



The Compassionate Awareness

Self-love
&
Inner child
Workshop

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Welcome in this workshop of self-love and inner child



Video 1 Introduction

Because nowadays, many of our mental and physical diseases are rooted in stress, I talk in this video about, what is actually happening with our bodies and nervous system. As a result, most of us live unconsciously in permanent fight and flight mode.

I explain as well that stress carried in our bodies can be even stress that we might already experience in the womb or was transmitted through generations by our families and culture emotional environments.



But the chronic stress is present in almost all of us and causes imbalance in our autonomic nervous system.

In today's life, we are overstimulated and the fight and flight (sympathetic branch of the autonomic nervous system) is activated until it becomes wired in our neurological, hormonal and glandular systems ... that's to say in our minds.

By unconsciously suppressing unresolved residual emotions from childhood or from our family systems, we create a lot of stress, anxiety, exhaustion or even depression.

So, my goal is to support you to safely release these energies from your body to regain your life force.

To bring back a big amount of energy to your life and empower you to live your purpose and vision.

Regular Kundalini Yoga (KY) practice is not just healing for our nervous system. It is as well scientifically proven to help healing addictions, PTSD, Obsessive Compulsive Disorder, Chronic Fatigue, Anxiety. KY is stabilising us and brings resilience to our nervous system. It helps balance the expression of glandular secretions in the body.



Some basics about Kundalini Yoga (KY)



Video 2 KY Basics

In this video you will learn:

a) What is Kundalini as a life force?

KY is ancient technology which allows us to work through physical body with our energetic bodies. In KY we are combining breath work, power of our voice through mantras, different positions of hands in mudras and asanas. Meditations and relaxations are as well parts of our KY lessons.

These specific patterns and how we combine those aspects are called kriyas. And each kriya has its own healing purpose, getting us into balance or back to full health.

In general the mixture of all the elements of KY are bringing harmony and balance to our being by stimulating immune, nervous, endocrine and lymphatic systems in our body and it can be a wonderful help in clearing nonfunctional programs in us.

This practice is transmitted through golden lineage of family through centuries which is a specific way of transmitting from teacher to student.



b) Benefits of KY

Practicing KY is helping us to ground in our hearts, in our beings, to cultivate our sensitivity and intuitive awareness.

When our energy in body can flow and is not getting stuck in pockets of location it helps our light, kundalini energy, to raise and shine. We can then live truth and our purpose.



KY has a lot to offer us, among the main benefits I would like to mention the power of strengthening our nervous system, cleaning our blood, balancing glands and hormones and the great help with releasing residual energy and subconscious patterns.

Physical and emotional health are enhanced thanks to the clearing of energy channels: by oxygenating our blood, activating the glandular system and removing toxins from our bodies. In KY we are rewiring our nervous system by the unique combination of repetitive movements followed by stillness.

According to me, KY is a perfect tool for tapping into the higher consciousness, releasing our True Self through unblocking patterns which are stored in our physical, emotional and all energetic bodies. Through working on the endocrine system we get into our energetic part.

c) **Why we will do forgiveness kriya and seed meditation in this workshop**

Now I would love to introduce you powerful kriya of forgiveness and meditation of the seed.

Because in our life we started as a seed and we can now go on our journey back to our roots.

“We had to disconnect from our truth as children usually for the reason that we could maintain our basic need of attachment.”



We wanted please our parents and caregivers to be loved and accepted but now is time to go back to our authenticity and truth.

But for this journey we are better to forgive ourselves this disconnection from the core of our true nature, from that seed.

This kriya is so powerful for me and helped me personally to connect to my suppressed emotions of my inner child as well as to my own compassion, so I believe it can be very helpful for you too.

Kriya and meditation of the seed was always another strong experience for me when I wanted align myself to powerful universal forces. To allow myself to shine and connect with everything around me.

About TUNING IN

What is Adi mantra and Mangala Charan mantra and why do we chant them on the beginning of each KY practice?

Every class begins by chanting the Adi mantra „Ong namo guru dev namo”, when translated from Sanskrit, it means “I bow to the Creative Wisdom, I bow to the Divine Teacher within”.

It’s powerful mantra that is helping us to connect with the divine flow of infinite creative energy, both in ourselves and the reality around us.



It’s like a mantra meditation that connects the mind, body, and spirit as one. It is this state of connectedness that we recognise as Divine Truth, self-knowledge, higher consciousness. when we begin our practice by chanting the complete Adi Mantra three times, we are literally tuning into the infinite creative consciousness that drives all of existence.

