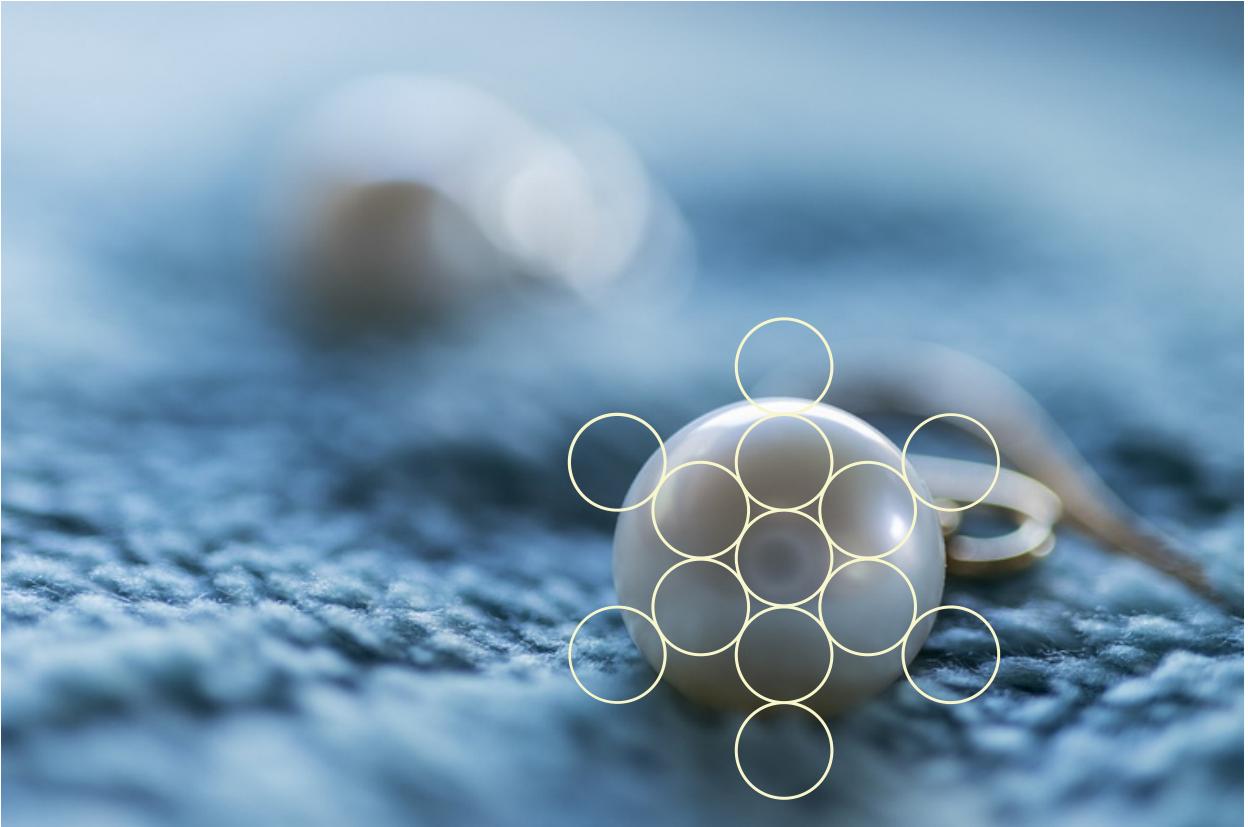


TREASURE



*Equilibrating for Continued
Success*

Part 2:

Video Transcript

In crafting your personal manifesto, you were making a powerful choice. You were exercising your intent, your ability to decide. You took into consideration the energy with which you desire to engage with the world, and you took action by putting all that into words. Now, if you haven't already shared your personal manifesto, I invite you to do so, to bring your intent into our coherent group field, and have it be presenced by our community.

Here is mine: "I own my power to be a clear vessel so that I can receive downloads and inspiration from my Higher Self, and so that I can live from an embodied place of Being Love in action. I trust in my feminine compass of intuition and heart knowing. I own my voice and share my gifts in a grounded, authentic way. With focused awareness and coherent intention, I draw in my desired reality of abundance and love."

