

Kundalini Shakti

Awakens In the Suburbs Too

**The transformational power of Shakti optimized in
The spiritual dimensions of Reiki, Yoga and Relationships**



Devdasi Audrey Pearson
Forward by Jeff Migdow M.D.

Kundalini Shakti Awakens in the Suburbs Too.

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The PranaTantra methodologies shared in Reiki, Yoga and Conscious Relationships presented in question and answer form at the end of the journal are compiled from the sum total of the experiences and teachings I received through my Kripalu Yoga Lineage studies and my Usui Reiki Lineage studies and from transformational and inspirational relationships with multi-cultural spiritual teachers, peers, students, and from life itself. Grateful acknowledgement to Yogi Amrit Desai for the collaborative writing sessions we shared.

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The diary section of this book documents the time between 2004 and 2010 and my journey through release of blocks in my energy body's cellular memory. Though the physical breakdown was misunderstood to be unfathomable disease I immediately understood it to be a great teacher and a transformational opportunity.

The pain through the process of letting go of a life time of control issues was so overbearing that I succumbed to fear and Prednisone steroid treatment. The withdrawal pains from Prednisone proved to be a powerful opportunity for acceptance of what is as is too.

I acknowledge that Prednisone is a vital and lifesaving treatment for a variety of diseases. I acknowledge medical science for the lifesaving research and technical genius we are fortunate to receive in these accelerated times of medical advancement. This manual though is a personal diary account of transformation brought about by a mysterious autoimmune disease and the prescription of the corticosteroid Prednisone.

I did not display typical symptoms to the diagnosis of PMR nor did I display typical response to the steroid treatment. I am not a medical doctor, and I do not suggest that the reader follow in my footsteps. If you are experiencing unexplained symptoms, I recommend reading my diary along with seeking expert medical advice. I am offering insight into coping with dis-ease as an opportunity for transformation. I am also sharing alternative methods of healing that supported me through what I realized to be a time of transformation disguised as disease.

The Q&A section of this book reflects on how my dis-ease presented as opportunity experienced via PranaTantra-practices© for my healing and to share with others. I consider the journal section to be my most authentic teaching credential.

Forward by Jeff Migdow M.D

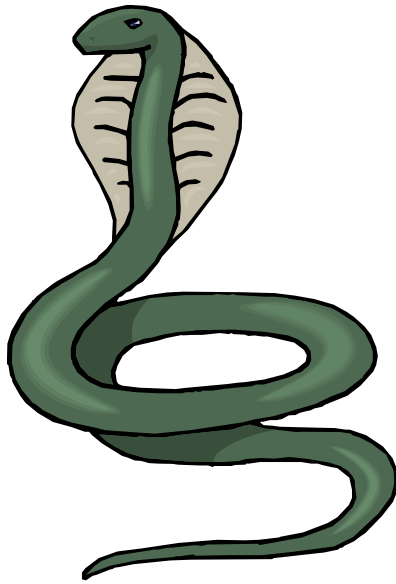
“Audrey Pearson has written an excellent diary account of her process with a mysterious chronic disease, both from a medical and spiritual perspective...

She takes us from the beginning of her strange symptoms, in which the structural pain was so severe she was barely able to move, (much less practice the yoga she teaches and loves), to the diagnosis of Polymyalgia Rheumatica and the strong steroid treatment, through the side effects of the steroids, the deep help with homeopathy, herbal medicines, prayer and finally the realization and insight into the deep spiritual component of her disease. Ms. Pearson experienced a steady process of questioning, awareness, insight and understanding in relation to the pain, suffering, and mental anguish and finally into spiritual release...

Since the book is in diary form, we receive her true feelings and powerful insights in the moment which allows us to follow her intimately during her journey with her life altering disease...Anyone who has experienced chronic debilitating disease, especially with a pain component, will gain comfort and inspiration from this book, knowing they are not alone, and that by understanding the deeper spiritual implications of their disease, insight and relief will follow”

Jeff Migdow M.D.

Jai Kali Ma!



Great Mother Goddess energy of the Hindu Pantheon is the source of sacred life energy. She is known as the destroyer of the delusions of the mind as well as the One that gives birth to everything. She will likely terrorize our ego identities, but to our divine self, She is our supreme beloved. In the physical body she is present as Kundalini Shakti transformational evolutionary energy

Throughout ancient traditions the snake has been held as a symbol of the great goddess and of the Kundalini energy that activates spiritual initiation. This evolutionary transformational energy is perceived in the Hindu tradition to lie coiled up like a sleeping snake in three-and-a-half coils at the base of the spine, the seat of Muladhara Chakra. The word Kundalini comes from the Sanskrit word ‘Kundal’ meaning coiled up. The yogis, sages and saints considered this primordial energy to present as the sacred source of evolution within us all.

Christians have called this energy the Holy Spirit. In the Christ's own words “The Holy Spirit is My Mother” “The Kingdom of God is within you”

In yoga philosophy there are seven sacred centers known as chakras located along a central channel. The central channel or the middle path, along which the seven major chakras are located is known in yoga as the sushumna and runs along the spine. Buddha described the Path of Liberation through the “Middle Path”. When the powerful Kundalini energy awakens from its dormant state at the base of the spine, it ascends the central column or sushumna from the sacrum to the crown clearing away blockages and barriers in its path.

Many cultures are aware of this sacred liberating feminine force that dwells within everyone. In the Tao Te Ching the primordial energy is also described as Mother. In Greek mythology we see the healing Staff with snakes wrapped around it in a double helix.



The Staff representing the spinal column along which the serpent energy or Kundalini energy ascends to the crown. In Roman mythology Aesculapius the god of healing is also seen holding a serpent entwined staff.

This transformational energy is sleeping at the base of everyone's spine. Through integrative practices, this energy can activate or awaken. Once activated or awakened, the energy ascends the spinal or central column cleansing the blockages in the energy centers called chakras, delivering the aspirant to spiritual initiation and ultimately to peace.

Once Kundalini releases her powerful force she breaks down the barriers that block purity of heart, compassion, tolerance, joy, clarity of vision, patience, trust and respect. Everything in her path that has stubbornly resisted surrendering to her liberating powers, must be destroyed or more compassionately put, healed/integrated.

Author's background:

I was born in 1946 England. A proud child, I strongly resisted growing up in a struggling household in socially conscious Britain. I rejected my class and family resulting in a pretty unhappy and sickly childhood. I dreamt often of the "perfect family" and then protected my dream by lying to strangers about my social roots. I affected a "proper" upper class English accent and kept my humble home address hidden. My parents and siblings were also miserable in my home where the frustrations of hard times played out in screaming matches throughout the house. I created a fantasy existence outside the family where I lived in an approving world of performance art.

I was a strong spirited child. My mother called me defiant. In truth I was reacting to my family circumstance from a frightened victim consciousness.

I was also a spiritually attuned child, which gave me a faith that the peace of god was ultimately available for me. Drawing on that strong sense of faith, I intuitively turned inward to acquire everything I wanted including the unlikely enrollment in an expensive convent prep school, Our Lady of The Sacred Heart Convent. I was able to attend O.L.S.H on a partial scholarship because my oldest sister was a nun in the Roman Catholic Order.

The most memorable part of the school was the annual spiritual retreat we were required to take part in ... No classes' just silent contemplation for the entire week, 'loved that!

We were allowed to spend our week in retreat in places generally out of bounds to us. I had secured a private spot on the grounds where the nuns walked in their meditations ... it was thickly carpeted with lily of the valley banked alongside a narrow stream. So every year during retreat I snuggled into the flowers and spent the entire seven hours of each school day completely alone in silent reflection. Although not aware of exactly what was occurring, the peace of source and my quest for spiritual peace was stirring within me. Spiritual life would be my “perfect family”

Seeking to enter the Benedictine Convent at the age of 14, the presiding priest turned me away to continue my schooling. My mind turned to the big wide world and my growing ego-driven personality made other plans. I moved to London at 17 and enjoyed being smack in the middle of the “swinging sixties”.

In 1967 at age 21 I moved to New York City and drew on my now ego-driven intention to be a “someone”. By age 25 I had become a successful fashion designer.

My yoga path also began around that time. Inspired by a business associate I enrolled in a tiny yoga class and became one of a handful of yoga students studying at The Integral Yoga Institute, then on West End Avenue in Manhattan. I began a diligent daily yoga and meditation practice honoring the ancient traditions and technology of yoga. I loved it.

October 2nd 2004 and my Second Saturn Return. I was feeling so grateful for my journey that day and all my guards were down. I was feeling very confident in my be-ing and very open to transformation, although in my arrogance, my ego-self-image thought I was already “transformed”, ha!

I was practicing a guided yoga nidra inner journey that day. The instruction was to follow along on as best you can, stay awake and let everything else be as it is. The purpose the Leader said was to awaken Divine Mother Shakti from her dormant state in Muladhara Chakra and to reverse the flow of energy from down and out to in and up in order to nurture the Heart and Higher Centers of Consciousness. I naively and cluelessly wanted nothing less. I thought no more about it, ‘settled down on my yoga mat and ‘resolved to follow the guidance.

As I lay on the floor feeling very strong and able, I confidently opened myself up to receive the depths of the unknown possibilities I was about to offer myself. I certainly had no agenda to prepare for the kundalini energy to emerge from its sleep at the base of my spine or I’d have probably been trapped in my mind. I covered myself up in a cozy blanket and set my clear intention to just be present. I resolved to simply follow the instructions and trust the teachings just as I now trusted myself. I followed along internally on the guidance. It was a beautiful guided yoga nidra and as I embraced the experience as fully and as completely as I was able to I felt the sacred energies of the first three chakras turn inward and flow upward. I became immersed in a glorious blazing light, which I could only describe as being lit up like a light saber. I felt an unmistakable presence of my Lineage Grandfather Shri kripalu and my favorite Deity Lord Ganesha. I had no idea what this energetic charge was creating or stirring in me. I didn’t connect the dots ... and so after sharing my experience with my teacher and the group I

just continued on my journey and went home.

What began a few days later as flu symptoms quickly changed to leg pains and then the crippling disability of what the medical model would diagnose as a “mysterious autoimmune disorder called polymyalgia rheumatica” (PMR), which translates as “many muscle pain”. The PMR-like symptoms immediately began to ravage me, attacking me in the connective tissues and mitochondria of my thighs, back and arms, rendering me immobile. “The good news is we know what you have and there is a cure,” my medical doctor told me, “a corticosteroid called Prednisone”. My intuition voiced a strong, NO!

My trust in my Yoga Practice never wavered, and I continued diligently practicing the teachings inherent in my sadhana, “Don’t resist feeling. Feel all sensations, don’t label them bad or good, surf the waves of sensation to the end of the wave and enter into Be-ing Presence. Time after time my Practice brought me through pain-filled waves of PMR sensation into an understanding of what was happening. This “autoimmune disorder, polymyalgia rheumatica”, was my guru.



I understood that through “PMR” I was forcing myself to s-l-o-w down so I could witness my life. In weeks I went from a strong and flexible Yogini to a crippled looking shadow of myself. I was physically unable to demonstrate the yoga postures I was teaching my students. I felt gob smacked and confused. Fortunately, my yoga experience had prepared me to teach without the need to demonstrate the postures so I continued the best I could.

Another couple of months passed with me acknowledging the PMR condition as an important Teacher in my life. Now forced to slow down, my personality was shifting from hard and driven to soft and patient. It was taking me ages to even get around a store, and I was enjoying that... where before I’d give a quick peripheral glance, make my purchase and get out, I was now forced to take my time and be present with every step I took. I felt more tolerant about everything, more compassion for myself and more compassion for others. I noticed folks with Walkers and Wheelchairs on the streets, advertisements for Chair Stair Lifts and ‘thought, “There but by the grace of my sadhana go I”. By now the “dis-ease” had become unbearable,

like a suffering hell, and not being at all interested in suffering I felt forced by the pain to take the prednisone drug. I had no idea that I was entering another crazy hell.

I confidently opted to go under the additional care of an Ayurvedic M.D. who assured me that Prednisone therapy was the way to go and that Ayurveda would balance any negative side effects of the drug and help me taper off it as and when it was appropriate. *Wrong!* I started with 10 mgs of prednisone and had to increase to 15 mgs very soon. Using Ayurvedic herbal support and prednisone drug therapy to pacify the PMR-like condition and boost my immune system, I temporarily felt stronger and returned to my asana (yoga postures) practice and my energy appeared to brighten up again. The Ayurvedic Doctor suggested that my Sadhana (spiritual practice) had saved me from going into a “deeper expression of disease” and he helped me to gain perspective on this healing opportunity.

I learned that all my life, as a result of my chaotic childhood, I have tried to present a “together” exterior ... but apparently my flaws have been obvious to everyone but me for most of my life. That’s what they mean by “the hidden self”. ‘Hidden only from the person hiding ;-)’ Now, by the grace of this healing breakthrough, precipitated by surrendering to myself through Yoga Nidra, there is apparently enough safety in my being for me to see just what the breaking down of my physical body is revealing to me about my interior self.

Yep! Just like the presenting PMR symptoms which appear as rigid, crippled, stiff, defended, hurt, inflexible, unbending, unyielding limbs and muscles in my PMR broken body, those same adjectives describe the posturing I held myself together with until this healing breakthrough brought it to my attention.



I was seeing that my re-actions to my wounded childhood environment had been so rigidly holding my body/mind together that the only way for me to finally see how stuck I was in old survival patterning, was to have my own immune system attack my yogini body in the form of PMR-like symptoms, not to hurt me, but to help me.

I believe that the voltage of grace I received in the Practice of Yoga Nidra that day in October 2004 gave me the energetic boost to bring forth this healing opportunity. So, my present understanding is that healing crises’ are great opportunities for healing breakthroughs. Through my spiritual practices I learned that everything that comes into the field of my

awareness is my presenting teacher, and that when I witness it with acceptance of what is as is, without judging any of it as bad or good I have the opportunity for relaxation, compassion, tolerance, acceptance, from the inside out and from the outside in. I learned that yoga nidra is a powerful and sacred practice and the results are as powerful as my readiness to embrace my true nature, which I now know was and is always whole.



Journal

I write in my journal, my name is Devdasi, Audrey Pearson.

I am a Yoga Teacher and a Yogini who cannot practice my yoga posture sequence today.



October 5th 2004: 3 days since my yoga nidra experience where I surrendered to myself and my body responded by lighting up like a light saber. I was emblazoned in a golden light energy. I am stunned by ‘flu-like symptoms; stiffness, fever and general malaise

November 2004: Increased weakness in legs and back, terrible flu symptoms, stiffness and pervading sadness. I’m a few weeks into teaching my Yoga Teacher Training Program and I feel extremely compromised. I can’t demonstrate yoga postures for my student teachers or my yoga classes. My body has become crazy stiff. I have *crazy* muscle soreness. I appear to have a disconnection between my brain and my muscles. I feel weakness throughout my system.

