

AWAKEN YOUR SACRED FEMININE FIRE JOURNEY: SPIRAL 4

*FIRE & EXPRESSION BODY. RECLAIM YOUR RADIANCE. SHINE YOUR LIGHT.
DANCE YOUR NEW STORY.*

WEEKS 20 - 23 (Sep 10 – Oct 1): SPIRAL 4 - FIRE & EXPRESSION BODY - RECLAIM YOUR RADIANCE. SHINE YOUR LIGHT. DANCE YOUR NEW STORY.

- **Week 20 (Sep 10)** LECTURE #4. Manomaya Kosha. Transforming Fears into Fuel & Igniting Dreams into Reality. Neuroscience of Transformation. Special Guest: Nova Dasalla
- **FULL MOON (Sep 14)**
- **Week 21 (Sep 17)** Group Process & Fire Seats!

----- **WEEK 22 (Sep 24) NO GATHERING. PERSONAL INTEGRATION** -----
(Jinju transitions back to Bali)

Sep 28th – NEW MOON. Jinju traveling back to BALI. Please use this week to plan your “expressions”!

- **Week 23 (Oct 1)** Guided Flow – NaiAsana Pele Namaskar

SPIRAL 4 THEMES

ELEMENT: Fire

KOSHA: Manomaya Kosha (Personality/Expression Body – nervous system, mental, psycho-spiritual, ego, and story)

DIRECTION: East

GODDESS: Pele

MUDRAS: Purna Hridaya Mudra and Surya Mudra (see below)

CHANT: E Ala E

RITUAL: All things involving Fire! Also see below

ALTAR PIECE: See below

NAIASANA PRACTICE: Rising to Reclaim!



"Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
We are all meant to shine, as children do.
We were born to make manifest the glory of God that is within us.
It is not just in some of us; it is in everyone.
And as we let our own light shine,
we unconsciously give other people permission to do the same.
As we are liberated from our own fear,
our presence automatically liberates others."
~Marianne Williamson

CHECKLIST FOR SPIRAL 4 PATHWAY

- ✓ READ through your guide (link here to download)
- ✓ Add Movement to your Inner Fire Womb Heart Meditation
- ✓ Revisit & revise (if you like) your 6 month & 5 year visions!
- ✓ Complete your Spiral 4 Kosha Check-in Sheet (by Sep 13th)
- ✓ Start Alchemy Sheet 4.1 – One Action (that scares me) aligned with my LIFE PURPOSE (start now, complete inside the Fire Spiral). Complete by Sept 16th to share on Sept 17th.
- ✓ Complete Alchemy Sheet 4.2 – NSFT (by end of spiral)
- ✓ Complete Alchemy Sheet 4.3 – YOUR EXPRESSION BODY! (by end of program)
- ✓ Continue to dedicate 5 min a day to Flow/NaiAsana
- ✓ Complete the following lessons in the Aloha Flow Series (if you haven't already):
 - Lesson 6: Rising to Reclaim (reverse weave)
 - Lesson 7: Beauty in Contrast

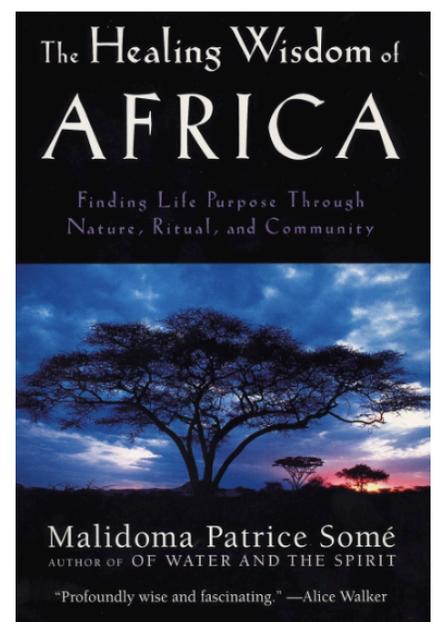
Small Group Leaders - PLEASE share some updates and progress with BIG GROUP in the private FB group. What I am hearing from you all is AMAZING and I feel it would be even more powerful for everyone to learn what I am learning from the leaders. There is juicy potential for the small group journeys to inspire each other.

