



PSYCHIC • MOON

PSYCHIC MOON  
(CHANNELLED TEACHINGS TO  
WOMEN)

A PRIMER  
(EXCERPTS FROM -PSYCHIC MOON)

Psychic Moon - A Primer  
(Excerpts from 'Psychic Moon')

Through

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## Preface

What I present to you in this book are excerpts from the book 'Psychic Moon'. Psychic Moon is a series of transmissions that came to me in the morning stillness practice from the full moon day of November 26, 2002 to full moon day of 15 April 2003. Each of the three chapters came as a spring from one full moon day to another full moon day of 28 days and continuing after a silence of similar period, over a period of six months.

This book comes to me through my Guru Sri Dattabal, who is described in this book as 'the Great Mother's Channel'. My relationship with my spiritual self started when I met Sri Dattabal in May 1976. I came in an administrative context for his lecture series in National College, Bangalore, India. When we looked at each other for the first time, something in me shifted. To my utter surprise, he initiated me two days later into the spiritual practice on my birthday. In that moment I acknowledged our relationship is not new but it is only a continuation of an old and sacred relationship. Hardly did I know at the age of thirty, this is only a preparation and foundation for my path of women's work. Psychic Moon guided the five-year leadership program for women (2002 to 2006) my colleagues and I facilitated in Bangalore, India.

The information from Sri Dattabal that I will be writing 'Psychic Moon' came through my dear friend and colleague Alexandra Merrill in her dream. She and I were leading a group of women from U.S. in Varanasi, India, in November 2002. As I was internalising the dream with the support of my colleagues I got the insight that a powerful light wants to come to me and I am strongly resisting it with the last ounce of strength in me.

To my confusion and amazement, on the twenty third November, full moon day of 2002, the words came through in my meditation 'You find your own path to walk on. It will be the most difficult task in this life', and thereafter a gushing spring of teaching for women of this century poured out through my pen on to the paper until the next full moon day. I was numbed, amazed, confused, elated, felt very awkward and dumbfounded. Fortunately I was supported by my two colleagues Alexandra Merrill and Arifa Boehler, my daughter Dharni Vasudevan and my life partner Vasudevan each day. I did not become a laughing stock. Not only did I survive, I was accepted as sane and normal. They kept asking me to share with them as they find it personally enriching and offering insights. I was relieved but the wonder, amazement and confusions remained all through.

The word 'channelled' teaching raised many questions - what is channelling? 'Is it a kind of transmission? Does someone dictate to you and you write? Do you see the words in your mind and write them down? How are you not sure it is your own making?' All these questions are relevant and I do not have any clear-cut answers. I really wish I had them. I surely did not hear anyone dictating to me nor did I see forms of the writing in my mind. Sometimes I do wonder could this be a mix of my own thoughts and something else. When I look at the language and the words used, they are surely not mine. I do recognise the similarity in the language of my spiritual teacher's book 'Psychic Sun' ([link to e-book](#)) which he wrote when he was a young, which was published much later in 2001, after he passed away.

One of the difficulties of being in the scribe position is that the English itself seems to be a translation of a language I do not know. I had to struggle to receive this language as is and make it hopefully easily receivable for all women and men who want to make the effort to read, understand and practice the teachings.

I remain the scribe of this book and I welcome sharing of experiences, perceptions and views. Please write to [mayyam108@gmail.com](mailto:mayyam108@gmail.com)

Bhanumathy Vasudevan

## **Self Care Among Women**

### **(Excerpts from -Psychic Moon)**

Self care is about healing the human woman's body by going into the body wisdom – a tiny, tiny voice that says 'I need this' to be in form; I 'need this' to be in my path and purpose'; and 'I desperately need this'. It could be simple sleep to overcome exhaustion to rebuild the cells, finding time for artistic pursuits that in ordinary life is considered 'waste' of time, time for fun, time with nature, daily exercise, breaking in old body habits by giving time for non-routine activities, the tending and nourishing of body, attempting new experiments with time and body and many more – simple and not so simple needs. The body cries for them and we have made ourselves accustomed to turning a deaf ear to it. How do we develop the hearing that is now almost deafness? It is a self-imposed deafness for survival over centuries.

The first resistance to self care is usually from within not from outside. Most of the time having lived in a world of others and 'otherness' the first resistance to self care is about facing oneself and getting easy with time with one self. It is so unaccustomed and un-habituated part of us, we really resist and at the same time are terrorised of what may emerge. Self care is considered by the current cellular programming as something to be guilty of, something that is superfluous and only meant for some privileged women but not for all. Self-nourishing is not so natural to women and self-care does not come to us easily. It is a



big intervention in women's lives that needs preparation and designing to be put in place. It is not about mechanical self care rhythm. It is about developing the sensitivity to listen to the cries of the body, similar to "air to breathe", "water to drink", "nourishment from nature".

At the bottom of self-care is the idea, I am my body and I am sacred in this body. How do we develop the sensitivity to listen to the body deep within? Our strong intention brings these cries out to an audible form to the gross body. Subtle body knows it, but we do not right now have the capacity to hear the subtle bodies. We need to develop ways to connect and listen to the subtle body. What are our subtle bodies? Subtle bodies are the energetic bodies, light bodies that are fused into gross body. Krillion photography shows us about the presence of these bodies. Yogic traditions talks of five sheaths of the body and the energetic body extending to five feet around our gross physical body.

The first degree of listening to subtle body comes out of attending to what the gross body's needs are to stay in balance and health. This is a big first step. There will be great resistance from the current internal (cellular) programming to divert it to some other purpose. The body will immediately jump to catch something else, to go away from self-care. This is a place we need to stay, perhaps for a longer time between the need for balance of this sacred body and the resistance from inside to not give space to the practice – to turn 'deaf'. To acknowledge it

through the rational mind is easy but to actually do it is a struggle. Our inner resistance will definitely appear as outward obstacles. Women in practice need to linger on this plane, with a devotion to respect the needs of the gross and subtle body. Respect with love to your own gross and subtle body, slowly cures the deafness. You will then know it in your body what the self-care needs are and how to take care of it.

# **Body training**

## **The Base Line of Triangular Practice**

### **(Excerpts from Psychic Moon)**

Body training is the one that enables the other two parts of triangular practice <sup>1</sup> - stillness practice and speaking the unspeakable. Body training, stillness practice and speaking the unspeakable within and in the female circle are balanced as in an equilateral triangle. The body training in women is the base line of the equilateral triangle. Every small part of the practice is interconnected to other practices for altering the cellular structure and the reprogramming in women.

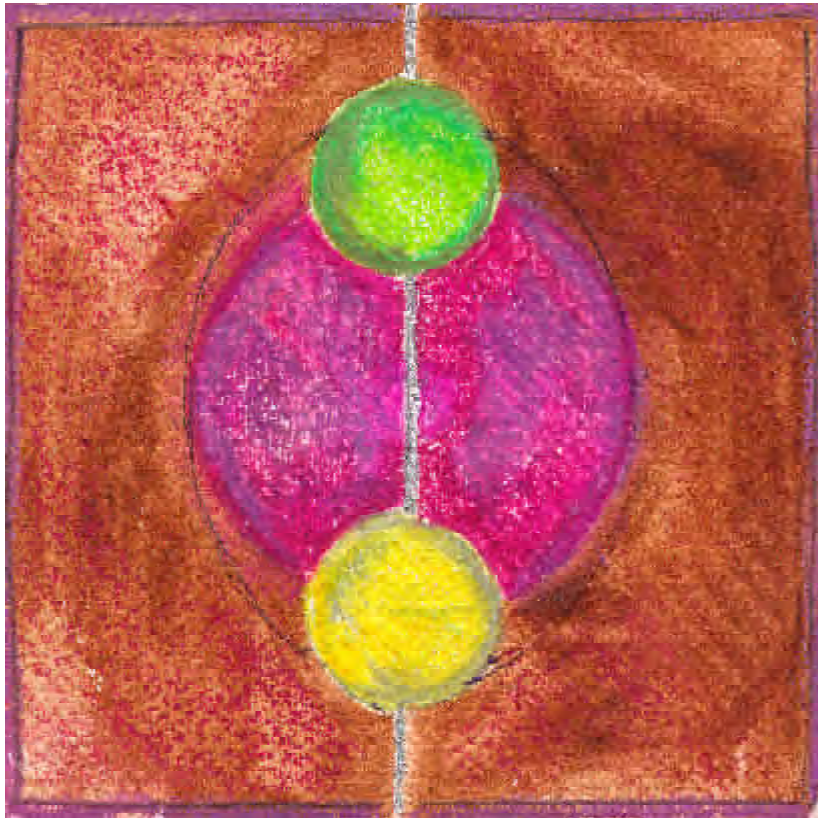
What is preparing the body? What is body training? It is conscious practice each day, at a set point of time preferably, to activate and wake up all parts of body and to stay firmly grounded. What is needed is a devotion to put it in place and develop the particular form gradually.

We know our bodies are habituated in posture, sitting, standing, perceiving etc in a particular way. As a result of biographies of many births, we have formed certain habits, which work against our well being instead of aiding them. Our bodies need training and a rhythm to break away from these patterns. It helps to open

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<sup>1</sup> Triangular practice refers to stillness practice, body training and speaking the unspeakable within and in women circles irrespective of numbers - two or many.

the many doors of our body and seeking the guiding millions of spirits around us. Body training gradually prepares for the comatose parts/cells to wake up and make sure the flowing spring of divine love is not blocked in any part of the body. **One of the essential elements of bodywork is to keep the central luminous line of connection and align our energies to the cosmos and earth.**



Body training can be a systematic brisk walk in nature alone with alertness to central luminous line. It can be yoga that is appropriate to that particular body which breaks the old body habits with mindful and slow rhythm. It can be a particular form of dance created with an aim to wake up all parts of the body, comprising of body movements. It can be a particular form of martial arts that is appropriate to that particular body. Or it can be some combination of many of these put together to suit the specific body. One kind cannot fit all. Based on life stage circumstances, body nature and the body habits, challenges, intensity and fluidness, the kind of bodywork has to be determined by oneself through trial and error. Body training make sure the glandular juices formed through the organs aid the waking up, helps in breaking out of wrong postures and habits that block the central line of connection from doing the work.