Now, I'd like to move into the second part of the equation. Personal power, as mentioned, boils down to 2 qualities - energy and choice. Let's explore energy now, and by energy, I'm really talking about the frequency you emit, the level of consciousness you carry.

You already know that you can cultivate personal power by transcending your current level of consciousness. This involves surrendering negative emotions to access higher, truthful ways of thinking. You can let go of fears, judgments, and the need to control events, in order to allow your Higher Self to

emerge. But doing this can often feel like trudging through mud because of the density you are surrounded by. This density I am referring to is not physical, though it can be.

Something like physical clutter is usually a symptom, a sign of an energetic weight that has gathered in a person's space, so I am going to focus on the energetics here. This density is made up of thoughts, projections, beliefs, plus the ancestral-karmic bonds that you signed up to transform in this life. There's a lot going on in your energy field, and as such, Energy hygiene is a critical part of reclaiming your personal power. Indeed, I would argue that keeping yourself clean and clear in body, mind, and spirit is the key to cultivating personal power.

So energy hygiene relates to how we keep clean and clear on the inside. Like brushing our teeth or exfoliating our skin, we have to clear the build up of toxins that we pick up by just existing in this modern world. The very fact that you are a highly sensitive soul in a human body, makes it essential that you put Energetic Hygiene practices at the top of your self care, so that you can support your inner alignment. Speaking for myself, as a space holder for other women, I cannot facilitate transformation for others if I do not hold clarity & purpose in my field. Now, sadly, we were not taught about energetic or emotional hygiene in schools or by our local doctor, so we have to learn them as we go. You may have learnt them the hard way, for instance, when you got emotionally drained and sucked by toxic people in your life. Or, when you sunk into depression because you were surrounded by low frequency energies and didn't know how to shield yourself.

There are so many practices I love for cleaning my mind-body-heart from the residue of other people and institutions. To keep things simple, I'm going to share a video from Pam Gregory, which offers a wonderful list of 10 simple steps to raise your frequency. I have summarised them here in the slides, as well as on the course material page, and I encourage you to take the time to listen to what she has to say, beyond the 10 tips that she shares here. I won't read them all out loud, what I will say is that many of them resonate with the inner work that we have been doing here in TREASURE. For instance, practices like becoming aware of your thought patterns, or setting clear intentions and raising your frequency by surrounding yourself with high vibe people.

Now, one practice that I would like to add and zoom in on, because I have found this to be extremely profound, in supporting women to clear out density and feel your own sovereign centre, is to truly take time to appreciate and celebrate yourself. For most women, including me, this is something that was uncomfortable and difficult when I first began. But learning to celebrate yourself as a woman in the world is a reclamation of your power, and it truly energetically and emotionally cleanses you of the false beliefs and draining distractions that are subtly and blatantly vying for your precious life force every day. So self-affirmation is not only a beautiful remedy for self doubt, scarcity and second guessing your gifts, it is also a powerful form of energy hygiene. There are so many ways you can do this: put up post it notes of loving affirmations, you can create an altar to honour your sacred sovereignty, go on a date and romance yourself -

the sky is the limit here. I personally make art, and give myself gifts - flowers are a big favourite! I invest in myself, I make sure I have coaches who support me, I surround myself with people who love and affirm my gifts. I listen to podcasts that remind me to love myself, I basically feed myself with loving energy so that I can then share the overflow with my community.

Now, Part 2 of Equilibrating for success is really about the practicals of self-care. We've covered the philosophy and theory behind levels of consciousness and highlighted what TREASURE offers in terms of actualising your highest soul potential. By now, you have a personal declaration, a conscious manifesto of your TREASURE, one that you can refer to regularly, to remind you of who you truly are and what you're here to do. I've also provided a resource, that's Pam Gregory's video, on how to raise your frequency. These are simple, practical steps that you can take right now, they don't require any additional props, and they are all easy and don't require a lot of time. I would now like to ground all of the above by sharing with you the importance of creating a solid structure in your day. We do this by incorporating a daily routine that builds in energy hygiene as part of your every day self-care. What I encourage is to have practices that book end your day; what you are essentially doing here is building up energetic immunity by setting a solid structure, a strong boundary that supports you in beginning and ending your day with energetic self-care.