January 2005:

I go to the doctor. She takes blood and does an inflammation study. The results came back with a



burning SED rate of 60 (a normal inflammation marker is 20) and she diagnosed autoimmune disease, Polymyalgia Rheumatica (PMR) and prescribed Prednisone. She appeared concerned as she informs me “PMR is a mystery, we don’t know what causes it or what heals it”. My intuition tells me **not** to start Prednisone. I began to research the drug and the PMR condition on line. I read personal horror stories from folks on message boards who had the PMR-like symptoms and ‘had taken prednisone. Not only did their condition not heal they became crippled and in wheel chairs and they reported that they felt unable to get off the steroid. This confirmed my intuition and I did not begin the treatment.

I am in the throes of Polymyalgia Rheumatica-like symptoms. There is an unnerving stiffness and flu like soreness to the touch. I have a constant cough. I look very pale. I am sporting an anemic looking complexion, slurry speech and my brain feels disassociated from my ability to talk and move my muscles. My husband helps me out of bed! I am a Yoga Teacher running a

Yoga School for krissake! My students are looking at me with pity and confusion. I am the Yogini who is all about wellness. I am feeling ready to give up and close shop. I feel like a fraud.

My fine motor skills are affected. My writing is affected. I'm typing loads of wrong spelling. And my cognitive memory processing is diminished. I lose my connection to finding the word I



need to illustrate points, even while teaching yoga class

February 2 2005: this morning the stiffness and muscle pain is the worst it's been. It took me 15 minutes to get out of bed, trying to coordinate mind, muscles, spirit and emotions. I pulled out everything I know and eventually rolled out of bed. I can walk like a crippled person moving from point A to B, but other than that, the quality of my life looks & feels damaged. It's especially hard this morning (the day I go to see the Rheumatologist). The pain and stiffness are unbearable. I just took 1,325mg of aspirin to relieve my discomfort.

It has become impossible to simply get up from my computer chair and walk across the room like a "normal" person. In this PMR world I have to orchestrate my lift up from the chair, move into horrible tension and pain and press down with my sore arms. I then put my weight on my bendy stiff and sore legs, upper and lower back, and then I proceed to shuffle across the room. I do better when my knees are kept straight, so I have resorted to sitting on high chairs. The Rheumatologist was certain I did *not* have PMR. He basically sent me away with a prescription NSAID anti-inflammatory and wished me luck. He said the blood test showed high inflammation but no muscle damage. I am happy to hear that...still the symptoms rage.

I'm beginning my fifth month in this dis-ease. This is madness, and I'm noticing the suffering/pain lines etching into my face. I have weakened to the point of taking Prednisone.

Day three on Prednisone: I woke up very early feeling major distress in my legs, reminiscent of the worst of worst days. I'm feeling despair and great disappointment. I could hardly bring my legs up to turn over in bed and then to get up I had to roll over and slide my belly down the edge of the bed to my knees. I could not stand! I had to develop a new way to come from my knees to standing without using leg muscles! I then had a devil of a time sitting down and basically

had to stay where I sat until my mental/emotional body geared up enough to haul me up. ‘So much for Prednisone it was not the magic pill for me! What the bloody hell have I done?

Wednesday February 23 2005: The Ayurveda appointment went well. I felt listened to and acknowledged. I need something miraculous! The Ayurveda philosophy goes hand in hand with my own understanding of the relationship between body & mind; ‘That one’s presenting state of being is the sum total of all of one’s reactions to life experiences. He diagnosed myalgia (pain) and said I *should* be on Prednisone, *only a higher dose!* I was shocked ... I am now upping the dose to 15mgs and I am beginning a fresh 2-week prednisone trial. I am on a strict Ayurvedic ten day herbal/dietary cleansing diet in addition to the prednisone, and the doctor declared that I am at the extreme end of imbalance. What saved me from going over the edge into full-blown disease, he tells me, is my yoga practice. I have to agree with the doctor that my spiritual practices would have saved me from any extremes of illness.

February 24, 2005: So, 15mgs of prednisone and I’m wishing for a *pAiN KI//Er!* It’s 3:00pm and I am in crazy pain and disturbing stiffness. Walking up and down stairs is crazy painful. Getting up from a chair is crazy painful. I’m trying to practice my sadhana and stay out of judgment and allow the sensation of pain to simply be just that, the sensation of pain, but it is crazy challenging. I’d still like some pain management medicine. I’m not allowed to take NSAIDS while on the prednisone ☹.

And so it goes.

The battle between my ego and spirit (Prana) is on. Ego wants me to hold on to my beautiful yoga school property and the yoga student community that is building around us. Prana wants me to slow it all down and ‘wants me to witness everything from an unattached perspective. ‘Wants me to breathe in deeply so I can smell the flowers I’ve planted, ‘wants me to be with myself with each full breath so I can honor what works for me and for the good of all, and what doesn’t work.

HOUSE FOR SALE



The financial overhead here at the yoga school/residence is huge and that requires me to teach as many classes as there are days in the week and frankly my energy body needs to rest now and not have pressure at this time of crisis. I figure that from a smaller place I will be able

to teach smaller & fewer classes and that feels very good and very relaxing to me.

May bloody 1 2005! Today marks seven months since the first assault of outrageous symptoms on my mind and body, and I am on 15 mgs of a dangerous corticosteroid drug called Prednisone! It's so hard to fathom! I must keep a strong mind. And I'm beginning to experience first-hand that withdrawal symptoms from tapering off prednisone are *CRAZY-PAIN*. I've heard it said it's easier to get off heroin than it is to get off prednisone for some. Here I am.

Yikes, I just noticed the top front of my hair is thinning! My mid-section is thickened, my face has "rounded out" My once elegantly prominent cheek bones have disappeared ☹ they call this a steroid side effect or "moon face". I am 10lbs heavier. 'Get myself off Prednisone, now!!! I am reducing to 12.5mg! I'm taking my health back into my own hands. I must get myself off prednisone.

Note: If I had any inkling that I was being cleansed by Shakti, I believe I would have been able to tolerate even the most hideous of pain that is yet to come.



May 4 2005: 8:35am morning coffee in a quiet house alone with me. I am feeling mentally strong, spiritually on purpose, emotionally sound and stronger physically. I am on day three of my reduced dose of Prednisone. I now break up a 10 mg prednisone tablet into quarters and I'm taking 12.5 mgs every morning for two weeks, then I intend to drop another 2.5mg to 10 and on and on. Reiki is my support.

Monday May 9 2005: I'm feeling low depressed energy ... yesterday I thought about the end of my life, realizing I have done a good enough job of living it. I am feeling complete and ready to accept my circumstances. Today I have the familiar thick band of weird unsettling sensation across my upper back and along my inner thighs. Deep breathing hurts in the center of my chest and my neck feels limited in motion. My jaw is tight as if I'm holding on as tight as I can. Things are falling through my fingers and I am responding like a bit of a zombie to my surroundings. I practice my sadhana, be-ing with every sensation without judging them good or bad, 'be-ing with my perceived limitations, without judgment. I witness my worrisome thoughts

and lowered energy, all without judgment. I am practicing my spiritual practice. I know I must keep my spirits up. The temptation to succumb is pulling at me. It would feel so much easier to slip into my tented sanctuary fall asleep and not wake up again.



I feel mad. Today I am in victim mode.

I've been searching the bookstores for some guidance about Polymyalgia Rheumatica and for some documented experience with this Prednisone stuff. I want to hear first-hand how someone got off prednisone! I haven't found anything!
I'm off to buy a walking stick ☺

Wednesday June 22 2005: 9:47am I woke up in excruciating pain this morning. Just trying to roll onto my left shoulder to get out of bed required every bit of concentration available to me. I have to take the tiniest of movements coordinated with my breath and then stop and recover from the intense surge of pain. Then I roll a little bit more. I slide my butt using my hand and get width-wise on the bed then inch my way to the edge until my feet can touch the floor. 'Another needed rest, and then I roll onto my left shoulder which appears more accommodating than my right this morning. Then I roll onto my belly and slide down the side of my bed onto my knees. Once up on my feet I hobble into a hot bath.

Homeopathy:

I have been thinking about calling a medical doctor I know who is also a Homeopathic Physician. His name is Jeff Migdow and he was my doctor for many years, many years ago.

Homeopathy just may be able to help me balance my energy.

So, I have now added Jeff Migdow, the Medical Doctor/Homeopath to my health care team, and I'm waiting for the remedies to arrive in the mail. I have been down to 10 mgs of Prednisone for one week now and the pain of withdrawal I feared is every bit as horrific, actually greater than I imagined ☹. I use an elastic body corset around my mid-section now, which offers me support.

Thursday June 23 2005: My first day on my homeopathic remedy.

Wow! I feel fifty percent better than yesterday morning. I can actually bend forward enough to lower the dog bowls on the floor. This is major huge!

I was able to turn over in bed by myself and use my own body strength to get out of bed. Mind you I was yipping at certain points like a hurt animal and breathlessly declaring "Wow! I feel SO much better" which cracked my husband up. And as I was moving and yipping in pain we both started howling with laughter at the tragic comedy of it all.

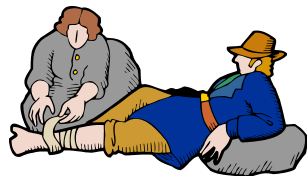
I remain cautious however; my mind is a strong force. I fear that when a "new" medicine comes on board there could be a false/positive reaction and then, 'back to the same old, same old.

My latest affirmation is "My thinking is peaceful, calm and centered".

Saturday June 25 2005: 9:24am. This is the third day on my homeopathic remedy. I had a rough night, waking up what seemed hourly in pain. I woke up mentally paralyzed at the thought of moving my body, as is required to get up. ☹

I must admit I got discouraged and called upon radical trust. I do believe I am ready to release this, and to be different than I have ever been. Already my personality is radically changed and frankly I wouldn't trade the pain in my body for the rigid controlling personality I acted like before this transformation disguised as "illness" took hold. I remain in the process.

Sometimes, maybe always, we just gotta dig down to the deepest core layer in order to begin the journey out of the ego-mind. I must have stepped off the metaphysical cliff and into the metaphysical void during that 2004 yoga nidra. I appear to have crash-landed at the bottom of the canyon.



Thursday June 30 2005: One week on the homeopathic remedy. Extreme disability and discomfort on getting out of bed this morning. I couldn't get myself to do it alone so I waited till my husband James came home from his third shift IT job to pull me along the bed on my belly until my feet reached the floor when he then lifted my upper body until I was upright.

C-R-A-Z-Y! The pain is in my legs, arms and mid-section. Radical trust!

Friday June 31 2005: 10:02 all I can say is, exCRuciaTing ... Still, I intend to be in acceptance of the intensity of the pain sensations as they are, and ride these huge waves back to shore. Am I just an optimistic Fool?

I decided to do Reiki embellished Yoga Nidra first thing instead of later in the day and was amazed at how that helped me move and be in my body with less distress.

Saturday July 9 2005: suffering and suffering. I'm feeling un-imaginable excruciating pain. Is it the PMR or is it the withdrawal symptoms from Prednisone? I don't know. I feel so alone in this.



Note: I wonder if the pain of giving birth after a long hard labor feels anything like this because I recognize that although I never physically birthed my child, I am clearly birthing myself.

Tuesday July 12 2005: I had a dental cleaning this morning and it felt like I was in an alien body. I am in a mind-fog state today, with a mild disconnect in my mind. I am moving slowly and feeling empty of spirit and soul although I know *I Am Present*. I go in and out of being in witness consciousness when I'm in this dementia state and sometimes I get lost in the fog. It is 12:30pm now and the debilitating symptoms are strong. It has to be Prednisone withdrawal symptoms. I press on.

Monday July 18 2005 evening: Tonight, as the symptoms have lifted like some mysterious veil from the dull and foggy dismal day, I fantasize again about teaching my yoga classes. I set up the room for James' yoga class tonight and I really love the ambiance I create and I remember the insights I am able to guide my students to, deep within themselves. I love that for myself too. My Reiki embellished Yoga Nidra Practice is strong and dependable and is providing me tremendous strength and stick-to-it-ness, so I believe I am healing. It's just that come morning the cloudy murky veil drops again, and like this morning I am in pain, and it's a really hard struggle to get out of bed and to then lie down on the floor for yoga nidra. Sometimes I can't straighten out my legs and I have to leave them bent for the first half of the Practice. It takes me ages to lie down onto my back in the mornings. Then when I finish the practice I struggle to get up again, and so it goes. I feel certain teaching yoga classes will not be in my plans tomorrow morning

Tuesday July 19 2005: 'hard to get out of bed this morning. But, I figured out that I can draw on my yoga knowledge, my prana (energy) awareness and surrender to Prana Shakti to breathe my way off the bed. Prana Shakti is the Life Force that I feel within my breath yet is beyond my

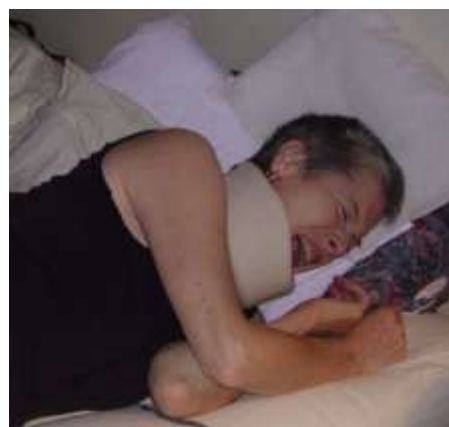
breath. I also feel that kingdom of heaven Jesus promised us was within us all. Yes I have to draw on everything I believe as the pain sensation is unbelievably intense this morning. I remain in radical trust and faith. I continue to believe in the homeopathy in partnership with Usui Reiki, Yoga Nidra and Reiki embellished inner child healing. I think, without these Practices I may not be able to withdraw from prednisone. I think my ego/mind might have driven me mad by now.



I still have no idea if I will be able to successfully get off this prescription drug, Prednisone. The drug has shut down my adrenal glands and is now functioning as a fake adrenal operator. If I were to suddenly stop taking it I would die. I must wean myself off slowly and bear the hideous pain associated with withdrawing, *if I can*. And if I can get through all that into lower and lower doses of it, then my own adrenals will function again and I will eventually be free from the drug. Who knows what permanent damage I will be stuck with! None I pray.

Saturday July 23 2005:

My body is very slow moving and it hurts badly again. I have little to no strength in my body and mind. The things I usually do, like just moving things from one spot to another, I cannot do. I couldn't imagine the pain that was to come over night.



I had the most excruciating acute pain EVER!!!! in my neck. Now I know I've used that word excruciating to describe pain in earlier entries, now up the anti-1000 fold! It was like being impaled...like being stabbed in the neck muscle with a meat hook and then yanking it about. I squealed like a pig being tortured & killed. My husband pulled me off the bed and onto my

knees. I eventually got to my feet. After my warm bath, which by the way is a necessary part of my daily care, I put my neck brace back on, put on a body brace and used my walking stick to proceed to the massage table for my Reiki embellished-yoga nidra. I'll see yuh.