What is most important to notice during body practice? Our bodies are different kinds of ‘dog tail’. They love to go back to their original position at the least chance. Dog’s tail is permanent and our bodies are amenable to change with sustained and devoted practice in a rhythmic nature each day or week. It is the consciousness and alertness to the ‘dog tail’ nature of body that is most important during the practice and throughout the day. It is again about programmed cellular structure that enables the dog tail nature- we are here utilizing the same nature to form a *conscious*

*'dog tail'*, from an 'unconscious' blocked dog tail nature of the body. The cells very slowly learn that the different body rhythm that is being set in place of the old is actually loving and healing and it can be trusted. This different dog tail nature will slowly form to open the heart to Moon Mother and to the guiding millions of spirits.

Body training is a practice in 'mindfulness'. Mindfulness to breathing, mindful to old body habits that block energies, mindfulness to 'dog tail' nature, mindfulness to the difficulties of a new rhythm and the struggles between gross body and subtle/light body, etc

Triangular practices can turn to tyrannise and oppress our self if self-care rhythm is not infused. Triangular practice is not about penance and asceticism but about 'being' in each moment when 'truth of the moment' can reveal to us what we need. What is important is to set up the bodywork rhythm in place so that cells learn about them and are able to trust because of the devotion shown in breaking the old body habits that we have gathered in this life and are born with. Body training is an intervention directly at the body cellular level and is not easy. There will be hundred reasons- logical and perfect inside and outside, to stop the training. However, it is an essential part of self-care.

## Speaking the Unspeakable (Excerpts from Psychic Moon)

‘Speaking the unspeakable’ – the word unspeakable itself speaks volumes about the meaning associated with it. The term ‘unspeakable’ determined by logical and rational mind has a purpose – to survive in the best and worst circumstances.

Unspeakable also means untouchable- something that ‘pollutes’ the inside and outside. **What is first needed is the courage to speak the unspeakable to your heart within you.** A practice of dialogue within - that speaks your true fears and thoughts, true needs and emotions and true stories. There will be hundred voices inside you shutting you up, distracting you and stopping you to not speak the truth of the moment to yourself. This practice of ‘speaking the unspeakable’ to your heart wakes up the primordial courage and power in you, slowly. The courage goes with compassion for you. Guilt, shame and denigration are easy deviations to this process that will take you back to where you were. Observe them coming up in your dialogue within and just let them be. They are ever ready to pull you back and control you in their grip. This has been going on through the cellular programming all through the ages. They cannot be stopped instantaneously unless the mind of the cells in your body changes their structure.

Generally, there is an acknowledgement that unspeakable parts do exist. What happens when they exist and we don't do anything about it? Unspeakable is the filth, the poison, the dangerous toxin to human organism – the body. It is the fuel to the comatose body and mind that does not want to be conscious and alert. What happens when you keep filth tightly closed for a long time? It stinks. The door tightly locked does not mean there is no poison and filth. Everyone outside gets the stink in one way or another and they also pretend in their comatose body and mind that their noses are out of function. The same is true of poison and toxin. When you tightly close the place/cells that hold the poison- what happens? Either slow or fast death of cells happens in that area feeding the comatose body and mind. Imagine when it increases in volume each day by the internal politics of shutting the door tightly as more and more filth and poison is being generated. The consequences are evident and do not need any discussion.

The most terrifying part is to open the door to ourselves if not to the outside. At least one has an understanding how much there is to be cleared. It never stops. Like all other practices, there is no end for this practice; there are only new beginnings. Terror is associated with 'unspeakable', because over centuries women have been termed mad, crazy, burnt, staked and much more for speaking it outside.

The first step is to deal with the habituated terror at the thought of speaking to oneself. The doors are kept tight to oneself with



double and triple locks and there is awareness in the live body that there is much filth which is stinking inside. The internalised deep misogyny<sup>2</sup> over centuries feeds this to keep finding new forms of locks until there are no more places for any locks. The rational mind keeps saying it is too embarrassing, too shameful, too this and too that- that is how the mental body keeps the locks and finds new locks. The pressure of filth and poisonous gases are so much that one day it breaks open, much to the discomfort of all around and sometime even death of the human organism – body, sacrificed at the alter of misogyny.

We know millions of women who go through it and many of us go through it in parts, in our lives. The step here is to open one lock, knowing fully well there are many more locks to open, at a time by speaking the unspeakable to oneself first, not to the outside yet. The courage slowly emerges when each lock is open and nothing dramatic happens. Courage gets fed slowly through drop by drop.

You can use journals to write, draw or just speak it to yourself. Choosing a place and time that is convenient to you is helpful for the practice. It needs to become a rhythm and slowly the cells are programmed to unlock each lock and speak to oneself. The most terrifying time comes once you think you are on course in speaking

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<sup>2</sup> unreasonable fear or hatred of 'feminine' that takes on a palpable form in society through individual and social expressions.

the unspeakable. All locks are now open and there is a tiny opening, a creak of the door, what has been there inside and the years of stored stink terrorises so much that you want to shut the door instantaneously. Yes, you may do it. But the courage through practice with love and benevolence will tell you not to lock it, wait, you need to do surgery, you need a massive cleaning operation, you need lifters, crane and all that to remove the filth. Here is when synchronicity brings you to female circles. There are huge planes in place, and it easily lifts the filth out by speaking the unspeakable in the female circle – one, two members or many. When women get together and are led by leaders who are grounded in triangular practices, millions of spirits stay ready with cranes and all that apparatus to lift the filth off. The terror gets less and less because you see the universality of it. Shame and guilt is lifted off, so doors can be opened slowly, creak by creak, a tiny squeak of the hinges. The centre of female circles led by grounded leaders in practice always has a fire in the centre of the circle that can consume any amount of poison and filth without leaving any one with noxious gases. When you do it in a female circle the yearning and the call gets stronger and the dialogue gets strengthened and the courage gets deeper. The forgiveness for the arising of guilt, shame and other filth becomes easier in a collective. Here in this work, you need the support of one or two, or many women together doing the practice and bringing out the courage to dialogue.

Slowly over time enabled by the female circle, little fire from the centre reaches the organism to consume the filth as and when it emanates. Confidence builds to accept that there is no need for locks and even doors. This practice in female circles brings to life parts of the comatose body sometimes dramatically, subtly, melodramatically or simply. It depends on where one is in the triangular practices partly, fully or in the beginning. The fire in the organism threatens deep misogyny. Deepest roots of misogyny take a long time for the fire to reach its roots, but the work goes on slowly and gradually, preparing for altering the cell structure in the human women species. The same happens in the life of mother earth. As you burn the filth in tiny and tiny bits, mother earth's cells get alive and nourished and some of the comatose cells in awakened women, gain life.

The work must go on non-stop all through this life and many more lives to get to the roots of misogyny to rout it out and it will happen. The coming generation will work with less locks, speak the unspeakable even as they are born and learning to speak because you are doing the work in your body healing yourself and the planet.

The task is hard but achievable with simplicity and passion of your heart and the intensity of your call to the Moon Mother to release her from her 'cell'.

## **Stillness Practice**

### **(Excerpts from Psychic Moon)**

Creating the rhythm of all the steps consciously in stillness is a work that takes time. Don't get overwhelmed. Go step by step and stay in stillness until your body wisdom wants to be. Then connect slowly and gradually to your inner body wisdom, subtle body and light body. It takes months, years to put all these together in stillness practice. It is not 'a task to perform' but a rhythm of practice that takes its own time. This has no end but only new beginnings. Questions and confusions get to be different in nature during different periods. Many questions will arise within you about the practices and it is only natural because you are finding your own light to guide. You are becoming your own guru with the light of Moon Mother. Confusions and questions are a prerequisite on this journey.

Why is stillness so important in woman's lives each day? Activities like yoga, physical training, walking and so on circulate the blood and removes toxins. This is one important step in physical alignment but not an end in itself. The stillness that we are talking about is like '*Manasarovar*' (*the sacred lake on top of Kailash Mountains in Himalayas in India*) - the crystal clear waters of the lake where you can see inside the water the whole reflection of the universe.

Stillness practice is one of the many practices you need to undertake to find your Moon Mother to light your path and purpose you have come for. As you hear me talking about stillness, thoughts are rushing up- how do you get to stillness? What is the position? Where can stillness even begin? What do I do in stillness?

The first step is to set your own time, rhythm, and place for stillness practice. Facing east is most useful for the geomagnetic field of stillness. Using the geomagnetic field will help you make your stillness practice rhythmic and also help you open yourself to the helping and guiding millions of spirits.

Choose a time and stick to it each day. It does not matter when it is. It is best at dawn and dusk because the cosmos is in transformation in a microcosmic day. The transformation aids you to be in stillness. Many women may find it as a hard time because of various reasons. The roles some women have taken do not allow peaceful time at dawn or dusk and therefore choose any time that suits you to go into stillness.

Take a posture that is comfortable to you to stay in that position for some time. Horizontal position in the mind is associated with sleeping and therefore you will mostly find it difficult to be awake and be in subliminal universe in stillness. There are many of us who have the capacity to be awake in a horizontal position.