I'm going to share a few exercises and practices that have personally worked wonders and made a huge difference to my life. And because we all lead

busy, productive lives, I keep these routines short, simple, yet highly effective. What I will share is that after years of researching and experimenting, this is what I have personally found to work for me. These are the basics, the fundamentals, it's not everything that I do, but they are very effective. And this is also what I share with the women who are drawn to work with me, because they often tell me that they are attracted to my energy, and they want to learn how to embody this level of frequency that I radiate. So, these practices, they can be used at any time, but I invite you to use them to bookend your day, and notice the difference they make after you do them for a period of time.

In the morning, after my meditation practice, I will incorporate breathwork and movement. Breathwork taps into your body's innate ability to restore energy and balance. As a trauma-informed Kundalini Yoga practitioner, there are various forms of breath work that I use, but when it comes to restoring equilibrium, the one I like best is alternate nostril breathing, also known as nadi shodhana. You can refer to the course materials for 2 practices that you can follow along to, and these 2 videos also provide more information on what this practice is all about. Essentially, nadi shodhana helps to balance the left and right sides of the brain, bringing both hemispheres into coherence and harmony. By calming your brain function, it helps you to feel more relaxed. At the same time, it also supports you as you go about your work, because the harmonisation that takes place in your brain enables you to function at a mentally more coherent state. On an energetic level, this type of breathing helps

to balance prana flow in two of the major nadis, or channels, in your body. These 2 channels run up and down your spine, they are known as Ida and Pingala, and they crisscross at the chakras, or energy centers, of your body. So alternate nostril breathing brings enormous benefits to both your physical body, as well as to your pranic, or energy, body.

I follow this breathwork with some gentle movement. If you practice qigong, conscious dance, or any form of intentional movement like yoga, feel free to continue doing them. I don't think it's necessary to extoll the benefits of movement, because it's pretty clear and obvious. In terms of energy hygiene, though, what movement does is that it strengthens your energy system, for you are essentially cultivating life force energy. Now, in case you'd like a recommendation for a practice, I am including a 10 minute movement practice that I quite enjoy. I have been following this teacher for a while now, and she also has several 30 day movement challenges that take about 10-15 minutes each day. I love that they are short and sweet, and even better, she incorporates intentions and affirmations into each day's practice. Now, I really like her style, but if that's not your preference, there are many other teachers and video practices out there. What's important is that you find what works for you. My hope is that you find inspiration to support you in cultivating vitality in your life force, because that will enhance your energetic immunity and help you go through your day with more ease and joy.

Then, in the evening before bed, I will do a practice of Yoga Nidra. Yoga Nidra is guided meditation that connects you to your true self. Yoga means union, or

to yoke, and Nidra is a sanskrit word for sleep. So this is a practice to help you get to your true self via a profoundly healing form of rest. Now, I have been doing Yoga Nidra or a similar form of deep rest meditation, for close to 20 years now. It does take time to really do this properly; at the beginning I would just fall asleep because that was what my body needed. Gradually, I would lose consciousness but find myself waking at the end. Much later on, I could start to feel the layers of my energy body, also known as koshas, separating and differentiating. Now, when I do my Nidra practice, I always feel deeply refreshed, and so I consistently turn to it on a regular basis. I have received training in Yoga Nidra, and there are so many good videos out there as well. There is no shortage, and I have included a few, ranging from shorter practices that are 10 minutes long, to longer ones that are around 40 minutes in length. Again, I encourage you to play around and try them out to see which style you prefer. The most important thing is that you practice.

I'd like to share some teachings around Yoga Nidra, because I feel that this is a very feminine, a very Yin practice, and one that is severely underrated. On the surface, it looks like you're doing nothing, but on the energetic level, there is a lot going on. At its most esoteric, Yoga Nidra serves as preparation for death. As you know, every time we go to sleep, we are undergoing a mini death. But physical death is really a return to your eternal self, so if you get to do this consciously, then your journey back to Spirit will be much more easeful. Going through the steps in Yoga Nidra helps you to prepare for it, because what you are essentially experiencing is a separation of the layers of your body, and an eventual connection, or contact with, your Soul self.

