



1

00:00:03.060 --> 00:00:05.840

Sunaina Madhav Dāsī (they/them): Welcome in everyone.

2

00:00:07.990 --> 00:00:13.420

Sunaina Madhav Dāsī (they/them): Good to see you all good to be here. My name is Tina Madav dasi.

3

00:00:13.470 --> 00:00:19.150

Sunaina Madhav Dāsī (they/them): I am covering for Susanna, as Susanna is currently in India.

4

00:00:19.360 --> 00:00:24.300

Sunaina Madhav Dāsī (they/them): I am a

5

00:00:24.360 --> 00:00:32.640

Sunaina Madhav Dāsī (they/them): a devotee of the goddess mother, who we will be talking about today. So this with the mom

6

00:00:33.170 --> 00:00:41.680

Sunaina Madhav Dāsī (they/them): after we drop in and do a little bit of meditation, a little bit of grounding.

7

00:00:43.510 --> 00:00:44.280

Sunaina Madhav Dāsī (they/them): Yeah.

8

00:00:44.560 --> 00:00:58.450

Sunaina Madhav Dāsī (they/them): SO Of course, if you have any questions for me, please feel free to put them in the chat throughout, and I will try my best to leave some time at the end of our practice and our time together to answer those.

9

00:00:58.620 --> 00:01:03.950

And then am I missing anything else, Andre? I I just wanna make sure.

10

00:01:04.220 --> 00:01:05.069

Sunaina Madhav Dāsī (they/them): No.

11

00:01:05.459 --> 00:01:07.110

Andrea Ramos (she/her): I don't believe so. No.

12

00:01:07.470 --> 00:01:14.560

Sunaina Madhav Dāsī (they/them): all right. Well, i'm going to share my screen after the drop in. so I guess I don't have to worry about that now.

13

00:01:16.150 --> 00:01:20.710

Sunaina Madhav Dāsī (they/them): Yes, if folks want to share in the chat, what

14

00:01:20.880 --> 00:01:37.080

Sunaina Madhav Dāsī (they/them): land they're occupying where they're coming calling in from, and a fun fact, maybe about yourself. Or you know where you're at in your own yoga practice any and all of that is welcome.

15

00:01:37.290 --> 00:01:48.050

Sunaina Madhav Dāsī (they/them): As I had shared. I'm a bakhta. I'm a part of the Haiti bak, the some pradaya, one of my teachers.

16

00:01:48.290 --> 00:01:55.240

Sunaina Madhav Dāsī (they/them): one of my many teachers. Guru.

17

00:01:55.330 --> 00:02:04.660

Sunaina Madhav Dāsī (they/them): And yeah, I'm: I'm excited to share some space and practice with you all. So without further

18

00:02:05.370 --> 00:02:09.860

I do. Let's go ahead and drop in.

19

00:02:10.479 --> 00:02:11.770

Sunaina Madhav Dāsī (they/them): and so

20

00:02:11.850 --> 00:02:25.500

acknowledging and welcoming you all, we are here to embody and honor the roots of Yoga from the Indus Valley cultures to support our personal and collective liberation.

21

00:02:25.510 --> 00:02:44.800

Sunaina Madhav Dāsī (they/them): I'm. Here to remind you that you are doing enough. You are enough just by arriving just by showing up, by

listening call in whatever supports you, your spiritual bloodland, ancestors, or any energies of care and support that you may need for your

22

00:02:44.830 --> 00:02:47.080

path in your practice. Today

23

00:02:48.860 --> 00:02:58.970

Sunaina Madhav Dāsī (they/them): I do have some other but the or incense burning in my house. If you have some of those, I always invite you to light them.

24

00:02:59.120 --> 00:03:05.080

Sunaina Madhav Dāsī (they/them): just to set the energy, and we will also be talking about other. But the as well.

25

00:03:06.100 --> 00:03:15.000

Sunaina Madhav Dāsī (they/them): so inviting yourself into a comfortable way of being either sitting or laying down.

26

00:03:15.790 --> 00:03:21.650

Sunaina Madhav Dāsī (they/them): taking a moment to find a she, a gaze

27

00:03:21.920 --> 00:03:25.490

Sunaina Madhav Dāsī (they/them): off of the tip of the nose

28

00:03:28.370 --> 00:03:34.480

Sunaina Madhav Dāsī (they/them): taking a moment to soften the case, and if it feels comfortable for you

29

00:03:34.820 --> 00:03:37.440

Sunaina Madhav Dāsī (they/them): closing the ice.

30

00:03:41.230 --> 00:03:44.130

Sunaina Madhav Dāsī (they/them): I'm taking a moment here to notice

31

00:03:44.400 --> 00:03:47.940

Sunaina Madhav Dāsī (they/them): the natural breath breathing the body.

32

00:03:49.850 --> 00:03:57.740

Sunaina Madhav Dāsī (they/them): noticing any sounds you may hear from your space. from within your space or outside of it.

33

00:04:00.070 --> 00:04:07.250

Sunaina Madhav Dāsī (they/them): I'm. Taking a moment to notice which part of the body is touching the ground.

34

00:04:07.260 --> 00:04:08.710

Sunaina Madhav Dāsī (they/them): grounding you.

35

00:04:09.160 --> 00:04:11.770

Sunaina Madhav Dāsī (they/them): Perhaps it's the feet

36

00:04:11.900 --> 00:04:17.970

Sunaina Madhav Dāsī (they/them): or the tush back back of the head, maybe.

37

00:04:19.110 --> 00:04:20.730

Sunaina Madhav Dāsī (they/them): or perhaps it's the breath

38

00:04:22.930 --> 00:04:26.590

Sunaina Madhav Dāsī (they/them): making and moving your awareness back into the breath.

39

00:04:28.250 --> 00:04:33.930

Sunaina Madhav Dāsī (they/them): I'm taking a moment here to acknowledge the ancestral and indigenous land that you occupy.

40

00:04:35.180 --> 00:04:44.230

Sunaina Madhav Dāsī (they/them): Currently. I'm. On the ancestral lands of the you, Cheyenne, and are the home nations among many others.

41

00:04:46.900 --> 00:04:54.410

Sunaina Madhav Dāsī (they/them): I'm taking a moment to call into the space your own ancestors.

42

00:04:55.200 --> 00:04:58.030

Sunaina Madhav Dāsī (they/them): your own support.

43

00:04:58.720 --> 00:05:02.750

Sunaina Madhav Dāsī (they/them): loved ones, anyone who may be calling to you.

44

00:05:06.920 --> 00:05:16.360

Sunaina Madhav Dāsī (they/them): And so, as we breathe together. I invite you to place your palms together and Anjali mudra at the Heart Center.

45

00:05:18.990 --> 00:05:30.590

Sunaina Madhav Dāsī (they/them): We'll take 9 Oms together here to start our practice. 3 Oms out loud, 3 as a whisper.

46

00:05:30.820 --> 00:05:33.210

Sunaina Madhav Dāsī (they/them): and then 3 internal.

47

00:05:34.370 --> 00:05:46.950

Sunaina Madhav Dāsī (they/them): taking a moment to acknowledge as the universal cosmic vibration. the vibration that encompasses creation

48

00:05:47.100 --> 00:05:50.230

Sunaina Madhav Dāsī (they/them): destruction, and existence

49

00:05:53.000 --> 00:05:57.610

Sunaina Madhav Dāsī (they/them): clearing breath first out of the mouth, fully

50

00:05:58.580 --> 00:06:00.880

Sunaina Madhav Dāsī (they/them): inhale through the nose.

51

00:06:02.860 --> 00:06:05.010

Sunaina Madhav Dāsī (they/them): exhale out of the mouth.

52

00:06:07.220 --> 00:06:10.150

Sunaina Madhav Dāsī (they/them): inhale out loud

53

00:06:11.240 --> 00:06:11.890

Hmm!

54

00:06:13.120 --> 00:06:17.150

Sunaina Madhav Dāsī (they/them): Oh.

55

00:06:37.130 --> 00:06:44.010

Sunaina Madhav Dāsī (they/them): oh!

56

00:06:46.590 --> 00:06:49.260

Sunaina Madhav Dāsī (they/them): 3 more as whispers!

57

00:07:18.810 --> 00:07:24.560

Sunaina Madhav Dāsī (they/them): 3 internal ohms moving at your own breath. your own pace

58

00:07:52.930 --> 00:07:58.190

Sunaina Madhav Dāsī (they/them): dropping the palms into the lap. inviting the last.

59

00:07:58.210 --> 00:08:01.620

Sunaina Madhav Dāsī (they/them): the left palm underneath the right palm.