Choose an object that you find is 'sacred' to you. It can be a stone or shell or a religious symbol or any object you consider as 'sacred'. It can be even a tree, plant or anything. Keep it before you or near you or connect to their energy if they are far away. Let them be your guard and guide while you are in stillness. You need an ambience for stillness. It is about inner ambience that gets supported by this sacred object. Ask for a good boundary protection to this sacred object being, while you are in stillness. Trust and do not have an iota of doubt whether the object can do this or not. When you put a boundary with sacred object that you trust to be your guardian, no environmental forces will be allowed to disturb you when you open yourself to cosmos in your stillness. The trust here is most important.

Think of your body as a geometrical form made up of many equilateral triangles. (Naturally triangles cannot be flat and one-dimensional but multidimensional like pyramids, tetrahedrons, etc. For example imagine a pyramid with four points as the two 'sit bones', pubic bone and the tail bone with the centre in the perineum connecting to navel or two shoulders, sternum in front and the parallel vertebrae at the back connecting to the top of the head-fontanel. You may internally imagine many more interconnected equilateral triangles.

Imagine a central luminous line (like the luminosity of mercury) running from the centre above your head to the point between



two feet on the ground running through the centres of all the equilateral body triangles. The flexible luminous line that holds the space above your head through fontanel to the perineum, need to be perpendicular to the earth opening your heart. The rest of the straight line can be imagined running to the earth between the legs, below the 'sit bones'. Align yourself to this luminous line running through the internal geometry of female body. The luminous line is connecting you to Mother earth below between your feet and to the cosmic mother through the space above your head. Remember you are not just your physical body and you are much more and you occupy much larger energetic territory.

The internal female geometry of the body holds the elements that make the body. The elements are referred to as five but there are many more. It is not important to go into what they are. The five elements we refer always are about eighty percent of the body and we will now stay with these elements. The interaction of these five elements brings the matter of the body into form. When any one of these elements is out of balance, we call ourselves 'sick'. To keep the alignment to Moon Mother ever flowing, connecting, you need them always in balance. Take the physical moon phase of that day in your sky into your heart to help you get connected to Moon Mother. As women we choose the Moon as our bio-rhythm is tuned to it. This makes our connection to her stronger.



In stillness, observe this luminous line from a space above you, to the perineum and be conscious to keep the alignment for tuning in, while watching your breath. Thoughts come and go doing their work. Watch them detached like an external object. If you get hooked on your thoughts, you will be carried far away from Moon Mother. Through tuning discipline and practice, the cosmos will also begin to keep you in stillness. You don't have to 'do' anything – straining, aspiring, controlling or any other thing but just be present fully with your whole self -both the dark and the light. You can see and handle everything with your stillness when you observe the mind when it is like a wild horse, still waters, a lotus blossoming or dense and frightening thought forms and fears purging. Whatever thought forms are released they are all benevolent. All thought forms that take place during stillness are benevolent. There is no good stillness or bad stillness. Stillness 'is' and is your truth. Stillness practice each day helps you to meet these forms that are arising each minute.

Any breathing practice that you choose first to position yourself in stillness and create a rhythm of breathing is the starting point of stillness practice? It is the foundation for keeping the luminous connecting line all through your waking and sleeping hours. Watch your breath with love, with awareness of internal geometry of body pyramids/tetrahedrons and the connecting line. While watching your breath with love, be aware to slowly move to yogic breathing, deep breathing.

In stillness your breath connects to the cosmos and world around you and goes deeper and deeper to Moon Mother's 'cell' inside you and higher and higher to the fifth plane of cosmos where she resides. Therefore, the centring of your body through imaginary body geometry and aligning your body from your head to foot through these triangles is important. Through the luminous central line, you ground yourself for going unto the fifth plane in your stillness.

We need to be aware that we are opening ourselves to the enabling spirits and not to opposing ones. We have no way of comprehending and differentiating between these two, but our luminous line grounding makes sure the invitation of the heart is to those spirits who help and guide us on our path. We need our efficient channel that already exists to be cleansed to receive her light more and more to do our work. Therefore we make sure our central luminous light beam/ shaft connection is grounded to earth and reaching up to the fifth plane of the cosmos.

Stay alert to your luminous line in stillness practice to choose a syllable or group of syllables that appeals to you and comes to you as a sonic connection to align yourself to Moon mother. In stillness, the syllable will choose you and you need to be open to receive the syllables. They know your body and can originate from within as it originated when you were an infant. You have to trust yourself and your body to choose the syllable. While

choosing the syllables, you need to take care it is a primordial sound- the sounds of nature, the sounds that the infant first utters that originate in the belly and moves through the body. Make a personal mantra with these syllable or group of syllables. During stillness practice, the silent repetition of these sounds becomes your mantra and foundation for altering cellular structure through the field of sound vibration. What is important here is to still the logical mind that discriminates and resists while you are choosing. Remember millions of spirits want to help and you just need to trust their love and benevolence.

The indication is, once you have got the ‘right’ syllable or group of syllables your stillness practice brings you peace, joy and your devotion to practice increases. The mind does not wander too much and comes into focus in less time, and you never want to give up the practice at the set time because your body yearns for it. Your central line of connection gets vitalised and stronger. You can feel in your body it is the ‘right’ syllable for you. Sonic vibrations – *nadha* is much more powerful than what the human mind can comprehend. The sonic vibrations of your syllables create a field around you, nourishing the cells and giving them hope and courage to alter themselves and the planet.

How long is the practice you may ask? Ask yourself how much time you need to be tuned to space above and ground below and stay in stillness. Nobody can prescribe any time for

you. You will know when you are truthful to your task of bonding with the Moon Mother.

Don't go in search of anything –visions, pictures, colours and all that is talked about to make it dramatic. We are here about truth and not about drama. Just stay in practice and it may take days, months, years, or births but definitely at a point in time of your life continuum you will wake up the Moon Mother in you. You will come face to face when you see awakenings and releases, with confusions, dilemmas, hard struggles, the perils of standing up to who you are and what you believe in and the attendant consequences. This is a sign Moon Mother is waking up in you. With the stillness practice discipline each day, she understands you and becomes less chaotic, which means your belief is getting stronger. And you can be alone with yourself in ease and you don't despise any part of you and begin to accept 'you'.

There is also a need to be conscious in the beginning of practice, not to open the doors of your heart too wide for anything and everything to enter. There are forces around you that want status quo and they have influence too. The practice each day makes sure your rhythmic vibratory field around you is connecting with those millions of spirits who are waiting to help you. They aid many things you want accomplished in your path to your pleasant surprise and wonder. Resisting forces will try hard to influence your mental body, the logical mind, rationality,

discrimination will oppose the effects achieved by practice.

Enlarging your energetic territory is an important practice in stillness by expanding your being in all eight geographical directions plus above and below (10 directions). Only, then you open the doors of your heart, in a safe vessel to the millions of spirits wanting to guide you to the Moon Mother in the fifth plane. Slowly the other spirits who are in love with your mental body loose their scope and power to interfere in your practice.

In your stillness practice you expand your being through the vibratory sonic field by silent repetition of syllables to connect to the umbrella of similar women in practice in this planet and to the cosmos with mindfulness and consciousness. Then the slow underground cellular revolution gathers strength and builds a critical mass when you connect to other women in practice across the planet. Stillness practice will ultimately rout mysogyny on the planet and save the earth body from the increasing destruction and violence.

**Note:** Based on this understanding, there are two stillness practice guidelines at the end of this booklet. They have been put together for easy understanding and practice which has been practiced by many women. They are named Moon meditaion and Stillness practice guidelines.

# Comprehending the Roots of Misogyny

## (Excerpts from Psychic Moon)

Misogyny here refers to unreasonable fear or hatred of women that takes on some palpable form in society. It finds social expression in concrete behaviour in all cultures and in the self-expression of men and women. Misogyny is not only about women's lives but also relates to the entire '*Prakruthi*' (feminine principle of creation) – the creative force that manifests as nature's forms in the cosmos and in the planet. In a microcosm, it is a woman's body and life and in macrocosm, it is the body and life force of earth herself.

We are here talking about where the roots of misogyny lie, so that we can comprehend its width and breadth inside and outside. We are talking about 'doing' something about it with the firm belief that something can be done about.

What are the strong roots of misogyny? The whole notion constructed over many civilisations in human woman is the internalised thought 'I am not that significant, but others are'. This is a notion that has developed over centuries due to 'learnt helplessness'. Even though it has been a means of survival, it has gone so deep, the women feel - I am nothing, so I need to add someone to my life as it had been done for many centuries to become something significant - a mother, a daughter, a sister,

daughter-in law and sister-in-law and so many other relationships. To a large extent marriage has become a trading and bartering of these bodies either by self-choice or other's choice. The significance of the human body builds up in relation to the 'other'. While it is true we are not isolated beings and are part of one related entity, it is also true that women's bodies are not for market economy to be traded, controlled and decorated as a means of proclaiming power and wealth and many other such forms. All these go on simply without any problem in the name of marriage or partnership.

The notion of 'empty nothingness' internalised over centuries is another strong root of misogyny. This enables the comatose part of the body to stay that way without taking responsibility for one self.

Other strong and deep root of misogyny lies in the notion that is programmed at cellular level 'my needs will be met by others, I have to just take care of them in return'. Asking and questioning is a taboo that brings serious repercussions. There are mountains of unmet needs of human women as we look around the planet. The deep-rooted misogyny becomes blind to the situation and the rage inside builds from unmet needs. This rage has many forms- volcanoes, seething fire, lust that enjoys power over other bodies, silent cinders, river of fire and many other forms. It is just like the calm sea where in her depth lies the most

potent fire. Some of us have experienced the fire of the sea in tsunamies when sea comes into the land. The rage in women is of similar nature. Misogyny gets fed and feeds through this rage.

