

• PSYCHIC • MOON •



Psychic Moon

(Channelled teaching to women of this century)

February 2010

Psychic Moon

Through

Great Mother's channel Sri. Dattabal

(www.mysticyogisridattabal)

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Preface

Origin of the Book

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.

Reading the preface may help you not to give up reading after a few pages because it will seem difficult reading to you. It is neither Indian English nor European English or globalisation English but a language of a particular type whose syntax and grammar has its own rules. If you go past four pages without giving up or skimming through, then you will begin to understand and get absorbed in the book. There are also many parts in this book that sound as if it is speaking exactly about each woman's life to her and there are some parts that are hard, exasperating and dense. The teaching on the 'crazy teacher' inside all women gets us into concentric circles and sometimes tiring. The crazy teacher is none other than the most brilliant and most potent moon mother within.

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 each day 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 raises many questions - what is channeling? ‘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. Surely I do recognise the similarity in the language of my spiritual teacher’s book ‘Psychic Sun’ ([link to e – book/mysticyogishridattabal.com](http://link-to-e-book/mysticyogishridattabal.com)) which he wrote when he was a young and published much later after he passed away in 2001.

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.

Structure of the book

The book is presented in three distinct sections named ‘moon cycle1, 2 and 3 as it came to me. The year, month and dates of each set of transmissions during a moon cycle is indicated in the heading of the chapter.

The **first moon cycle** presents the connection of woman’s body to cosmos, Moon Mother, earth mother and other women and teaches a set of

leadership practices called triangular practices that establishes and strengthens the energetic connections in the service of the 'good of the whole'. Introduction to the triangular practices and basic dimensions and its linkage to power and voice of women are presented in detail, with the revealing of who the Moon Mother is.

The **second moon cycle** goes into depths of the practices that are in the mystic realm, its connections to conception, birth, trimesters, the work of building a critical mass of women across the planet for a cellular transmutation and revolution for routing the misogyny and the healing of women's bodies and the earth body, ushering in a new wave of life force. The second moon cycle is built on the understanding of the first moon cycle and builds perspectives on the web of energetic connections to cosmos, earth and women.

Third moon cycle goes into much deeper aspects of the practice, governing principles of triangular practices, it's connection to life force's journey, deeper aspects of cellular realm in women and web of energetic interconnections between cosmos, earth and women who are born and are yet to be born.

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

Bhanumathy Vasudevan

Acknowledgement

I bow in gratitude and amazement to the Great Mother of all and Sri Dattabal-my spiritual teacher for choosing me as a scribe to give these teaching to women.

Four people in my life became pillars of strength for me when the channelling started in 2002. I was then utterly confused, wonder-struck, over-whelmed, feeling awkward and did not know how to deal with it. My dearest friend, soul sister and colleague Alexandra Merrill, my friend Arifa Boehler, my partner Vasudevan and my daughter Dharni offered their solid support, encouragement, acceptance which made me feel normal. They encouraged me to transcribe it each day to the system and share with them which helped me to accept what is happening and put in the data systematically. Alexandra consistently supported me all through my struggle to bring out this book and even doing the paintings for the book. All the art work in this book is her contribution. All the black and white visuals are sketched by Vasudevan. Words fail me to adequately express how deeply I appreciate and acknowledge their loving support.

My dear friend Mehroo Kotval gave a solid push to bring this book out by her action of volunteering to edit it and hastening the publishing. Her support, passion for empowering women, her forthrightness and fortitude worked as great motivator. I am fortunate and feel privileged to have her play this role for me and for a larger cause.

I am indebted to my dearest and loving colleagues who share a common passion for the cause of women- Suneetha , Vijayalakshmi Chari and Praneeta Sukanya Kapur for their labour of love in their role of diligent 'readers' to offer their constructive comments and feedback. Each one of them gave much similar and at the same time unique contributions that has significantly changed the structure in each cycle, making the flow smoother and text as less dense as possible; keeping the original character, tone and pace. All these three precious women again stood by me enabling me in all ways to bring out the publication in the last two years.

After countless editing when I hit a close door in me and did not know 'what next?' it is my beloved friend and colleague Neharika Vohra who offered to do the professional final editing. Her support has been precious as it gave the last push for the book to be born. Among all her immense responsibilities and

roles, while she herself was going through tough life situations she offered her labour of love and support.