60

00:08:01.780 --> 00:08:03.750

Sunaina Madhav Dāsī (they/them): both palms facing up

61

00:08:04.570 --> 00:08:08.800

Sunaina Madhav Dāsī (they/them): and inviting the to touch here.

62

00:08:11.240 --> 00:08:11.970

That's

63

00:08:13.970 --> 00:08:20.560

Sunaina Madhav Dāsī (they/them): and we'll take a moment here to call in the energy of the status with the ma

64

00:08:21.790 --> 00:08:26.750

Sunaina Madhav Dāsī (they/them): honoring that energy within each one of us

65

00:08:27.520 --> 00:08:31.350

Sunaina Madhav Dāsī (they/them): within the universe, and the cosmic energy

66

00:08:43.590 --> 00:08:47.410

Sunaina Madhav Dāsī (they/them): set us what I a number. Huh!

67

00:08:53.170 --> 00:08:56.870

Sunaina Madhav Dāsī (they/them): That is what I

68

00:08:59.030 --> 00:09:05.070

Sunaina Madhav Dāsī (they/them): So that is what I, in

69

00:09:14.120 --> 00:09:20.200

Sunaina Madhav Dāsī (they/them): gently inviting the chin towards the ground, dropping the head.

70

00:09:22.750 --> 00:09:23.600

Sunaina Madhav Dāsī (they/them): Hmm.

71

00:09:23.770 --> 00:09:36.690

Sunaina Madhav Dāsī (they/them): Noticing the body, taking any movements that you feel you may need gently, slowly blinking and fluttering the eyes open.

72

00:09:37.590 --> 00:09:40.070

Sunaina Madhav Dāsī (they/them): noticing your space.

73

00:09:40.730 --> 00:09:44.650

Sunaina Madhav Dāsī (they/them): maybe touching some different textures

74

00:09:47.430 --> 00:09:51.270

Sunaina Madhav Dāsī (they/them): and making your way back to the screen.

75

00:09:53.470 --> 00:09:55.170

Sunaina Madhav Dāsī (they/them): I' in.

76

00:09:59.010 --> 00:09:59.820

Sunaina Madhav Dāsī (they/them): Okay.

77

00:10:01.700 --> 00:10:12.250

Sunaina Madhav Dāsī (they/them): So today we are going to do more of a visual meditation. And so I will ask

78

00:10:13.750 --> 00:10:28.320

Sunaina Madhav Dāsī (they/them): you to focus on the image that I share. It is of

79

00:10:28.330 --> 00:10:30.290

what it means.

80

00:10:31.570 --> 00:10:39.400

Sunaina Madhav Dāsī (they/them): The meaning of each specific thing in the image as well as how we can embody, and

81

00:10:40.920 --> 00:10:42.240

Sunaina Madhav Dāsī (they/them): really

82

00:10:42.580 --> 00:10:58.320

Sunaina Madhav Dāsī (they/them): take in that energy and apply it to Our own beings today, so you can, if if you're like me. I'm a neuro divergent person. I don't really like looking at screens all the time you can have the image up, and you can keep your eyes closed.

83

00:10:58.320 --> 00:11:17.820

Sunaina Madhav Dāsī (they/them): and then, whenever you feel like oh, you know, something interesting was said. Or maybe you want to re-imagine set us with. The mind could open your eyes again. Or if you're the type of person that likes to journal and have this screen up, you can also do that. There's a lot of options here for how

84

00:11:17.820 --> 00:11:26.540

Sunaina Madhav Dāsī (they/them): you want to practice as I go through the imagery and kind of lead us on a meditation.

85

00:11:28.420 --> 00:11:34.400

Sunaina Madhav Dāsī (they/them): All right. I'm just catching up with the with the chat here and

86

00:11:35.650 --> 00:11:40.020

Sunaina Madhav Dāsī (they/them): loving some of these fun facts and shares.

87

00:11:40.280 --> 00:11:45.950

Sunaina Madhav Dāsī (they/them): I can't wait to read all of this at on the end. Okay.

88

00:11:46.670 --> 00:11:50.050

any questions for me before we get started.

89

00:11:54.840 --> 00:11:59.010

Sunaina Madhav Dāsī (they/them): Right? Okay, I'm gonna go ahead and share my screen.

90

00:12:00.670 --> 00:12:02.020

Sunaina Madhav Dāsī (they/them): Okay.

91

00:12:02.090 --> 00:12:02.730

alright.

92

00:12:03.590 --> 00:12:05.300

Sunaina Madhav Dāsī (they/them): Can you all see this?

93

00:12:06.820 --> 00:12:10.460

Sunaina Madhav Dāsī (they/them): Yes, okay, and I'm: I pinned as well. You can also see me.

94

00:12:10.790 --> 00:12:11.510

Sunaina Madhav Dāsī (they/them): Okay.

95

00:12:12.220 --> 00:12:13.530

Great.

96

00:12:15.590 --> 00:12:18.600

Sunaina Madhav Dāsī (they/them): So it actually was very difficult.

97

00:12:18.600 --> 00:12:47.480

Sunaina Madhav Dāsī (they/them): I was looking for a dark skinned status with the photo actually like a brown. A more brown set us with the but unfortunately a lot of the images are pretty white washed, and so that is what the is depicted as having lighter and white skin when in reality, if you go to where I'm. From in South India called Bamal Nadu. You'll actually see that the deities are carved out of stone, Black stone. So all of the deities are just black because they're carved out of stone.

98

00:12:47.570 --> 00:12:54.690

Sunaina Madhav Dāsī (they/them): And so I also just want to preface that before before starting.

99

00:12:55.240 --> 00:13:04.370

Sunaina Madhav Dāsī (they/them): And so you can see this is satisfy. So set us in Sanskrit, meaning fluid.

100

00:13:04.380 --> 00:13:20.140

Sunaina Madhav Dāsī (they/them): changeable Lake River water, as we know in some script. One word can have many meanings up to 9 meanings per kind of letter and word, and so

101

00:13:20.140 --> 00:13:29.010

Sunaina Madhav Dāsī (they/them): set us with the is the goddess of music. of knowledge of the Us. Discipline.

102

00:13:29.150 --> 00:13:40.590

Sunaina Madhav Dāsī (they/them): And you can kind of see that as she's depicted here. and so One other kind of key that I would like to leave you all with

103

00:13:40.600 --> 00:13:42.480
before we kind of

104

00:13:42.490 --> 00:14:01.750
Sunaina Madhav Dāsī (they/them): jump right in is a hand mudra, and so mudra is something that you can do with your hands to help call the energy to a certain part of the body and all over the body, maybe, but the the mud that I want to share today is called Sidaya.

105

00:14:01.750 --> 00:14:03.850
Sunaina Madhav Dāsī (they/them): Let's head. hey?

106

00:14:12.970 --> 00:14:29.370
Sunaina Madhav Dāsī (they/them): And so if that is something that is calling to you during this meditation I can invite you to hold your hands in the diameter, and so you'll take the first finger, and you'll curl the first finger in.

107

00:14:29.500 --> 00:14:43.670
Sunaina Madhav Dāsī (they/them): and then you'll take the thumbs, and you'll bring them to the middle to so the middle finger and the ring finger together. So the first fingers kind of curled in like this middle finger is to the ring

108

00:14:43.670 --> 00:14:52.710
Sunaina Madhav Dāsī (they/them): and middle finger. Sorry the thumb is to the middle finger, and the pinky finger is just out so, Andrea almost. Yup. Just those 2.

109

00:14:52.900 --> 00:14:57.660
Sunaina Madhav Dāsī (they/them): Yeah. And so it kind of looks like a little deer, even kind of yes.

110

00:14:58.050 --> 00:15:13.890
Sunaina Madhav Dāsī (they/them): So again, if this is beneficial for you. You can hold this in your lap with the palms facing up. You can hold it on your knees with the palms facing up, or you can even just lay down as I'm going through the

111

00:15:13.940 --> 00:15:19.940

Sunaina Madhav Dāsī (they/them): as i'm going through the instructions,
or sorry the meditation to just place them

112

00:15:20.180 --> 00:15:28.840

Sunaina Madhav Dāsī (they/them): down. Some Some folks also like to place
it on top of your heart area as well. So if you just kind of

113

00:15:29.080 --> 00:15:31.120

Sunaina Madhav Dāsī (they/them): figure out what works for you.

114

00:15:32.620 --> 00:15:36.280

Sunaina Madhav Dāsī (they/them): and Yes, I am happy to

115

00:15:36.850 --> 00:15:44.980

Sunaina Madhav Dāsī (they/them): put it in the chat as well. So curl your
first finger. and then your thumb

116

00:15:46.500 --> 00:15:55.240

Sunaina Madhav Dāsī (they/them): to your middle and ring fingers. and
then your Pinky his account.