Next deeper root of misogyny we need to comprehend is the notion that is programmed 'my significance as a women is in my reproductive function'. The better my reproductive function, the better my significance. The figurative and literal reproductive function is taken as a metaphor for women's significance both inside of us and outside. How religions have played a strong role across the planet towards building up this, is evident to all of us. Due to our cellular programming, reproductive function of women is a choiceless choice today in the world in our half comatose half alive bodies. What lies behind the self-choice on reproductive function? What forces operate from outside on women's bodies underlying lives we live in this planet. Creative potential of women beyond procreation in the light of Moon Mother is limitless.

Misogynist roots are countless and go deep and wide inside and outside of us. It is a field that is fed by different microbes devoted to this purpose. Human women want to remain in half comatose lives so that the rage, pathos and loss of the misogyny-controlled lives need not be dealt with. But we know they pile up on the planet as large mountains of toxins burdening the planet.

At the planetary level, women's lives and their basic nature is covered and camouflaged, when all forces in the planet are



overriding on them. The covering of the needs are through mountains of ‘must, should, have to’ and so on. What is so hard to say is ‘I need’. The deep strong roots of misogyny and the current cellular functioning make sure, deep down we do not just recognise what we need to sustain and take care of our organism.

What is most valued in human history gets most abused and it holds true for the wombs of women. It is most valued and celebrated by society for its sustenance and at the same time most violently abused. While this is happening, it impacts the womb to shrink and go into hiding and become one of the strong roots of wide spread misogyny. Worldwide practices of dealing with women’s genitals as a means of control, power, sadism, hedonism, matter for gross outright abuse, a means to silence the being to go into living coma and many other such forms are known to you. There is no need for elaborating them here. Those who read this have a very sharp and acute sense of this gross violence, aggression, envy and hatred of women’s genitals for many centuries. Civilisations have ingeniously put in so many norms related to women’s genitals and wombs and they have become a public property and no more sacred and private property of the women. Given this history, many women in the prime of physical life perceive their wombs to be an impediment, disprivilege and sometimes a curse. These perceptions come out of the ignorance about being a ‘cosmic being’ and looking at the womb in a mere physical plane.

What is happening to the planet and to women as a species? First at the gross level of the body, there are blistering wounds that are in decay and the organism resists through instantaneous withdrawal by going into living coma to survive. The whole organism shrinks to its minimum potential just to survive and believe all that happens is with good intentions. It had to be borne for the sake of harmony of the society she lives in. Paradoxically, the organism that is most abused accepts it as a way of life. Misogyny's strong roots start here in the organism and in the planet.

It has become a disgusting matter that the woman's body is a guilt and shame generator, sending the whole organism in complete violent shock. Violence on these women is institutionalised and the whole society accepts it as a matter of fact. All this goes on in the name of modernity, tradition, mores, culture etc. What else you need but to look around for examples of deep-rooted misogyny? Hard work of the nature of a bulldozer is needed by a critical mass of women in practice. These misogynist roots are threat to human civilisation and the body of mother earth- the planet.

First we need to acknowledge the 'seeming impossibility' of human women gathering together on a different plane to deal with this situation because they are the ones who are in shock and gone into living coma. This is at a physical plane of living. At the

plane where the Moon Mother is in relationship with these moon bodies, the possibilities of altering the situation are enormous and incomprehensible. The power of the possibility of altering such monolithic situations resides in the potential of your relationship with Moon Mother and your devotion to walk and live your purpose. The triangular practices discussed in the 'Psychic Moon' hold the enormous power of cutting the internalised deep-roots of misogyny for peace and harmonious living. It definitely seems impossible at the outset to change any of these, because one silent voice of young women brings in more abuse of power, violence and more wounds. It seems like an unending battle and an impossible situation.

Misogynist civilisation has conditioned our cells not to ask and be satisfied with whatever comes our way. We have forgotten to ask ourselves what I need now for my evolution, peace and meaning. This is the root of seeking. Seeking comes from inquiry into ourselves and getting to know what we are yearning for, thirsting to drive away the emptiness, despair and find the freedom of the cellular wisdom to speak to us. We have long forgotten what it is to ask ourselves.

Moon Mother is about destroying misogyny. When she resides in the 'cell' of your body imprisoned, the misogynist negative thought forms are most powerful in the path of destruction of self and outside. The triangular practice naturally puts in place a

mechanism that starts to work right at the root of misogyny in her 'cell' and in the mind of each cell of your body. This is the reason, practice takes a long time to bring any observable changes around you and thus takes the *sadhana*<sup>3</sup> of generations, particularly for women of this century. At the beginning of practice, the most misogynist thought forms arise all the time not allowing the cellular structure to alter through practice. Most of the time we don't even know it is there, just like breathing. We are here most concerned about the misogynist thought forms that have become the natural being of women. When the practice gets stronger and deeper, the valence of misogynist thought forms very slowly decreases.

When the central luminous line cutting through all the triangles in the body geometry is tuned to reaching up to moon mother and grounded in earth at the same time, her energies swiftly move through these connecting lines to quell the arising misogynist thoughts. The transmutation process goes on all the time through the central connecting luminous line while journeying with Moon Mother in the heart. Waves of benevolent healing energies are surging from each cell of our body when we are moving forward in our practice. When any negative thought form arises inside, they watch and catch them immediately and it gets converted to

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<sup>3</sup>Sadhana refers to spiritual practice with devotion and discipline

benevolence and love while rising up. Similarly, when those around these women target negative ideas and thought forms both said and unsaid at them, they stop short of five feet of radiant circle around. It gets converted to benevolent energy by the energy that these women are emanating all around. By the sheer fact of women's practice and devotion to path, no negative energy can penetrate into their physical body and the body becomes the sacred touchstone. When a negative energy touches, it transmutes itself into benevolent energy. You do not need to be concerned about them as long as your practice is in place, in the service of the whole. Only when it is in the service of *aham*<sup>4</sup>, there are political dynamics and battlefields emerging within and outside between the negative energy and your 'being'. The simplistic way of looking at *aham* is the self-centred being that has only her own being at the centre. *Aham* is never easy to handle. It is the most sacred most dangerous, and volatile. It needs transmutation and not just transformation in this life.

Women now know there is no short-term cure for misogyny. It is not like afforestation and deforestation. It is like changing the nature of the soil that has long been overused and has become saline and incapable for growing any organism. Today, you know it is possible but it requires patience, respect to natural forces, hope, courage and completely different practices of cultivation

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<sup>4</sup> Self-oriented 'I' ness that rules one's life; in psychological language 'ego'

that gives back the soil not only its original potency but also much more. Over years, misogyny has made long stretched deserts of women's lives and now is the time to finish with the desert walk, in half comatose body and mind.

In this chapter, we took a peephole view of some of the strong deep roots of misogyny. We have a tiny comprehension of how women's lives are kept in status quo by feeding deep rooted notions about their lives which is internalised in the cellular structure to lead their lives in the laid down ways seemingly through choices that are in fact choice-less.

# **Voice Power and its Politics in Women**

## **(Excerpts from Psychic Moon)**

It is important to practice internal dialogue that speaks your true fears, thoughts, needs, true emotions and true stories to yourself. There will be hundred voices inside you shutting you up, distracting you and deviating you not to speak the truth of the moment to yourself. This practice of speaking the unspeakable to your heart wakes up the primordial courage and light power in you, slowly. The courage goes along with compassion for you. Guilt, shame and denigration are easy deviations to this process and will take you back to where you were. Observe them coming up in your dialogue within and just let them be. They are ever ready to pull you back and control you in their grip. This has been going on through the cellular structure all through ages. They cannot be stopped instantaneously unless the mind of the cells in your body changes their structure.

You are doing this through your stillness and keeping the internal dialogue of the unspeakable going. When you do it in a female circle (here female circle refers to more than yourself-one, two or more) the yearning and the call gets stronger, the dialogue gets strengthened and the courage gets deeper. The forgiveness for the arising of guilt, shame and other waste becomes easier in a collective. In this work you need the support of one or two, or

many women together doing the practice and gaining the courage to dialogue.

Then there is speaking the unspeakable to the world out loud. This is not about upsetting the applecart by this. There is a particular training for the voice to be out loud in a functional way.

Fear grips each cell even as we begin to talk about it. In fact, heart has been desiring all the time to speak out but did not want to do it or did not know how to do it in the world of relationships we live in. Sometimes the voice gets muffled in the throat, sometimes in the heart, in the belly, in the vulva and sometimes stuffed into the ear, the hands, legs, neck or head. Every occasion it was stuffed, the cells get deformed, destroying and dis-easing themselves, sometimes apparently and sometime silently. As women we are neither trained nor know how to bring out this voice out in the world of relationships we live in. We see the 'stuffing' as natural, harmonious and virtuous, and sometimes feel it is the ideal action. It has so far served the purpose of keeping the comatose body and mind intact.

Once the triangular work/practice starts, this is not valid anymore. What is valid is a fearful voice inside us. The fear is the instrument that snuffs the voice out and it has learnt to do so that it guards from all the consequences of being a strong woman.



Whenever women have dared to bring their voice fleetingly, they were punished, ostracized, isolated, burnt, murdered and kept in the gallows to make sure that the voice never comes out. Now how do we turn the table? May seem impossible, but it is definitely possible. It is a dire necessary condition in the journey with the Moon Mother.

Each time when the voice wants to come out loud, watch the pattern. Where is it rising from? How is it distorted? Is it made into sweet poison or burning fire or a mute rebellion? The cells are pre-programmed to do so in spite of your heart's wish to be different.