References and Recommended Readings:

- 1) Healing Wisdom from Africa by Malidoma Patrice Some
- 2) Stealing Fire by Steven Kotler & Jamie Wheel (definitely a more masculine approach to Flow!)
- 3) Waking the Tiger or An Unspoken Voice by Peter Levine
- 4) Why Zebras don't get Ulcers by Robert Sapolsky

Recommended Viewing:

1. The Red Helmet (<https://vimeo.com/46059583>)
2. Infinite Stumbling (<https://vimeo.com/17585566>)
3. Shiva Rea TEDxBlackRockCity – Tending the Sacred Fire (<https://www.youtube.com/watch?v=i31gGh9KcAo>) (This one was recommended in Spiral 1! Great theme to watch it again!)



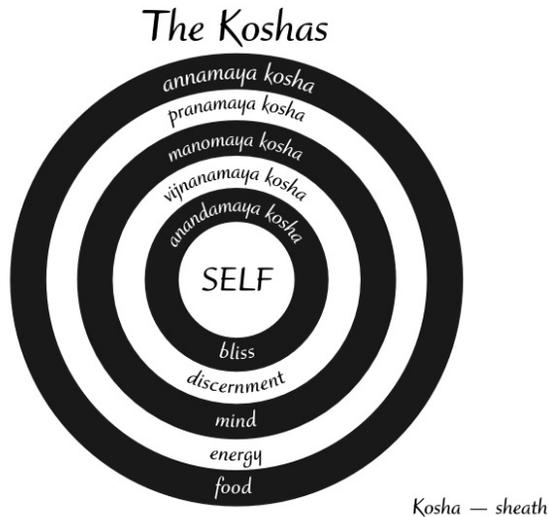
Spiral 4

KOSHA CHECK-IN

Do not look back at your scores from Spiral 3 (yet!).



THE KOSHA SYSTEM & PHILOSOPHY: YOU AS A MULTIDIMENSIONAL BEING



When you're looking at this "map" which of these areas do you feel like you have a really strong connection to? Or a weak connection with?

On a day-to-day basis, on a scale from 1 to 10 (10 being 'almost always excellent, strong, healthy, balanced and growing' and 1 being 'almost never feels strong, healthy, balanced or accessible')

My physical body (Earth) :

My prana or energy body (Water) how awake or tired you feel:

My personality body (Fire) mental & emotional:

My expression body (Fire) ability to express, manifest, and take goal-oriented actions):

My intuitive body (Air):

My wisdom body (ability to discern or bear witness without judgment):

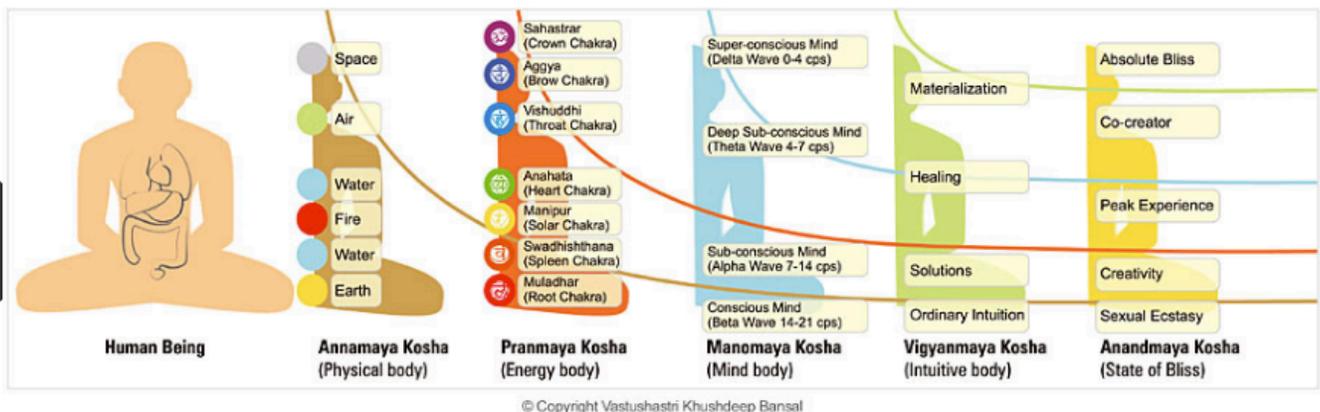
My bliss body (living aligned with who I truly am):