117

00:15:55.610 --> 00:15:57.320

Sunaina Madhav Dāsī (they/them): Yes. So

118

00:15:57.390 --> 00:16:00.250

Sunaina Madhav Dāsī (they/them): 2 June just like this.

119

00:16:00.960 --> 00:16:04.000

Sunaina Madhav Dāsī (they/them): Let me know if there are any other
questions.

120

00:16:05.030 --> 00:16:05.730

Sunaina Madhav Dāsī (they/them): Okay.

121

00:16:07.420 --> 00:16:10.480

Sunaina Madhav Dāsī (they/them): all right. So

122

00:16:11.320 --> 00:16:18.540

Sunaina Madhav Dāsī (they/them): inviting you again into a comfortable
place of being.

123

00:16:19.140 --> 00:16:20.650

Sunaina Madhav Dāsī (they/them): Hmm.

124

00:16:21.090 --> 00:16:24.870

Sunaina Madhav Dāsī (they/them): Inviting your body to find

125

00:16:25.100 --> 00:16:27.000

Sunaina Madhav Dāsī (they/them): relaxation

126

00:16:31.530 --> 00:16:36.160

Sunaina Madhav Dāsī (they/them): and inviting your awareness back to your breath.

127

00:16:39.240 --> 00:16:45.750

Sunaina Madhav Dāsī (they/them): And so I invite you to find your

128

00:16:46.800 --> 00:16:48.490

Sunaina Madhav Dāsī (they/them): soften

129

00:16:49.650 --> 00:16:52.890

Sunaina Madhav Dāsī (they/them): if it calls to you, closing the eyes.

130

00:16:56.830 --> 00:17:02.050

Sunaina Madhav Dāsī (they/them): and as you open up your mind side.

131

00:17:02.650 --> 00:17:08.579

Sunaina Madhav Dāsī (they/them): I invite you to visualize yourself next to a body of water.

132

00:17:09.470 --> 00:17:15.339

Sunaina Madhav Dāsī (they/them): This could be a river. a stream. or a lake.

133

00:17:17.470 --> 00:17:20.980

Sunaina Madhav Dāsī (they/them): So what the is also a river?

134

00:17:24.170 --> 00:17:28.349

Sunaina Madhav Dāsī (they/them): It's the first river that's mentioned in the

135

00:17:29.760 --> 00:17:40.800

Sunaina Madhav Dāsī (they/them): and as a physical river. The set is what the river is often described as a great and holy river.

136

00:17:42.480 --> 00:17:51.160

Sunaina Madhav Dāsī (they/them): and it also represents not only a body of water. but our internal state of being

137

00:17:52.240 --> 00:18:00.740

Sunaina Madhav Dāsī (they/them): so, as you visualize yourself by this body of water, I invite you to notice

138

00:18:01.810 --> 00:18:04.950

Sunaina Madhav Dāsī (they/them): the internal state of your being.

139

00:18:06.030 --> 00:18:09.720

Sunaina Madhav Dāsī (they/them): Notice how this water makes you feel.

140

00:18:10.860 --> 00:18:15.230

Sunaina Madhav Dāsī (they/them): Notice if you can hear what the water it sounds like.

141

00:18:16.830 --> 00:18:19.850

Sunaina Madhav Dāsī (they/them): perhaps feeling some of the mist

142

00:18:21.590 --> 00:18:24.320

Sunaina Madhav Dāsī (they/them): coming off on to you.

143

00:18:26.820 --> 00:18:32.120

Sunaina Madhav Dāsī (they/them): Now your body of water is very powerful.

144

00:18:34.920 --> 00:18:38.880

Sunaina Madhav Dāsī (they/them): and know that within you

145

00:18:40.830 --> 00:18:43.340

Sunaina Madhav Dāsī (they/them): you have this very.

146

00:18:43.890 --> 00:18:45.760

Sunaina Madhav Dāsī (they/them): this very same power.

147

00:18:49.480 --> 00:18:54.320

Sunaina Madhav Dāsī (they/them): And so, as we inhale together

148

00:18:55.250 --> 00:19:01.550

Sunaina Madhav Dāsī (they/them): and exhale. Together we come across this river.

149

00:19:05.020 --> 00:19:11.780

Sunaina Madhav Dāsī (they/them): and here you may imagine yourself standing or sitting, or laying down.

150

00:19:12.980 --> 00:19:17.240

Sunaina Madhav Dāsī (they/them): Then you notice at your shoulders the sensation.

151

00:19:18.390 --> 00:19:27.570

Sunaina Madhav Dāsī (they/them): a different sensation. a sensation that you yourself are sprouting 2 more arms.

152

00:19:29.160 --> 00:19:37.230

Sunaina Madhav Dāsī (they/them): So as you're standing here, you're noticing these 2 other arms coming out from your shoulders or your back.

153

00:19:38.780 --> 00:19:45.070

Sunaina Madhav Dāsī (they/them): and you know that these other arms are being sent to you from

154

00:19:45.500 --> 00:19:53.770

Sunaina Madhav Dāsī (they/them): the spiritual plane, from the higher realms, just as the imagery of the water or the lake of the river.

155

00:19:55.760 --> 00:20:05.610

Sunaina Madhav Dāsī (they/them): And so God is set us with. The also has 4 arms. and these arms symbolize a variety of concepts

156

00:20:06.560 --> 00:20:17.560

Sunaina Madhav Dāsī (they/them): the transcendental form of our true nature. Many times the front arms depict the goddesses activity in the material realm.

157

00:20:17.740 --> 00:20:22.660

Sunaina Madhav Dāsī (they/them): while the back arms are the activity in the spiritual realm.

158

00:20:23.510 --> 00:20:30.160

Sunaina Madhav Dāsī (they/them): And so, perhaps you touch the water with one of these hands that you have.

159

00:20:30.890 --> 00:20:34.230

Sunaina Madhav Dāsī (they/them): and as you touch the water.

160

00:20:34.370 --> 00:20:41.440

Sunaina Madhav Dāsī (they/them): you notice, and you know that this material realm is as it should be.

161

00:20:42.440 --> 00:20:46.370

Sunaina Madhav Dāsī (they/them): but your other arms are also knowing

162

00:20:46.490 --> 00:20:53.060

Sunaina Madhav Dāsī (they/them): that the spiritual realms are there just within your grasp.

163

00:20:56.200 --> 00:20:57.800

Sunaina Madhav Dāsī (they/them): And as

164

00:20:58.830 --> 00:21:02.880

Sunaina Madhav Dāsī (they/them): you sit here, your forearms by the river

165

00:21:04.910 --> 00:21:12.310

Sunaina Madhav Dāsī (they/them): implore you to take a moment, and acknowledge and notice the 4 elements of in our life

166

00:21:13.090 --> 00:21:20.810

Sunaina Madhav Dāsī (they/them): which include the mind. the manus. that which is thinking. pondering

167

00:21:22.710 --> 00:21:26.110

Sunaina Madhav Dāsī (they/them): the Buddhist. which is the intellect.

168

00:21:26.710 --> 00:21:29.550

Sunaina Madhav Dāsī (they/them): that which is discerning

169

00:21:35.770 --> 00:21:41.300

Sunaina Madhav Dāsī (they/them): that which is shielding the Atma, or the consciousness.

170

00:21:41.780 --> 00:21:42.630

Sunaina Madhav Dāsī (they/them): the Ch.

171

00:21:45.230 --> 00:21:47.870

Sunaina Madhav Dāsī (they/them): And so each one of these arms

172

00:21:48.000 --> 00:21:53.310

Sunaina Madhav Dāsī (they/them): represents each one of these 4 elements of in our life.

173

00:21:55.610 --> 00:21:59.740

Sunaina Madhav Dāsī (they/them): and as you see the water.

174

00:22:00.540 --> 00:22:02.090

Sunaina Madhav Dāsī (they/them): you sit by

175

00:22:03.210 --> 00:22:04.930

Sunaina Madhav Dāsī (they/them): side of the water.

176

00:22:06.440 --> 00:22:12.480

Sunaina Madhav Dāsī (they/them): You notice a stack of books next to the water.

177

00:22:15.140 --> 00:22:28.250

Sunaina Madhav Dāsī (they/them): and God is set us with the is also the goddess of the arts. and so these books they can represent your your self study.

178

00:22:31.960 --> 00:22:34.190

Sunaina Madhav Dāsī (they/them): But even deeper than that.

179

00:22:34.920 --> 00:22:42.950

Sunaina Madhav Dāsī (they/them): these books represent this up. Yeah. the truth. the pure knowledge.