Wednesday July 27 2005: Did I mention my Ayurveda herbs have mint in them? Mint interferes with homeopathy. Now I discover that magnets do too! My belly belt has magnets threaded throughout! Have I been negating the homeopathic remedies all this time?

I was so afraid of a repeat of last night and yesterday morning that I wore my braces all day and all through the night. Today I take 5mgs of prednisone. I am feeling optimistic again.

'Crazy, crazy, madness

I just got off the phone with my Homeopath. He assured me that caffeine, as in any, black tea, green tea; all caffeine drinks will increase inflammation. He recommended that I "follow the tears" when I feel like crying. He said, "Inflammation is fire and tears are cooling, so allow the tears to flow and cool the fire burning inside". 'Very interesting, I look forward to following that trail.



It's Saturday July 30 2005: at noon. I haven't written because I've been feeling too ill. I just had a cup of tea, 'big bloody deal!

I saw the Rheumatologist again yesterday. Again, he hasn't any idea what is causing my illness. He recommends I make an appointment with the Big Guns at The Lahey Clinic in Boston. Apparently their expertise is in unfathomable diseases. I guess I'm in that category.

Wednesday August 3 2005: 8:23am. Yesterday morning I felt improved, today is as bad as it gets. The most predictable cycle associated with this illness, whatever it is, and withdrawing from Prednisone, is the roller coaster, the yo-yo, the duality factor felt in my body-mind. Its fine, oh no it's not fine, I feel better, I feel worse.

Note: On re-reading this I can recall and feel the metaphysical mother energy banging at my energy centers releasing energy blockages, thrashing against my more stubborn holding patterns in order to release deep vestiges of holding. I can still imagine and feel the metaphysical liberating fangs crunching into my neck chakra disguised as PMR and Prednisone withdrawal

symptoms to dislodge some dualistic frozen blockage on that July morning.

‘Excruciating pain getting out of bed and on to my feet this morning. I can understand why folks end up in wheelchairs ... Through my weak feelings and held-back tears this morning a wheel chair is exactly what I want. I ultimately refuse to go that route though. I’m strong & stubborn like my mother, except I didn’t see her like this till she was dying at 81 years old and in the Hospice. I am doing all I can to help myself.

Because I have decided these journal notes are no longer for me alone, I asked my hubby to take a photo of me getting out of bed tomorrow morning. I’ll also insert here a few photos that I have of me in yoga postures taken in August 2004, before the PMR-like symptoms took hold, just for comparison.



Natarajasana, Dancer



Side angle warrior



Vrikshasana, Tree



Virabhadrasana 1, Warrior 1

You can see from the photos that the postures require a degree of strength and flexibility, which was never a problem for me, ‘impossible for me today. Then on the date of tomorrow I’ll put that picture of me getting up in the morning. Hopefully the last photo at the end of the book will be me in a yoga posture requiring strength and flexibility again ‘full circle.

I am ready for the handicap-parking sticker. I feel very saddened by this.



Sunday August 7th 2005 Me, getting out of bed with pain and skill.

I was unable to let go of the pain today and I felt unable to enter the deep relaxation of Yoga Nidra, and thus I began to cry for myself. I cried for the part of myself who is dying and how she doesn't feel any protection. I cried as I feared there would be no friends and family at her funeral. And what kind of funeral should I have anyway...should my body be burned here with my family of James & Jason? Or should I return to England to die and be buried in the family plot? And who would care anyway?

Well the drama of yesterday's victim consciousness is passed and here I Am.

Monday August 8 2005: 6:45am it's looking like the unmasking of the physical symptoms is also unmasking a lot of stuck emotions from my childhood wounding. I did prepare for wholeness in that September 2004 Yoga Nidra now didn't I? And, the journey into this healing opportunity did begin as a result of that Practice.

I have been masterful at managing my mental and emotional pain all my life while my inner wounded children got pressed deeper and deeper into corners of my being, their voices muffled as my wounded self-image wanted to be someone other than myself.



'Could be that the unwavering intention I held through my

Sadhana offered me the chance to finally leap off that metaphysical cliff, and in the depths of my radical trust, leap I did. I remember an enlightenment teacher inviting me to take that leap into the unknown void, but all I could see for myself at the time was a crumbled broken body at the foot of a cliff. I was afraid to take the leap then, but I guess I'm here at the bottom of the cliff now. Now I am to heal and rise like the Phoenix.



My concerns over a cup of tea a day seem silly in comparison.

Wednesday August 10 2005 7:52am. My body was in pain and discomfort as I awoke this morning. However, I was delighted to be able to pull up my knees again and even roll onto my side taking the pressure off my back. I feel optimistic and strong in mind and emotions. Boy! What a blessing this simple improvement feels.

Thursday August 11 2005 'Not unbearable, but still I imagine it would be unbearable for the majority of the population. I think I have super-human tolerance. My body hurts and I feel weak. I'm shuffling around at 9:08am getting ready for a busy day. My primary care doctor wrote a prescription for some narcotic pain management but I think I'll get through today without needing it. I have another phone consult with my homeopath in the morning. I wonder what he'll say about the narcotic pain management ... In terms of the oxycodone (Percocet) he said it's better to go up in prednisone in 2.5mg increments, re-stabilize and then reduce again rather than to cover up the symptoms with the narcotics. Although he did give me the thumbs up on the pain management once or twice a week next time my body is screaming out in pain. Right now I'm relaxing into the intention for a relaxed next two weeks and a possible vacation from the raging fires of inflammation. I feel optimistic again.



Saturday August 13 2005: Relentless! CRAZY, CRAZY, and CRAZY!!! Yesterday I felt optimistic today I feel set back. ‘Incapacitating pain and weakness in my legs, arms, mind, and hips! Today is our yard sale and I can’t help with it, except sit by the credit card machine. Unfortunately I must take a pain management tab. People just don’t recognize me right now. I feel like a shadow. I received a healing from a customer at the yard sale who anointed me in the healing name of the Holy Spirit through Christ Consciousness. I gratefully received her intention and made it my own. I guess I must accept that I am in the deep throws of out of control inflammation burning up my body/mind and I pray that whatever unconscious cause I brought upon myself be lifted and I can again be present as whole, and even better than I was before the onset of this crazy mysterious illness. This I pray in the name of the Holy Spirit my



divine mother prana Shakti

Prana Kriyas:

Sunday August 14 2005: ‘Severe disabling weakness and the pain from this dis-ease, whatever it is, has brought me into a deeper level of the classroom of my ultimate guru, prana shakti. In order to get out of bed today I practiced allowing prana kriyas to help me. As I breathed into every minute nuance of being, I was able to let go into subtle level inner prompts and prana moved me on the crest of each breath. The prana kriya practice moved me out of the state of doing and into the state of be-ing. It got me out of bed, yes in an unorthodox manner, and yet I didn’t get the PAIN of the force into a movement like I’ve been doing these past ten crazy months. The difference is in coming from doing and into being. ‘Hope this lesson in direct experience lasts. I notice I wrote “hope”. Whatever happened to radical trust?

‘Still Sunday 5:03pm. Today as I shuffled and limped and swayed around Wal-Mart doing some errands I suddenly had another flash of inspiration. “What if I were to enter the radical acceptance that these “new” sensations I feel in my legs, arms, feet, hands, back, neck, were simply that, NEW sensations? What if these different sensations are simply my current state of being? I asked myself, “is it so bad to be so different than I was”? What if I do surrender completely to this new me and allow these new sensations to be my new state of being, accepting what is, as is? This is my Practice in Technicolor.

Well I might as well, because they are. I decide to. I picked up my cane and with my new mind-set I began to walk from my hara, with core strength. ‘All part of spiritual teachings now put to real-life radical practice.

Monday August 15 2005: This is a pivotal day for me. Throughout the night and when it was

time to get up at 7:00am today, I “let go” into breath, I let go



in to Prana, and I responded by moving on the promptings from the divine source within. Since I became dis-eased I have been pushing through the pain in order to arrive at the destination of getting out of bed. As I breathed and allowed Prana to be the leader this morning I actually enjoyed the process of getting up! Yes, it did take me a ridiculously long time, but it was pain free.

These past few Prana Shakti aware days seem to be guiding me around a corner to wellness. Each day, each Self-Healing-Reiki-Yoga Nidra, each conversation with my homeopathic doctor sheds new light and awareness on how I can heal myself from the inside out.

Tuesday August 16 2005: 7:00am Gripping my jaw as I hobble around, still coming back again and again to my resolve to hold my core and to move in conscious awareness of my breathing. All this with chatter in the back of my mind suggesting that I’m screwed!

Wednesday August 17 2005: I can hardly believe its August 2005! I’ve been in this PMR-like state of dis-ease since October 2004! It’s 9:04am and my lower back hurts and my movement is limited. My jaw is tight like I’m “holding on”. My right foot pain is back again and my right shoulder hurts. I breathed my way out of bed again following Prana Shakti’s guidance, pausing at the sticking points of pain and allowed myself to let go into the pain sensations without judging the sensations good or bad. It so works, if you can do it! I would then find myself in a relaxed (albeit awkward) place and then Prana Shakti, the sacred energy that is the spirit force directed the next movement and I would follow the direction. Again it takes a long time to get out of bed this way, but through breathing with, rather than forcing through the pain, it is



manageable. I took my morning hot bath and made my morning cup’a ‘Nothing like it. This morning the getting up and on my feet ritual took 2 hours☺! Let’s see what the day brings.

Note: Reading back through these entries it is interesting to me that I was in direct relationship with divine mother Shakti all through the Cleanse. My ignorance didn't allow me to recognize the presence as Shakti. Had I consciously fathomed that, I'm pretty sure I'd have welcomed the ride!

Thursday August 18 2005: 10:36am I got up relatively easily this morning. It was again a laugh worthy spectacle of me rolling onto my belly and slithering off the bed. I have no tragic sensations and no prohibitive or limiting stiffness this morning. Yes, stiffness, soreness and physical limitations are present, but frankly it has felt worse on higher doses of Prednisone, so I do believe a cure is in process.

It's August 17 2005: my journal entries have turned into a report to share with others afflicted with mysterious crazy auto-immune disorders also known as rampant out of control self-inflicted inflammation. I find solace in my new direction in healthcare working with my homeopathic M.D. He has been sending me remedies and advising supplements and 'given me an informed ear to unload on. I feel confident although it's taking too bloody long to see concrete results. If I were to begin to feel sorry for myself I would undoubtedly fall into a wheel chair and thus into depression. Instead I resolve to stay in the practice of witness consciousness and I must admit I'm doing a good job of it. I guess it was my unwavering intention to be free that created the environment for all this deep cleaning that is going on in my body/mind, and now my unwavering intention to be free is keeping me on track. I'm choosing to stay focused in witness consciousness and this time of dis-ease is providing me the span of no-time to be in witness of it.

The journey through this health crisis has been extremely uprooting and extremely healing. Not only did I die to a self that I "knew" to be me (not a bad thing in many ways) but I also died as the mother I had been to my son, also not entirely a bad thing. I used to do everything around house, home and business, because I had a need for control and order. I needed everything orderly and structured, clean and predictable, so my routines were rigid and controlled. I am much more emotionally relaxed now. Another way the illness uprooted me and my family is I could no longer teach yoga. I couldn't even practice yoga. My energy is so depleted from balancing the physical pain of the dis-ease with the Prednisone side effects and now (August 2005) the withdrawal pain from trying to get off Prednisone. We felt forced to sell up the yoga school/residence and we did buy a smaller residence with a much smaller in-residence yoga studio. I am a Metaphysician and I resolve to turn disasters into healing opportunities. If my daily journal entries help me and help others to stay out of the wheelchair and out of depression and into the healing realms, then great. I also pray that if you are already in the wheelchair and you are already depressed that you can turn your experience into an opportunity to move through to healing.

Note: My personal experience has now confirmed for me that all that's needed is to practice acceptance of each moment as it appears without choosing for it or against it. Liberation is in that acceptance. I call it prana-tantra. This is practiced in PranaTantra-Reiki, Reiki as I'm sure Sensei Usui intended. After all Reiki is Consciousness Itself and Sacred Life Energy, polarities in Being Presence.

Friday August 19 2005: 7:14am. I feel better on 5mgs of prednisone with the help of the Homeopathy. I'm not damaging myself with side effects of the Prednisone at this low dose of 5mgs. Still I'm concerned about the next taper to 2.5mg and the worsening pain levels that go along with withdrawing. As the dose lowers my homeopathic doctor has warned me, I'm in for more PAIN.

Saturday August 20 2005: 5:32am. The pain forced me to get out of bed. I couldn't lie comfortably enough to rest. I remember my resolve to be with everything as it is. I call upon everything I know to enrich my being. It feels difficult to stay in witness consciousness right now. I pray the pain shifts and I can feel free again. Its days that begin like this that have me lose my witness consciousness and waver on the edge of despair. In my despair I see myself never teaching yoga class again and canceling the next planned Yoga Teacher Training and I see myself disappointing the students who signed up. All part of the deep cleaning I guess. It's also days like this, where in my despair, I wish I were a "normal folk" who hadn't ever consciously started on the path to freedom.



On empty days like this I have thoughts like "maybe I should have stayed way back from the metaphysical cliff edge and not taken that empty leap into the void. Maybe the status quo is a safer and more satisfying place. Maybe I should have never let go that completely in that 2004 Yoga Nidra" Thoughts like these are short lived as I believe it is my resolve for nothing less than liberation that has taken me to this state of being. For some other seekers of nothing less than freedom the empty leap into the void might have them grow metaphysical wings and they may fly off into bliss-filled living, others will have other experiences, some pain free I imagine, and

others will enter the crusher like I have. I am reminded of that image of me lying on the canyon floor, all my bones broken. Then I remember the promise that the bones will heal and the soul will rise like the phoenix and soar. That's what I'm about. So I remind myself again that this is my Path and everything I am experiencing, I caused.

Note: As I read this I see that I really did know what was going on, on some level. I just didn't have the real-ization that prana shakti's activity was dislodging energy blocks brought about by dualistic reactive conclusions I'd cemented in place over time

I remind myself that my life is my Path and no matter what my Path offers me, I can steer my course in whatever way I choose. I am in control of my destiny. And the Source that dwells within everyone always knows exactly what the best course for our souls' journey is, so I remind myself to be quiet, listen and respond to the promptings from that deep stillness within. The "realm of heaven" really does dwell within. So I encourage myself not to think that I'm abandoned even when it feels that way.

I guess it's ok to feel sorry for myself once in a while. My ill thoughts dream up a pill to put me to sleep again, one that I won't awaken from. From my state of victim consciousness this morning, I feel unable to access the help of my beloved Prana.