On a purely physical and physiological level, Yoga Nidra enables your nervous system to return to balance, to return to a state of peace and safety, which you know by now is critical for your body's parasympathetic nervous system to function. Practising Yoga Nidra has been shown to speed up rest and recovery, and to help you recharge quickly. As such, Yoga Nidra is often regarded as a nervous system reset, and certain teachers have devised modern forms of this practice that take out any spiritual or esoteric philosophy. Some of the more popular ones are iRest and non-sleep deep rest, or NSDR.

Another benefit of Yoga Nidra is that it facilitates heightened states of creativity and insight. There are five primary brainwave states, and Yoga Nidra can help us move from our usual active Beta state into other states of relaxation and creativity. Most people in modern society function primarily in our most active state, called beta. We are built to flow through active and restful states throughout our day, but modern life is such that we chronically live lives that are overstimulated in beta. This is where we produce more stress hormones, like cortisol and adrenaline. When our brainwaves slow down enough and eases into a relaxed state that is indicated by alpha brain waves, this is where we can foster the development of new neural connections. I'll say more about this in a bit.

Now, Yoga Nidra is a guided meditation that has a highly structured process. I won't go into all the details here, but one of the most important and specific elements is setting a sankalpa. A sankalpa is like an intention, but the word actually translates

to 'truth vow,' so there is a stronger sense of resolve and determination, this is a vow that is set sincerely in the heart. A sankalpa has the power to help you transform and liberate your most limiting beliefs. It works like a seed of transformation, a seed that you plant in your subconscious, and that then grows and bears fruit over time. In other words, a sankalpa that is set during Yoga Nidra can help you to unwire limiting beliefs through your subconscious. Now, we set our sankalpa with a positive tone, and we use the present tense - in neuroscience language, we are creating new neural pathways by feeding this positive thought. Using the present tense indicates to your mind that what you truly want is manifesting right here right now.

Often, the most powerful sankalpa is one connected to a belief about yourself that you wouldn't feel comfortable telling anyone at all. Once you are able to be completely honest with yourself, your sankalpa can free you from something you're ashamed to feel by acknowledging that belief and then turning it completely around. For example, if you feel worthless, a powerful sankalpa can be "I am valid" or "I am valuable" or "I am worthy." If you feel lonely, it could be, "I am loved." If you find yourself feeling judgmental, angry, or rejected, your sankalpa could be "I accept." If you feel stressed about not having enough money, time, or anything else, it could be, "I have enough."

As you enter into a state of deep relaxation, this enables you to connect to your subconscious programming as your brain goes into a theta and even a delta state. This enables you to rewire old habits and enable new patterns to form. Your

sankalpa gets rooted more firmly in your body during this state of deep relaxation. You begin to see how your deepest desires are already becoming part of your present experience, and this power helps you see that the truth within your heart is already a part of your life.

"Relaxation does not mean sleep. Sleep gives only mind and sense relaxation. Bliss relaxes the atma, the inner self; that is why, in tantra, Yoga Nidra is the doorway to Samadhi." Swami Satyananda Saraswati. Through the practice of Yoga Nidra, we get to clear away all our fears, doubts and delusions, and find peace resting with our true selves, connected and whole.

Having said all this, I now invite you to pick a practice and try it out for yourself. All 3 - breathwork, gentle movement, yoga nidra - have physical and energetic benefits that will enhance and enrich your life. They will support you in raising your frequency, and aid you in evolving into higher levels of consciousness. Best of all, they are simple and easeful to do. I will now conclude this section with a quote from Caroline Myss:

"The pursuit of cosmic truth takes on an enormous significance when you realise that the great spiritual masters were teaching that mystical truths are the ultimate means of personal empowerment and inner liberation. A mystical truth is not something you 'learn,' but something that is revealed to you; and in the process of revelation, you are transformed by the power of that truth. It becomes part of your own consciousness. You are no longer separated from the divine truth, no longer merely searching for

divine truth; truth has found you and transformed you. Such truth shatters the limitations of ordinary reason." As you journey along your evolution of consciousness, may you serve as a bridger of worlds, may you activate remembrances in others, and may you co-create the world that you seek and long for. Hari Om Tat Sat.