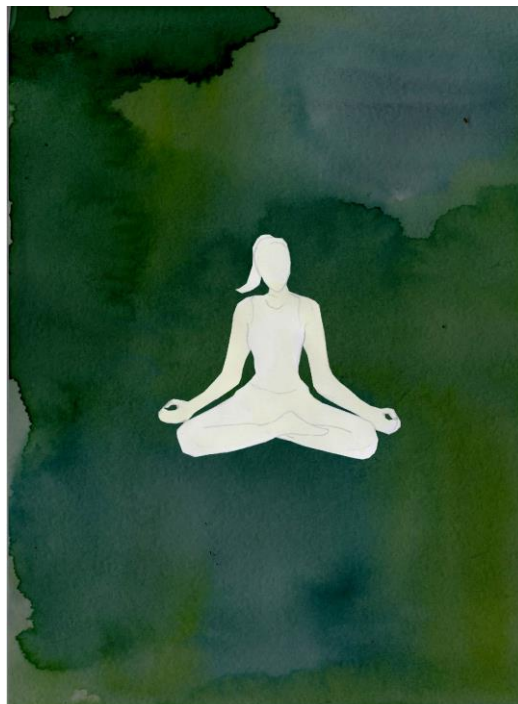
Meanings of these mantras and exact word explanation

ONG means infinite creative energy and you want to say it, this is really important with the tongue hitting the roof of the mouth, the upper palate of the mouth. When you chant this sound, visualize energy at your third eye center. Doing it in that way stimulates the hypothalamus, the pineal gland, and then the pituitary gland, which sit at the very center of your brain and you're pulling the energy forward into the front of the brain.

NAMO means I bow. When you're chanting this word, you want to think of coming from the fourth, heart chakra. So bring your attention to your heart center as you say Na Mo. You can as well picture light coming from the heart chakra.

GURU means remover of darkness. GU means dark and RU means light. Also, sometimes this is translated to mean the teacher, right? Guru is anything that illuminates your vision, that takes you out of a space of darkness and helps you come into the light. It is anything or anyone who is helping you to connect with subtle divine wisdom. You can connect to the divine teacher within yourself through mantras, meditation, asana, hand mudras, pranayamas.

The word **DEV** means universal consciousness or divine wisdom. We can as well translate it as God, higher power. It's an opportunity to approach divine consciousness or God or whomever with humility as you open yourself up to receiving wisdom and guidance in your practice.



In the end we repeat Namó to bring us back into the heart center. This mantra can be as well understood as honoring the divine wisdom within ourselves that we are connected to that which made us. Or that we are making ourselves a vehicle for higher consciousness, for infinite creative energy to come through us that also already exists within us.

Before you begin this mantra, you rub your palms together and this is to awaken the 40,000 nadis, or nerve endings, in the palms, it is reunion, bringing together the left and right hemisphere of the brain, parasympathetic and sympathetic nervous system, the head and the heart brain.

Lift your elbows so that your arms are actively engaged in this process, and press your thumbs into your sternum. Relax the shoulders and take a deep, grounding breath.

Then, as you are breathing slowly and deeply, you can begin the chant. Repeat the chant three times as you continue to breathe.

As you finish, draw the breath up into the body. Pull your pelvic floor away from the mat and pull the navel in. Suspend the breath a little bit right after you finish but without any strain. So only holding it as long as it's comfortable for you.

Roll your eyes up into that third eye center and exhale. Relax and put your hands down in your lap.



Tuning in is so important because it signifies the beginning of our practice, helps us separate our yoga time from all the rest of the time that's busy throughout our day.

After that we can chant Mangala Charan mantra which is mantra for protection and we chanted three times *after* the Adi Mantra has been chanted three times. A word "mantra", is coming from "man" meaning mind or now and "tra" meaning projection or to transport, is a combination of sounds that we make with our tongues, the roof of our mouth, and our body to invoke a certain energy.

Aad Guray Nameh means „I bow to the Primal Wisdom”