Its still Saturday August 20 Pain meds took the razor-edge off and as it has before 'left the knife-edge. I slept most of the day probably due to the pain management. I accept that it's my job to do my inner work, to reconcile the self-rejection that had me ultimately attack myself in this harsh manner. My job is to find absolute unconditional love for myself. I am well on my way. I retire to bed with the affirmation "I love myself with PMR-like symptoms, with this autoimmune disorder, with all the pain of the inflammation. I love myself exactly as I am" Good night

Sunday August 21 2005: 5:31am. Oh my God! Beyond excruciating pain in my left side! Hideous! 'Can't stand the *PAIN* so I upped the Prednisone dose to 7.5mgs Damn! Damn! I'm not happy about it, but my Homeopath told me it's better to go up to a higher dose and stabilize there and then taper down again than to cover it up with narcotics. 'Trouble is I just don't have much trust in any pain relieving effects of Prednisone or in its ability to "stabilize" me or to even reduce inflammation. So I'm off for a hot bath. The level of pain is hideous, like the insane assault on my neck on that earlier July day.

My only recourse is to love myself exactly as I am. I know that's the whole entire purpose of everything but it's a whole other level of love I'm talking about. I must love the most socially unacceptable and ugly parts too. Then I recall a spiritual awakening I had while in India in the 1990's. I was sitting with H.W.L Poonja when I realized a truth back then that "I am satisfied

with I AM”. I guess now I’m putting myself to that ultimate test. ‘Truth is, I am satisfied with I AM. I still wouldn’t trade my consciousness today with the one I had before the PMR-like symptoms came in as my guru. I’m just praying that this is the final test and I bloody pass!

Tuesday August 23 2005: 10:30am ‘hideous, *hideous*, hideous *pain & suffering*. I felt like some grotesque version of myself getting out of bed at 7:00am this morning. Hauling myself into some position where my muscles might respond and I might get to my feet. Thirty minutes later and in despair I hobble to the bathroom. Today is my third day on the increase back up to 7.5mgs of prednisone from 5mgs, damn, damn! The pain survives prednisone. I want to get off this treadmill and be free of it, not be reduced to another statistic in a wheel chair. ‘Acceptance? ‘Anyone? How am I doin’?

Desperation

It’s still Wednesday August 24 2005: It’s 7:10am. I have a phone consultation with my Homeopath today. The remedies I’ve been on feel too slow and I can’t see or feel any changes. The most noticeable support from the remedies has been psychological, and frankly I find myself doubting the homeopathy now so the psychological factor is going down the tubes with the rest of the disappointing therapies. My husband James is a body/mind Intuitive and he is a strong believer in homeopathy so I’ve learned to listen to his opinion in terms of my health. He also found a Prednisone withdrawal script on-line. I’ll talk to my Homeopath about the Prednisone withdrawal routine and see what he thinks.

I had my morning phone consultation with my Homeopath. He is completely on the same page and one hundred percent agrees with the withdraw routine. I presented it as just an idea and he was practically saying it ahead of me. So, this withdrawal routine is what I’m going to do. On Monday I’ll get blood taken for my latest SED rate, I’ll see where the dis-ease is in terms of inflammation, and then I’ll get myself to a stable Prednisone dose level. My Homeopath defines “stable” as being able to go about my daily business where there will be discomfort but not debilitation. This is a much longer report than I ever expected.

Today as I lay down on my back for yoga nidra I accept my state of being, not wishing it to be any different than the way it is.

Sunday August 28 2005: 7:40am. I went to bed fully clothed last night wearing my neck brace and my support belt around my middle to make it easier for me to get up this morning, and as I feared, I woke up feeling very ill. Needless to say it was very hard to get out of bed and big cartoon-like tears started rolling out of my eyes. I guess it was a little before 7:00am when I finally slithered belly down off the bed. My husband was working the third shift and came home around 7:00am as I was agonizing in the kitchen. With me in the state of being that I am thoughts of death cross my mind again. I now get why folks end their lives, although that is not my personal path at all. When I write about my thoughts of death I mean that I would just fall peacefully asleep and not wake up as a way of exiting the suffering. Ultimately though, I choose

to see this cycle of suffering through to ultimate liberation.

Note: On re-reading that, it's clear to me that some part of me knows exactly what this powerful cleansing is ultimately about.

The pains of withdrawal are *unbearable* so I upped to prednisone again ... to 10mgs. DAMN! Increasing is hard to accept

Taking responsibility

Tuesday August 30 2005: 8:31am. I was able to get up with minimal discomfort this morning, so 'fingers crossed that I am "stable" at 10 mgs of prednisone because I really don't want to go up over 10 mgs again if I can avoid it. My Homeopath informs me that the bad side effects of the drug happen over 10mgs.

Yes, I really feel like I am reaping the effects of taking that metaphysical leap off that metaphysical cliff into that metaphysical void. Yes, I am one who did not sprout wings and soar. Yes, I did crash and burn at the foot of the cliff. Yes, I do now intend to rise like the phoenix.



I'm still having a very tough time giving up a good cup of tea. I'm weaning off Prednisone for krissake!

Wednesday August 31 2005: 10:45am. I have an image in my mind of the precarious state of virtual balance I've been living in. The image looks like an iceberg towering up from the ocean bed towards the sky. It is growing bigger layer by layer from my life of inflammatory causes, ranging from the apparently benign common cold to the more troublesome precursor of inflammation and dis-ease, *stress*. This iceberg comes to a virtual point and I waver in my footing on a tiny, tiny, pointy space of available stability with all my might, trying to stay grounded, fearful of the future and in reaction to my past. Then "the something" comes and disturbs that precarious balance and topple I did into deeper expressions of dis-ease. The next image that comes to my mind is me standing in tadasana (mountain pose) on the pointy pinnacle of the iceberg. Standing in tadasana enables me to maintain stable footing and therefore stay in the present moment. In this imagery, my practices like daily Reiki, yoga and yoga nidra, my reiki embellished inner journeying together with my homeopathic remedies and the kindness of family and friends "love" away at my childhood woundings that have established the foundation/causes of the iceberg. The practices don't topple the iceberg altogether but the activated innate prana shakti melts the foundation/causes of it away, healing the causes until all

that's left is the tip of the iceberg floating on the surface and it can now float and melt away too. That is my process, inspired by an analogy I learned in Conscious Relationship Training.




Tadasana, Mountain taken August 2004.

Saturday September 4 2005: 8:40am. When I am in a particularly difficult phase I do my own brand of Reiki embellished inner journeywork. I am a Reiki Master and I am always connected in Reiki. Any time I set the intention to be well, and even when I don't, Reiki is on board. Rei means Universal God Consciousness and Ki means vital Life Force, it is the same consciousness and energy we call Shiva and Shakti in yoga. When the consciousness and life energy is aligned and the energy is flowing unhindered we are well, at ease, when the flow of energy is blocked we are in dis-ease. The dis-ease can become disease if the flow gets chronically stuck. My Sadhana (my spiritual practice) is to unblock the dam that I created in my energy flow so that the river of vital life force can flow unhindered through my being. I fell into a deep and restful sleep after this morning's practice.

Monday, Labor Day 2005: I'm learning more and more about myself and how I believe the world works, for me at least. Since I am certain that divine life force manifests in everything then Prednisone is sacred too. No blame or judgment. Everything is perfect as it is.

This crazy roller coaster! Pretty soon I'll be bitching about it all again. I guess the cells of my

body are dying from the out of control inflammation in my body  And if I am to get well

I must put this raging fire out and begin the journey back to balance. How?

I feel very ill. My energy is tired and I feel weepy and frail.

Today I feel like I have no support at all. My husband lets me know that his life is not dependent on mine and that neither is my son's. It sounds to my ill mind like I may be looked upon by my husband as an increasing burden. Is this the paranoid voice of illness or am I cleansing a deep insecurity?

Friday September 16 2005: 8:55am. My Reiki practice is invaluable for me. I can't recommend it highly enough. All you need to do is let go of "managing everything" and that only to the best of your current and changing ability. The healing benefits bypass the mind and you enter a deep healing state of being. This is where the balancing of the forces of nature happens. The "energy forces of nature" can be understood as the natural polarities, the male/female streams of energy that flow throughout all of creation, creating balance. When they are in harmonic polarity, all is in a well state of being, a state of ease. When the flow inevitably gets blocked at any point along the energy pathways, we become dis-eased. My current state of dis-ease is the effect of reactive thinking all my life and fear based conclusions I drew that blocked the flow of energy throughout my body/mind. My time of PMR disease has taught me that anything I caused to move me out of polarity and into duality, I need to balance the effect of. The cycle continues into adulthood when I feel re-wounded in reaction to yet unhealed "buttons" getting pushed.



I do have a new state of mind now as I write. I realize that I have made another shift in thinking. I realize that since this PMR disease began I have been doing everything I can to "get rid of it". Now after all these months of pain, suffering, life style changes, career changes etc., I am in *acceptance* of the effects of my causes, in other words I am being in my skin exactly as I show up right now, in my perceived damaged and hurt body. This is right thinking for me in my journey. It's not a slam-dunk by any means, but it is my Path and there is no other way for me. Each of you reading this journal will have your own personal way, different from mine, and one that is absolutely perfect for you. This shift to acceptance by no means makes it feel better today. I still feel the stiffness, the pain and disability. I just accept myself as I Am, moaning, rejoicing, and fraught with pain, sorrow, loving myself and bitching my way along. Being the best me that I am, right now.

There's no doubt that I am changed. I am a post-menopausal 59-year old woman now and even though I was 58 when I fell "ill", I looked 45, and I was stronger and more flexible than a lot of

20 year olds. The effects of this dis-ease have taken me down to a very unfamiliar place. Now when I look in the mirror I see an elder in the community, one with lots of life experience and I feel full of grace. I can smile and accept where I am now AND I can frown and moan about it. There is great teaching here for the learning. Would I rather be the driven force that I was before I fell victim to my own causes? No. I am wiser and more evolved now through the necessity of forcing myself, through dis-ease, to slow down, to be here now. Slowing down has given me pause to See, to Hear, to Smell, to Be. No, I wouldn't trade who I am for what I was. Now I am adjusting to being in a dis-eased body. My mind and emotions remain strong. In my weaker moments my shoulders, hip girdle and jaw hold on, gripping for some way to "know" what's happening, what to "do" to end this nightmare. Then I remember again. What if I were to let go into "not knowing"? That is the truth anyway, I don't know. So again, I practice acceptance

Tuesday September 20 2005: 7:33am. I had a crumby night. I felt a lot of physical *PAIN* and had disturbed sleep. I have concern about the Prednisone-tapering side effects. I'm tapering 1mg at a time now. And if I feel pain so soon after tapering just 1mg then what's to come? I'm staying positive and strong, as best I can. I'm being where I am, here for now, what else is there besides complaining about the past and fearing an unknown future?

I am noticing a direct relationship between *stress* and the state of my being.

Tuesday October 4 2005: 7:51am. I have gotten used to the physical limitations and I am "working" on loving myself with them and with the suffering that goes along with being me right now. I have a little book "A guide for the Soul" anyway, by consciously holding your thought you can use this little book to reflect your state of being, sort of like an oracle. I held the thought "what is the purpose of my illness" or some thought like that, and opened the book. It read thus,

"Suffering only hurts because you fear it

Suffering only hurts because you complain about it.

It pursues you only because you flee from it.

You must not flee.

You must not complain.

You must not fear.

You must love.

Because you know quite well,

Deep within you, that there is a single magic,

A single power, a single salvation, and a single happiness, and that is called loving.

Well then, love your suffering.

Do not resist it.

Do not flee from it.

Taste how sweet it is in its essence,

*Give yourself to it,
Do not meet it with aversion.
It is only aversion that hurts; nothing else". Herman Hesse*

I have to say those are powerful words and I get it.

Wednesday October 5 2005: 9:07am. Wow! The “season” has passed. It was one year ago today when my yoga-body and my personal yoga practice and my ability to teach yoga first felt compromised. Within days of that yoga nidra I got those ‘flu-like symptoms and the upper respiratory infection and unbeknownst to me, PMR or whatever it is, was brewing in the mix. This year, today, I feel a transformation

I have a strong knowing rising in my mind-center. In addition to healing my rigid, controlling past nature, this dramatic health crisis over the past year has also become a pathway to write and publish my thoughts and experiences. Hopefully it’s not the ego looking for attention but the soul offering information in case others might find my experiences and insights helpful. Sharing Reiki feels like the right way for me to be in service right now. It’s not so much about the practice of Reiki or Yoga or whether we call what we tune in to Ki or Prana or Holy Spirit anyway. It’s more that we honor and merge with witnessing consciousness and Life Force whatever we call it. I call it PranaTantra-Reiki. My spiritual Practice is being here now. Reiki is being-presence. It is witnessing consciousness and life force. Reiki is awake in my very breathing so I am being Reiki all the time. It takes me in to my temple of trust and faith where I go to worship. It takes me to that realm of “heaven” that dwells within ...

And then the dualistic mind bulldozes in ... And in true yo-yo form I am now questioning again. I am beginning to wonder if my deep, deep immersion into myself, through my spiritual practices over the past thirty odd years, released too much of the trapped energy all at once. I’m wondering if it was just too much for my body/mind system to process, resulting in the PMR-like imbalance. But then again it’s possible that there was no other way for me, just because I’m me. I am definitely not suggesting that spiritual practice could ever be harmful. I’m really saying that perhaps I was over-zealous and therefore out of balance in my practice. Too much of anything, including what we consider “good” is still too much. What can out of balance-ness create but more of itself?

I definitely embrace more moderation in everything since feeling dis-eased. ‘So many priceless lessons have been actualized. I am so very much changed for the better.

At this juncture the healing cycle looks like it will come to some end when I am Prednisone free. By my calculation that will be around the middle of 2007. I intend to be patient, because it’ll take as long as it takes whether I resist or not. Actually, I believe I began to feel better once I accepted my dis-ease and stopped resisting it.

Note: I never used my spiritual practices to achieve any goal. All I ever wanted was to merge

with original wholeness. It didn't occur to me, consciously or unconsciously, that as a result of my Practices I'd step off any Metaphysical Cliff.

I have learned that moderation in all things leads to health, wealth and happiness, not according to any cultural standard but from the individual's acceptance of all. Too little leaves you wanting, and too much leaves you depleted.

Note: It has been my habitual way to blame myself for everything "challenging" that happened to me and to credit others for my "blessings." My rationalizing the results of my Practice as "over the top" is undermining to my Practice and demonstrates my ignorance of the grace of the evolutionary Kundalini Energy.

Sunday October 9 2005: 9:10am. The new homeopathic remedy appears to be very helpful, especially since I removed the mint and the magnets from my supports. I'm not sure I'd be doing as well as I am without Homeopathy although I feel a bit less stable than last week. I continue to acknowledge the ups and downs of the process of my so-called autoimmune disease and the painful withdrawal symptoms of Prednisone. I mean; this is my third attempt to get off Prednisone. The first two attempts were aborted because I encountered unbearable pain. Lately I have not had to endure pain, just discomfort. I recognize that discomfort appears to be par for the course.

I must remember that when I am UP again, not to collapse into the "high"... and also when I'm DOWN again, not to collapse into that either. Easier said than done of course, as when I feel well, I declare it to the world "I am well!" and when I am on a down swing I declare "I am ill". That's the dualistic pendulum swinging back and forth. Now I intend to change my language to say today I feel well, or today I feel ill or better still to enjoy the middle way where the pendulum is still and centered, where I am in acceptance of all that I am encountering!