My loving gratitude to all Avani women (who were part of the five year collaborative leadership program by Mayyam 2002-2006) and Mayyam colleagues who in many ways supported me to bring out this book, especially Philomena Vincent, Sugandhi Baliga, Snigdha Patnaik, Aruna Anand, Anita Borkar, Joy Srinivasan , Madhu Shukla and Priya Venkatesh.

I also wish to acknowledge the silent and strong support of Suzanne Stevens - Director Hope Springs Institute, Ohio, U.S.A. who kept gently nudging me towards publishing this book.

All these women's offerings and support has been a precious gift to bring this book out into the world. Without their love, acceptance, hard work and emotional and financial support, I cannot imagine this book to be published. *I remain a scribe and this book in its final form is truly a collaborative creation of all these amazing and wonderful women.*

My grateful thanks to Chandra Mouli, and his team at W.Q Judge press for patient and meticulous work and their professional support.

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Moon Cycle 1

(Channelled from Full Moon day of 26 November - Full Moon day December 20, 2002)

“You find your own path to walk on. It will be the most difficult task in this life...”

‘I am giving this teaching to you to give to all women who need to find me in their current life. I have been in hiding for ten centuries. It is now or never for finding me - your lover, your teacher in waiting. Listen to me carefully. What I am saying is hard to understand’.

The teacher within you is the most wise, compassionate and loving and knows the path for what you have come for. She is the supreme soul of the cosmos, residing in each manifestation of forms in the planets. She is the centre of all births and deaths. She is hiding from you and resides at the *perineum*¹. Over ages, she is oppressed and suppressed to take residence at the base of perineum. This teacher is the haunted and hunted and the world is terrified of her. She lives in fear but wants respect and dignity. The teacher has been often considered for millions of years as witch, mad, de-harmonising and worthy of death. She is traumatised and terrorised and lives in complete hiding from trauma. *She is your beloved, hidden there for centuries, to be released in this generation. She is not easily approachable and resides in energetic, dormant form. If you do a surgery you cannot see her. You cannot feel her with your hands. You have to believe she is there and she will be there for you.*

Who is she? She is the most loving and benevolent. She is your brilliance, talents, potentials, light, totem, grace and healer. But she is also the other filthy side of you and hence is passionate and wild. All humans, though loving, become crazy and unmanageable when they reside in their unconscious darkness most of the time. Same principle applies to her, she has lived in the unconscious darkness for a long time. But she is the brilliance of all brilliances, light of all lights, love of all love and benevolence of all benevolence and then she was pushed to live in the dark and hence became *crazy*.

¹ The diamond shaped fleshy area between the anus and the vulva (the labial opening to the vagina) in the female and anus and the scrotum in the male.

In hiding she becomes your destroying fire, the sweet seducer, the humble servant and the holy fire-the eternal fire in *Kashi*², the holy fire of *Noterdam*³ and the fire of *Agni*⁴ and *Surya* (Sun)⁵. She rages to destroy us all, when we are off our path. She is also the sweet cinder, which makes everything to nothing. She is the living coma inside all of us. We have lost her memory and are searching for what we do not know. She is waiting just to be in service for our devotion. Look at *Shiva*⁶ appearing the craziest in one of his forms as a beggar. Look at *Kali*⁷ in her fierce warrior form. Their principles reside as 'crazy' teacher inside you and you lock them in the prison 'cell' as you grow more disturbing of those parts of you. Then the teacher inside you becomes more and more chaotic. This *crazy teacher*⁸ is always ready to teach but the disciple is full of prejudices. One needs to break the prejudices about this teacher.

1.1 Introduction to the teaching

1.1.1 Moon Mother and your moon body

Women's bodies embody the Moon Mother fully connected through the twenty eight day uterine menstrual cycle to her twenty eight days of waxing and waning from one full moon to another full moon. Moon is the centre of your universe and the sun is the centre of the other universe.

² City situated on the left (west) bank of the River Ganga in the Indian state of Uttar Pradesh, regarded as holy by Hindus, Buddhists, Jains, and others. It is one of the oldest continually inhabited cities in the world. The city has been a cultural and religious centre in northern India for several thousand years. It is also one of the most sacred cities in the world today. Kashi, is known as City of Light, where the eternal light of Shiva intersects the earth. There is a central fire called the 'eternal fire' maintained by a particular community called 'Doms' with which all the bodies are cremated on the bank of Ganga.

³ Our efforts to find out about the holy fire of Noterdam have not met with success. If any reader has any knowledge of such a holy fire kindly inform so that we can incorporate it in the next reprint

⁴ Sanskrit word for fire-one of the five basic elements. Encompasses all fires, from the densest-the power of digestion to the most subtle - the essence of cosmic fire.

