57:29.600 --> 00:57:32.400  
there was a ban on large Gatherings of

982  
00:57:32.400 --> 00:57:35.300  
people of Indians, particularly and  
983  
00:57:35.300 --> 00:57:38.300  
anti-public assembly. This was put  
984  
00:57:38.300 --> 00:57:40.400  
into place in 1892.  
985  
00:57:41.500 --> 00:57:44.800  
And so what this look look Mania telek  
986  
00:57:44.800 --> 00:57:47.700  
did is say oh the Ganesh  
987  
00:57:47.700 --> 00:57:50.800  
Puja is coming and this is an  
988  
00:57:50.800 --> 00:57:53.600  
important spiritual ceremony religious ceremony.  
989  
00:57:53.600 --> 00:57:56.400  
We need to be able to gather and so they  
990  
00:57:56.400 --> 00:58:00.200  
were able to get an exception and gather for Ganesh  
991  
00:57:59.200 --> 00:58:02.400  
Puja, but of course during that time they  
992  
00:58:02.400 --> 00:58:05.400  
plan nonviolent Civil Disobedience and resistance to the  
993  
00:58:05.400 --> 00:58:08.500  
oppressive control of the British and so  
994  
00:58:08.500 --> 00:58:11.600  
historically now since now this  
995  
00:58:11.600 --> 00:58:14.700  
is over, you know me over 100 years. There's  
996  
00:58:14.700 --> 00:58:17.800  
a tradition of during Ganesh time Ganesh  
997  
00:58:17.800 --> 00:58:20.600  
Puja not only removing obstacles for  
998  
00:58:20.600 --> 00:58:21.500  
ourselves, but  
999  
00:58:22.500 --> 00:58:25.300  
Working with others to think about how we can remove

1000  
00:58:25.300 --> 00:58:28.600  
obstacles to others healing others well-being.

1001  
00:58:29.700 --> 00:58:33.400  
So an invitation to take with you is today

1002  
00:58:32.400 --> 00:58:36.000  
is your personal practice

1003  
00:58:35.000 --> 00:58:36.700  
of

1004  
00:58:37.800 --> 00:58:40.600  
Perhaps turning towards an obstacle in

1005  
00:58:40.600 --> 00:58:43.800  
a new way the way that Guinness was able to solve that

1006  
00:58:43.800 --> 00:58:46.500  
challenge of how he would win the contest.

1007  
00:58:47.600 --> 00:58:50.300  
of trusting yourself and your

1008  
00:58:50.300 --> 00:58:53.500  
process just like in the store my

1009  
00:58:53.500 --> 00:58:56.900  
story of doing this pilgrimage around the mountain where

1010  
00:58:57.900 --> 00:58:59.600  
For the whole night I walked.

1011  
00:59:00.500 --> 00:59:03.300  
Really it took me about from midnight till about

1012  
00:59:03.300 --> 00:59:06.300  
five or six the next day Barefoot through the

1013  
00:59:06.300 --> 00:59:06.800  
streets.

1014  
00:59:07.800 --> 00:59:10.100  
Womb I'm gonna put tea namaha.

1015  
00:59:10.700 --> 00:59:13.300  
and it was really truly a miracle

1016  
00:59:13.300 --> 00:59:16.200  
because there was so much on those streets that I managed to

1017  
00:59:16.200 --> 00:59:20.800  
walk the whole way my feet were were a little tired, but

1018  
00:59:20.800 --> 00:59:22.200  
they were unhurt and  
1019  
00:59:23.500 --> 00:59:27.400  
as I ended that pilgrimage that practice so  
1020  
00:59:26.400 --> 00:59:30.200  
many of the things that had been kind of  
1021  
00:59:30.200 --> 00:59:32.800  
challenging for me transformed.  
1022  
00:59:33.900 --> 00:59:36.900  
and so an invitation to take with  
1023  
00:59:36.900 --> 00:59:38.100  
you that  
1024  
00:59:39.300 --> 00:59:40.500  
practice of transformation  
1025  
00:59:41.600 --> 00:59:44.300  
And a reflection on how you might bring.  
1026  
00:59:45.700 --> 00:59:48.900  
The removal of obstacles for others out  
1027  
00:59:48.900 --> 00:59:50.500  
into your world this month.  
1028  
00:59:51.700 --> 00:59:52.300  
so we'll take  
1029  
00:59:56.600 --> 00:59:58.200  
just one more breath here.  
1030  
00:59:59.600 --> 01:00:00.400  
inhaling  
1031  
01:00:01.800 --> 01:00:02.600  
exhaling  
1032  
01:00:04.600 --> 01:00:08.100  
close either with your phrases trust  
1033  
01:00:07.100 --> 01:00:10.300  
surrender or a phrase  
1034  
01:00:10.300 --> 01:00:13.500  
of your own. Oh, I'm gonna put tea  
1035  
01:00:13.500 --> 01:00:14.500  
namaha.