180

00:22:45.100 --> 00:22:49.760

Sunaina Madhav Dāsī (they/them): and in these books your story is written.

181

00:22:50.770 --> 00:22:53.950

Sunaina Madhav Dāsī (they/them): your birth. your childhood.

182

00:22:55.440 --> 00:23:07.990

Sunaina Madhav Dāsī (they/them): your entire life's history. Up to this point is written. Perhaps even past life have been written in these books

183

00:23:08.190 --> 00:23:10.020

Sunaina Madhav Dāsī (they/them): as they contain everything.

184

00:23:10.820 --> 00:23:12.780

Sunaina Madhav Dāsī (they/them): the past, the present.

185

00:23:13.250 --> 00:23:14.580

Sunaina Madhav Dāsī (they/them): and the future.

186

00:23:16.880 --> 00:23:22.840

Sunaina Madhav Dāsī (they/them): Taking a moment, we meditate upon this knowledge upon these books.

187

00:23:34.830 --> 00:23:40.160

Sunaina Madhav Dāsī (they/them): and as you perhaps now are walking up the stream.

188

00:23:40.580 --> 00:23:50.740

Sunaina Madhav Dāsī (they/them): you see this beautiful stringed instrument that perhaps you've never seen this instrument before. It's called a vena.

189

00:23:52.160 --> 00:23:54.380

Sunaina Madhav Dāsī (they/them): And so this vena.

190

00:23:54.410 --> 00:23:57.250

Sunaina Madhav Dāsī (they/them): which kind of looks like a guitar.

191

00:23:57.550 --> 00:23:58.650

Sunaina Madhav Dāsī (they/them): but it isn't

192

00:23:58.800 --> 00:24:03.890

Sunaina Madhav Dāsī (they/them): has more of a round bulb at the base with a very long STEM.

193

00:24:05.670 --> 00:24:08.470

Sunaina Madhav Dāsī (they/them): The Vena serves us

194

00:24:08.670 --> 00:24:10.430

as a reminder

195

00:24:10.680 --> 00:24:18.550

Sunaina Madhav Dāsī (they/them): to tune into your own heart. to tune into your own mind

196

00:24:19.520 --> 00:24:24.770

Sunaina Madhav Dāsī (they/them): to live in true harmony with others and the world.

197

00:24:26.870 --> 00:24:31.050

Sunaina Madhav Dāsī (they/them): So perhaps you sit by the Vena.

198

00:24:31.680 --> 00:24:37.480

Sunaina Madhav Dāsī (they/them): Perhaps you pluck a few strings. Can you listen deeply?

199

00:24:38.430 --> 00:24:42.240

Sunaina Madhav Dāsī (they/them): You listen to what your heart is speaking.

200

00:24:44.200 --> 00:24:49.610

Sunaina Madhav Dāsī (they/them): listening. and perhaps journaling of how

201

00:24:49.700 --> 00:24:55.300

Sunaina Madhav Dāsī (they/them): can you live more in harmony with others in the world?

202

00:25:00.230 --> 00:25:00.980

Sunaina Madhav Dāsī (they/them): Hmm.

203

00:25:04.130 --> 00:25:08.310

Sunaina Madhav Dāsī (they/them): And so Once again inviting you

204

00:25:09.600 --> 00:25:11.310

Sunaina Madhav Dāsī (they/them): to your stream

205

00:25:12.180 --> 00:25:15.010

Sunaina Madhav Dāsī (they/them): or your lake, your body of water.

206

00:25:16.680 --> 00:25:22.530

Sunaina Madhav Dāsī (they/them): and as you walk upon this ground

207

00:25:24.050 --> 00:25:27.250

Sunaina Madhav Dāsī (they/them): next to set us what the

208

00:25:28.040 --> 00:25:29.570

Sunaina Madhav Dāsī (they/them): the body of water

209

00:25:30.670 --> 00:25:42.030

Sunaina Madhav Dāsī (they/them): you come across, Some Japamala strained beads made from whatever would of your choice.

210

00:25:43.900 --> 00:25:51.570

Sunaina Madhav Dāsī (they/them): And so you said for a moment, and you with curiosity, pick up this Japamala in your hands

211

00:25:52.900 --> 00:26:02.120

Sunaina Madhav Dāsī (they/them): when you slowly start meditating and chanting on on each deed.

212

00:26:03.790 --> 00:26:08.590

Sunaina Madhav Dāsī (they/them): knowing that you could sit here

213

00:26:09.190 --> 00:26:11.970

Sunaina Madhav Dāsī (they/them): and be in deep discipline.

214

00:26:12.120 --> 00:26:16.610

Sunaina Madhav Dāsī (they/them): and that bus concentration and meditation

215

00:26:20.200 --> 00:26:24.560

Sunaina Madhav Dāsī (they/them): You are the one in control of your mind.

216

00:26:29.410 --> 00:26:33.240

Sunaina Madhav Dāsī (they/them): So notice what you're doing with this

217

00:26:34.300 --> 00:26:39.710

Sunaina Madhav Dāsī (they/them): with this Mala. Perhaps it sits and rests in your hand.

218

00:26:41.850 --> 00:26:46.570

Sunaina Madhav Dāsī (they/them): Perhaps you're doing your Jupiter here.

219

00:26:48.540 --> 00:26:53.020

Sunaina Madhav Dāsī (they/them): or perhaps you just notice the chopamala.

220

00:26:53.930 --> 00:26:55.980

Sunaina Madhav Dāsī (they/them): and you sit next to it.

221

00:26:58.940 --> 00:27:01.940

Sunaina Madhav Dāsī (they/them): You allow it to just be as it is.

222

00:27:07.290 --> 00:27:11.180

Sunaina Madhav Dāsī (they/them): And so, as you walk further down the river.

223

00:27:12.190 --> 00:27:17.450

Sunaina Madhav Dāsī (they/them): you see in the very center of this body of water.

224

00:27:18.570 --> 00:27:26.840

Sunaina Madhav Dāsī (they/them): magnificent lotus. And so this lotus is shining

225

00:27:26.940 --> 00:27:29.830

Sunaina Madhav Dāsī (they/them): with hundreds of petals.

226

00:27:30.420 --> 00:27:33.010

Sunaina Madhav Dāsī (they/them): It's the biggest lotus you've ever seen.

227

00:27:34.100 --> 00:27:37.760

Sunaina Madhav Dāsī (they/them): and it's gleaming and radiating the color white.

228

00:27:40.090 --> 00:27:45.560

Sunaina Madhav Dāsī (they/them): And so a white lotus represents purity and knowledge

229

00:27:47.040 --> 00:27:48.680

Sunaina Madhav Dāsī (they/them): and lotuses.

230

00:27:48.690 --> 00:27:54.530

Sunaina Madhav Dāsī (they/them): because they remain untouched by the muddy waters within which they grow.

231

00:27:54.910 --> 00:28:04.300

Sunaina Madhav Dāsī (they/them): They also symbolize the need to remain untouched by the negative influences which may surround you.

232

00:28:05.710 --> 00:28:16.850

Sunaina Madhav Dāsī (they/them): and so you decide with your forearms that you can wait into the middle of the water. You can take a seat on the lotus.

233

00:28:18.130 --> 00:28:21.690

Sunaina Madhav Dāsī (they/them): You slowly step into the water.

234

00:28:22.490 --> 00:28:29.720

Sunaina Madhav Dāsī (they/them): which is cool, but not too cold. Making your way towards this lotus.

235

00:28:31.690 --> 00:28:37.530

Sunaina Madhav Dāsī (they/them): and as you move through the water the mine, the coldness tells you

236

00:28:37.890 --> 00:28:40.880

Sunaina Madhav Dāsī (they/them): that you can't do it.

237

00:28:42.830 --> 00:28:55.370

Sunaina Madhav Dāsī (they/them): and soon the floodgates open, and those who have perhaps gotten in your way or said things to you all come, all come back.

238

00:28:56.660 --> 00:29:10.030

Sunaina Madhav Dāsī (they/them): But yet you continue forward. You continue through the water. and eventually you reach the lotus. Petals are very soft.

239

00:29:11.380 --> 00:29:14.660

Sunaina Madhav Dāsī (they/them): You make your way on to the lotus.

240

00:29:16.370 --> 00:29:19.730

Sunaina Madhav Dāsī (they/them): and suddenly. It's like you're in a bubble.

241

00:29:23.430 --> 00:29:27.970

Sunaina Madhav Dāsī (they/them): You know the powers of the mind and the intellect.

242

00:29:28.700 --> 00:29:30.230

Sunaina Madhav Dāsī (they/them): the ego.