WELCOME, WHEEL ORIENTATION & INVOCATION



ORIENTATION. On our Lokahi Medicine Wheel & map, we now move from the element of WATER (in the South) where we nurtured our seeds of possibility conceived in AIR (North), and where we invited surrender to the deeper currents of our soul so we might feel, heal and peel another layer of our being away... to let the rivers of love flow to nurture these even more! Now we ride the waves into the direction of the East, the realm of Manomaya Kosha and the element of FIRE, the realm of psychology and mythology.

According to the ancient Vedic scriptures, Manomaya Kosha, also known as our Personality and Expression Body, is the layer of our being that has everything to do with the nervous system. I just came across the diagram below and am including it to illustrate the various interpretations of the Koshas. I feel it supports the teaching that ultimately, all the Koshas work together and are inseparable. There are no hard lines or rules, simply ESSENCES.



INVOCATION & BLESSING. On this spiral of our journey, we call on Manomaya Kosha, the element of FIRE, and all benevolent entities that live in this realm to help guide our egos, re-write our stories, and ignite our desires. May the Fire burn away what no longer serves and transform fears into fuel to ignite ACTION that manifests our dreams into reality. The FIRE purifies. The flames dance expressively. The Fire AWAKENS Kundalini, sacred sexuality, and creativity. We call on the Fire to reconnect us with our soul’s purpose and passion. May you be inspired to dance your light as shamelessly and as brightly as possible!!

We bow to honor the divine light within and all around us. Aho!

GODDESS PELE

In Spiral 4, we call on the Hawaiian Volcano Goddess of Fire to guide us. Below, I share with you (from my journal one night in Jan of 2013) my most intimate experience, also my first pilgrimage to meet this expression of Divine Mother face-to-face. There were a handful of moments that “birthed” Beauty that Transforms (the journey you are on now), and this was definitely one of the most potent. May it inspire you to feel your own personal connection to Mama Gaia in volcanic form.

ODE TO PELE

Tonight, we hiked Kilauea. The hike was longer than expected (we were told 2 hrs, it ended up being 7 hrs!), in the dark and cold. With most of it in the rain, it was a real pilgrimage and deep beautiful meditation... beautiful on so many levels... the surreal moment of meeting Pele, so intense and so intimate... telling my story to my stone within the sacred Ti leaf offering... wrapping intentions (new & old) and setting the stone at the portal of planetary creation, of Gaia herself, with ancestral chants echoing in the background... the deep, red plasma pouring out and pouring down into the ocean, like waterfalls, except these were fire falls! Eyes welling up w tears from the fullness of my heart realizing so much as I gazed at a point in this universe so fierce, yet also the full embodiment of surrender... the giant waves pounding with conviction onto the shore grasping at the lava as she surrender... turning into earth right before our eyes...

Holy Mother of Creation! How could one not cry at the sight of a birth so sacred, often forbidden, to go near it would be death... even where we were standing, we could feel the surface of the Earth ready to crumble... hot to the touch.... I actually wondered if the soles of my shoes would melt!! Fear crept in... “Should we be here? Is this safe? This feels really dangerous... and if I died here tonight, right here, right now... wow.... I realize... I would’ve died in gratitude.” SURRENDER... remembering the power of Mother Earth... humbled, feeling so small and vulnerable, I followed a sister’s lead in finding a flat rock on which to present my offering to Pele, then I felt the fire within Mother and Sister Earth speak with the fire within my soul... recognizing beauty that transforms... the art of flowing, the soul painting spirals in the space that surrounds me... those endless dancing circles that have been the portal to my healing and the voice for my soul’s expression.