Wednesday October 12 2005: 7:42am. I do feel the relative "stable". And I see from my calendar that I am scheduled to reduce Prednisone by another 1 mg to 8mgs tomorrow morning. My immediate reaction was fear and a definite feeling that I am not feeling "normal" enough to taper the dose. Now I realize that normal isn't that predictable cycle on the washing machine for me. My normal, while withdrawing from the incredibly toxic Prednisone has become a varying state of being. I feel like a different person now. Like it has taken me one year to transition out of an outdated image of myself and into the fast approaching 60-year old woman that I am, preparing for who knows what coming adventure.

I remind myself of Herman Hesse and his teaching on suffering, that suffering is from only one cause, and that is ignoring reality, resisting reality, trying to manipulate reality ...



Thursday October 27 2005: 8:43am. I feel a bit better this morning. I feel here now in a different state of being than before. I can accept this as my presenting reality. I'm still not sure that this is my "stable at 8mgs" but it is my reality. I am aware that my energy is changing. My body feels freer, lots less stiff, and my movements feel relatively painless. And I am aware just how much better I feel emotionally, mentally and spiritually.

Sunday October 30 2005: 9:09am. This is a good year later and I have learned to be with my new normal which today includes a sore and stiff neck, limited neck and shoulder movement, sore upper back and legs and a back that moves with discomfort. This is my presenting normal. I feel like I am beginning to complete my healing breakthrough. I am sticking with the program. I acknowledge the PMR as a great Teacher, whatever it turns out to be



It taught me Love, Humility, Patience, Tolerance, Courage, Self-respect, I could go on, but you get the picture. I can't imagine how I'd have fared without my spiritual practices and Homeopathy though.

Over this past year I've faced tremendous change in my physical flexibility and I've recognized and accepted new physical, mental and emotional "edges". Lately my edges are softening again and I am amazed that my flexibility is returning, not that I'm looking for that. I have come to accept where I am and I totally believe what I teach as a yoga teacher, that yoga is not about how flexible you are but it's about how accepting of all that is as is you are. I feel pretty accepting these days☺



October 2005: Getting back on the mat..

I have spurts of feeling well enough to return to teaching yoga classes as not a week goes by where a new or former student doesn't enquire about signing up. I ultimately remember though that this year off is crucial as my healing time. It's my turn to be still and listen to the inner voice of wisdom and reap the benefit of the teachings. I like being the student. This feels most authentic. Perhaps when I am through with these lessons from my PMR-like graduate course, I will again return to teaching.

Recognition

Wait a second!

I just woke up!

I just read from one of Shri Kripalu's published transcriptions that the stirring of the mother energy, Kundalini can be like disease waiting in the wings. As I read that my whole body alerted and it immediately released all the holding patterns and I was instantaneously freed in my body mind and spirit. In that moment I realized that when I had that energetic opening during yoga nidra back in 2004, the transformational shakti energy switched on. That powerful surge of energy I described as being "lit up like a light saber" was the transformational energy of kundalini. From that moment on with a brilliant and powerful release of energy I was and I am deeper on my journey to embodying wholeness.

I suppose it's not too unlike like the other metaphor I wrote about, 'jumping off the metaphysical cliff into the void. You can seemingly fly or you can seemingly fall and crash at the bottom of the canyon. If you crash you are to put yourself together, heal and rise again like the phoenix rising from the ashes.

With the "serpent power Kundalini Shakti awakening" as a metaphor, I imagine one could enter bliss and fly on the purification fires that go along with it, or one can enter the fires of purification through an extreme "cleansing" like I did, mistaken for disease. After the purification you are to rise again like the phoenix.

***Note:** I don't remember my exact Aha now, unfortunately. Though it must have gone something like this, "You have to die to the self you thought yourself to be, or die to identifying with your ego-self-image. Once the false self-image is destroyed you resurrect or re-birth. You are reborn into the authentic witnessing Self, which does not identify with the ego-self. It witnesses everything without judging anything"*

Wednesday November 2 2005: I'm feeling well and very happy. Physically I'm feeling a little stiff and sore. I'm getting a deeper understanding of my own causes and the effects of my cleansing which I will now refer to as my shakti cleansing time. This cleansing time has been one of the most distressing yet clearly the most transforming experience of my life. It is giving me an authentic sense of myself while I humbly accept the continuing unraveling of years of reaction based wounding.

I have a lot to be grateful for this Thanksgiving.

Friday November 4th 2005: When I got up this morning I felt stiff and sore. I went into a state of worry that the pain associated with reducing the Prednisone will become unbearable and that I will be imprisoned in this chemical jail with destroyed adrenal glands for the rest of my life. I feel afraid of the pain associated with withdrawing from Prednisone. And I accept the fear.

I wrote this letter to my Homeopathic M. D. Jeff Migdow

“It has all come together now. I always “knew” my “auto-immune dis-ease” to be a spiritual matter. Now after recognizing PMR-like symptoms as my presenting Teacher, followed by several months of recognizing that divine mother prana shakti has been guiding me through the pain-filled cleanse, I finally feel that the kundalini shakti energy is switched on, and it is her cleansing fire that I am experiencing as PMR-like symptoms.

I must say though, that it hadn’t occurred to me that the sacred feminine energy would awaken in me spontaneously, although in retrospect I can see that the climate for it was perfect. Not only



was I in a surrendered state of being when shakti stirred, I was also right smack in my second Saturn return! And I remember that I felt entirely open at the time. I had nothing to hide and nothing to lose. Actually I already *felt* free going in to the practice. So, it was a shock to my ego/mind when in medical terms I “fell ill” immediately following. It didn’t make sense to me and I made the mistake of looking to the Allopathic medical model for help. Now after accepting random pain and suffering for thirteen months, I can relax into the knowing that kundalini shakti is giving me what I’ve wanted more than anything, to be in non-reactive presence. No reaction to the past, and no fear of the future.

Symptom-wise the fire still flares in my lower and upper back, neck and shoulders and in my jaw and in my hands this morning. Gratefully I am more consciously able to relate all the sensations to the associated chakras and to the cleansing that is being provided by the movement of shakti. That makes all the difference in my ability to be in acceptance of my symptoms, and to be in gratitude. Now I can make my awareness and acceptance broader, get out of my own way, and make it easier on myself as I go through this integrative cleanse. I can consciously allow the chakras and the associated limbs, organs etc., to let go into the cleansing fires. Now it makes sense that my SED rate has been so high. The cleansing action of kundalini is fiery.

Anyway, I wanted to keep you in the loop.

I go back to The Lahey Clinic this Wednesday. As you can imagine, my state of mind is quite different with this next appointment. I know it all to be valuable information though, and of course it may show up that my integrative cleanse will appear as a medical condition. I remain committed to being with myself through this powerful cleanse however it appears.

I know I need your help as I wean myself off Prednisone. I believe my responses to the kundalini energy will be calmed with the soothing and natural support of homeopathy. And what better doctor than a fellow yogi can understand the mystical ways of divine mother energy?

I’ll be in touch for my next phone consultation after I receive the CAT scan results”.

Tuesday November 8 2005: I also sent out email awareness’ to folks I have trained as yoga teachers and Reiki practitioners explaining the source energy cleanse I experienced. I wanted to share with them the full circle transformational powers of the Practices. I had some concerns

that some folks may have responded to my “illness” with doubts about innate healing.

Then I received this message from one of them ...

“Kundalini initiation to the power of the serpent who stirs no longer dormant; She will consume, She will burn, She will bring pain, She will bless you with insight and Power such as you could never see before her claiming of you. She will shed her skin, swallow her tail, and spiral back to sleep, but you will always feel her presence now. Life Death and Rebirth, these are the things that frighten some but there are those of us who know the delights of immersing oneself in these mysteries. There is Pain, yes, and Sorrow, and Despair, but the fulcrum must swing to bring about the gifts of Bliss, of Vibrancy, of "Heaven on Earth". Your fulcrum swings now, and will find its balance point, allow it to do so, on its own. Honor the Fear, but do not feed it. Step into Love, but bring your shadow with you”

Wednesday November 9 2005: I feel pretty well today. I definitely feel encouraged to know that I am awake to the innate presence of the universal mother energy. This makes me feel stable within the instability of the powerful cleanse. Thankfully the raging fire is more soothed now so I do believe I am closing the circle on this transformational time which has consumed my body, mind, spirit and emotions since 2004 when I began to surrender my self-image, and the innate sacred mother energy stirred. That same date in 2004 also shows up on my astrological chart as Saturn returned to the same place it was at the very time of my birth.

Thursday November 10 2005: 9:24am. Well I was at the famous Lahey Clinic for my follow up visit yesterday and I am thrilled to report that my test results came back clear, no disease. My SED rate is way lower too, yeah! It is now at thirty seven! I am definitely coming full circle with this “mystery”. In the middle of this cleanse my SED rate was seventy two. “Normal” is twenty. With the realization that this is a shakti cleanse time comes a feeling of great relief, relaxation and a feeling of natural confidence.

Today I reduced the prednisone by another ½mg to 7 ½mgs with the Doctor from The Lahey Clinic’s blessing. He was impressed with James’ idea to taper by a half mg each month. He also gave me a back-up prescription should I encounter intolerable pain. As I reduce the Prednisone dosage each time I’m to expect a destabilized period when my adrenals “notice” that my steroid levels are too low and they must kick in and start producing their own again.

I affirm that eventually I balance out all these factors and I return to a healthy state of physical, mental and emotional balance.

For the first time since this all began I feel encouraged and confident. I know there’s a long road ahead still, but whom better than my source divinity, divine mother kundalini Shakti to guide



me?

Sunday November 13th 2005: I'm feeling so much better! It's as if along with the realization came freedom from pain and suffering. Yes I do have mild symptoms of stiffness and soreness left, but I am on my third day of 7 ½mgs of Prednisone and I have NOT experienced pain of withdrawal. This is the first time of any taper where I am pain free. I seem to have stepped out of pain identification. I did my PranaTantra-Yoga practice last night and I felt flexible and strong. This time the practice felt deeper and I luxuriated in it ☺ his time there was no time structure on my Practice, it unfolded in a timeless way.

Monday November 14 2005: I feel a lot of peace and gratitude. My life hasn't necessarily changed but my re-actions to circumstances have. The interactions with my husband may appear similar, but it's like I have dropped the rope, so there's no tug-of-war any more. The "fight for my right" stance is replaced with space to breathe and allow. I feel annoyances but the need to convince is gone, along with my ambition and drive for success.

I was reserved and suspicious before I was awake enough to feel the presence of Shakti, and then gradually, through the cleansing time, I became tolerant and patient and compassionate. I changed without trying in ways of being I'd only strived to be before. The physical symptoms clung hard until I realized, just the other day, what was happening. With the realization that I am awake to the innate presence of Shakti, came the understanding that what I experienced as suffering was actually painful removal of trapped and stubborn frozen energy that blocked the flow in her path. I experienced a full body release along with the realization. Though complete release only lasted a few days, like a window into liberation, it makes any residual sensations embody a certain sense of gratitude. My husband is my massage therapist and he is amazed at how released my body is since I acknowledge Shakti's presence. And I'm releasing more and more each day.

My Peaceful state of being

Tuesday November 15 2005: I'll be calling my Homeopathic Doctor again this week. He has become my Counsel. I'll be checking in with him about my presenting state of being and my insight into the past thirteen months. I guess the first thing to tell him is that I feel released. I feel like a burden has been lifted off my body and underneath the burden is relaxation and space. I'll tell him that my fear-based-reaction to realities has relaxed, like in the differences in the way my husband and I think. I'm content with the differences and I have no need to change his mind. I notice that I feel no guilt and so I am able to stand confidently in my own perception of life and

my relationship to everything. I notice I have renewed patience, but that, along with tolerance and compassion came early in the cleansing. Those ways of being have become a natural expression of who I am. I'll tell him that my life is simplified since my ambition is gone. I have less and less need to be externally acknowledged and I have less and less to prove. I'll tell him the miracle of how I now love my childhood family history. I'll tell him that I feel well and that I am taking this time to relish in my peaceful acceptance of being.

I feel very grateful. The awakened Shakti feels absolutely appropriate. I realize I am less surprised that I awakened to the innate presence of Shakti Ma than I was that I felt "ill" thirteen months ago. That was hard for my ego to believe.

I did eventually get sound on the Yoga Nidra CD and... "The intention for this yoga nidra is to awaken the dormant Shakti in mulhadara chakra and guide it for the divine mother to manifest through the heart and higher centers of consciousness"

Wow! That is what was stated as the intention for that 2004 Yoga Nidra. I remember hearing that, but I never made the connection until now! Kundalini is Shakti! And, I literally *felt* the downward flow of energy from the first three chakras reverse and flow upward towards the heart & higher centers. I lit up like a light saber and I merged with divine light energy. I shared this with the group while having no idea that it was Kundalini Shakti's innate presence that I had awakened to and certainly no idea that the path ahead was going to be rough, rough, and rough going as my mind (chitta) tried to manage what prana offered to me.

***Note:** Bapuji, Shri Kripalu wrote "Controlling the Prana is the technique/key for making the chitta steady, that is why at first in Kripaluyoga the movement of prana is controlled and as a result the senses and mind are also controlled. By studying the whole process of yoga closely, it is known that in Kripaluyoga there is a proper control of the mindstuff. That is why Kripaluyoga is also an instrument of Raja Yoga and because there is a proper practice of control over the senses, Kripaluyoga is also an instrument of Hatha Yoga and as a result, the student establishes control over his prana and chitta speedily. This is the sadhana of Pravrittimarg. In this sadhana the student practices twice a day, one hour in the morning and one hour in the evening. Because of this, Kundalini is awakened in partial and tolerable form. In this type of sadhana the chitta and the prana are of equal strength. That is why Kundalini is not manifesting in a furious form. In almost every profession, the great masters in their respective fields of endeavor have experienced the awakening of Kundalini in partial and tolerable form"*

Saturday November 19 2005: I called my Homeopathic Doctor at 9:30am. He was very supportive and "gets it" completely. He suggests that I'll probably be ready to stop the homeopathic remedy in three more weeks. The remedy, he tells me, comes from snake venom. I had to laugh!



Monday November 21 2005: 2:44pm, my best day yet. My neck and shoulders feel free. ‘Only my hips feel “clunky”. My husband’s jaw dropped when I actually jogged with the dogs this morning. By this afternoon I feel really well.

I had plenty of opportunity to get into a power struggle with my husband this morning and I could tell the difference with no rope to tug-of-war with, this feels so good. My homeopathic doctor recommended I stop wearing the neck brace to sleep in and last night I left it off and slept very well without it. Yeah! What has felt like a thirteen months nightmare has ended.

I am present now

I am different now in how I perceive everything. I am awake to my perfect simplicity and I am awake to that which still appears more complicated in my life and how it all is being played out in my day-to-day experience.