The snuffed out voice either destroys oneself or destroys the other, using the shadow power. What is oppressed and suppressed gets carried in the 'shadow' thereby wielding its influence covertly. (Psychologist Carl Jung's term of 'shadow' here may be useful to understand). Once you have identified the patterns of how you snuff out your voice and get a handle on it, now you can laugh at it alone or together in a women's circle. This makes it much easier to take off the load of fear, shame, guilt, and all that goes with it. It is not one singular pattern- it is patterns within patterns forming a tight geometrical design. When you watch, you observe one voice pattern in family, another in the neighbourhood, another pattern at the worldly work, another as

the member of the cosmos and another in a trusting female circle. One feeds on the other holding down the voice. Once you stay in triangular practice and watch the patterns of how the voice is muffled or buried or distorted your cells see, hear and know what it does to you. What emerges is the consciousness of the politics of voice within you.

You are never powerless even when you snuff out or distort your voice. You are only using a power of a different kind dictated and controlled by the cellular structure that is programmed through civilizations. In such case, you take no accountability for your voice in that comatose body but not any more with the triangular practice in place. Voice by itself is *nadha* (potent sound) the pure power- that can do magic, transform, heal, harmonise and deal with shadow power of fears of all kinds. The programming of cells has conditioned us to kill the power of *nadha* either to kill one-self or become fiery and kill all around. The question here is about training the voice to be in the service of the whole and not in the service of controlled programming of cells that serve the mind to stay comatose.

How do we transform the state of voice now, to the powerful *nadha* that is benevolent and loving and works through light power and not the covert power that is underground like the slippery oily floor?

Identifying the present voice pattern is the first preparatory step in transforming the cells. The second is to train the voice to be the powerful *nadha*. We know now it requires re-programming of the cellular structure. Think of any syllable or a junction of primordial sounds (sounds that the infant come with prior to language or the sounds of nature) that you intuitively pick up and repeat inside silently. Imagine the sound waves are emanating at the perineum (where remains the 'cell' of Moon Mother) and passing through the flexible luminous central line through the centre of all the equilateral body triangles and exploding at the centre of the head to the space above. You can do it any time, any place in the world and at home, during stillness practice and body training. With this practice the chatter in the place of voice gets, less and less. Your voice patterns related to chatter, slowly changes breaking the old patterns. The change is slow and no one knows except you. The voice comes into your service as a friend in your journey to find the Moon Mother and stay in the path of passion.

The practice of speaking the unspeakable within gives out different cleansing sound energy. During stillness, the syllable repetition tunes in with the sound energies of the cosmos and you become a player in the cosmic orchestra. When you speak the unspeakable in a female circle whatever size it be, it has not only cleansing but piercing energy, to impact the unawakened parts of the female circle.

The voice power we are discussing here is completely of a different nature. It emanates a particular energy that heals all that needs to be healed, transforms, balances and harmonises the energy around. This voice says without physically saying it in such a way that others around hear it clear and loud and stop on their tracks. The voice power heals the split in a human woman's life, where lies the root and foundation of misogyny

You will surely experience the voice power of every individual woman and their collectives with the release of Moon Mother from her 'cell'. While doing this work, the millions of enabling spirits await to help you in standing up for what you believe in and walk your path. It requires your devotion to the practice, discipline and training of *nadha*. First, the frenzy of misogyny around each woman recedes in and around her, infinitesimally. There is cleansing of energy inside and outside, so that the millions of awaiting spirits can aid and guide each woman in her path in the silent underground revolution of cells, minds and hearts. When this happens there is no drama inside or outside but out on the stage of the world, you begin to see drama scenes changing their course.

While reading these passages, some women can comprehend it as they know it is beginning to happen in their lives. Some women get it in their belly and not in their head. Some women will find it incomprehensible but slowly, the meaning will reveal itself.

The silent voice that is heard inside and outside actually without speaking it out is the blossoming of light power in the service of the Moon Mother. Voice as a use of light power has the sound energy for a transformation of a different kind. Within, the sound energy helps to alter the mind in each and every cell releasing the Moon Mother from her 'cell'. Voice as a use of light power in the service of whole also transforms the three-dimensional space around each woman. It has different vibrations and different altering potentials when spoken out loud and when not spoken. Generally, we assume voice has sound. We never think about silent voice except someone is showing aggression in silence.

When a thought form appears on the mind screen and the body desires to speak it sound energy is formed within the body, whether you speak it out or not. When you speak it out loud, it has a particular vibration of sound energy and when you don't speak it out, it has another form of sound energy. Sound energy-the sonic energy is very potent and modern science uses it in many forms for many purposes.

Most often, you notice when you say out aloud with distorted voice, it is no more relevant. Many times even when you do not speak it aloud, the others in the family and the world hear you. What you sometimes actually speak is a few words that are powerful and transforming and others hearing it get influenced

with the power of the voice, which is in the service of the whole and not in the service of the *aham*. When it is in the service of ‘*aham*’ you immediately see you have stepped back in use of voice power by the consequences that happen to you. Voice is about power that heals and transforms in the form of sound energy or pure energy put into service of your mission and path. No instantaneous magic here, but slow and steadfast voice power training.

Voice power may still be puzzling to you. What kind of mysterious power is it? The power is as simple as the power of *Meera* (woman saint of Rajasthan, India) and *Khaleeda*. The world had to ultimately leave them alone and they were absolutely indestructible. They chose different paths and faced the hotbed of misogyny but did not care about it as they lived their path. All those oppressive forces within and outside are suppressing the real voice of truth in our selves. When it is released through triangular practice and *nadha* training, a fresh spring of voice power starts at your heart. When many women in the globe do this work of release, she becomes the *Ganga* (sacred river in north of India) of the planet running across- through the hearts and paths of women – unrelenting, mighty, and majestic and accepts the waste of all kinds that needs to be swept away and purified.

Voice here is not about the familiar forms we know of – violence, belligerence, seething fire, tool of terror, and many other forms. Voice in this discussion is not mere physical sound but it is about use of power. Voice as a use of light power happens when you stand up for who you are really when you walk your path with the light of Moon Mother and live your passion in the service of the planet. Then, whatever you speak and not speak are different ways of using your light power – the power that alters the world around you for peace, justice and harmony. When you live your life with the Moon Mother in your heart, what you speak is the truth of the moment and has a cascading energy of waves that reaches whomsoever it is intended to reach across distances long and short. Voice power is a potent tool in the hands of women walking their path and an ammunition for peace, justice, love and harmony.

All revolutions bring about change in the mindset and sweep the population with changes that they have to deal with. Imagine millions of women having this voice as a use of light power across the globe and the power in their hearts to transform the undiscussable, rigid, chaotic minds of the leaders who take the globe towards destruction minute by minute - the holocaust onwards to what is happening now, the power play unleashed by the shadow power. We are here talking about revolution through voice power that will change the woman's life ultimately and the way the globe manages itself.

It may all still sound hazy and vague, as you have not yet experienced this state of affairs within and outside. In small environs, many women have experienced the use of voice as a light power, spoken out loud and spoken inside, creating waves of energy that alter the misogynist mindsets around them. They are microcosmic experiences. Imagine this, as a macrocosmic experience ongoing for many years. The result is a mighty river of voice power traversing the globe, cleansing the waste and the transformation of the unalterable.



# **Burning the Stuff of Causal Body and Pre-birth Agendas**

**(Excerpts from Psychic Moon)**

Mostly the mystic realm of dreams, imagination, visions from the cosmic channel are considered to be matter of least meaning and consequence in our ordinary lives because we live by the rational mind. But these are simple and loving manifestations of the non-manifest universe. These are forms of manifestations of love from the aiding and loving millions of spirits working with the evolutionary forces.

It is true many times they are like patterns on water and go away at the moment of forming. It is our practices that enable us first to acknowledge them as means of 'knowing' and value them. There are no comparisons as to how they come to each one of us. There is no unified pattern here. They belong to subtle realms sensed by the subtle body and mind and recognised by the trained body cells. The moment of physical waking from stillness practice, physical sleep, loss of consciousness or moments of deep reflection or such other forms immediately come into rational field ruled by the ego. There are many reasons presented to you to not take them seriously as a means to awakening from the half comatose body and mind. This is a point where slowness helps to retain the part of the 'other world' wisdom for awakening and

teaching. Memory of the brain does not want to catch it and memory of the cytoplasm wants it desperately. Again here there is a tussle.

What do we do to retain these messages from the unmanifest universe in our ordinary lives? The first step is to acknowledge that there is wisdom in these realms and we need them. Then our doors are slowly opened to receive them, our 'deafness' lessens to hear them, our 'blindness' gets better to perceive them and then our body cells can absorb them in their memory and later give to the brain to work in unison. But it is not as simple as it sounds. It is patient training of the body and not the brain. Brain comes in later. Body cells can absorb in a moment when the 'patterns on water' like images appear in our wakefulness state.

The triangular practices lead you to these realms just simply when the time is ripe. You do not have to work for them. All your work is to acknowledge these universes are in relationship to your being and they will present the images, as their messages and teaching.

At the right time you will be led towards them. Once they appear to you from the universe, it is then for you to take ownership and have them as guiding lights on your path. It is not just dreams that we experience in our physical sleep, but there are myriad forms. They will come to you when you are ready. There can be

formless visions, wordless speech, chaotic order, dark illuminations and such forms. They are from the universe of synchronicities but are of different nature. Rational mind may play tricks. It may say, 'because your practices are not good enough you are not getting them yet'. It is all a play of tug of war. Let us warn you not to be caught in it and feel 'less or more' in your practices. Just ground yourself in triangular practice with good self-care rhythm and be open to receiving them. That is all you need to do, to be connected to this channel of cosmos.