There I was, offering my dance to Pele... a hula hoop in each hand, then my poi and taking turns, then down to my knees, hands to heart, a prayerperformance for the greatest Goddess of that Fire within & without... My Dance will never be the same... Dear Pele, Sister, Gaia, Mother... I offer my dance for the healing and celebration of the planet... and all beings... through the wholeness of our hearts... in the shared breath of ALOHA... Together we dance to awaken the fires within.... Aho!



MUDRA 1: Purna Hridaya Mudra*

Also known as the gesture of the open heart and of Manomaya Kosha, “Manas” means mind, Purna means “full”, and Hridaya means “heart”. This dimension is often challenging, as it is the field in which we seek happiness and also experience suffering. This mudra is especially helpful for:

- Becoming comfortable with our psycho-emotional being.
- Releasing muscular constriction from the chest.
- Improving breath capacity.
- Enhancing Immunity.
- Supporting treatment of depression.

INSTRUCTIONS:

- 1) Hold the hands in front of the heart with the palms facing each other and the fingertips pointing upwards.
- 2) INTERLACE the fingers inward so that they cross at the upper segment, with the right index finger closest to the heart.
- 3) STRETCH the thumbs downward to touch at their tips so that a heart shape is formed.
- 4) RELAX the shoulders back and down, with the elbows held away from the body and the spine naturally aligned.

MUDRA 2: Surya Mudra* Gesture of the Sun for Activating the Fire Element



“At the subtle level, fire is the power of transformation that allows us to digest life experiences completely, absorbing the lessons we need while releasing accumulated emotions and memories. This optimal digestion in BOTH the body and mind allows us to live with radiant health and vitality. The fire element is related to the sense of sight, allowing us to see our life purpose more clearly while providing the energy and determination to manifest it completely.”

This mudra is especially helpful for:

- Enhancing radiant energy in the mind and body
- Supporting the health of the digestive system
- Increasing metabolism, which may be helpful for weight loss
- Building self-esteem
- Allowing us to digest life experiences
- Clarifying our life purpose

INSTRUCTIONS:

- 1) Bend the ring fingers of each down to touch the rounded mounds just below the base of the thumbs.
- 2) Use the thumbs to gently secure the ring fingers in place.
- 3) Extend the little, middle, and index fingers straight out.
- 4) Rest the backs of the hands on the thighs or knees.
- 5) Relax the shoulders back and down with the spine naturally aligned.

* This information has been quoted and sourced from the book, Mudras for Healing and Transformation, by Joseph and Lilian Le Page. This is my mudra bible from my Hawaii Yoga Institute training!! I highly recommend!!

HAWAIIAN CHANT: E ALA E

The sun rises in the east (our souls rise, seeking a new awakening) out of the deep ocean (the knowledge we already have) seeking wisdom from the highest heavens (the purest wisdom). With each rise of the Sun we seek an awakening to new wisdom from the heavens, a prayer for enlightenment.

E Ala E

e la e, ka la i ka hikina,
i ka moana, ka moana hohonu,
pi'i ka lewa, ka lewa nu'u
i ka hikina, aia ka la, e ala e!

Arise

awaken/arise, the sun in the east,
from the ocean, the deep ocean,
climbing to heaven, the highest heaven,
in the east, there is the sun, arise!

RITUAL: Anything involving Fire can be done as a ritual. You may engage the ritual on the next new or full moon. Write your intentions on paper, offer them to a small fire, and then do something special with the ashes after the smoke of the Fire carries your prayers upward and outward. Get creative! Last year, I had Nova spread our New Moon intention ashes over the ocean while he was paragliding!! I also thought of placing the ashes into my poi, similar to placing the pieces of paper... and then dancing them into the ether!! Get creative and share in the private group any new or old inspired ideas that come to you!!