I am in a period of transformation. Divine Mother Kundalini Shakti blessed me with her powerful cleansing energy, removing lifelong blockages to my being present. The mother energy removed some of my accumulated blockages instantly, painlessly, clearing my heart enough for me to experience compassion and tolerance for others and myself, clearing my throat enough so I can express myself and speak clearly without mumbling, to my husband’s delight; clearing my vision enough so I can see clearly enough to stay present. Other blockages Shakti shook open in a more powerful thrust of NOW! And the pain was horrifying. Still other blockages were dissolved gradually while I processed their circumstances through my body/mind.

Now after fourteen months I feel residual blocks in the flow of sacred life force, Divine Mother Prana Shakti, Ki, Holy Spirit to name a few of her names, in my upper and lower back, in my groin, my neck and my shoulders. Except for the stirring in these chakra areas, Mother is quiet at the moment, perhaps she has returned to sleep, but I feel her holy presence. I have no knowing whether peace, devoid of perceived limiting bodily sensation will ever be completely felt by me, or whether it even need be. Complete release of the last vestiges of holding could release through my centers of being in my next breath, sometime today, tomorrow, next year or in thirty years, I cannot know, but I am Free to be That which I AM, present in the patience of here and now.

December 4 2005: There’s also a new relationship felt between me and myself from the openings in my first, second and third chakra centers of being. My sense is that those terrifying Sunday School stories I was taught and ‘believed, those threats and promises of the reward/punishment after-life of higher/lower, heaven/purgatory/hell, can be better explained as living our lives in the immortal now of heaven, purgatory or hell if you want to use those terms, expressed lifetime to lifetime through the first three chakras. Natural evolution would be experienced through all seven major chakra centers, though the first three chakras, depicted in the colors of flame from root to solar-plexus could be perceived as the earth bound levels of purgatory or hell, where pain and suffering are perceived and experienced. In my sense they’d be better experienced as lesson time rather than punishment time. The Heart Center, the fourth chakra, would be embraced as the

center of transition out of the perceived pain and suffering of the “lower” chakra centers into the healing realm of unconditional love and acceptance, on our way to the higher levels of consciousness. These higher centers of consciousness are where we experience the levels of heaven, where that kingdom of heaven, the Christ taught us, dwells within. This makes sense for me at least, and I feel the peaceful certain assurance that all is well.



The purpose of sharing this journal

I am peacefully content with and in acceptance of all the yet unhealed blockages and barriers in my chakra centers of being, for ultimately I know that they are simply expressions of my presenting state of being. Now I imagine this could be disappointing to a lot of readers, since I declare I am awake to the innate presence of Prana Shakti. It would be quite easy for me to glorify the awakening process and make it sound like immediately after Shakti awakens all troubles disappear. No, what disappears is the judgment of them, and what changes is perception. My sense is more that the awakened Life Force Shakti is now able to manifest through my energy centers in her life affirming way. I undoubtedly *will* react to life circumstances, but what has changed is that I can now cease to react further to that initial reaction and instead I can allow the circumstances to pass through my presenting state of awareness and marvel at the unfolding of life. And I think if there is a purpose at all for publishing this journal, it is to dispel the mystique surrounding Prana Awakening, Shakti Emergence. It's a natural evolutionary stage. The potential is innate in everyone.

Kundalini Shakti is the evolutionary, transformational energy that dwells untapped within each one of us until it is realized. Ultimately it is we who awaken to our innate divine self. Then we are healed from the cycle of compulsive reactions and we can live in non-reactive awareness and acceptance of all that is as is. Now I set my clear intention and let divine order handle the details. I remind myself to not be attached to how that might look.

I promised you a current picture at the end of this journal. Here it is, taken today January 5 2006
 ‘Strength & flexibility is returning.



January 6 2006: I had a follow up with my primary care physician today and ‘tested with a new SED rate of forty four. The raise is indicative of the diminishing presence of Prednisone and the possible re-start of my adrenal glands. I told her how well I was feeling and asked again “what causes PMR”? She answered, “It’s a mystery, we don’t know”. I told her that I felt transformed by the dis-ease, as if I had stepped off a metaphysical cliff into some shamanic cleansing. She lifted her head, looked at me and ‘said, “don’t do that, next time try trance dancing”.

So I think I will end here and quote Krishna Das from his videotaped concert, “The Yoga of Chant”. With his tongue in cheek he said something like this, “When you continually practice chanting the Holy Names of God (or any spiritual practice) something terrible happens to you. You get happy”. Krishna Das jokingly continued, “Nobody wants to be happy, you wanna be cool”.

For most of my life while searching for myself, I wanted to appear cool. Now I am happy.

I am extremely happy to have gone through the cleansing time and NO I wouldn’t choose to go that route again. Unless I knew up front that it was the innate Divine Mother Energy I was waking up to. It is all worth it for That.

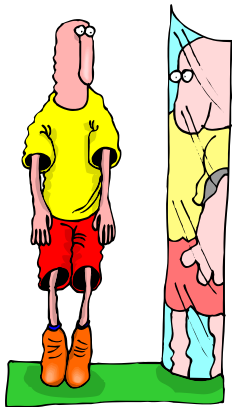
Jai Kali Ma!



Update

October 30 2010.

I have been Prednisone free for a good while now. The drastic physical cleanse appears to have completing its teaching cycle. For the past few years I have been burning in the deeper layers of the teaching fires, healing mental and emotional wounding and vestiges of scarring underneath the physical breakdown. The wounds showed up in the forms of important relationships, less with my husband and more in my reflection seen in my spiritual teachers, peers, friends and co-travellers. The reflections were terrorizing to my ego-mind until I was unconditionally accepting enough of every one to truly see myself. Or is it that I was unconditionally accepting enough of myself to truly see the other?



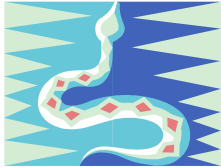
These days, and from a practical point of view the once untapped transformational energy, now more and more available for my being, enables me to balance all that arrives at my door with an acceptance of what Is, minus the habitual mistrust, fears and worries. Before the evolutionary energy was freed up I certainly tried to live by this philosophy, now the trying is replaced with a natural being. If reactive habitual worry should enter my mind, I have the power to *not* react further to my habitual reaction and I can quickly correct the initial reactive behavior.

Note: Folks who aren't following a particular spiritual Path may experience Awakening in a very practical manner and simply be thankful for the increase in energy and the sudden acceptance of all that Is. And I can say for certain that disease can be an awakening teacher.

I gratefully acknowledge my lifetime being a student of great spiritual teachings and of great spiritual teachers who I chose to be in spiritual relationship with. I bow to the divinity that dwells within reflected in the great prana tantra masters I have Sat with and learned from. I am grateful for my spiritual practices of Reiki and Yoga and Yoga Nidra and Meditation and for the many other traditions and sources I have learned from. They have all served as ways to my inner sanctuary of trust and faith. They have provided me a guiding, nurturing and sacred hand. I am grateful for the courage to confront my egoic addictions, warts and blemishes. Revealing myself

from beneath the false image I presented to the world and myself and accepting myself as I am, proved to be liberation. I am being myself.

October 2004 during a guided yoga nidra session the innate transformational evolutionary energy kundalini stirred from its dormant state. I entered relationship with the being-presence of Shakti within. A few days later, unsuspected, the energy blockages that were frozen in my energy body started preparing to dislodge, and pain in my body/mind hit.



My authentic self was showing up more and more as I progressed through a powerful though pain-filled cleansing time. More and more I felt my driven ego softening, dissolving. I was becoming content to simply be me. A year later November 2005, I recognized the presence of the innate life giving Shakti.

My formal yoga studies began in 1972 in New York City at the Integral Yoga Institute. I continue into 2011 as a PranaTantra-Reiki and PranaTantra-Yoga and PranaTantra-Relationships student and teacher...and I found my perfect spiritual home inside myself. My childhood yearning to become “a somebody” set me on my pilgrimage to myself. I am satisfied with I AM.

Where are you now?

October 21, 2010 I was asked, “So, where are you now? I laughed and borrowed this teaching **“The great way is not difficult for those with no preferences”** from The Third Zen Patriarch. And then thought to share where my understanding and that teaching has led me. These days I am very fortunate to teach the prana tantra practices that continue to bring me through my times of transformation. I coined the names PranaTantra-Practices; PranaTantra-Reiki and PranaTantra-Yoga and PranaTantra-Relationships for the practices I teach and the practices I practice.

I was asked “what do you mean by PranaTantra?”

Tantra is an esoteric philosophy where the universe consciousness is perceived as the divine stage for shakti the feminine sacred life force that permeates everything.

PranaTantra-Reiki and PranaTantra-Yoga and PranaTantra-Relationships emphasize the balance between the male polarity of Shiva or consciousness, and Shakti the feminine life energy held within everyone. When the polarity of feminine life giving energy shakti and the male polarity

of Shiva consciousness are in undisturbed balance, liberation is.

The PranaTantra Methodologies are intended to reveal the long held secrets of enlightenment ... The message is that enlightenment is available to all who seek to awaken to the innate wisdom of consciousness and prana shakti.

Tantrism is a mystical philosophy, dating from the 6th to the 13th centuries. It teaches of the changing natural world as the creative manifestation of the Divine Mother we call Prana Shakti. Enlightenment in this tradition is realized when we accept that the world around us is the creation of our internal state of being.

To live a life of acceptance of all that is as is; is to practice PranaTantra. The practice requires doing nothing while being present with everything. It requires the acceptance of all that appears in the field of awareness without choosing for it or against it. It requires a state of acceptance-awareness of the innate divinity.

All human beings are endowed with an innate divinity. That divinity is accessed by being unconditionally present with all that is, as it appears, period. The manifest Presence is revealed only when you are unconditionally present. You can either accept reality as it presents or you can choose to deny it. Presence is the divine core of our being present.

The following chapters are dedicated to the practicalities of PranaTantra taught via the vehicle of PranaTantra-Methodology©

PranaTantra-Practices

A student asked the Master, "What is the difference between the enlightened man and the unenlightened man?" The Master replied, "The unenlightened man sees a difference, but the enlightened man does not."

When we contemplate this answer, we see that in enlightenment there is no judgment. Through the eyes of Spirit everyone is seen as an essential part of the divine play. When we accept that, we also accept that we too must be an essential part of the divine plan. Only then can we begin to release self-criticism and self-judgments and begin to see ourselves and all others as divine. Then we can accept ourselves as we are, and the world as it is. No one has the power to mess up the divine plan, so you might as well relax into your unique part of it. Acceptance of what is as is; is the core teaching of PranaTantra.

If you want to be liberated, you must cease choosing for or against whatever is present. You must accept and relax into what is happening as it really is; not how you wish it to be. You will see this core thread throughout all PranaTantra Practices, accept everything that appears in the field of your awareness is the basis for the practices of PranaTantra. When you resist what is present you are saying NO to your life force energy, sacred prana. This set up goes against the very nature of life force and is of course the cause of all dis-ease. As the student progresses they begin to notice that the more they can accept reality unconditionally even reality appears to shift and greater happiness is experienced.

PranaTantra-Yoga

Q. What is PranaTantra-Yoga?

A. PranaTantra-Yoga is a method for liberating the prana from the confines of the judging mind. It is a practice of learning acceptance of all that is as is, starting with self-acceptance. When we take this understanding to the yoga mat we have the opportunity to ease into and through habitual holding patterns and blockages that inhibit our life off the mat. We come face to face with the practice of self-acceptance the moment we step onto our yoga mat. We then have the opportunity to practice self-acceptance throughout the sequence of postures. And, we continue practicing acceptance of all that is as is after we have stepped off the yoga mat. It is a practice of releasing criticism and judgment and replacing those self-defeating head trips with acceptance and compassion while on the journey to our divine nature, which is unconditional love.

Q. How will I know unconditional love?

A. 'When you start to notice that you are no longer judging, then you are entering a state of unconditional love, but first things first. The journey is challenging. And it starts right here, from where you are.

Q. Can anyone practice PranaTantra-Yoga?

A. PranaTantra-Yoga supports all levels of experience, from first time beginner to long time practitioner. The progress however cannot be measured by outward appearances. The long practicing person holding an athletic yoga posture which requires strength and flexibility can be completely absorbed in the outward self-image of the ego mind. That is not yoga. And without seeking guidance from an experienced inward focused yoga teacher such outward focus will not lead to yoga. On the other hand a person whose body appears stiff and unyielding, may be entering yoga postures with complete awareness on accepting all the presenting sensations that come with stretching to her physical, mental and emotional edge. Being unconditionally present with what is as is. That is PranaTantra-Yoga.

Q. What is the core principal in PranaTantra-Yoga?

A. The main focus is being actively present with all that is as is while holding the posture, surrendering to spirit presence in the energy spaces between the postures, and applying those principals in daily life

Q. Does the teacher need to be enlightened to affect the progress of her students?

A. No the yoga instructor is not required to be enlightened to assist the progress of their students. All that matters is that the teacher is as true to the teachings she shares as she is able to be in the given moment.

Q. So what you are saying is that the state of the teacher and the teachings are completely separate matters?

A. Yes, you could also say that the state of the teacher has no bearing on the truth of the teachings. It's another way of saying the entire universe and its contents are my reflection, so how could there be any concern about the quality of any single reflection?

Q. Great Tantra Masters like Osho were considered by many to be Rogues. So my question then becomes, is there a difference between the Master who is revealing the truth & the Rogue who is revealing the truth?

A. To see a difference would be choosing for or against again. There is no difference in the Rogue and the Master. Any difference is only in your judgment. The only importance is the effect the Teachings have on the student

Q. How does this relate to yoga on the mat?

A. When you practice acceptance of yourself and others on the mat, you cease choosing for or against how your ego oriented self-image "shows up" on the mat. You cease judging yourself and others, including the Instructor leading you. If you are a sincere student of yoga, you embrace the discomfort that comes with the changes that need to happen within you. You are then in the space to practice yoga. Too often people practice comparison and self-rejection on the mat. Liberation happens when we move beyond our ego mind's preservation of the self-image it presents to the world. Then we recognize that what we judge "out there" as the Master or the Rogue is our very own self. Until we learn that the ego self-image is not who we really are we practice preservation of the self-image, not yoga.

Q. Is there any reason to follow the PranaTantra-Yoga sequence of postures exactly as it is designed?

A. No, but a familiar flow takes the practitioner out of the duality of choosing for or against what is presented and into the realm of acceptance where everything is automatically in balance and harmony. The familiarity of the sequence of postures is designed to take the body-mind and emotions out of ego mind's struggle to be perfect and instead to recognize and accept that everything is already in accordance with balance. The familiar progression intentionally guides us into the realm of inner felt senses. This focused awareness calls upon the practitioner of yoga asana to stay present and recognize what is really happening, as opposed to what we might wish was happening. We see this in the pleasure pain polarity. We might fear moving into a posture because of fear of pain. Pain is only a sensation. When body pain is accepted as the presenting felt sense teacher, and the student breathes their way to their personal edge, the student can stay out of the limiting factor of the blockage perceived as "pain", and move through the blockage that is holding them back.