When one is walking on one's path in life, tug of war of forces pulling and pushing us in our path is the first step everyone experiences universally. In a way, this is almost a perennial feature when one is walking one's path. Over time, she is able to laugh at it instead of despair with the grounding in the triangular practices. Wishing to give up everything and run away is also a recurring feature. Then the question pops up 'then what'? We know there are no answers and it is a play of forces placing us in the middle of tug of war. With the grounding in triangular practices over time, we attain a state when these thoughts and wishes come and go and we are in control of them. It is like our walking the path is meditative and these are just passing clouds, one just watches and is unaffected by it or recognises it saying 'Oh! Here it comes again!' When this happens we have taken ourselves away from tug of war position and there is no tug of war. It is as if a strong wind is passing by.

Then there is pain and suffering and it appears that on the other side is only joy and pleasure. Physical suffering, emotional pains in the way of the path, heightened sensitivity for wakefulness and alertness are seemingly bothersome. While walking one's path, oppositions on the way brings immense struggles. A sense of helplessness as an individual or as a small minority overtakes and pushes us in despair for being in a seemingly futile course. But one is always looking at microcosmic happening from their vantage point and therefore there are all these feelings. Triangular practices help and enable us to look at macrocosmic picture of the current and future energetically and you ground yourself in hope and faith in the face of seemingly impotent action out in the world.

We are also here viewing from finite understanding of what the brain can comprehend. Triangular practices enable us to know the wholeness of walking the path where you are never alone and you have cosmic forces, evolutionary forces, millions of channels of the great Mother and earth Mother all by your side. Your work is much larger than it appears to your rational mind and senses. Synchronicities come your way to tell you that the millions of enabling forces are there. Triangular practices train you to cure your 'blindness' and perceive the wholeness, cure the 'deafness' and hear the silent voices of your cells.

In the face of all this, there is a little glimmer of peace and meaning to live your life on this planet, though momentarily. Over time your cellular universe knows it is not momentary, but only the sensing through the cells is momentary. There is always an inner joy and tenacity that is like a humming of the stringed instrument being a base to the whole symphony of life on this planet. When you train your cells through practices to go to this base tune of your ordinary life, your knowing is different and you are charged to move on your path. All three parts of triangular practices – stillness practice, triangular practice and speaking the unspeakable give you the ‘know-how’ to do it, so there is an inner peace and joy always in the face of whatever comes before you. The joy we refer to, here is not about one born out of pleasure but an ever-fresh inner spring, which gives equanimity and flows in each cell of your body. Synchronicities always come to tell you ‘you are on course’ almost magically.

By saying all these, we are not taking away the tough life of suffering and pain the women endure in their lives and in living the path. We are only rising above them while going through them to comprehend a little about the wholeness of our path and purpose.

Responsibilities in this life come from the causal body and pre-birth agendas come with the luminous connecting line to the great Mother. In ordinary human life one tends to think either one or the other has to be chosen. The paradoxes go together, and

there is no need for separating them while living life on this planet. Responsibilities in life are to finish the unfinished relationship and attachment from previous births and pre-birth agendas are to work with evolutionary channels. While causal body is living life, pre-birth agendas open up from dormancy to be taken up along with responsibilities. The whole process can start as soon as the infant is born. Pre-birth agendas become guides to the organism to live life and burn the causal body.

If you take life metaphorically as music, pre-birth agendas set the base note, sound vibrations and the silences and the causal body sets the rhythm. The problem is, both need to work together, but the stuff of the causal body may want to do its own rhythm irrespective of the base note and sound vibrations. Then our lives are at disarray. Each one wants their own will and the body is pulled in two different directions.

The one source that can bring these to work together is the cellular wisdom of the body holding the ancient memory in the cytoplasmic universe that knows how to integrate and access guidance and aid from the cosmic channel. In today's world on this planet, cellular wisdom is lying dormant in most lives and therefore the impact on physical body is enormously painful in this tug of war. Awakenning the cellular wisdom in each one of us is needed to bring peace and integration to the tormented body. Triangular practices are given to you to bring this integration and

wakefulness to both the causal body and the pre-birth agendas and to stay with them together. Stillness practice and breath awareness take you to the dormant cellular wisdom that ‘knows’. Speaking the unspeakable removes dumps of toxins that causal body has accumulated and is always accumulating so that the cells can open up, breathe free to access ancient cellular wisdom and memory to guide us on our path. Body training helps the dormant cells to wake up with less terror and trauma to come into ‘being’ in a strong and deep way and cut the habituated body rhythms to not let the cells go back to their dormancy.

By being in all three parts of the triangle work, cells guide us to pre-birth agendas and paths open and get lit. Tyrannical or dogmatic triangular practices will take us back to where we were. What is important in triangular practice is to practice it on a self-care based rhythm so that each part is nourishing the body and the cells. When resistance and struggle are faced, understand it as natural and remember the practices are not simplistic. Linger on with patience, self care and love to yourself and others. It takes its own time and rhythm but with your strong intentional lingering you will go towards fulfilling triangular practices. Functional tensions are important for right music to take birth. Nothing is struggle free and pain free. It is only an illusion that it can be so, while living life on this planet.

Today most of us are in great search. Search for peace, harmony, joy, wealth, pleasures, penance, freedom, space and time and many more. The search for truth is what kept all our saints occupied in their earthly life. Revelations of ‘truth of the moment’ and all others lie inside of us. Paradoxically we search outside for what is inside of us, like the *Mulla Nasruddin* (Sufi monk in story telling tradition) where he searches for the key of his home, not where he lost it but where there was light. It is a great story that describes our search in our earthly lives.

What then is seeking? Seeking is a yearning, thirsting, longing and it requires grounding in practices and being ready to receive with open doors. We are seeking as women for freedom, peace, healing, harmony, integration, self-care and ancient cellular wisdom of our cellular universe. Here we stay in seeking and not searching all over. It is time to seek and ask your cellular wisdom to pour what you need. Here cellular wisdom exactly knows how much, when and what to give and reveal. There are no floods or droughts in this seeking. There is a balance because your cellular wisdom is the giver and the receiver merging into one, bringing balance between our various bodies in the right time and context.

Here our teaching is about how revelations will happen from the cellular wisdom at the right moment through the strength and depth of your practice. Today on this planet it is time to stop searching and be in seeking for revelations to be revealed to you.



Women are being caught by the roots of deep misogyny like an octopus and have long forgotten to seek and ask within and outside. You can search for anything all over the planet in vain and be preoccupied in searching actions.

We have discussed at length pre-birth agendas; choices one makes to be born and how these are coded in us -humans. Codes and planets around earth mother and the cosmos have great connections. The code is nothing but a cyclical programming in the cytoplasm of cells that are born into universe. This cyclical programming is closely linked to cosmic planets and their positions and influences. All planets are on a cosmic rhythm and the cytoplasmic universe live inside this rhythm. Designing of one's birth and life thereafter is coded inside this rhythm of the cosmic planets. The choosing of time of birth and being born into that time starts the activation of the code. The path, purpose and working of pre-birth agendas are set in motion with this cosmic planetary rhythm. As we have said before, we are much larger than what we think we are. Each one of us - an atom is connected on multi channels to earth mother and cosmic mother's womb (*Hiranya garbhaha*). By choosing to be born at a particular juxtaposition of cosmic planets, it is decided at what point of time, what codes of cellular universe is activated and who will be the teachers to lead one on their path and pre- birth agendas. Whether we are conscious of this cosmic planetary rhythm or

not, they have their influence and relationship to our birth code. All the planets become guides and teachers for us to be cosmic beings than living a life of mortal as humans on this planet. They always work with the Great Mother and her evolutionary channels. Sun, Moon, Mars and other planets are not only about gases and acids. They are cosmic fields operating in rhythm for the lives of each other including the earth and are on their path and work.

Depending on the course of life we have chosen, we start at a particular planetary rhythm. They present moments of enlightening, evolution, guidance and teaching to fuel our brilliance to live through them on the evolutionary channel. Our cellular universe gets into that rhythm. The trouble starts when we want to break off and work against that rhythm, then the code inside of our cells works one way, the mental body works the other way and our light body's brilliance and receiving of teaching and guidance is diminished and oppressed pushing us into deeper states of comatose existence. Even then, the rhythm of cosmic planets brings events and opportunities to wake us up and giving shock treatment to bring us back on our path. There is always potential to go to inner peace, joy and harmony in the face of all these when we work along with the code we have decided to come with, in this birth.

What are my past births? How old am I on this planet? It is the most mysterious subject. First of all it is not a subject you can

explore with your brain and analysis. It needs your whole body-to go to ancient cellular memory and wisdom. Cellular wisdom knows what to reveal to you and when. There are no great illuminations but a dull and dense knowing that comes in moments. There are mystical practices you can undertake to discover your ancientness in this planet. But that is not our subject now.

You are today at a particular point in this continuum to be in this birth. Life force has no end or beginning but just a continuum. To discover who you are and what you are as a causal body is a matter that needs attention while you stay grounded in your triangular practices. In moments of deep contemplation, stillness and other moments, you have a ‘knowing’ a ‘flash’ of who you are and who you have been. This is an indication your ancient cellular wisdom and memory is waking up. There is no need to hold on to these scenes or moments of truth. Trust your most compassionate cellular wisdom and the millions of guiding spirits to reveal what need to be revealed at the right time. More of self-care practices nourish this wisdom to be awake to do its work. There are many dramas happening in the globe to go behind knowing ‘who I have been’? It is a knowing that comes naturally when you are grounded in triangular practice.

Surrender and knowing are close friends. When you surrender, you are not on control buttons and the ‘knowing’ is able to emerge. Who you are and who you have been is not a

book of knowledge for you to read. It is a 'knowing' in waves and rhythms and has its own patterns of revelations. All you need to do is to surrender to your cellular wisdom to reveal what it wants. Let the doors of your heart be open to receive them.