ALTAR PIECE: For the element of Fire, you probably already have a candle on your altar. What you may not have yet done is place your FULL FOCUS & ATTENTION on that FLAME. If you can do this while soaking in a tub, I highly recommend! Let go of your day, your thoughts, your entire sense of being.... And let the Fire speak to you. She often has a LOT to say, if you are willing and able to take the time to "listen". Before becoming mommy to Sekai, I remember these amazing spaces in time to have uninterrupted time with Her... fire-dancing... and then in the Bath... yes, with a capitol "B"!!! You never know when something so big, like a glorious child, or a transitioning elder, or any other all-consuming MIRACLE OF LIFE will fill those spaces of your day to day life, so milk those moments!!

You can also carry a candle with you everywhere you go, especially if you are super on the go! And if there's a park or a river, or a bench on your daily route... don't hesitate to engage in even a one minute ceremony with the Fire... or make a habit of lighting candles at your home in the evening. There are so many ways to embrace the Fire, PLEASE share anything I haven't mentioned here in the private group! And have FUN getting creative!

NAIASANA & FLOW PRACTICE: PELE NAMASKAR & Lessons 6 & 7!

INNER FIRE WISDOM JOURNALING QUESTIONS & ALCHEMY SHEETS:

Coming back to the overall intention you created at the beginning of this journey (or a new intention you have created since), can you identify the disempowering beliefs/stories you have come to let go of on this journey? Indeed, if you haven't already, this is a great time to revisit your both your 5 year and your 9 month visions. This is a time to dig even deeper to see what stories might still be lingering and bring them to the Fire.

In the following alchemy sheets, you will begin to re-write those stories so that they can serve, encourage, empower and enlighten.

Also, it is important to note and notice that this "work" under the Fire element should feel familiar to you by now. The work of re-claiming, restoring & re-writing has been very much present from the beginning of this journey (and you've all frankly rocked it so far!). What is new at this point is your level and perception of "readiness" and confidence to let your light shine into the world around you.

There is now more clarity about WHY you stepped into this journey and the PURPOSE that inspires you to bring forth your highest Self. As you step deeper into the sacred Fires of your heart, you must be willing to give death to those parts of you that no longer serve, so you can rise up from the ashes like the beloved Pheonix, reborn, transformed, and enlightened.

*Nor shall this peace sleep with her; but as
when
The bird of wonder dies, the maiden phoenix,
Her ashes new create another heir
As great in admiration as herself;
So shall she leave her blessedness to one,
When heaven shall call her from this cloud of
darkness,
Who from the sacred ashes of her honour
Shall star-like rise as great in fame as she was,
And so stand fix'd.*

~ Shakespeare, Henry VIII



Are you ready? And what does this look like for you?

Spiral 4 ~ Alchemy Sheet 4.1

ACTIONS ALIGNED WITH PURPOSE



Please take time in your small group calls for you to presence yourselves with the points below. You have already done most of this work. This Alchemy sheet is to help solidify your purpose and get it written down on paper.

Step 1) What breaks my heart? One thing about this world, past or present, that breaks your heart more than anything else. The thing that would have you crippled and sunk, if it were not for your tools & practices to help keep you afloat. That thing that you would do just about anything to change it. Dig Deep Ladies... FEEL EVEN MORE DEEPLY.

Step 2) How does it relate to my seeds? Explore and share how the above relates to your seeds.

PURPOSE STATEMENT:

My Purpose in this Lifetime is....

Step 3) What action related to my seeds SCARES & EXCITES me the most?

Step 4) WHY does this action scare me? What is it that I fear (or resist) the most?

Now that you have identified at least one fear that you know must be transformed into fuel to support igniting your inner fire and purpose. What will it take to face and transform this fear?