Q. I don't understand why anyone would want to accept pain sensation.

A. This “struggle” to be perfect reflects only one side of the pleasure-pain polarity. When we choose only the pleasure side we are shunning the pain as teacher. When we choose either the pleasure side or the pain side we are in duality. When we accept both as essential to polarity, to natural order, we are centered and in yoga. We are not talking about suffering here. No, if suffering is experienced it demonstrates that you are past your edge, stop, and adjust to where you can focus and breathe without struggle. We are talking about sensation. Sensation that presents as the holding pattern we have habitually used that keeps us from our full self-expression.

Q. What defines sensation as pain?

A. We refer to the pleasure-pain polarity to illustrate the habitual resistances we have to merging into the oneness that is yoga. The reference to “pain” can be felt as physical sensation, emotional insecurity and mental fear. All these perceptions of “pain” are the dualistic self-image-ego-mind’s attempt to manage and change what is already perfect just the way it is. This is perhaps the most difficult part of the practice. The yogi is taught to accept the physical limitations, the emotional insecurities and the mental fears as part of the practice, as presenting teachers. Gradually through practice he notices that the “pain” is no longer limiting his ability to be present, and he can hold the posture with consciousness awareness, accepting all that appears in his field of awareness on and off the mat. As the yoga practitioner continues to allow the physical mental and emotional bodies to open, she continues to move deeper into self-acceptance. This is where we practice releasing self-criticism and self-judgment. This is where we cultivate compassion for ourselves which eventually leads to compassion for all.

Q. PranaTantra-Yoga sounds like an intense practice.

A. It’s a very beautiful practice. All of these principles of PranaTantra-Yoga are found in Patanjali's Eight Fold Path of Yoga. All of Patanjali’s codified principles are studied and practiced within the PranaTantra Methodology. Yoga teachers and students are taught how to apply each principle to daily life. PranaTantra-Yoga on the mat is a great vehicle to start this practice as it begins with your physical, emotional and mental reactions to what is as is. Your reactions can be an awareness of your progress. Your reactions on the mat reflect how you live your life off the mat. PranaTantra-practices show you how to disengage from the reactions. Then you are on the path. The PranaTantra practices can take you all the way to unconditional acceptance of what is, as is. When you start to notice that you are no longer judging, then you’ll also notice you are entering a state of unconditional love.



PranaTantra-Reiki

Q. What is Reiki?

A. First I should say that the word Reiki is a common Japanese noun meaning “the energy of the Universe”. Reiki-ho is methodology to use Reiki for spiritual growth, transformation and healing. The Reiki Practitioner moves her/his personality aside to be a channel for Reiki, universal energy. As a result transformation and healing happen. When understood as a PranaTantra Practice, it is allowance and unconditional acceptance of the divine play on the stage of the Universe

Q. What is Gendai Reiki ho? Gendai Reiki ho is a modern day application of Reiki as Sensei Usui taught it . Japanese Reiki Master Doi Sensei is the originator of Gendai Reiki. He with his esteemed student and his interpreter Hyakuten Inamoto (A Reiki Master/Teacher in his own right) shares in an interview with Pamela Miles, a Western Reiki Master that “Reiki is not easy to describe in a few words. Rei is especially difficult to translate into other languages. Rei is more like “mysterious”, “subtle”, “ethereal”, “transcendental”, “heavenly”, and “sacred”. It’s meaning is a combination of these”

So I will suggest it to be the unconditional acceptance/non-judging state of being. “They go on to share “Ki is easy to translate because we use the same kanji”, Ki, as natural life force energy. Gendai Reiki ho is a methodology to use Reiki energy for healing, purifying, harmonizing for spiritual growth spreading the vibration of the higher dimension to recover the natural perfect state of balanced being, the enlightened state of being.

Q. What makes the Japanese Reiki Practice different from Western Takata Reiki?

A. Reiki is most often known as the biological healing power of Ki which is both restorative and regenerative. Since walking in Sensei Usui’s footsteps up Mt Kurama and visiting his memorial in Tokyo during the summer of 2010, I am reassured that Reiki is primarily about awakening from the time-bound state and entering an enlightened state of being-presence. Reiki when understood as a PranaTantra practice is infused with spirit healing power which initiates both healing and the transformational path to enlightenment.

In practicing Reiki as a spiritual practice, we enter a dimension and depth of Reiki that is accessed beyond the usual application of Reiki, thus transforming the Reiki Practitioner from the ordinary understanding of “healer” to in-depth, transformative self-discovery and ultimately enlightenment. Gendai Reiki ho is one hundred percent in alignment with my understanding of Reiki as a path to enlightenment - and with Sensei Doi as Master Teacher we have his great knowledge and experience as a member of the original Usui Gakkai, still in existence in Kyoto, Japan, to preserve Sensei Usui’s original intention. Doi Sensei has united Western Reiki and Japanese Reiki in accordance with Sensei Usui’s wish to share Reiki with the world.

Q. How do I learn Reiki?

A. You awaken to Reiki, (which prior to Attunement to Reiki is unrealized within you) through a

series of procedural attunements performed by a Reiki Master.

The presiding Reiki Master energetically aligns with sacred presence and merges with Reiki. From this place of integrated presence, an energetic relationship emerges where the receiver of the attunement synergistically enters the Reiki vibration. With the clear intention for Reiki attunement the energy channels of both Reiki Master and Recipient open to sacred Reiki-Presence, the initiate becomes attuned to Reiki.

There are four levels or Degrees of Gendai Reiki.

Level I - Shoden (First degree) Attunement to Reiki I awakens the initiate to the Reiki energy Path. The Initiate learns how to connect with the Reiki source to heal them self with Reiki and how to treat others, including the plant and animal and inanimate realms. The emphasis is on the physical plane.

Level II – Okuden (Second Degree): Pre-requisite Reiki I. Attunement to Reiki II empowers the Practitioner to initiate healings on the mental and emotional levels. The Initiate receives three Reiki Symbols and their Kotodama (Sounds) and learns how to use them for self-healing and for integration for other people, places, and events. Okuden Initiates are empowered to send healing beyond time bound consciousness

Level III – Shinpiden: Pre-requisite Okuden. In Shinpiden, we learn self-purification and training for our spiritual growth, the Path to the peaceful and stable mind - the guide to enlightenment that Usui Sensei reached.

Level IV – Gokukaiden - Reiki Master Degree: Here the Shinpiden Practitioner learns the way of life as a Reiki Master. The Practice is deepened and the teaching techniques are learned

Q. How does Reiki work?

A. Reiki simply Is. The power of Reiki manifests and blooms fully when you align unconditional acceptance of all that is as it is with life energy as it manifests, Ki. This integration begins in the attunement procedure and can then be actively invoked by the Reiki Practitioner

Q. Is it required to ask permission of the client/patient to offer Reiki to them?

A. Permission is not necessary to send distance healing. You will need permission to place your hands on another. Remember you are not doing anything. There is no manipulation of energy and no ego attachment in Reiki. You are being a compassionate Reiki presence holding the Reiki intention for the integrative healing of your client/patient and, Reiki is as effective hands-off.

Q. Is it necessary to be attuned more than one time?

A. In western Reiki we have been taught that you do not need to be formally attuned to each degree over and over. However, it's not enough to just be attuned to Reiki. You must continually merge with the Presence of Rei Ki, acceptance of all that is and Life force energy through Reiki

Practice. It is the perpetual merging with Reiki that keeps the original attunement nourished, so in Gendai Reiki the Reiki Master offers Reiju every time we meet as a group. It is a mistake to assume attunement is all you need and then expect to stay awake to all that is revealed within you without the perpetual nurturing of the realization.

Q. How do I practice Reiki?

A. With a reverent integrative intention. You will learn 12 traditional Reiki hand placements in the training. As you practice Reiki in a session, let go of all ego expectations, all your attachments to outcome, your own insecurities, doubts and fear of failure. Simply merge with the awakened felt sense presence of Reiki and let go into it. Reiki will take care of the rest.

Q. What is the role of the Reiki Practitioner?

A. To continually self-purify in order to be the loving Reiki presence. Being a compassionate, conscious companion where the Practitioner enters her/his current optimum level of communion with Reiki. This merging with innate transformative energy synergistically invites the recipient to move into the same energetic frequency.

Q. What are the contraindications for Reiki?

A. There are no contraindications for Reiki

Q. How soon after Attunement can I start practicing Reiki?

A. Begin immediately. Practice Reiki self-healing every day to nurture your attunement to your direct connection to Reiki. This will empower you to be the channel for the Light of healing the shadows of dis-ease in all forms whether physical, mental or emotional

Q. So I can use Reiki to heal myself?

A. Yes. The primary intention for Reiki is to empower yourself on your path to enlightenment until you realize that state. Reiki self-healing is the most important application of Reiki. The more you heal yourself with Reiki; the more able you are to be a Reiki Presence for yourself and others.

Q. Does Reiki manifest differently in the Reiki Master than it does say in the Shoden or Okuden Practitioner?

A. Reiki is unchanging. What changes is the Practitioners ability to deepen their connection to Reiki. Reiki, witnessed as sacred acceptance of all that is as is, Itself, and sacred life energy, progressively awaken through all Degrees of Reiki ho. Reiki is awakened to from within through the ritualized Reiki Attunement procedures and Reiki self-healing and healing others techniques. The attunement procedure acts as a focus point allowing the mind to exit and the Presence that is always there as Reiki, to be realized.

Q. What role do the Reiki Symbols play?

A. Reiki Symbols are the vibratory shapes and their sounds are as language for intention held in the application of Reiki.

For example, when we chant and draw the **master symbol**: - we are merging with the sacred Reiki Presence, invoking Reiki where the integrated One in me, recognizes the integrated One in You. You could also say Reiki in me recognizes Reiki in you. Integration happens within that recognition and merging with Reiki Presence.

In the case of the **distance symbol**, we are broadening our perceptions beyond the time-space dimension into the timeless state of being. So when we create and chant the distance symbol we enter being-presence beyond time and space, where energy blocks or Ki that was frozen in the past, and frozen Ki or blockages that damn the flow of life energy due to fears of the future, come into sacred Reiki presence and everything can melt into balance and harmony and energy can again flow freely.

The **power symbol** empowers our intention to be present with what is as is. That firm intention creates opening for being presence to manifest.

The **mental emotional symbol** harnesses the scattered energy dimension of the time bound realm, so that focus can be placed in the stilling integrative state of being, which is always NOW

Q. How does polarity, the male and female principals, relate to Reiki?

A. Rei and Ki are polarities in Sacred Presence. We become the witness to unconditional acceptance of all that is as is and Life energy in all its manifestations. They are the pulsating continuum of life made manifest everywhere in the feminine and masculine principals. In Reiki language Rei is the sacred male, our witnessing unconditionally accepting god nature, and Ki is the sacred feminine manifestation of life energy.

Q. How does being attuned to Reiki affect our experience in everyday life?

A. Reiki is unconditional acceptance of life as it manifest as energy, whether physically, mentally or emotionally. Life energy permeates every level of existence. When unconditional acceptance is in alignment with what is present, we experience inner peace, relaxed happiness. In Reiki we begin to recognize who we really are, being-presence, which manifests as a deeper experience of fulfillment in our life. We make better decisions for ourselves as we acquire clearer perceptions of reality. When we awaken and realize that we are that unconditional acceptance witnessing being present with the presenting life giving energy, there is a caring intention in our thought selection, in our attitudes, our actions, and responses. This caring presence-of-being spreads throughout our personal and professional lives and manifests as more fulfillment, more success and relaxation.

Q. Does it matter what Reiki lineage you connect with?

A. I don't know. Probably not, as all Reiki Paths hold the precious intention to align with the healing source of all of life. Yet in all honesty, for me, so far in my journey, it always has mattered. In fact my search for Reiki took me through three prior schools of Reiki before I

merged with Doi Sensei's Gendai Reiki Ho, and each school of Reiki resonated with me perfectly at the stage I was at. So lineage is important because it carries forth vibratory support from the Masters who came before. It is through lineage that we are now the recipients of these esoteric teachings. Lineage is carried forth from Reiki Master to Reiki Master. And I have the added (sameness) of esoteric teachings from my yoga lineage which empowers the Reiki teachings. So you could also say I teach Gendai Reiki Ho explained further through Yoga Philosophy, which incidentally is the heart of my next book.

Q. How do the Chakras relate in Gendai-Reiki Practice?

A. Chakra is a Sanskrit word meaning "wheel". Each Chakra or energy center pulsates sluggishly or energetically according to the energy level of one's body/mind system. Chakras are located along a central column from the base of the spine to the crown of the head. Reiki brings balance to the chakras and balance and health to the related organs and glands. The traditional Reiki hand positions cover and treat all the major chakras or energy centers. The chakras are related to the physical organs and glands in our body and as well as the subtler levels of being.



Our chakras are parts of a large network of unseen subtle energies.

The root chakra: Located at the base of the spine is related to the large intestine and the rectum. The root chakra also relates to the adrenal medulla gland which is surrounded by the adrenal cortex. Associated with “fight or flight” survival

The sacral chakra: Located in the pelvic area of the body is related to the reproduction system, the testicles and ovaries and also the urinary bladder and kidneys. This chakra is also the center for sexuality and spirituality.

The solar plexus chakra: Located behind the navel is related to the liver, gall bladder, stomach, spleen and the small intestine. It is also associated with the pancreas and adrenal cortex. Also the mental and emotional center for will and will-power

The heart chakra: Located in the center of the chest is related to the heart and the arms. It also regulates the Thymus gland. It is the center for relationship, compassion, love.

The throat chakra: Located at the pit of the throat is related to the lungs and the throat. It is also associated with the thyroid gland. Communication and intellect

The third eye chakra: Located between and above the eyebrows in the forehead relates to the brain, face, nose, eyes etc. ‘Also to the pituitary gland. Insight and clarity of vision

The crown chakra: Located at the crown of the head is related to the whole being. It is often focused on in relation to the pineal gland. Enlightened state of being

Q. Are the hand positions necessary to promote healing?

A. Hand positions are not “necessary”, as healing happens beyond doing. The hand positions promote stillness, synergistically providing a focused nurturing intention for the energetic transmission of Reiki. In Gendai Reiki we learn to detect “Byosen”, sensations or resonance in our hands called “Hibiki” that indicate dis-ease in the recipient body, so hands-on is very important whenever possible. And, we learn Reiji Ho where we allow Reiki to guide our hands to the place of greatest need. This technique is best applied after you have a good handle on Byosen Reikan-ho. The hand placements facilitate a deeply open and relaxed state of being. This synergistic stillness between Reiki and Receiver is where healing is available. The hand positions can be considered an external vehicle of the more significant inner alignment, which is the experience of complete inner stillness, balance and union – which is Reiki Being-Presence. The inner stillness or meditative state of being remains constant bringing about balance even though the external events like hand positions change

Q. What are the hand positions?

A. Though there are 12 traditional hand placement positions, anywhere on the body that you place your hands with integrative Reiki intention is a Reiki hand position. In Level I we teach the traditional hand placement protocols and then acknowledge that Reiki guides the hands.