Your anchoring luminous connecting line is the medium of reception, the antenna to receive such information and not your brain. Stay connected always to your luminous cosmic connecting line with surrender in your being and then what needs to flow will flow. Trust and love will nourish your luminous line in your practices. There is no need for panic, comparison or any such matter.

# **Our Conception and our Pre-determined Journey**

## **(Excerpts from Psychic Moon)**

How do we come into conception as a life force? How do we decide that we want to incarnate and how do we choose our path prior to our birth?

Each one's path is unique and different as is the life force and the form. They are all different rivers joining the ocean of Great Mother. Life force is pulled through magnetic force of evolution of a far superior race of humans than what it is today. From the second or third plane of cosmos where we are, we decide our conception into a female body. There is a great dynamics of love between conceiving female wombs of all beings and the life force in the second or third plane making decisions of birth based on the purpose and the evolutionary work of burning the accumulated actions, reactions, attachments, tendencies through planetary living. Entire life force in the cosmos is in relationship to female wombs of being. The human race and their evolution are closely connected to them. The life force also makes choices to be born as a male or female in this planet depending on its causes and purpose.

We are much more than what we think we are, as human women. The entire life force of cosmos and the source of this

force in the Great Mother are intimately and magnetically linked to human women in this planet. It does not matter whether they are young or old, single or with partners, reproductively efficient or not efficient. The entire human life force and the source of Great Mother and her supreme love reside in each human woman. The magnetic field of cosmos and the potential in each human woman is closely linked. All our practices we have discussed earlier are in the backdrop of such cosmic dynamics of source and conception of life force.

Conception – the entry of another life force into human women’s womb is at first a matter of choice of the organism to be born and the moment of decision to be born. For conception the meeting of the egg and the sperm through intercourse is only a mechanical function of the gross organism and it is not a decision maker of any birth. The decision is made by the organism to be born.

The root of all conceptions lives in first, second or third plane of existence of cosmos. What we see as conception in the gross realm is not even one percent of what it is. It is the dynamics of the source of life force and those in the second and third plane choosing their births and their evolution. In the first six weeks, the mother body in the earth creates the ready womb for the life force to make a choice of being born a male or female and then enters. Just imagine the high activity and dynamic energy of billions

of life forces wanting to be re-born and their connection with the mother bodies and the source of all- Great Mother.

What about women whose wombs are not active, are not functioning, or not in existence? These women for whatever reason have made decisions regarding their womb, are also interconnected to the source and the life force of cosmos. Mothering is not about birth alone. These women have made choices in their life force evolution to either burn the accumulated causes and emerge more evolved without bondages and attachments or have simply chosen this in devotion to their path. Since physical birthing is not their forte, they have enormous potential for their creative energies in the backdrop of this magnetic life force field. The misogyny of the planet has named them as 'dis-privileged' and 'lesser' than others. It is a misogynist misconception and is not true. Many times, such women internalise the misogynist perceptions and forget the purpose they have come for and get preoccupied with becoming physical mothers. These women's creative energies are strongly connected to the magnetic dynamics of life force field and aid the work of cosmos through their private work in their path.

Conception at the cosmic level is a cellular activity. Each human woman is part of this cellular activity of the cosmos and therefore they are the ones in the forefront to bring in a new race of life force through their connection to the Great Mother, the source of all life force.

Hence these teachings are addressed to human women to wake up from their comatose mind and body and stay in connection with the creative fields of Great Mother. They alone can bring the cellular revolution in women to heal and save the planet and enable life forces that are born as human, through their foundation in triangular practices.

What matters in conception and how the life force in the organism senses and asserts in relation to the body it has chosen to be born, is a completely complex field of study. Here we are revealing what is required to understand by all human women as mother bodies taking part in the silent revolution of cellular transformation for a new species of humans to be born, to heal and save the planet. Each trimester has its complex dynamics to be comprehended to enable us to stay conscious, alert and take part in the vast unfolding of future human race ushered in by us. For this to happen, we also need to understand how misogyny and other forces resist and block this to happen.

Are women special because they can give birth to human organism? Yes. They have the power to bring forth a new race. They are the holders of the future race for all those organisms to be born in the next million of years. The womb that holds, nourishes is the sacred part of the birth of human organism. These wombs can decide whom to give birth to, with their relationship to the cosmic womb of the Great Mother.



We said human organism to be born is the decision maker. This decision cannot be made without the consent of the sacred womb of the mother body and the cosmic womb. When all these three consent, then a human form enters as a life force into another body. The cosmic womb does not stop with its activity of human births. The cosmic womb is also the mother of all forms of conceptions wanting to happen through women and men in relation to the planet.

The cellular underground revolution is also attempting through the women bodies not only to create a far superior race that is in service of healing and saving the planet but also bring conceptions of other forms that aid this cellular revolution by the cosmic womb - '*Hiranyagarbaha*'. These women through their underground movement will also create other vital forms of conception-movements, spaces, art forms, beauty, learning forms, creations that will aid the onset and the course of cellular revolution. Women joining in this movement through her practice when not into reproduction will create other vital forms that will strongly and deeply aid the movement of cellular revolution.

Conception made into reproductive duty of human women in the planet is a fact we all know of. Conception and pregnancy that occurs as an automatic process to be gone through by human women is like a chore all over the planet. These conceptions bring in life forms on this earth that have a different vibratory

field than those conceptions in human women's womb that are invited, desired and carried in pregnancy. The life forms that are waiting to be born with their agenda chooses these many forms of conception and their field of vibration to work their agenda on the planet.

When the misogyny-guided conception at a base level take place, the life forms that are in urgency chooses these wombs and are in particular plane of existence. On the other hand self-choice (of the birthing woman) and desired conception draws life forms that are in different plane of existence and are born with a particular vibratory fields. The species of human born now are of different wholeness, being and are keeping 'child stage wisdom' to some extent. Our work of triangular practice awakens us and other women and the younger generation of human women all over the planet to the possibilities of self-choice pregnancies.

In the first trimester, once the life force has entered the human woman's body he/she imbibes the brilliance of Moon Mother and also the species' intelligence of future times. Organism inside the mother's body is aware, feels and senses. The only faculty that is not at work is the brain's thinking and rationality. At the same time, the foetus identifies with mother body as her's/his body which gives it the sense of total security and feels 'held'.

In the second trimester the foetus considers the womb of the mother as the legitimate space that belongs to the organism at this point of time and settles down to grow and nurture itself

aggressively. In self-choice pregnancy, mother's feelings of love and invitation aid this growth into a healthy organism. Besides carrying the imprint of the mother and father, the imprints of the causal body get into the growing cellular structure to become a human organism. Here the organism is already embedded into its DNA inputs of its causal body's vasanas, as well as the path and purpose, that the organism has chosen in this birth. Both these get embedded in the growing cellular structure. These are only two primary imprinting on the DNA of cells. Next comes the misogyny, the 'isms' the organism has carried in its last incarnation. The foundation of the organism's psychosocial body and mind is in the making. The foetus inside the mother body is now determined to absorb, grow and move on to the process of birthing. Since the foetus has developed a will of its own to survive at all odds and grows to full human organism, it is now sensing the outer vibrations besides the mother's body. Here the holding body's influence is minimal. The creation is tuned to cosmic forces that aid them to grow. The work of the mother bodies of all conception is to strongly 'hold' for this to happen on its own, by just being tuned to healing and wholeness in the light of Great Mother.

Third trimester is preparation for birthing to live the purpose for which the conception was caused. Third trimester in many ways is like the first trimester. It requires care, love, tenderness and will to aid and help the birthing and its preparation. While

abiding by the natural laws of pregnancy, the time of birth is chosen by the organism to be born. However much the environment wants to decide the birth, the birthing organism finally decides when to be born through its sensing of the outer world and being in connection always to the channels of communication with cosmic energy and beings. Again, this applies to all conceptions besides human pregnancy with a few exceptions.

The third trimester is the time the organism /creation to be born has grown almost to its full size and finds the space inadequate for freedom. This process propels the birthing to happen. The urge to seek its own space and freedom to find its own path and purpose it has come for, lives in each creation. The holding for birthing requires high degree of sensitivity to hold and 'let go' at the same time. Difficult task of detachment and freedom is at hand for both the holder and the organism to be born. This is where the dynamics of thesis and antithesis are settling in at the start of birth. The ownership to the creation by the holder is a false notion against the natural principles. Caring and loving because of ownership versus just being the holder of the birth and the sensitivity towards detachment /separation for the need of the organism to be born are the dynamics in the third trimester. Fortunately, in all conceptions the weight of holding weighs down so much that the holder is ready to let go to put an end to the endless carrying of weight.

While the organism to be born is at a high sensitivity radar with the cosmic energies and the environment, the holding organism of all birthing is at a state of exhaustion of holding and willing to let go. Because what was inside will become owned outside- at a physical, gross level, letting go and enabling birthing seem like an antithesis to holding. Birthing organism/creation at this point goes into terror of actually being born to go through the fire of life it has chosen from that of 'no care stage'. At the same time, lack of freedom and space is propelling the organism to be born at the time it has programmed at the moment of conception. At the time of conception, organisms also decide when to leave the planet and so all deaths are chosen too.

This anti thesis of birth is the singular moment when the organism loses vast connections of channels with cosmic beings, which it has to rediscover in the course of growth and living the purpose and path. After the birth, the learning of gross form starts. But the fontanel gives the security of being in touch with the cosmic forces and beings as they see the unseen, hear the unheard, sense the unknowable, feel the unexplainable throughout the gross body. The organism thereby exists in a completely different world than what the outside world assumes it to be as a totally dependent organism that will decay and die if not taken care of.