Spiral 4 ~ Alchemy Sheet 4.2

RE-WRITE, RE-PATTERN & RECLAIM



Transforming fears into fuel, as you can imagine, is not exactly the easiest process in the world. There are many turns on the infinite spiral journey of your soul's evolution. There are equally as many "ways", "processes", and "portals", to facilitate this process. In this journey, we will now utilize the power of flow arts movement coupled with mantra to help rewire the nervous system and belief system to aid this transformation.

NEURO-SOMATIC FLOW TECHNIQUE™ (NSFT) EXERCISES

(We go deeper into this technique in the training program!)

Part 1. NSFT for your personal process & worksheet to distill your Mantra.

Begin with this template statement:

Even though I FEAR (brief description of your fear.... (i.e., rejection, failure, success, being seen, not being seen, ridicule, etc.,..)) _____, I deeply and completely love and accept myself.

Affirmation Statement & Mantra:

I am the power and Divine Mother presence of _____.

Movement: Rising Reverse Weave Pattern

Part 2. CREATE your own NSFT with your small group! Please use one of your small group meetings to get curious, playful & purposeful in weaving Mantra & Movement (ideally a new pattern of movement, with or without the poi) into Medicine for the Human Soul! Share inside the big FB group what you discover individually and collectively.

Spiral 4 ~ Alchemy Sheet 4.3
YOUR EXPRESSION BODY, YOUR SOUL
SONG... TIME TO SHINE YOUR DIVINE LIGHT



The FIRE is calling you into your fullest expression, to radiate the divine light that has been growing brighter and brighter within you!

By now, all of you (even if you don't realize it) have been re-writing the story of who you are and why you are here. In under 6 months, every single one of you has been REBORN over and over again. ALL of you have at least one seed that manifested into reality! I feel certain that the relationship you had with your Inner Flame & Sacred Feminine Fire is NOT the same as it was when this journey started.

The thing about Fire is you can't hide it. And if you try to hide it in a box, it will smother and go out. The Fire in you is here to be seen, felt, and honored. Much of WHY you signed up for this journey is because that FIRE somehow went dim.... And you said YES to Her Awakening. Place your left hand on your heart, your right on your womb, and go back to that inner Flame. What did it represent? What does it represent? Go to that vision of yourself – glowing, dancing, smiling – feel your life Force... allow Her to move.

Dig deep into the Fire of your Feminine Essence.... begin to move with it, sing with it, sit with it.... whatever it is... how does it want to flow?? And then DANCE THE STORY OF YOUR INNER FIRE!!! What might it look like?? What would it FEEEL like????

If you're not sure what that may look/feel like.... simply play a song that moves you to your core... to tears... to ecstasy... that somehow brings you HOME... and helps you remember that part of your heart & soul that is your purpose... that is your essence... that is ONE with Source....

So here is an opportunity, a rare one, to shine that light... to tell your story in the form of ART, movement, poetry, song... this is how the SOUL communicates. If you are feeling stuck, lean on your small group of sisters to help you.

"Tell me a fact and I'll listen. Tell me a truth and I'll learn. But tell me a story, And it will live in my heart forever"

Native American Proverb

ALCHEMY SHEET 4.3 INVITATION:

Capture your dance (Soul Song) on video.... smart phone is fine. Make it 1 - 3 min of your soul's expression through movement... dance... or singing... or playing an instrument... reciting a poem... or practicing NaiAsana!!

Share the video in the private FB Group.

I leave you with following passages.
NaiAmaste to the Divine Mother Goddess within each of you,

Jinju

When we share the parts of ourselves

that are taboo, unconventional, rebellious, weird, off the wall, and intimately creative...when we share our mistakes, failures, and experiences of trauma and emotional pain – we light a transformative fire in the dark, we create art, we tell a story, and invite an aching world to connect.

It isn't easy.

We live in a culture of emotional repression, bullying, prejudice and discrimination. We strive for perfection. We compare, compete and criticise. We're afraid and distracted. We place one another in boxes of right or wrong. We ignore the context. We believe there isn't enough to go around. We look the other way.