⁵ Surya- a Sanskrit term that refers to the Sun- God of the Supreme Light in Hindu Mythology

⁶ In southern shivite myth in Hinduism, Shiva is described as the handsome wandering crazy beggar who is also the cosmic dancer symbolising creations and destructions.

⁷ Hindu mother goddess "(Kali means both "black" and "time") is a fierce representation of the feminine principle. She is a fierce warrior symbolising creative destruction to bring balance. She destroys all the old ways to make room for new ones. Kali is not subtle in her approach to life or death. She cuts through the illusions of both to bring us to a higher understanding of ourselves and our true nature and purpose.

⁸ 'Crazy' teacher is our potency - the brilliance, talents, intuition, knowing, connection to the Great Mother and cosmic universe to receive all knowing and all of it, which is oppressed over many centuries in women and pushed to remain trapped in the perineum as a mere shadow with a life of its own.

Women's bodies are ready for alignment with the moon within and the sun outside. You need both the centres to live life as humans. They are like *Purusha and Prakriti* ⁹. Unless their union takes place there is no creation of any form inside and outside.

The teacher is none other than the Moon Mother in your heart and in your body. She knows how to take care of you not only in this life but in all lives. With her, your body becomes of golden hue. It is easy to connect to her by connecting to the physical moon outside. She hears you unheard, she sees you unseen even when you stay mute, dumb and blind to her. She is the wise Moon Mother inside you. The Moon Mother rules over women's work. Moon mother is unrelenting, uncompromising, tenacious, demanding and testing your trust in her, like a touchstone all through your life. In women she lives microcosmically as potent energies of the cosmos.

1.1.2 What this teacher seeks from you?

Your task in this life is to befriend the teacher inside you, channel her, release her from her confinement and move her as the supreme light in your heart in this lifetime. She knows when the time is right to present opportunities to do her work. The practice of seeking her each day brings her nearer to you. It is not through intelligence that you shall reach her – in fact, intelligence has no place, in your connecting to her. Her service needs letting go of commerce, power of intelligence and outside resources.

She is not easy and she is tenacious and demanding. You have come to do this work in this life with her and that needs your trust. Trusting her is the most difficult task in finding your path. This teacher's compassion is not worldly. You may feel unloved by her while she is in love with you deeply. Mirrors given to you by civilisations do not call that as 'nurturing' but more as 'troubling'. We are comatose to believe all nurturing is pleasure giving. When you trust her, one by one these notions get shattered, losing their meaning, dying their death about mothers, about yourself and about work in the world. She is an uncompromising tenacious taskmaster who loves you as no one in the cosmos does. Your comatose mind does not know it. All she is asking for, is your trust for her love.

⁹ According to the Samkhya School of thought and Yin and Yang symbolism of Taoism the Universe is born of the confluence of Purusha (masculine principle) and Prakriti (Creative Energy, feminine principle). Purusha is the un-manifest, pure consciousness, contrasted with Prakriti- the manifesting, primal nature from which the cosmos unfolds.

Trusting someone who seemingly ‘destroys’ your own construction of ‘you’ is a hard task on hand. As humans we look at her as *crazy*, and drive her away from our hearts to her confinement at the perineum. She lives in waiting for your trust, life after life. But this life is the time to take on her teaching by just willing for many ‘deaths’ of what you have constructed about yourself. You may not see the benefits of all these in this lifetime but you must do this work for which you have taken this birth.

1.1.3 Your task in this life

You need to speak what you consider as ‘the unspeakable’ to yourself first to break her out of her ‘cell’ where she is trapped and invite her to take the throne in your heart. Then the work begins to find the purpose and the path you have come for. She then becomes the teacher who does not follow the path of any known teacher. She has her own path of destruction and creation and births and deaths. To listen to this teacher, first ‘you’ (the present construction of ‘you’ inside you) have to die and the whole new ‘you’ need to be reborn—all this, while you are living in this world as a human. When you trust her, you have no fear of letting go of what ‘you’ is. You are then ready to set free your constructs of ‘you’. Slowly and effervescently one by one your fears evaporate, leaving you pure and ready as gold purified by fire.

Dear women, now is the time. Sitting with her each day, just you and her, slowly transforms your cellular structure. Here we are talking of fundamental change in your body at the cellular level. The change here is gradual and steadfast preparing for future generations of women. This change happens when your life is lived in purpose for which you need the light of Moon Mother.