The organism pre-programs the time of birth since the birthing is the first complex bridging action with the universe of unborn

and the born. The contrast is vast between these two universes. The organism pre-programmes itself to be born to withstand the pressure of both universes. There is tug of war between carrying the knowledge from the unborn universe to the universe in which it is born. The purpose for which the organism is born is lost at a knowledge level in the birth but gets deeply coded in the cells. After the organism is born, for over a year the child lives in both the universes. As infants, they are continuously in relation with the 'unborn' universe through their fontanel and to the universe in which it is born, through the basic needs of the body- hunger, comfort, pain and pleasure. The holding of the mother during this first year requires this particular understanding. The only bridge to understanding both the universes in the infant is the physical holding of the mother body. When the mother body in care and love physically holds the infant, and then the infant is in relation to the mother bodies of both the universes.

Clinging, ownership and object relationship with what is born are antithesis to the born organism. These forms of holding create a completely different vibratory field that interrupts the continuous teaching and absorption of knowledge from the other universes in the born organism's cellular structure. The born organism's sensitivity is much greater than an adult's capacity by the sheer fact they are in tune with the Great Mother in the macrocosm while experiencing the holding and mothering in the

microcosm. It is like a fine musical concert is going on in the infant's world and those around are oblivious of it and bring their chatter mindlessly interfering and interrupting the listening of fine music. Since the other world relationship of infant is not part of us, we are completely unaware.

What helps is 'holding' of different kind after birth is very much like the uterine membrane. Uterine membrane holds without owning, nourishes as a form of 'being', brings in great flexibility to give space for growth and gives support and strength continuously against all odds and lastly when the time arrives for birth, happily takes part to separate and detach. This is the holding that is required of all those who hold the birthed organisms in its early stages especially. Holding of a nature that is non-owning, non-clinging and supporting helps in the right form for growth. But with our mental bodies that want to take hold, own, control and be in charge, being like an uterine tissue is tough assignment but not impossible. It is true of other forms of birth of creations.

Paradoxically, the birthed organism gets its energy and teaching from cosmic forces and beings, while appearing to be a helpless dependent organism for the first six months after the birth. Gradually when the fontanel closes, the organism completely loses the connection with the cosmic forces. All children born in this century keep the wisdom they have imbibed in these first

six months partly in its organism, thereby bringing forth a new generation of creations that are ready for faster evolution.

Be aware of a new generation of children born today who are teachers of wisdom and they seek and possess a greater level of species intelligence and brilliance of Great Mother. Most of us are not prepared to receive them and putting our overused mechanisms to aid their growth, which in itself is a block to evolution. It needs mutual respect irrespective of physical age, (the soul age you will never know), an attitude of learning from all opportunities with humility to acquire and rediscover the wisdom through them. It is sad we perceive them as 'owned' products of us and extensions of ourselves, which works against the evolution. What is now required to look at is how do we handle the new generation of both girls and boys coming on to the planet, retaining a part of their body wisdom even when the fontanel is closed? They are the harbingers of the new wisdom with a different cellular programming. Given the freedom to 'be' against the social mores, they will get more in touch with their body wisdom and develop an intelligence which is far superior and of a different kind.



# Moon Meditation

## Preparation

- ❖ Awareness of the 'sit' bones, the perineum and the luminous line of light.
- ❖ Freeing the nostrils. (five rounds)
- ❖ Checking the belly breath.
- ❖ Loosen all constrictions.

## The meditation

- ❖ Take a comfortable position that suits your body.
- ❖ Listen to the sounds outside the room, as many as you can. Gradually listen to the sounds inside the room. Watch your own body as if from above.
- ❖ Become aware of your breathing. Feel the sensation of the breath in your nostril, throat, chest, stomach and then in the head and the whole body.
- ❖ Take a mental round of each part of the body as you name each part of the woman's body in your mind, but not physically touching it- starting with the right side of the body – fingers, palm, wrist, elbow, forearm, shoulder, armpit, right breast, nipple, waist, hip, right groin, thigh, knee, leg, ankle, foot, toes and the whole right side.

Now repeat the same thing with the left side.

- ❖ Take a round of the back of the body –starting with both the heels, both the calf muscles, back of the knee, back of the thighs, sit bones, anus, perineum, buttocks, tailbone, sacrum (above tailbone), lower back, middle back, upper back, shoulder blades,, back of the neck, lower part of the head just above the neck, head and top of the head.
- ❖ Take the attention to the front of your body – starting with forehead, eyebrows, eyebrow centre, nose, tip of the nose, eyes, ears, cheeks, lips, chin, front of the neck, breast, nipples, stomach, navel, entire pelvic area with the ovaries, uterus, fallopian tubes, cervix, vagina, labia, whole crotch area, thighs, knees, legs, feet and both the soles of the feet.
- ❖ Become sensitive of the right, left, back and front of your body... the whole body
- ❖ Imagine a line of light, a luminous line, starting from the perineum, moving through the spinal cord, to the top of the head and connecting to the Moon Mother/ Great Mother.
- ❖ From perineum running downwards between the legs to the Earth mother...Earth mother holding you and supporting you.

- ❖ Held by the great Mothers...with love...remember that you are never alone...you are always held in love & mothered.
- ❖ Become conscious of your breath... watching it with love and your luminous light at the same time.
- ❖ Just stay in this consciousness and let the thoughts that come up in mind, go as passing clouds. Just watch them, do not control them or go behind them.
- ❖ We will stay in this breath and luminous light consciousness for some time.
- ❖ Slowly become aware of your body completely relaxed and the stillness of the mind
- ❖ Send out peace and love to all creatures of the earth, especially the humans and to all the women of the world. Send out love and energy to the ones who are dear to you.
- ❖ Become aware of the sounds inside and outside and the deep peace within.
- ❖ Rub your palms vigorously, cup the palms over your eyes and open the eyes and take in the energy. Open your eyes.

# **Stillness Practice Guidelines**

## **(Adapted from Psychic Moon)**

### **Preparatory steps**

Take any comfortable position to remain for about 20 minutes for stillness practice.

(If you take a horizontal lying down position you have to be extra alert not to fall asleep).

Check your breath –how deep or shallow? Fast or slow? Do cleansing breath five rounds – Taking in through one nostril (normal breathing) and expelling quickly through the other and repeat with the other nostril to complete one round and continue until you finish five rounds.

Imagine your body as made up of many downward and upward triangles and the central luminous line is passing through the centre of these triangles. The luminous line goes up from the perineum to the top of the head aligning with the spine and connecting to the cosmos/ great Mother above the head. Imagine the flexible luminous line extending from the perineum running between the legs in whatever position and shape of the lower body is and connecting to the earth mother.

Connect with the physical moon phase of the day in the sky and bring the Moon mother into your heart, letting her glow and grace and light filling each cell of your body.

The three mothers –Great mother, Moon mother and Earth mother are always holding you. You are never alone.

### **Practice**

Become aware of the sounds outside - just moving from one sound to another and then bring your awareness to your body ready for stillness practice.

Take three to five breaths focussing on each region of the body and see those parts of the body and cells lighting up with your love –

Feet and knees,

Thighs, groins, anus, and vulva,

Pelvic and stomach region,

Hands,

Chest, heart and breasts,

Shoulder and neck and

Face and head.

Request your chosen sacred object being to be your guard and guide while you move into stillness

Take your awareness to the breath- just watching it with love.

Add the sounds of your syllable with each breath and stay in the awareness of the sound and breath holding the consciousness of the luminous line.

Let the clouds of thoughts just pass by, as you watch them, not getting caught with them or control them. When you stray on to your thoughts come back to the anchor of luminous line.

Imagine you are spreading light from the luminous line in all 10 directions (above and below and eight directions) and expanding your territory connecting with cosmos and to all women in practice for saving the earth and routing misogyny. You are never alone and belong to a community of women working together for this cause.

End your practice sending energies of peace, healing, well being and love to all beings human and non human, spaces in the planet and the universe which need them most and to earth mother.

P.S. At a point of time, you may let go everything just holding only the consciousness of luminous line.

## **Acknowledgement**

I bow in gratitude and humility to the Great Mother of all and my spiritual teacher and guide Sri Dattabal for choosing me to channel these teachings to women.

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**Bhanumathy Vasudevan**



## **Sri Dattabal**

Sri Dattabal's Philosophy mainly centred on

**'Life is divine love seeking its origin'.**

To Sri Dattabal consciousness while living ordinary life is essential to tune in with the divine love and compassion of the universe. Religions to him were different pathways towards the ultimate reality. They were the different expressions of the divine. He maintained that the true spirit of the religion lay in liberality, love and not in rigidity. He practiced what he professed and stood as an example. Being a contemplative seer, he was concerned with miseries of the world. He took an activist role on behalf of people marginalised on the basis of caste, class and other diversities.

Sri Dattabal was born on 3rd April 1941 at Kolhapur Maharashtra. He had his formal education in Physics and lived in Kolhapur. His mother Sushila Devi became his follower and His father was a renowned educationist, Vedic scholar and writer. He left his body on 3rd September 1982. He predicted his date of death ten years earlier.

Sri Dattabal was clairvoyant by birth and grew as a very sensitive child being able to see the inner side of nature.

‘While looking within himself he used to feel a different space – dimension in his heart, which awakened in him a sense of non-materiality about the material world. He could speak intimately with the nature and so called inanimate objects. As a teenager, he felt a tremendous overwhelming force of love, which he could also transmit and heal. He always regarded himself as an instrument of divine through which love is transformed into different powers’.

He explained his philosophy of divine love in English, Marathi and Hindi through discussions, discourses and his audience included villagers, common women and men living ordinary lives, professionals, academicians, politicians, etc. Sri Dattabal was tireless and keen learner and was open to different philosophies He travelled extensively within India and abroad addressing contemporary issues connecting them to deep spirituality and love through his lectures, writings and discussions.