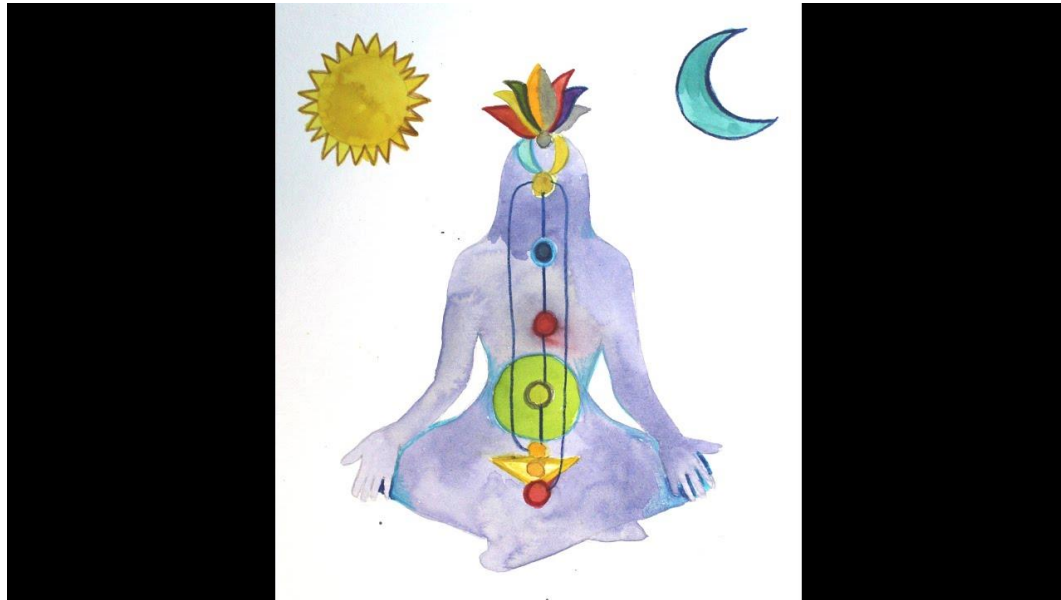
Jugad Guray Nameh: „I bow to the wisdom through all the Ages”

Sat Guray Nameh: „I bow to the True Wisdom”

Siri Guru Devay Nameh: „I bow to the great unseen Wisdom”.

Chanting this mantra creates a protective energy shields that prevents the energy of other people from imposing on your own. This might be as well great ritual before going into some social situations.

LECTURE: KRIYA OF FORGIVENESS WITH THE SEED MEDITATION



Video 3 Kriya of forgiveness with the seed meditation

This kriya in short:

Opening up the area of „sharing and carrying”- this aspect of our nervous system (NS) in this exercise.

Feeling good while connected is essential- we want to reconnect to our gut- nutrition in our relationships- it becomes the positive loop- belly- I honor you- that is relationship.

WARM-UPS + KRIYA

Warm-up (*Sufi grind*) Opening bowl

- Visualise the spine as a ladle which is stirring the pelvis bowl
- Head is in natural position
- Deep inhale and exhale
- Mentally chanting sat on inhale in front and nam on exhale when turning back

This kriya of forgiveness uses the parts of body which allow us to take the risks, adventuring into the lack of safety, stepping into the unknown future to built growth from that seed of moment

Feeling sensation after Sufi grind

Warm-up, spinal flex slowly

- Arch on inhale
- Keep head and spine aligned and relaxed
- Slowly breathing in front on big inhale and back exhale
- Recommendation about mental sat on inhale and nam on exhale
- We are stimulating our physical being to align intention with motivation and let it stand under our purpose.
- We must to give forward from past to be fully in now

Feeling sensation after Spinal flex

- Experience the sensations of this experience

Punching

- This exercise has same core elements in martial arts, chi kung, ky and etc.
- Take your both hands and make a fist but instead of thumb holding the fingers, fingers embrace the thumb, not squeezing
- Punch with exhale but turn the fist to have the joints of fingers upwards
- Visualise that you are beating what is beating you so you can be equal. Feel you can relieve it by giving the sensation you are being less forward, forgive it
- We start slowly, purposely and we later speed it up
- In the end we inhale with both fists close to our body and punching faster by both fists in the same time

Experience the sensations of equality

- The sensation that sympathetic NS can give up the sensations to which it is holding on for safety reasons (but it is dangerous because keeps us away from the present, our energy is locked in past)

Laying on back with hands and legs straight up

- Now we allow all the blood we have stirred up to circulate through the abdomen so it can clear the emotional pathways so the notions of our purpose can rise up through them
- We lay on our back with legs and hands straight up
- We do breath of fire, pumping abdomen- circulating breath, blood and sensations
- Knees to the chest in the end and bring feet close to the hips and rise up into

Bridge pose

- Almost polarity to the pose we were in
- Again we do a breath of fire
- Head in alignment
- We are again stirring breath and blood through the system
- Experience the sensation of equality with everything that is, that you can put yourself forward from whatever you are trapped in

Experience the sensation of the experience

- Experience the blood moving, heart beating, soul force flowing, prana alivening, falling into love, into that ocean

Left leg and heel close to your hips in sitting position and embrace the knee and stretch the right leg in front of you and lift it like 15cm from the ground

- Long deep breathing
- You are centering the dantien, the source of kundalini light
- Experience the sensation of the center point in navel area
- And switch out legs