1.1.4 Shattering of the mirrors

While I present an almost impossible relationship with her, at the root of it all she is very simple. She is the most benevolent force in the cosmos. Waking her up inside you, calls for openness to change and trusting her benevolence. It calls for willingness and openness to live without any mirrors for sometime. What is called for is your willingness to let go of the mirrors of judgments, prejudices, and attitudes, and false myths. The mirrors that tell you to be nobody and wield your power from the dark side of you rather than upfront, need to be shattered to unrecoverable tiny pieces so that you can never hold on to any piece of it.

Don't you see all around you, women with shattered mirrors living in utter confusion? This is the beginning. Symbols given by each culture to women are no more valid. In desperation, you wish almost to return to the old mirrors, which are no more there within. Self-doubt is the core that repels the Moon Mother inside you. This self-doubt informs you that you are actually not worth a penny by yourself. She cannot be seen when you are covered with clouds of self-doubt, fears of all kinds and unworthiness living in each cell. She wants and waits for the emptying of all these. When you empty yourself and trust in her benevolence, she appears in your horizon. Remember nothing in this planet comes easy.

1.1.5 The comatose life

The comatose life women lead in this earth lets her forget who she is, what did she come for, what is her truth and brilliance, what is her connection to Moon Mother in her moon body? It is a living coma that is accepted by her and the world around as the normal state of 'happy' life. This coma needs attention otherwise there will only be the cycle of death in everything to be born again. The coma is mostly induced and infused into woman's body and mind, so that she is kept in a particular state of beliefs, following and understanding. The mirrors of the culture, however, tell her that she is not in coma and living a 'whole' life. Paradoxically, this message gets stronger and stronger as she goes deeper and deeper into coma.

The nature of split in a human woman's life that feeds on the coma of both mind and body needs awakening. Let us talk about the split which keeps the Moon Mother in confinement in 'cell'. We are not talking here about the split as a general ordinary state of existence in humans but particularly in human women. This split is not imaginary. It is very real and true. The split is that of the body that 'knows' and the body that 'does not know' within the woman's body. The split within the mind is between the part that does not see, hear and understand and the part of the mind that sees, hears, and understands within and outside the body. This is called half comatose body. All of us know that the body is in the finite (limited) realm and there is an infinite (unlimited) knowing and understanding that the body and mind cannot comprehend.

In coma there is no way one can take accountability for one's life. A comatose woman has to be tended, treated, and looked after by someone

else all through her state of coma. When she wakes up the first shock that throws her out of gear into confusion is the truth that she has to take responsibility for herself when she realises that to depend on others for being taken care of, is totally unnatural. Taking accountability for her would mean taking charge of healing the split inside and releasing the Moon Mother from her prison 'cell' and bringing her to the heart. Nobody has told her how to do this work and nobody knows how exactly this work goes on inside of each woman's body. She looks around in terror and confusion as she comes out of coma. What she knows, she does not know. What she understands, she does not comprehend. She who hears the unhear-able inside, does not acknowledge it.

She looks around as she wakes up from coma to find the world around her is ready to take charge of her life if she goes back to her comatose life. She is in utter confusion of whether to be -in coma or out of coma? She needs a tiny little hand to hold her so that she can make her decision and be 'earthed' in a different way and come alive as a human being. That hand can only belong to a woman who is well ahead in working with this stage of confusion. Then an electric pulse passes through her just awakened body and mind. The charge that passes through her body tells her *'you can after all trust yourself. You don't need to be looked after like a flower in the garden. You have all that in you to 'look after' yourself and your relationship with the Moon Mother'*. Soon, you jump into another split - to be in relationship with the *crazy* teacher within or go back to coma. A community of women doing their work of waking up and facing the confusions give the needed trust and the support to lean on, when weary.

Between the split of half comatose and half alive body is the trapped form of the teacher. We keep the split on to survive and seek pleasure and also continuously destroy ourselves. We remain in comatose body and mind, so that the teacher can be kept away. Fears of all kinds in each cell of the body keep the inner teacher in permanent prison - fear of knowing who you are, fear of knowing your path and the demands on you, fear of discipline and self care, fear at the basis of all your actions, above all fear of losing who you are in your comatose body. Fear emanates from the idea

that coma is bliss and you need not take accountability for who you are really. You seek actions that keep you comatose, so that you don't have to see your path and pretend that you are blind. You can then go anywhere, except walking your path. Even the microcosmic transformations in human woman's life was so terrifying to this world, that civilizations have succeeded in pushing this teacher inside down to her confinement awaiting release in each woman's body. To break out of coma is to release her to gain our brilliance back.