We think art and healing is limited to a select few.

And the ridiculous thing about it all is that it's so much harder to carry the burden of pain, than to let it go.

It takes believing you are worthy.

It's courageously finding the hole that fits your exact shape in this world, and filling it with your story. It's learning to hold space, and to not be affected by anyone who is triggered because you know deep down, that that trigger is waking them up and we know, we know it's not always comfortable to be woken up while in the slumber of emotional pain. But that there is a soothing comfort knowing there are others waking up beside you.

~ Tanya Markul

Spiral 4 ~ Alchemy Sheet 4.4
MEETING THE FIRE
A RITE OF PASSAGE



Meet the Fire literally at our next Beauty that Transforms retreat.

CLOSING PASSAGES

Healing Wisdom from Africa – On the Element of FIRE!

By Malidoma Patrice Some

The way to move to a productive understanding of and relationship with fire is through ritual, where fire is experienced not as a combustive fire, but as a warm, comforting, and loving fire connecting us to the ancestors in the Other World. At the core of the fire ritual is the indigenous belief that each person is born with a purpose, and that this purpose was presented to the council of the ancestors in the Spirit World for approval prior to each person's journey to Earth. We come into the world in order to bring to completion that very plan which, as we are born into this side of reality, became our reason for human life. In order to fulfill our purpose, we need the driving force of fire, just as a vehicle needs fuel to reach its destination.

Two things here are at work. We must remember what we came here to do, and we must have a community that knows and remembers our purpose and supports it fully. We do not want a community that tells us what it thinks we should do, but a community that unconditionally provides for us in a manner that allows us to accept our responsibilities and realize the life of our purpose.

From an indigenous point of view, every time a situation pushes us to move faster than is appropriate, every time our heart beats more quickly than normal, every time we get excited for one reason or another, we become situation in the fiery origin, that chaotic place at the time of the beginning of the world. To be ill is therefore to be en route toward that origin; it implies heat, activity, friction, and struggle. It also calls attention to the fact that the encounter between fire and water that resulted in the creation of our earth and life is not to be taken for granted. The kind of balance required for the maintenance of peace and reconciliation is so tenuous that we are constantly thrown back toward tense and chaotic fire, such as death, accident, shocks to our life that we connect with. It is the indigenous understanding that we attract these circumstances in order to push us forward to a deeper transformation. The indigenous does not believe in coincidences or in accidents.

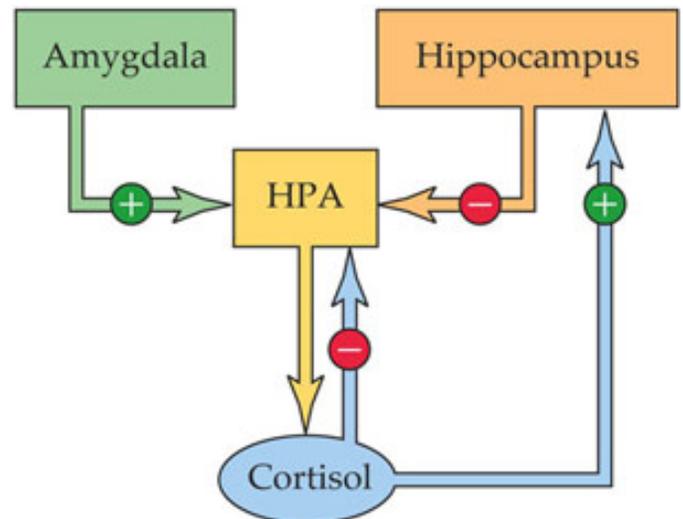
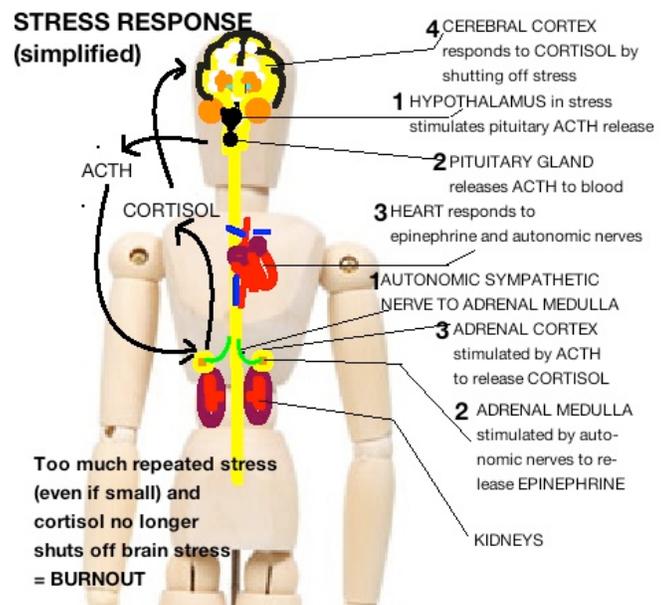
KEY SCIENCE CONCEPTS FOR NAIASA INSTITUTE CERTIFICATION TRACK