243

00:29:30.520 --> 00:29:32.240

Sunaina Madhav Dāsī (they/them): and the consciousness.

244

00:29:34.200 --> 00:29:40.100

Sunaina Madhav Dāsī (they/them): And as you sit on the lotus, meditating. perhaps, the vena

245

00:29:41.270 --> 00:29:46.080

Sunaina Madhav Dāsī (they/them): in one hand. the Jopamala and the other hand

246

00:29:49.160 --> 00:29:54.810

Sunaina Madhav Dāsī (they/them): sitting and still, miss and focus

247

00:29:58.020 --> 00:30:02.870

Sunaina Madhav Dāsī (they/them): you suddenly become distracted as you see a peacock

248

00:30:03.030 --> 00:30:05.540

Sunaina Madhav Dāsī (they/them): cruise by in the water.

249

00:30:07.560 --> 00:30:12.240

Sunaina Madhav Dāsī (they/them): and so the peacock it's. Beautiful as it is.

250

00:30:12.310 --> 00:30:15.630

Sunaina Madhav Dāsī (they/them): it represents beauty. It represents

251

00:30:15.740 --> 00:30:16.850

Sunaina Madhav Dāsī (they/them): dance

252

00:30:20.000 --> 00:30:21.040

as

253

00:30:21.180 --> 00:30:23.210

Sunaina Madhav Dāsī (they/them): you see this peacock.

254

00:30:24.280 --> 00:30:28.340

Sunaina Madhav Dāsī (they/them): You know that it can distract you

255

00:30:28.970 --> 00:30:32.450

Sunaina Madhav Dāsī (they/them): as it represents vanity and indecision.

256

00:30:32.810 --> 00:30:38.080

Sunaina Madhav Dāsī (they/them): It looks so beautiful. But what's really on the inside.

257

00:30:39.070 --> 00:30:43.000

Sunaina Madhav Dāsī (they/them): And so this peacock, as it distracted you.

258

00:30:43.110 --> 00:30:50.350

Sunaina Madhav Dāsī (they/them): Its presence is a reminder to curb the 2 qualities of vanity and indecision.

259

00:30:51.780 --> 00:30:56.870

Sunaina Madhav Dāsī (they/them): and also embrace this inner beauty, the inner dance

260

00:30:57.620 --> 00:30:59.870

Sunaina Madhav Dāsī (they/them): of this world.

261

00:31:04.940 --> 00:31:08.760

Sunaina Madhav Dāsī (they/them): and shortly after the peacock cruises by

262

00:31:09.260 --> 00:31:12.090

Sunaina Madhav Dāsī (they/them): you see a white swan

263

00:31:12.170 --> 00:31:13.430

Sunaina Madhav Dāsī (they/them): swimming by.

264

00:31:14.600 --> 00:31:18.330

Sunaina Madhav Dāsī (they/them): and so the swan also represents beauty.

265

00:31:18.380 --> 00:31:25.410

Sunaina Madhav Dāsī (they/them): and it's believed to have the unique ability to separate milk from water with its beak.

266

00:31:26.600 --> 00:31:32.760

Sunaina Madhav Dāsī (they/them): And so the swan Here it symbolizes the need

267

00:31:32.930 --> 00:31:38.200

Sunaina Madhav Dāsī (they/them): for you to always discern between right and wrong.

268

00:31:38.470 --> 00:31:45.320

Sunaina Madhav Dāsī (they/them): and to know that this truth of choosing what's right lives within your heart.

269

00:31:48.620 --> 00:31:55.300

Sunaina Madhav Dāsī (they/them): and as this one floats by you go back to your lotus, seat

270

00:31:55.610 --> 00:31:57.830

Sunaina Madhav Dāsī (they/them): back to your meditation.

271

00:32:06.550 --> 00:32:12.400

Sunaina Madhav Dāsī (they/them): and slowly. gently. You know

272

00:32:13.950 --> 00:32:17.910

Sunaina Madhav Dāsī (they/them): of all of the ways

273

00:32:19.260 --> 00:32:23.120

Sunaina Madhav Dāsī (they/them): that you can be an alignment

274

00:32:24.550 --> 00:32:31.400

Sunaina Madhav Dāsī (they/them): with the the universal divine spark

275

00:32:31.620 --> 00:32:34.160

Sunaina Madhav Dāsī (they/them): that resides within you.

276

00:32:35.220 --> 00:32:39.880

Sunaina Madhav Dāsī (they/them): The knowledge has already been sent to you

277

00:32:41.170 --> 00:32:48.280

Sunaina Madhav Dāsī (they/them): has already been there. and it was always there within your heart.

278

00:32:50.080 --> 00:32:58.910

Sunaina Madhav Dāsī (they/them): So, taking a moment here to go back to the heart space to come back to the breath.

279

00:33:00.720 --> 00:33:04.510

Sunaina Madhav Dāsī (they/them): the natural breath that's breathing, the body.

280

00:33:05.600 --> 00:33:08.480

Sunaina Madhav Dāsī (they/them): noticing each inhale.

281

00:33:09.730 --> 00:33:12.700

Sunaina Madhav Dāsī (they/them): noticing each exhale.

282

00:33:19.660 --> 00:33:23.860

Sunaina Madhav Dāsī (they/them): and once again taking a moment here

283

00:33:24.530 --> 00:33:27.420

Sunaina Madhav Dāsī (they/them): to picture

284

00:33:27.910 --> 00:33:30.290

Sunaina Madhav Dāsī (they/them): the goddess of knowledge.

285

00:33:34.240 --> 00:33:40.310

Sunaina Madhav Dāsī (they/them): perhaps looking at the image, or seeing her in your own mind's eye.

286

00:33:42.640 --> 00:33:51.840

Sunaina Madhav Dāsī (they/them): noticing your own connection to the water element. to creativity. to falling in love

287

00:34:05.740 --> 00:34:09.010

Sunaina Madhav Dāsī (they/them): whenever you're ready, inviting

288

00:34:09.210 --> 00:34:13.260

Sunaina Madhav Dāsī (they/them): the chin back down towards the ground

289

00:34:15.940 --> 00:34:20.420

Sunaina Madhav Dāsī (they/them): i'm releasing.

290

00:34:22.560 --> 00:34:25.190

Sunaina Madhav Dāsī (they/them): i'm, bringing the palms together.

291

00:34:27.280 --> 00:34:31.830

Sunaina Madhav Dāsī (they/them): I'm very gently, rubbing the palms together, generating heat.

292

00:34:32.730 --> 00:34:36.949

Sunaina Madhav Dāsī (they/them): generating runa, life, force, energy.

293

00:34:38.989 --> 00:34:44.710

Sunaina Madhav Dāsī (they/them): and placing your palms wherever on your body is needed.

294

00:34:46.370 --> 00:34:50.780

Sunaina Madhav Dāsī (they/them): I am going to cover my eyes with my palms.

295

00:34:54.270 --> 00:34:59.150

Sunaina Madhav Dāsī (they/them): We'll take 3 deep breaths here together, inhaling through the nose

296

00:35:00.720 --> 00:35:03.080

Sunaina Madhav Dāsī (they/them): and exhaling out of the mouth

297

00:35:25.420 --> 00:35:34.570

Sunaina Madhav Dāsī (they/them): at your own pace and your own time releasing your palms slowly blinking, the eyes open.

298

00:35:37.890 --> 00:35:39.870

Sunaina Madhav Dāsī (they/them): I'm taking a moment

299

00:35:41.060 --> 00:35:42.510

Sunaina Madhav Dāsī (they/them): to reflect.

300

00:35:43.120 --> 00:35:45.730

Sunaina Madhav Dāsī (they/them): First and foremost, if you have

301

00:35:46.000 --> 00:35:47.240

Sunaina Madhav Dāsī (they/them): eternal.

302

00:35:47.620 --> 00:35:50.510

Sunaina Madhav Dāsī (they/them): or maybe internally, for a moment.

303

00:35:51.840 --> 00:35:59.850

Sunaina Madhav Dāsī (they/them): and we'll come back together. and just a second. maybe one or 2 min.

304

00:37:41.760 --> 00:37:44.170

Sunaina Madhav Dāsī (they/them): I'm going to stop sharing

305

00:37:48.580 --> 00:37:54.510

Sunaina Madhav Dāsī (they/them): and feel free to continue your own reflection for as much time as needed.

306

00:37:54.900 --> 00:37:56.220

Sunaina Madhav Dāsī (they/them): I have.

307

00:37:58.000 --> 00:38:20.720

Sunaina Madhav Dāsī (they/them): I have a lot like a lot to say about. and so of course, inviting in any reflections or questions, and I would love to make some space for folks of color to speak first.