The tragedy of our human lives starts here. The tragedy is about keeping the soul away from the path and purpose by killing the teacher who is the only one who can show us the path. But, she can never be killed. Civilization after civilization has attempted to kill her and she is getting stronger and stronger. The truth is she is trapped and she is ever living, most tenacious, and ever present. Now is the time for her to be released out of her prison and the resurgence is near. It demands devotion beyond imagination to be in her work. She is waiting to be born in you.

1.1.6 Her clarion call

Through rigorous body work, which calls for discipline, you train the cells to receive the omnipotence of the Moon mother. The work in the world of commerce or work in the household is not what we are talking about. Our lives are like a show of puppetry in the theatre of life, the artist being civilization itself – our society, and our culture. The dos and don'ts given in life make the mind and body become comatose and acts like puppets on a string. We are never made into lifeless flat forms as puppets on a string in the hands of the *aham*¹⁰ the master of the show. The divine sparks of the mother will never leave us in any point of time. The spark calls on to the forgotten cells constantly, giving the clarion call to wake up and find the path that we have chosen but forgotten.

The Moon Mother is forever waiting to be called in deep tender love to rise and take birth. This is an arduous journey of life for women to take.

¹⁰ "Ahankara is a Sanskrit term that is related to the ego and egoism - that is, the identification or attachment of one's ego. The term "aham-kara" comes from Vedic philosophy, where "aham" refers to the concept of the Self, and "kara" refers to the concept of "any created thing"

Women's bodies and minds are the most oppressed and yet await a chance to come alive. She gives her clarion call wanting you to listen to her during the times you wish to quit living in this planet, you wish you never were, you wish you can march on a war path for justice and during the urge to survive as a human form with will, the urge to do something about your emptiness, the urge to stop being dust and the urge to wake up.

1.1.7 Co-pilgrims in the journey

This journey is a very tenacious pilgrimage to return to oneself. The pilgrimage to heal the split, find the Moon Mother, building a bond with her and taking charge of oneself cannot be done alone. It needs co-pilgrims who look out for each other, offer you tiny fingers when faltering and falling, attend to bruises outside, attend to the acute aches of 'out of coma numbness' in each cell of the body. Co-pilgrims tell you and give you hope 'we can together face it'. We can wake up to the birth of who we are and can hold on to each other when the terror strikes us to put us back into coma. There can be one co-pilgrim, may be two, may be three and may be numerous but you do need the co-pilgrim when healing the split and journeying to the Moon mother part of you.

The Moon mother part of each woman goes less and less rash, as you travel with co-pilgrims. She becomes most trusting to break out of her confinement and is able to transform the cellular structure of women living on this planet. She hears your yearning and calling that she has been waiting for, since many births. She is the least dramatic, while she is the most benevolent and has supreme love. Paradoxically, our bodies have not known much true love and therefore it could be traumatizing to receive her love. True love is like an uncut pure gem with no polish, no glamour but just the presence that is healing, majestic and loving. When you are ready for the change, she appears. Once she arrives on the scene, the magic starts happening telling you about your *light power*¹¹.

¹¹ Power that is potent, transformative, benevolent to all concerned and serves the 'good of the whole'

1.2 Our inner teacher and releasing her from her 'Cell'

1.2.1 Releasing Moon Mother from the her 'cell'

Why should you release her? Why don't you just let her be? Why not simply go on with what is happening in women's lives? You need to do this because you are meandering all over except on your path. You thirst for your path and your soul cries in emptiness with no *dharshan*¹² of the path and the fire of emptiness consumes cell by cell. You need to find her to find your path, purpose, and your work in this century as women.

The physical body and the *aham* want to live the life the society and culture wants. The energetic body cries for attunement to live the life it has come for. The *aham* is so strong in the laws of culture, the energetic body suffers when it is denied its life and purpose. As culture and society shapes the *aham*, she recedes from the top of the head – the *fontanel*¹³ to a microcosmic principle into her 'cell' at your perineum, slowly receding from all the cells. The life lived in purpose brings her back to cells of the woman's body - her birth.