1036  
01:00:16.300 --> 01:00:19.600  
Thank you so much for your presence. Thank you

1037  
01:00:19.600 --> 01:00:21.100  
so much for your practice.

1038  
01:00:22.700 --> 01:00:25.800  
If you'd like to share in the chat anything that

1039  
01:00:25.800 --> 01:00:29.400  
you'll be taking with you today? You're welcome.

1040  
01:00:29.400 --> 01:00:32.900  
You can also share online if

1041  
01:00:32.900 --> 01:00:35.000  
you'd like. Someone asked what if you want

1042  
01:00:35.100 --> 01:00:38.600  
to do that sharing but you don't have social media great.

1043  
01:00:39.500 --> 01:00:42.400  
Tell a friend and put your name in the form. Hey,

1044  
01:00:42.400 --> 01:00:46.200  
I let my friend know about yoga class curator and

1045  
01:00:45.200 --> 01:00:48.600  
you can enter too. It doesn't

1046  
01:00:48.600 --> 01:00:51.500  
have to be on social. It's just sharing your joy right sharing

1047  
01:00:51.500 --> 01:00:55.100  
your experience sharing what you're learning if you're learning and

1048  
01:00:54.100 --> 01:00:57.400  
so I hope this was supportive to

1049  
01:00:57.400 --> 01:01:00.700  
you if there's anything particular that like word or

1050  
01:01:00.700 --> 01:01:03.800  
phrase or practice that you're taking away that

1051  
01:01:03.800 --> 01:01:06.100  
you'd like to drop drop in the

1052  
01:01:06.100 --> 01:01:09.500  
chat you can so and Susan asked

1053  
01:01:09.500 --> 01:01:12.400  
is ycc open to new members not right now. So if anyone

1054  
01:01:12.400 --> 01:01:15.500  
wants to join they jump on and on a  
1055  
01:01:15.500 --> 01:01:17.600  
waitlist, it'll open in the new year.  
1056  
01:01:18.500 --> 01:01:21.600  
So folks folks will be welcomed when  
1057  
01:01:21.600 --> 01:01:25.400  
it's time right now. It's our container. So  
1058  
01:01:27.600 --> 01:01:30.200  
I'm so glad it's this powerful start to date in Australia.  
1059  
01:01:30.200 --> 01:01:32.100  
Wonderful.  
1060  
01:01:33.400 --> 01:01:36.400  
Trust and surrender cards to reshift my  
1061  
01:01:36.400 --> 01:01:37.800  
thinking around obstacles.  
1062  
01:01:39.700 --> 01:01:42.300  
Yeah, so glad you're here in practicing  
1063  
01:01:42.300 --> 01:01:43.600  
with me vegan. Yes.  
1064  
01:01:44.900 --> 01:01:47.300  
Loved your story the assistant  
1065  
01:01:47.300 --> 01:01:48.100  
story. Yes.  
1066  
01:01:49.500 --> 01:01:52.300  
So thank you everyone. Thank you so much,  
1067  
01:01:52.300 --> 01:01:55.300  
and we're formally closed  
1068  
01:01:55.300 --> 01:01:58.000  
but I'm gonna hang out and just take a few  
1069  
01:01:58.200 --> 01:02:01.800  
minutes if anyone wants to share out loud  
1070  
01:02:01.800 --> 01:02:04.800  
any Reflections, so we're formally closed  
1071  
01:02:04.800 --> 01:02:07.300  
but I'm gonna ask if anyone

1072  
01:02:07.300 --> 01:02:09.700  
wants to share any Reflections or anything.

1073  
01:02:11.400 --> 01:02:14.100  
That is coming up for you. I'm happy

1074  
01:02:14.100 --> 01:02:17.400  
to hang out for a few minutes and hear from you. So you

1075  
01:02:17.400 --> 01:02:21.200  
can just raise your hands, and if you're

1076  
01:02:20.200 --> 01:02:23.100  
complete beautiful, we'll see you

1077  
01:02:23.100 --> 01:02:27.000  
at the next office hours or the next appointment. Thank you.

1078  
01:02:29.800 --> 01:02:30.200  
hmm

1079  
01:02:37.100 --> 01:02:38.700  
so you can feel free to

1080  
01:02:39.900 --> 01:02:41.800  
just water. Oh, yes.

1081  
01:02:47.400 --> 01:02:48.300  
Probably asked can you define?

1082  
01:02:49.400 --> 01:02:52.800  
Puja, so Puja is a ceremony. And again,

1083  
01:02:52.800 --> 01:02:55.200  
it's always gonna have different definitions depending on

1084  
01:02:55.200 --> 01:02:59.000  
you know, kind of if you're taking the more formal route

1085  
01:02:58.200 --> 01:03:01.700  
of like a Puja would be a money

1086  
01:03:01.700 --> 01:03:05.500  
to connect to or to worship or offer.

1087  
01:03:06.500 --> 01:03:09.400  
Gratitude to a god or goddess, right?