308

00:38:21.240 --> 00:38:23.700

Sunaina Madhav Dāsī (they/them): if there are any, if there is anyone.

309

00:38:54.140 --> 00:38:55.690

Sunaina Madhav Dāsī (they/them): Yes, Cody.

310

00:38:57.930 --> 00:38:59.160

Gauree Patel: Hi, there.

311

00:38:59.600 --> 00:39:05.600

Gauree Patel: i'm so happy to be here, and thank you so much for for guiding us through that I think

312

00:39:05.980 --> 00:39:10.400

Gauree Patel: I would want to share it. A reflection right after around.

313

00:39:11.740 --> 00:39:22.350

Gauree Patel: feeling as though the divine communicates to me like through intense emotion. So within that meditation, just like a burst of like tears and

314

00:39:22.390 --> 00:39:24.440

Gauree Patel: heartfelt emotions. And I

315

00:39:24.790 --> 00:39:34.220

Gauree Patel: I like smiled after, because it just felt like a direct like communication line, or like reminder that that's within me and around me.

316

00:39:34.370 --> 00:39:40.720

Gauree Patel: and sort of present in all different forms, and so I wanted to share that with anyone in case that resonates.

317

00:39:42.070 --> 00:39:45.820

Gauree Patel: we'd love to hear from others as well. But thank you so much for that I need to share.

318

00:39:53.610 --> 00:40:21.540

Sunaina Madhav Dāsī (they/them): Thank you so much for that share. Goti: I yeah, I mean, I I really resonate with that. And for me, I often in my own practice, have a lot of really intense big, heavy emotions that just come through and channel through into that hard area. And sometimes I feel like. Oh, my God, my my heart just got ripped open like what is this? Where is it coming from? And you know that really is the the Divine healing coming through, and so inviting that in inviting

319

00:40:21.540 --> 00:40:24.050

anyone who's feeling that to sit with that

320

00:40:24.180 --> 00:40:27.170

Sunaina Madhav Dāsī (they/them): and allow it to to work.

321

00:40:27.260 --> 00:40:29.100

Sunaina Madhav Dāsī (they/them): Thank you. London.

322

00:40:33.080 --> 00:40:34.740

London McElvaine: Hey, can everyone hear me?

323

00:40:35.320 --> 00:40:39.970

London McElvaine: I'm on to I'm on my phone in my laptop so I can be heard but

324

00:40:40.080 --> 00:40:56.730

London McElvaine: something that really stuck out for me, and that meditation. That exploration was the 2 first, the Peacock and the swan, and and the reminder; some reminders that they bring around and beauty, and specifically the peacock, and and this reminder around

325

00:40:57.140 --> 00:41:17.090

London McElvaine: discernment and and boundaries and and distraction. And I really really appreciate that, because something I've been working on in my own life, and through my practice of be all Guys boundaries and setting limits. You know, as a person who can be rather indulgent as a person who is like driven by the pursuit of of beauty

326

00:41:17.090 --> 00:41:20.040

London McElvaine: and pleasure and good things like really

327

00:41:20.080 --> 00:41:40.590

London McElvaine: tuning into, You know, when I start to get caught up in all those distractions as intelligence, you know, and and just feeling the ways that can start to cloud and create chaos in my life, like being reminded that compassionate discernment and tuning into my truth. You know that beautiful reminder to the ven of like really tuning in and discerning

328

00:41:40.800 --> 00:41:55.580

London McElvaine: what pursuits of beauty are gonna like serve growth and expansion versus what is it? Distraction that was so so helpful and like a really, I think, a way for me to invite back in like compassionate boundaries, boundaries that are rooted in like

329

00:41:55.580 --> 00:42:15.410

London McElvaine: saying No, from a compassionate place rather than feeling like I need to throw out limits around my cell phone set limits for myself. So I stop going crazy like stop, you know, move out of this energy of trying to punish myself and limit myself. But but to invite in that like discernment that can only come from tuning. And let's say more deeply in my cell phone

330

00:42:15.470 --> 00:42:28.990

London McElvaine: odds to even be with myself, so I could even start to here. So so thank you. So many different

331

00:42:29.660 --> 00:42:30.480

London McElvaine: if it's

332

00:42:34.120 --> 00:42:39.660

Sunaina Madhav Dāsī (they/them): Wow, London. Thank you so much for sharing that was really

333

00:42:39.930 --> 00:42:47.020

Sunaina Madhav Dāsī (they/them): you. You You speak so well, you know I feel like that was everything I wanted to say that I couldn't.

334

00:42:47.050 --> 00:42:51.370

Sunaina Madhav Dāsī (they/them): and it did. It also reminded me that set us what the is

335

00:42:51.420 --> 00:43:14.180

Sunaina Madhav Dāsī (they/them): internally within us. This set us what the energy is a represented in the shishum nadi, and so in the the direct channel all along our entire spinal cord. And so again, when we're tuning in, when we're tuning internal, we're tuning into Our own Chakras we're tuning into Our own body. Right. That's when we're tuning into the satisf with the energy.

336

00:43:14.180 --> 00:43:28.040

Sunaina Madhav Dāsī (they/them): because it is that Shishuminati, the LED, and the Pingala, the left and the right side of the energy centers that intertwine in the center of our body through the set us with the Channel.

337

00:43:28.040 --> 00:43:40.890

Sunaina Madhav Dāsī (they/them): are also actually represented by 2 Other rivers within the in this valley civilization called the Yamuna and the Ganga River as well.

338

00:43:40.890 --> 00:43:52.730

Sunaina Madhav Dāsī (they/them): So there are 3 rivers, Yamuna Ganga, and set us with the and the set us what the is said to have dried up thousands and thousands of years ago. And so it's. It's now a

339

00:43:52.780 --> 00:44:01.070

Sunaina Madhav Dāsī (they/them): a metaphorical, a metaphorical analogy for the the threes right there's always like the 3 in yoga.

340

00:44:02.140 --> 00:44:04.520

Sunaina Madhav Dāsī (they/them): Yeah, I hope that's helpful, too.

341

00:44:05.310 --> 00:44:08.310

Sunaina Madhav Dāsī (they/them): Anyone else. I think we have time for maybe one more share.

342

00:44:17.570 --> 00:44:20.480

Dawn: I don't know

343

00:44:20.590 --> 00:44:23.100

Dawn: other extra arms, if possible.

344

00:44:23.880 --> 00:44:28.040

Sunaina Madhav Dāsī (they/them): Oh, I think there was 2 people who are unmuted at once.

345

00:44:28.190 --> 00:44:30.570

I'm sorry. Who is the first person.

346

00:44:33.210 --> 00:44:45.020

Sunaina Madhav Dāsī (they/them): I unmuted myself because I don't know how to raise my hand, but I can gladly wait. No, Stella, go ahead, please, if you want to share first, and then I think it was Dawn Who can ask? Second.

347

00:44:46.530 --> 00:45:01.240

Stella Raab (she/her): I just want to share my gratitude. I was in a psych hospital for quite some time, and everything has been super overwhelming to get back into the process of

348

00:45:01.320 --> 00:45:06.690

Stella Raab (she/her): well, just calling it a process is a little sad. But to get back into my practice.

349

00:45:07.090 --> 00:45:17.160

Stella Raab (she/her): The sensory overload has just been unreal, and this was such a blessing. So I just wanted to really voice that, and not just in the chat

350

00:45:17.420 --> 00:45:18.800

I have.

351

00:45:19.360 --> 00:45:28.490

Stella Raab (she/her): Yeah, that's it. I feel weird now. But I just want to say like, this is just the first real breath of fresh air I've had in

352

00:45:28.910 --> 00:45:35.390

Stella Raab (she/her): months because of that. So thank you so much. and that's all.

353

00:45:36.230 --> 00:45:49.110

Sunaina Madhav Dāsī (they/them): Thank you, Stella, for sharing that and for your vulnerability. I know it's not easy to share things like that, especially in big groups. So sending you lots of care as you transition transition in this period.

354

00:45:50.050 --> 00:45:52.070

Sunaina Madhav Dāsī (they/them): Thank you for sharing don

355

00:45:55.740 --> 00:46:00.200

Dawn: that was quite humbling, and it so appreciate that

356

00:46:00.640 --> 00:46:08.570

Dawn: I want to hear a little more about people's experience. Maybe i'm not the only one who is new to having 4 arms.

357

00:46:08.650 --> 00:46:12.790

but that was incredible to

358

00:46:13.460 --> 00:46:22.680

Dawn: allow the imagery to give me permission to feel that wider sense of myself. So i'm appreciating that.

359

00:46:22.950 --> 00:46:26.680

Dawn: But it was certainly a new experience for me.