Crow pose

- Squat with legs on shoulder width and feet flat on the ground with toes pointing outwards
- Arms to the side on inhale and on exhale bring the palms together
- On inhale embrace what is not forgiven
- With palms together pray for forgiving
- In the end, inhale and exhale and put your hands down and come into that up right in warded position and come into straight forward that the upper body is level with the ground

Standing forward fold with opening arms

- The arms are straight out on the inhale and on exhale you embrace opposite shoulder
- Alternating left over right with right over the left
- We are training the body to be able to embrace the moments without make up the moments
- Put your hands all the way on the shoulders
- In the end inhale and come back on your knees

Sit back on your knees (rock position).

- Just relax for the moment, gather your sensation
- Lay down on your back please

RELAXATION - *SHAVASANA*

- Relax your feet and lower legs
- Relax your legs and pelvis area
- Relax area of torso (slowly telling each part)
- Relaxing upper part of body and arms
- Relax head and face

Relax the whole body and then guide through silence and slowly back to stretches and awaken state

BEEJ MEDITATION



Video 4 Beej meditation

Beej seed meditation in this video takes 11min. In the forgiveness kriya we did this meditation for 3min.

We all started as a seed so this helps coming back to our truth / core.

All mantra is sang on one breath

This mantra helps smooth out our busy brain. It is very calming down mantra.

- OM- infinite void and ONG is portal of manifestation / creation
- BRAHM forms whatever it becomes which is HUM
- And in the end you respect it- bound- NAMO
- Mudra- right hand in fist, hand of projection and left hand covers up this right fist and put between the navel point and solar plexus and inside gaze into the third eye point
- Push the belly out on inhale

VISUALISATION OF INNER CHILD

find some comfortable position for listening



Video 5 Inner child visualisation

In this video / visualisation, I guide you to your sacred place to meet with your inner child, where you can communicate with it and feel into hers or his messages / emotions and importance of the needs and fulfilling them for this little inner child.

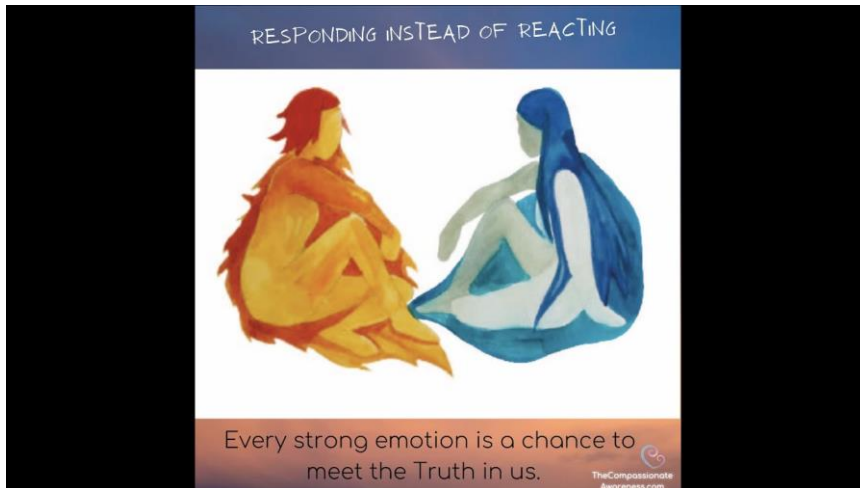
Bringing the past into the present as we did through the earlier forgiveness Kriya.

JOURNALING

I talked about how important and useful I find keeping journal on the experience from kriya, meditation, relaxation and visualisation.

CLOSING AND FINAL WORDS

A **short assignment** to do at home when feeling you are driven by past triggers or your inner child needs attention.



Video 6 Final words

About me

As a psychotherapist I love working with our beliefs, suppressed emotions and forgiveness and coming back to our true self is my mission in life. In my private life and with my clients I love giving support and guiding other self healers when they are awakening to their truth.



Share from my Kundalini Yoga experience

I was always interested in tapping into higher consciousness, connecting with my roots and the core of human experience and meeting through my own experiences higher universal laws and energies.

What I love about KY is how we can balance our whole being through physical practice and this profound technology of kriyas, how important this fundamental step is for opening ourselves to spirituality.

I enjoy meeting higher universal laws and energies through my own experiences.

Kundalini yoga allowed me to align my energetic bodies and supported me in difficult times as well as in my inner work. I love this approaching clarity which we create through every day practice of kundalini yoga in our space and I believe through this work we can shine and support other people in connecting to their own truth.

We can through our own balance support others in finding their balance and clarity.