Q. What is the difference between healing and transformation?

A. Reiki as Usui Sensei realized it and taught, is primarily about your own transformation, your own awakening to the acceptance of what Is, as Is. Most Western Reiki Practitioners are less aware of this as Sensei’s original intention for Reiki and more often come from the point of view of “Healer”. This is the main reason I sought to learn Reiki from a Japanese Gakkai source. When aligned with acceptance of all that is as is, life force energy is a powerful catalyst to transform not only your physical health, but all aspects of your life. It is accessible and available to everyone equally yet few practice the esoteric secrets of awakening and applying Reiki to fulfill their highest potentials. Inherent in the transformational benefits of Reiki is the natural balancing that occurs with aligning acceptance of life as it is with natural life energy as it manifests.

Q. And the question of terminal illness?

A. All of life must surrender to the natural polarity held in life cycles of birth and death. Reiki will not disrupt that balance. Rather Reiki supports the natural transitions of birth–death with ease and peaceful relaxation. Reiki is the most nurturing gift for application in Hospice and in Birthing Centers

Q. Some clients might fear surrendering control. How do I assure safe and sacred space to optimize Reiki for them?

A. By letting go of your own ego mind expectation, and by setting your own clear intention for integrative presence. Your responsibility is to set your own professional and personal boundaries. Once your boundaries are clear and uncluttered from selfish need, insecurity and expectation, you enter the Reiki zone, and then the infinite power of healing presence will naturally flow. The client will resonate with Reiki and a felt sense of safety is assured.

Q. I know your main focus in sharing Reiki is to Awaken and realize the eternal state of being, but I am a professional healer, I am a hospital nurse. How can I learn more about Reiki from the perspective of nursing?

A. Remember that a natural benefit in merging with Reiki is healing, always. So no matter what setting you are in when you set your intention to merge with Reiki, Reiki Is. Healing happens. This is another area where one's Reiki lineage doesn't have to matter. Reiki awareness is rapidly spreading through hospitals as a complimentary healing modal. Libby Barnett, who was Audrey's initiating Takata Reiki Master, prior to merging with Gendai Reiki, is known for introducing Reiki in many hospitals throughout New England. Michaela Dragut, M.D. Physician Advisor at Shands Jacksonville Florida Hospital, who was trained by Audrey in Takata Reiki, states it thus: -

"Reiki has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery". I should mention here that I am deeply immersed in Japanese Reiki as a Path to Enlightenment and the Reiki I now teach to others is Doi Sensei's Gendai Reiki.

Q. What exactly does it mean to be a Reiki Master?

A. Reiki Master is a being-state of one who holds the intention to be unconditionally present with what is as it appears in the field of their awareness, on their path to enlightenment through Reiki. Consciousness is shifted from choosing controlling ego to the choice-less state of accepting all that is as is. More simply put? 'Cease choosing for or against what is present and accept it as it presents. There is no Performer of the practice. The Reiki Master allows the energy complete freedom to flow, beyond the usual conditioned filters, likes and dislikes of the ego mind.

More than one who has received the Reiki Master Attunement, the Reiki Master embraces the union of unconditional acceptance of all that is as is and the life energy as it manifests, both which live in the now. A Reiki Master in training begins to understand that the mind which lives in the past and future is an obstacle to being present in Reiki, and so the Reiki Master is practicing mastery over the mind.

Q. What does Mastery over the mind mean?

A. When you totally and unconditionally embrace the present, you have mastery over the mind. When you react with resistance to the present, choosing for or against what is present, the mind has mastery over you. When you are unconditionally present, in acceptance awareness, you have crossed the limitations of mind & time. When you access the power of the Light that acceptance-presence (Reiki) is then the grip of the reactive wounding from the past instantly dissolves and you enter the harmonious interaction with what is present. In Reiki-presence your separated ego-self-image merges in to omnipresent impersonal presence. Now you are present with what is present. Now your future is shaped by how you are living in the present rather than how you are being in reaction to the reactive conclusions you drew in the past.

Q. If I feel unresolved with something from my past can I still enter Reiki-Presence?

A. Yes. Like all spiritual practices Reiki is a practice. You begin by accepting where you are, moving into acceptance of everything as it arises in the field of your awareness. You begin to recognize that your identification with your reactive perceptions to what you are facing now are unreal and that only what is present is real. Then you become realized. You recognize that you have been spiraling into the same reactions over and over in the time bound self-image you identify with, only to repeat the same self-destructive reactive patterns in a future scenario. Mastery over mind ends this cycle of unreality and moves towards reality, Reiki.

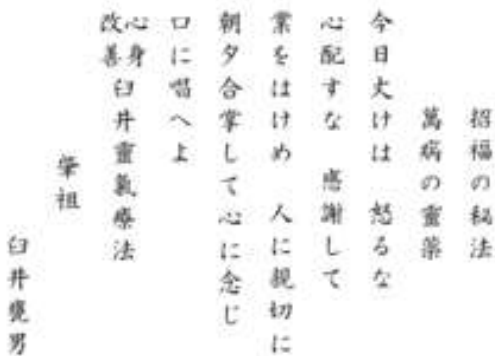
So if you continue to resist your reactive patterning to whatever is happening in the present, you will continue to re-experience it and repeat it as a disruptive pattern in your life. This is a core reality. Now instead, each time you revisit a disruptive reactive button; recognize that you have the opening to be present with what it is presenting for you. Now you can recognize your reactive patterns and untangle them by accepting what is, as is. The unconditional omnipresence that Reiki is heals and harmonizes all the centers of the body and mind. Embody it and share it in your Reiki practice.

Q. Can you share more about Gendai Reiki as a PranaTantra practice and how it relates to health and wellbeing?

A. As you live in non-reactive presence, you disengage from your pre-programmed conditioned past. The more you can detach from the time-bound disease causing toxic burdens, (shame, blame, judgments, self-rejection, etc.) the more you live in harmony with the timeless presence of Reiki, your spirit body. The more deeply you become connected (being present in unconditional acceptance of what is as is) there is a significant slowing down of the aging processes in the body. When your mind and attention is dominated by the time-bound reactive past that lives in the fears, hopes and dreams of a non-existent future, your reactive toxic thoughts and feelings are metabolized into your body chemistry and cellular body structure and your body goes through degenerative processes. As you learn to live in harmony with what is as is, your interactions with life situations are no longer dominated by the fearful time-bound self-

image, which is the cause of all illness. Now you reap the harmonizing benefit of natural healing life energy which flows with the timeless part of your being in response to the accepted present.

Q. And the Reiki Precepts?



- A. Probably the least understood part of the Reiki protocol. Yes. “The secret art of inviting happiness” Here is where you mindfully affirm on a daily basis your intention to accept what is as is, “your spiritual medicine for today” or here and now.
- B. Sensei says for today; state your prayerful intention to remain free of anger stay out of worry. Be in gratitude for all your many blessings. Do your work honestly. Be kind to every living thing.

*In Sensei’s own words: - “For improvement of mind and body - Usui Reiki Ryōhō. The secret art of inviting happiness - the miraculous medicine for all diseases, “every morning and evening, join your hands in meditation and pray with your heart. State in your mind and chant with your mouth ...
At least for today*

1. Do not be angry

2. Do not worry

3. Be grateful

4. Work with diligence

5. Be kind to every living thing

(Anger is resistance to reality, resistance to reality = dis-ease)

(Worry is mistrust of reality, mistrust of reality = dis-ease)

Note from Audrey,

Please understand that the spiral of learning is continuous. As I learn at one level on the spiral, and after a respite at that stage, my clear intention for enlightenment has me spiraled to yet a deeper level of learning, healing, and so it is.

Ai to Hikari :-)

PranaTantra-Relationships

Q. What is PranaTantra-Relationship training?

A. Tantra philosophy recognizes the world is the stage for divine Mother energy to manifest in all forms of realities. Relationships are an integral part of life. Any relationship you embrace, especially in the form of intimate loving relationship, such as husband, wife, parent, employer, employee, teacher, student, provides a stage for transformation. What is required is acceptance of everything as it presents in your field of awareness without collapsing into habitual reactive responses when they automatically get triggered by your past wounding. It's the place to practice PranaTantra-Yoga off the mat. PranaTantra practice belongs in every part of our existence.

Q. How does it play out in the day to day realities of relationship when triggers get activated all the time?

A. All intimate relationships provide a profound opportunity to turn the habitual reactions triggered by attachment and rejection and struggle into an opportunity to accept the presenting reality. The purpose of intimate relationships is to trigger the unconscious, unresolved, and un-integrated parts of us, not to aggravate unhealed wounds but to bring them to our conscious awareness for healing and integration. Intimate relationship acts as a mirror showing us everything about us. They reveal our unhealed childhood wounds that act and react out of the ego-self-image's struggle to maintain control. In PranaTantra-Relationship awareness, we come to recognize that conscious relationships, where we accept what is as is, not only reveal where we need to grow; they also reveal our greatest divine potential. Just as we earnestly try to experience only the parts of our self that we like and approve of, we only want to experience the parts of the other that we like and approve of too. As we practice though, we begin to recognize the divinity in ourselves and in the other. PranaTantra consciousness brings us the opportunity to integrate the hidden, suppressed and denied parts of ourselves. We are repeatedly given the opportunity to release stored response patterns that require chunks of frozen prana to maintain, thus freeing up blocked energy. Once we start to meet our authentic self, we then start to see the other as they are. Until then we act out of our struggling self-image and see only their struggling self-image. All relationships serve as a mirror and though we are unaware of it, they serve as a stage to explore and experience the very depths of our self.

Q. What if it doesn't feel safe to expose the parts that are hidden, suppressed and denied?

A. It probably won't feel safe. That is why commitment in intimate relationship is essential. Intimate relationships serve as a vehicle to heal wounded parts of each party, and each party has an equal and opposite un-healed wound dovetailing with the other. Shedding light on the struggling ego self-image can and does play out as dramas, often acting out as raging screaming matches unleashing terror and shame.

Q. What about the raging screaming matches? 'Doesn't sound very "spiritual" to me

A. It's Catharsis. It may look like breaking down, but when guided by integrative intention it is a vehicle to breaking through. With integrative intention Catharsis provides an opportunity to examine the old reactive defensive pattern that is again presenting - and once examined and accepted we can re-integrate that hidden, lost or denied part of our self that is in defense. In PranaTantra-Relationship, which is a path to conscious relationship, you learn to honor and accept your first reaction, no matter how explosive. You further learn to pause before further reacting to that initial reaction. Then it becomes an opening and an opportunity to unravel the outdated reactive pattern and turn it into a conscious response. Each time you consciously examine the first reaction you shed the light of consciousness on the very issue you are re-activating. It is in the light of consciousness that the old wound heals releases and frees up a chunk of frozen prana.

Q. That sounds great in theory. In a marriage, my marriage for example, it feels like my partner is unwilling to grow and I'm constantly called upon to "get off it"

A. Yes, it will feel like that because in PranaTantra you are called by yourself to "get off it", to quit identifying with the "it" that is disturbing you. Each time we falsely identify with the "it" in question and use it as a platform for a "position" rather than as an opportunity to experience the feelings associated with the disturbance, we feed our ego self-image and make it stronger. We add to the trapped frozen prana as we hold on to our self-defeating position. In PranaTantra-Relationship awareness, yes, of course we do react, but instead of reacting further to that initial reaction and spiraling into deeper reactive disturbance, we accept what is presenting as a vehicle for growth. Eventually we see that all the different relationships we find ourselves in are not really separate from us at all. Ultimately there is only one relationship for any of us and that is the relationship we have with the Self. We play different roles in our lives, and each role can be a spiritual practice when we use it to bring about deeper integration and connection to our Source.

Q. What about choosing a solitary life over intimate relationship?

A. You will grow in isolation. You can choose to be separate and keep the buttons that re-activate your childhood wounds safely tucked away so no-one can push on them, or you can choose love and intimacy. Neither is better than the other. In isolation the ego self-image can turn so far inward identifying with itself, that the realities don't fit with society any more. In intimate relationship with another it may feel like a risk because everything you have avoided

suppressed and denied as a result of your childhood wounding will resurface in the relationship. Here we are talking about intimate relationship, not isolation. Commitment is therefore absolutely necessary. If you want to move from superficial relationships which flatter your ego self-image to the experience of real love which brings up everything unlike itself, your commitment to the loving relationship becomes the commitment to your spiritual growth. Committed relationship brings up everything unhealed in you that block your relationship to the source of love within you.

Q. You keep saying commitment? To who? For what?

A. Commitment to the acceptance of yourself however you show up through the vehicle of committed loving relationship. Acceptance of yourself evolves through acceptance of the reflection you see in the significant other. In order to initiate freedom from your wounded childhood past you first have to accept where you are and it always facilitates the process to think of the other as a mirror. Only then can you enter into integrative healing relationship with yourself and the other. If you want inner harmony and love, you first must disengage from reacting to your own blocked energy. That is what blocks us from the love we seek. Reacting to the blocks strengthens the blocks, traps more prana and blocks us even more.

Q. I entered relationship for safety and peace and security. You are describing struggle and pain and insecurity

A. In the process we will feel real vulnerability and pain because we must revisit the original pain we suppressed and is now stuck in our energy body's cellular memory. This requires absolute commitment to the process. So in PranaTantra-Relationship all exit doors must close. The closing of exits confirms the commitment so that when fight and flight hormones are triggered by an interaction with another, and the ego self-image feels threatened, and the immediate impulse to bolt or fight flares up, it is contained within the commitment to heal.

Q. So does confrontation present as a healing elixir in relationship?

A. I would say catharsis rather than confrontation. Confrontation implies looking outward for the source of our pain rather than looking in the mirror, accepting what is and releasing attachment to the past while feeling everything. Catharsis with integrative intention presents the opportunity for self-examination. Without the self-examination that catharsis offers, we would be forever at the reactive mercy of our suppressed pain and fear. It doesn't matter whether we're talking about relationship with friends, family members, colleagues or lovers; the healing opportunities are there.



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Reiki – Yoga – Conscious Relationships

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Audrey (Devdasi) Pearson

Certified Gendai Reiki Shihan (Usui Reiki Master)

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Certified MUM Ministries Minister/ Facilitator

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Note: I don't remember my exact Aha unfortunately, though not original in any way, it must have gone something like this. "You have to die to the self you thought yourself to be, or die to your identification with your ego-self-image. Once the false self-image is destroyed you resurrect or re-birth. You are reborn into the authentic witnessing self which does not identify with the ego-self. The authentic-self witnesses everything without judging anything.

And, though the rebirth starts when we wake up from the dream, the growing stages continue. We react less and less to our initial reaction until we no longer react when our buttons are pushed on. Eventually, I'm told, the buttons disappear altogether.