360

00:46:29.060 --> 00:46:30.790

Sunaina Madhav Dāsī (they/them): Thank you so much. Don.

361

00:46:31.080 --> 00:46:47.590

Sunaina Madhav Dāsī (they/them): Yeah, it's interesting how you know. I think of myself as a multi dimensional person. But then, when i'm in a meditation told to have 4 arms, i'm like suddenly, not as multi-dimensional as I want to be right, but I I firmly believe that

362

00:46:47.870 --> 00:46:48.910

Sunaina Madhav Dāsī (they/them): our

363

00:46:48.910 --> 00:47:09.940

Sunaina Madhav Dāsī (they/them): bodies are in multiple universes. So, even having the forearms, it's not necessarily that, like I actually have 4 arms, but these 2 arms also serve a spiritual purpose. And I think about that when i'm doing my saw the now when i'm doing my puja at my altar, it's like when i'm lighting my altar candle. It's not this hand

364

00:47:09.940 --> 00:47:14.420

Sunaina Madhav Dāsī (they/them): that's lighting the altar candle. Do you know what i'm saying? It's my spiritual hand

365

00:47:14.500 --> 00:47:19.560

Sunaina Madhav Dāsī (they/them): that's lighting my altar candle, and so like when we're

366

00:47:19.910 --> 00:47:23.680

Sunaina Madhav Dāsī (they/them): like, we're really just trying to embody the set us with the energy.

367

00:47:24.270 --> 00:47:40.010

Sunaina Madhav Dāsī (they/them): And I want to also answer this question in the chat from Nicole since when you call on a deity, but you are from a different religious background. How does that work? Are you just trying to channel the things that Deity stands for. So for me, because.

368

00:47:40.120 --> 00:47:41.610

Sunaina Madhav Dāsī (they/them): you know, I

369

00:47:42.260 --> 00:47:55.400

Sunaina Madhav Dāsī (they/them): was born into Hinduism. I practice I don't. I don't say I practice Hinduism, but I practice

370

00:47:55.530 --> 00:47:58.780

Sunaina Madhav Dāsī (they/them): right the path of always

371

00:47:58.970 --> 00:48:11.420

Sunaina Madhav Dāsī (they/them): kind of going towards liberation towards collective consciousness, always being on this path right many, many lifetime for many lifetimes, I believe all of us have been connected here.

372

00:48:11.810 --> 00:48:15.950

Sunaina Madhav Dāsī (they/them): And so for me it is

373

00:48:16.040 --> 00:48:21.380

Sunaina Madhav Dāsī (they/them): calling in the specific Deity. But I also want to name that

374

00:48:21.510 --> 00:48:24.300

Sunaina Madhav Dāsī (they/them): in general when holding space like this.

375

00:48:24.400 --> 00:48:43.920

Sunaina Madhav Dāsī (they/them): we're really focusing on the energy of what does the Deity represent? Right? And in this case it's truth, purity, education, compassion, right. The Divine Mother for me always represents compassion, and having compassion for ourselves, for each other for this world.

376

00:48:43.920 --> 00:48:45.100

And so

377

00:48:45.260 --> 00:48:56.230

Sunaina Madhav Dāsī (they/them): I would say, it's less about channeling what the did stands for, and asking yourself, how can I embody what the did stands for?

378

00:48:56.950 --> 00:48:58.700

Sunaina Madhav Dāsī (they/them): I hope that's helpful.

379

00:49:01.100 --> 00:49:05.180

Sunaina Madhav Dāsī (they/them): I love this common. I use all 4 arms to hug myself. Yes.

380

00:49:07.900 --> 00:49:25.460

Sunaina Madhav Dāsī (they/them): Karen asked a question. Difference of of anyone calling set us with the Ma, which is new and different than I've heard Prior set us what you know, Ma just means, mother. And so when I say, set us with the mom, just saying, mother set us with the it's like with respect.

381

00:49:25.550 --> 00:49:35.070

Sunaina Madhav Dāsī (they/them): you know you would. You wouldn't just call your mom like whatever your mom's name is right. Maybe you do. But maybe you also just say, mom after

382

00:49:36.590 --> 00:49:49.180

Sunaina Madhav Dāsī (they/them): yeah, and some people say, set us with the Davey. Some people will say vice Vishnavad Davy, or lux me, even if they're referring to set us with the

383

00:49:49.190 --> 00:50:06.820

Sunaina Madhav Dāsī (they/them): There's a lot of overlap when it comes to the Divine Mother you can. You could go to India and say any of the diva. Any of the goddesses names and people would know that you're just talking about the Divine Mother right? And so I

384

00:50:06.850 --> 00:50:08.480

I also want to name that.

385

00:50:08.700 --> 00:50:12.810

Sunaina Madhav Dāsī (they/them): like the Divine Mother is. However, you want them or her

386

00:50:12.930 --> 00:50:15.920

Sunaina Madhav Dāsī (they/them): or him to show up for you

387

00:50:16.420 --> 00:50:18.210

Sunaina Madhav Dāsī (they/them): whatever that looks like for you.

388

00:50:18.620 --> 00:50:26.080

Karen: Thank you.

389

00:50:26.720 --> 00:50:28.170

Sunaina Madhav Dāsī (they/them): Yes, you, too.

390

00:50:28.930 --> 00:50:47.400

Sunaina Madhav Dāsī (they/them): So I have just a small excerpt here that I want to read. It's from this book that i'm reading right now. It's called Love and Grace of Madurga, and you know i'll put it in the chat as well. Love and grace.

391

00:50:47.400 --> 00:51:02.810

Sunaina Madhav Dāsī (they/them): like I had shared earlier, is not just referring to Madurka, but is referring to all of the mother goddesses, so just, all just to the God, all of the goddesses in general

392

00:51:04.870 --> 00:51:06.380

Sunaina Madhav Dāsī (they/them): on me.

393

00:51:07.970 --> 00:51:08.910

Sunaina Madhav Dāsī (they/them): There it is.

394

00:51:09.640 --> 00:51:15.690

Sunaina Madhav Dāsī (they/them): and so I want to read just a little bit, and it it talks about offerings and and

395

00:51:15.940 --> 00:51:32.650

Sunaina Madhav Dāsī (they/them): during puja during pilgrimage, when we go to the Temple, or when we're doing our all the stuff at the altar, we offer either candle or we offer water flowers right there's so many things that we can offer on the table. But in reality, what does that mean?

396

00:51:33.100 --> 00:51:38.520

Sunaina Madhav Dāsī (they/them): Internally right? What are we offering internally? And so that's kind of what this passage is about?

397

00:51:43.230 --> 00:51:43.900

Sunaina Madhav Dāsī (they/them): Hmm.

398

00:51:47.400 --> 00:52:00.340

Sunaina Madhav Dāsī (they/them): You offer me a garland of marigold flowers. At times you offer a garland of lemons or the lotus flower to please me. But for me, my child, the real flower to be offered is you?

399

00:52:00.420 --> 00:52:15.900

Sunaina Madhav Dāsī (they/them): Lemons contain tremendous shock, D or energy. It has the ability to absorb negative energy. Similarly that immense Shakti resides in each one of you, and you have all the power encouraged to fight your own inner demons.

400

00:52:15.900 --> 00:52:27.080

Sunaina Madhav Dāsī (they/them): which are your weaknesses and bad Habits, with your inner shutd. Make a garland of these and give them to me, and I will grant you protection from all evils.

401

00:52:27.150 --> 00:52:32.370

Sunaina Madhav Dāsī (they/them): You offer me a lotus flower as a Bucky symbol to invoke blessings.

402

00:52:32.380 --> 00:52:45.200

Sunaina Madhav Dāsī (they/them): The lotus flower is symbolic of purity of the body, speech, and mind. It's rooted in muddy water, but it still blossoms on long stocks floating above the muddy waters of attachment and desire.

403

00:52:45.320 --> 00:52:57.070

Sunaina Madhav Dāsī (they/them): So, just like the lotus, my child, one should be pure in one spirit and mind, which goes through its initial stages of development and murky waters before it becomes a beautiful flower.

404

00:52:57.140 --> 00:53:12.370

Sunaina Madhav Dāsī (they/them): That is, you, too, may be put in a muddy environment, but you must not let your love go after the worldly attachments. Offer me your detachment in the form of your true buck, the it will lead you on the path to enlightenment.

405

00:53:13.150 --> 00:53:18.090

Sunaina Madhav Dāsī (they/them): right? And so. before we even go to Offer these flowers, it's like.

406

00:53:18.580 --> 00:53:26.750

Sunaina Madhav Dāsī (they/them): Offer me your detachment right like. What are all of your attachments. And then how are you detaching from that, and then offer that?