1088  
01:03:09.400 --> 01:03:13.100  
That's one interpretation. And another is a ceremony

1089  
01:03:12.100 --> 01:03:15.300  
any kind of ceremony that connects us to

1090  
01:03:15.300 --> 01:03:18.800  
that which is greater than ourselves. And so

1091  
01:03:18.800 --> 01:03:21.600  
it often has the elements of fire of

1092  
01:03:21.600 --> 01:03:25.600  
water of reflection of

1093  
01:03:25.600 --> 01:03:26.200  
action.

1094  
01:03:27.400 --> 01:03:30.700  
And can be there's very much like

1095  
01:03:30.700 --> 01:03:34.100  
a lot of rules and rituals on how religious pooches

1096  
01:03:33.100 --> 01:03:36.500  
are practice and then there's projects that are spiritual Pages

1097  
01:03:36.500 --> 01:03:39.200  
where it's a little bit more around the

1098  
01:03:39.200 --> 01:03:39.800  
intention.

1099  
01:03:40.600 --> 01:03:41.700  
Let's performed.

1100  
01:03:43.300 --> 01:03:46.300  
Anyone else you can if you don't know

1101  
01:03:46.300 --> 01:03:48.600  
you can use a reaction to raise your hand.

1102  
01:03:50.900 --> 01:03:53.600  
Oh, what was the name of the create? Yes. Let

1103  
01:03:53.600 --> 01:03:56.500  
me write that down. It is melasana.

1104  
01:04:08.800 --> 01:04:11.500  
So it's malasana topicaranam.

1105  
01:04:12.300 --> 01:04:16.500  
And it increases awareness alertness activates

1106  
01:04:15.500 --> 01:04:19.300  
parts of our brain and it

1107  
01:04:18.300 --> 01:04:21.500  
does exactly that like connects the smallest

1108  
01:04:21.500 --> 01:04:24.400  
self to the big s-self or like individual with  
1109  
01:04:24.400 --> 01:04:25.000  
the divine.  
1110  
01:04:26.600 --> 01:04:27.400  
That's the intention.  
1111  
01:04:30.200 --> 01:04:32.800  
works on different marmal points as well with the  
1112  
01:04:34.100 --> 01:04:36.900  
with the with the ears and finger and thumb  
1113  
01:04:39.300 --> 01:04:43.000  
and I'm not seeing any hands. So you're welcome  
1114  
01:04:42.200 --> 01:04:45.300  
to to ask questions in the  
1115  
01:04:45.300 --> 01:04:45.600  
chat or  
1116  
01:04:47.300 --> 01:04:50.200  
to meet yourself, even if you just want to share like how  
1117  
01:04:50.200 --> 01:04:53.500  
you're feeling now or anything any a-has or  
1118  
01:04:53.500 --> 01:04:54.700  
insights or anything that  
1119  
01:04:56.200 --> 01:04:58.300  
You're noticing from our practice?  
1120  
01:05:05.600 --> 01:05:08.300  
Oh, no, your mom used to make you do  
1121  
01:05:08.300 --> 01:05:11.400  
the the bakurana is a  
1122  
01:05:11.400 --> 01:05:12.300  
punishment. Oh.  
1123  
01:05:13.100 --> 01:05:14.900  
I'm sorry to hear that. I hope that wasn't.  
1124  
01:05:15.900 --> 01:05:16.400  
hard for you  
1125  
01:05:17.900 --> 01:05:19.700  
It's a very powerful.

1126  
01:05:20.900 --> 01:05:23.600  
practice and one that like it does it clears  
1127  
01:05:23.600 --> 01:05:26.900  
obstacles and so I could see why someone's  
1128  
01:05:26.900 --> 01:05:27.000  
like  
1129  
01:05:28.200 --> 01:05:31.400  
you're being challenging. Let me give you a create to  
1130  
01:05:31.400 --> 01:05:33.300  
like help you remove that but  
1131  
01:05:34.100 --> 01:05:37.300  
that's hard when someone's making me do this punishment.  
1132  
01:05:39.100 --> 01:05:42.300  
Jessica love the stories about Ganesh the Mantua Korea.  
1133  
01:05:42.300 --> 01:05:45.500  
All of it was helpful to think about the creation. Yeah.  
1134  
01:05:45.500 --> 01:05:48.600  
The Ganesh is the creator or the Placer of  
1135  
01:05:48.600 --> 01:05:51.200  
needed obstacles like those obstacles that help us  
1136  
01:05:51.200 --> 01:05:54.800  
grow help us change or like move into that next  
1137  
01:05:54.800 --> 01:05:57.100  
kind of closer to who we  
1138  
01:05:57.100 --> 01:05:57.700  
truly are.  
1139  
01:06:02.200 --> 01:06:04.500  
All right my dearest thank you so much.  
1140  
01:06:06.200 --> 01:06:10.200  
So much gratitude for each of you and I  
1141  
01:06:09.200 --> 01:06:12.800  
am gonna say goodbye and  
1142  
01:06:12.800 --> 01:06:15.000  
I'll see you all soon. Have a wonderful day.