Again, instead of scaling back, I am leaving this next section in your guides, with the disclaimer that we will NOT be covering the all of this within the current journey. Several of you are already on track for certification and for those of you still considering continuing your training with us, below is an glimpse of topics and concepts that we will dive into more deeply for facilitators, yoga or movement teachers, health professionals and life coaches to better serve their clients, students and beyond. For the rest of you, consider this “brain candy”.

Key Concepts:

- ❖ FEAR is #1 Barrier to Flow
- ❖ Back to Neuroplasticity! How do we re-write our stories? How can we transform our fears into fuel? Our stress into strength?
- ❖ **Stress and Fear Neurophysiology (Flight or Fight Response)**

- Chronic Stress is #1 Cause of Dis-ease
- Internal vs External stress stimuli.
External stress comes from the world around us. Internal stress stimuli often come from our thoughts and our perceptions. Pavlovian conditioning is a HUGE factor in past trauma triggering the stress response when we are exposed to environmental cues that are associated with that memory. This often happens subconsciously.
- We can influence our autonomic systems through breath & through our perceptions
- NAME IT AND TAME IT... or simply MOVE IT. This is another powerful tool to use when your emotions run your energy body into overdrive. When feeling angry or fearful, in particular, fMRI studies show that “naming” the intense emotion, will result in de-activating the amygdala and helping the prefrontal cortex get back “on line”. As we discussed before however, if the emotion is really intense, moving the body will be more powerful than the neocortex in shifting the energy/emotions from a state of contraction to a state of expansion.
- **BREATH** is the most powerful and effective way to regulate the autonomic nervous system!



- EXHALE to EXECUTE. Exhaling activates the parasympathetic nervous system, so relaxes the body... so when executing a new flow move, or simply needing to surrender into flow during a stressful moment, focus on the exhale.
- INHALING activates the sympathetic nervous system (Take quick short inhalations to wake up when you feel tired!)
- ❖ **Elemental Breath Exercise**
 - Air/Mental Breath – Inhale through the nose/exhale through the nose
 - Earth/Body Breath – Inhale through mouth/exhale through mouth
 - Water/Emotional Breath – Inhale through mouth/exhale through nose
 - Fire/Spirit Breath – Inhale through the nose/exhale through the mouth
- ❖ **Trauma and the Body**
 - Peter Levine & A New Understanding of Trauma
 - David Bercelli, Trauma/Tension Releasing Exercises (TRE's),
 - All trauma including emotional and cognitive, causes deep muscle contractions in the body that must be released for healing to happen. The body's nervous system is designed to literally shake out these deep muscular tensions – this can be easily observed in animals in the wild!
 - This shaking or tremoring, evoked by the nervous system much the same way as we experience during fear or anxiety, signals the brain to release the contraction and return to a normal state of relaxation.
- ❖ **TRUST... How do we practice trust? Segway into Spirit**