407

00:53:26.890 --> 00:53:33.340

Sunaina Madhav Dāsī (they/them): How do you offer that right up to the universe up to the Mother Goddess? And

408

00:53:33.850 --> 00:53:37.870

Sunaina Madhav Dāsī (they/them): there's one last, this one last one. Where is it?

409

00:53:46.770 --> 00:53:49.460

Sunaina Madhav Dāsī (they/them): Okay? It says.

410

00:53:49.550 --> 00:54:07.870

Sunaina Madhav Dāsī (they/them): when you lighted via in front of me, my child, always remember that light is nothing but your true essence, your spirit, and your core. So while you do that, remind yourself to remove the veil of ignorance, and turn on your own light and connect to it.

411

00:54:07.900 --> 00:54:24.710

Sunaina Madhav Dāsī (they/them): just like you take my art. D. From the Dia. After prayers spread that lights essence to all who needed. When you do this, my dear one, the shine of your idea, the light within you will never burn out, and will always reach me.

412

00:54:27.120 --> 00:54:28.050

Sunaina Madhav Dāsī (they/them): So

413

00:54:29.470 --> 00:54:40.340

Sunaina Madhav Dāsī (they/them): I just wanted to share a little bit of that book with you all because it has just who whoever shared earlier about their heart

414

00:54:40.380 --> 00:54:44.620

Sunaina Madhav Dāsī (they/them): just like being open, and the the love and vulnerability coming through.

415

00:54:46.220 --> 00:54:49.570

Sunaina Madhav Dāsī (they/them): I also recommend this book for sure, too.

416

00:54:52.280 --> 00:54:57.960

Sunaina Madhav Dāsī (they/them): Thank you. Okay. So

417

00:54:58.190 --> 00:55:04.020

Sunaina Madhav Dāsī (they/them): any other questions last that

418

00:55:06.160 --> 00:55:12.380

Sunaina Madhav Dāsī (they/them): anyone wants to share before we close out our space today.

419

00:55:22.780 --> 00:55:23.480

Sunaina Madhav Dāsī (they/them): Right?

420

00:55:26.990 --> 00:55:37.550

Sunaina Madhav Dāsī (they/them): I see a question from Gaudi here in the buck the yoga path. Does your devotion belong to One idle, or can it be multiple.

421

00:55:38.540 --> 00:55:52.270

Sunaina Madhav Dāsī (they/them): It really depends on the person it depends on who you internally connect with. I know some people. It's called. It is the Dave. Your souls attachment through many lifetimes.

422

00:55:52.270 --> 00:55:59.170

And so people can have specific deities that is their each, the day of their souls deity that they're connected with.

423

00:55:59.220 --> 00:56:17.820

Sunaina Madhav Dāsī (they/them): And again, if you know who that is, that's great. But if not, of course you can connect with as many or as little deities as you'd like to, especially when understanding that all of the duties are again just representations of different energies, and

424

00:56:18.080 --> 00:56:22.160

that you're just calling in those energies into the space.

425

00:56:23.480 --> 00:56:26.840

3 more minutes, Karen. Yes.

426

00:56:27.270 --> 00:56:29.080

Karen: i'm gonna make it very quick.

427

00:56:29.230 --> 00:56:32.000

Karen: I'm blessed to have a temple near me.

428

00:56:32.080 --> 00:56:46.180

Karen: So where I now live. Is it appropriate to light candle or bring water, since I am not part of the actual religion.

429

00:56:46.280 --> 00:57:16.280

Sunaina Madhav Dāsī (they/them): Yeah. Traditionally, I I mean, I think you're referencing a Hindu temple. Is that right?

430

00:57:16.280 --> 00:57:32.650

Sunaina Madhav Dāsī (they/them): Money, Of course money, they say, because money is the biggest attachment it's actually good to bring and give it without attachment. So that way you're quite literally giving your detachments

431

00:57:32.650 --> 00:57:44.540

Karen: to that.

432

00:57:44.540 --> 00:57:59.830

Karen: It doesn't matter. I think Venmo cash paypal money is okay. Okay, wonderful, lovely. And i'll bring flowers to next time. Thank you. All right. Great

433

00:58:00.430 --> 00:58:10.030

Sunaina Madhav Dāsī (they/them): oops. I'm here to myself by accident. So with that being said, let's go ahead and close out, and for those of you who

434

00:58:10.230 --> 00:58:21.430

Sunaina Madhav Dāsī (they/them): would like to do the ritual closing. We'll do Shanty, Shanty, shakti, shakti, shakti, and then I will also add.

435

00:58:21.430 --> 00:58:34.490

Sunaina Madhav Dāsī (they/them): I add a little part at the end to acknowledge the Guru, the go to within ourselves, the Guru as, and all of the teachers as well. And then, of course, the main group who's the Divine.

436

00:58:34.500 --> 00:58:36.620

Sunaina Madhav Dāsī (they/them): the Divine Lord.

437

00:58:36.790 --> 00:58:37.720

Sunaina Madhav Dāsī (they/them): And

438

00:58:38.950 --> 00:58:43.360

Sunaina Madhav Dāsī (they/them): yeah, if you believe in that, and of course you can always just listen to absorb.

439

00:58:45.470 --> 00:58:56.790

Sunaina Madhav Dāsī (they/them): Thank you. And again, Yep, feel free to send me any messages on Instagram, and or share any reflections on the gram as well.

440

00:58:56.900 --> 00:58:57.730

Sunaina Madhav Dāsī (they/them): Okay.

441

00:58:58.290 --> 00:59:02.080

Sunaina Madhav Dāsī (they/them): So inviting yourself into

442

00:59:02.900 --> 00:59:05.580

Sunaina Madhav Dāsī (they/them): ease, usefulness.

443

00:59:06.600 --> 00:59:11.280

Sunaina Madhav Dāsī (they/them): taking a moment to find your

444

00:59:12.060 --> 00:59:14.660

Sunaina Madhav Dāsī (they/them): perhaps closing the eyes.

445

00:59:17.840 --> 00:59:24.260

Sunaina Madhav Dāsī (they/them): if it calls to you, placing your palms together in an

446

00:59:25.770 --> 00:59:39.670

Sunaina Madhav Dāsī (they/them): if you'd like to receive more into the heart area, opening the hands to put the mudra. SO Opening all of the fingers except for the pinky finger and the thumb.

447

00:59:39.810 --> 00:59:41.110

Sunaina Madhav Dāsī (they/them): So you're in this

448

00:59:41.470 --> 00:59:44.650

Sunaina Madhav Dāsī (they/them): lotus mudra, the heart center.

449

00:59:47.320 --> 00:59:54.140

Sunaina Madhav Dāsī (they/them): We'll take clearing breath together, exhale fully out of the now

450

00:59:55.810 --> 00:59:57.980

Sunaina Madhav Dāsī (they/them): inhale through the nose.

451

01:00:00.040 --> 01:00:02.070

Sunaina Madhav Dāsī (they/them): exhale out of the mouth

452

01:00:03.650 --> 01:00:05.900

Sunaina Madhav Dāsī (they/them): in hell. For

453

01:00:24.470 --> 01:00:28.270

Sunaina Madhav Dāsī (they/them): oh.

454

01:00:30.600 --> 01:00:38.160

Sunaina Madhav Dāsī (they/them): Shakti shocked the he.

455

01:00:39.540 --> 01:00:42.050

Sunaina Madhav Dāsī (they/them): Oh.

456

01:00:56.290 --> 01:01:04.210

Sunaina Madhav Dāsī (they/them): writing the poems back together. thumbs together at the Agnia Chakra, the third eye Center

457

01:01:06.120 --> 01:01:09.490

Sunaina Madhav Dāsī (they/them): taking a bow to yourself.

458

01:01:10.470 --> 01:01:12.790

Sunaina Madhav Dāsī (they/them): the Sunga each other.

459

01:01:15.390 --> 01:01:18.000

Sunaina Madhav Dāsī (they/them): and to set us with the

460

01:01:22.280 --> 01:01:31.790

Sunaina Madhav Dāsī (they/them): jay. Mah. J. Good Dave made the divine energies. Bless your day. Thank you so much for being here with me.

461

01:01:36.590 --> 01:01:38.120

Sunaina Madhav Dāsī (they/them): and I hope to see you soon.

462

01:01:41.370 --> 01:01:44.010

Susan Shloss: Thank you so much. What a blessing! Thank you

463

01:01:46.460 --> 01:01:48.660

Just Be ~ Yoga & Well-Being: absolutely. Thank you so much.

464

01:02:19.950 --> 01:02:21.610

Lezlee Ann (they/she): Thank you all so much.