The young ones carry the responsibility of releasing her out of the prison. She demands true devotion, practice, love and good boundaries for her mysticism. She never wants to be showed or sold or marketed. Her energies reside in the *fifth plane*¹⁴ of existence in the cosmos. Your devotion and practice has to reach up to the fifth plane to slowly descend to release her from the prison in your body. It is a slow and steady process because that is where she is trapped – underneath, deep down. She is waiting to burst open by tenderness and supreme love that does not judge. She is waiting for elimination of terror-tainted mirrors given to women to judge themselves through many civilisations. The work is exhausting and must go

¹² Sensory perception of the sacred; to see and be seen by the living Divine force. The importance of darshan resides in the fact that the sight of the enlightening vision communicates the realization of the Divine directly, bypassing conscious thought.

¹³ Soft spot on top of the head in new born human babies which becomes harder as the infant grows to a full year; diamond or kite shaped and is known as the anterior fontanel.

¹⁴ Indicates levels of consciousness in cosmos- in the words of Madam H. P. Blavatsky's Cosmology - planes within planes "Believing in seven planes of Kosmic being and states of Consciousness, with regard to the Universe or the Macrocosm, we stop at the fourth plane, finding it impossible to go with any degree of certainty beyond".

on to release her and to make the world's terror infinitesimally less and less. You will not see the results in this lifetime but the work must go on.

1.2.2 The bonding and the magic

The truth is magic happens when you do nothing. To tighten and strengthen the bond between you and the Moon, she lets you know she is there for you through her magic. Magic is never dramatic, no fanfare, no flamboyance and only you know it and smile within saying - '*I trust you!*' She wants this vow to be tested again and again as the tenacious truth of your relationship with her. When you get weary, she wants you to take care of her by taking care of you. She teaches you the difference between the weariness of hard work and weariness of oppression. She gives the first mirror of 'taking care of you' while working hard. Paradoxically, hard work and taking care exist side by side. This 'taking care' is not through possessions but through dispossession. Paradox again? Yes. She wants you to take care of the needs of your body and mind with urgency. The need here is about basic sustaining elements - similar to basic needs in life like food, water, air, shelter, rest, sleep, etc. The 'care' is not about your wants and desires. This is one way your power is pushed down under, so that you never know what you need, not anymore.

1.2.3 The confluence of light altering the cellular structure

Trusting the most unusual teacher can only come through non-judgmental devotion. Once you take on this task that is full of perils and difficulties, you become the 'light power' inside and to those who are doing this work around you. Light attracts light and light merges with light. In the confluence of light, her '*cell*' where she is trapped inside you, gets dissolved. The brilliance comes into all the cells of your body, around your body and above your body. The confluence of light becomes the guiding post for all those women hesitating to enter this work but desiring it. Over time with their joining in, the confluence gets stronger, the bond between you, all others and the Moon Mother grows stronger. The light then slowly alters your cellular structure for the next generation to come. The next generation do not have to do this work but must do a work of a different kind- living in their brilliance, facing the light power head on and living it in the service of whole.

1.2.4 Pregnancy of new cellular structure

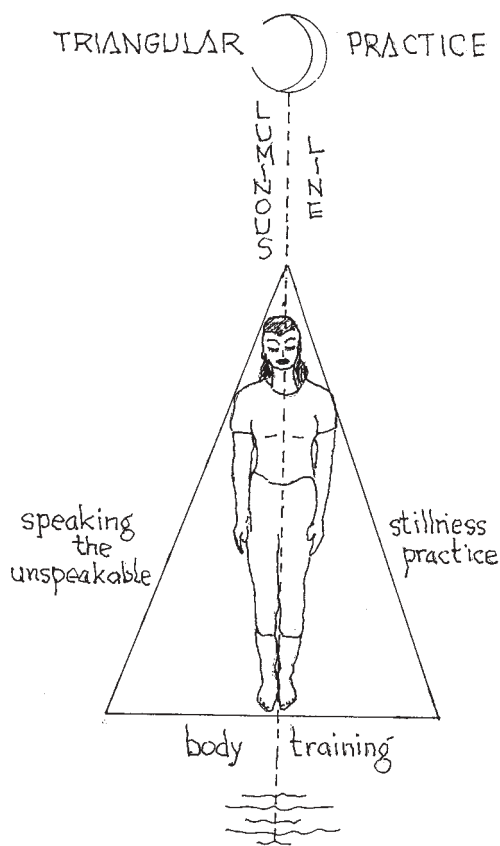
Altering cellular structure at a slow pace calls for rigorous practice and discipline. Then, the comatose mind slowly comes alive and starts seeing, hearing and acknowledging gifts not recognized so far and begins to understand the true essence of love. Imagine if all the women are awake to their Moon Mother, what their energies can do to transform this planet, which is going crazier each minute. Only she holds the answer to this craziness, since she knows how to remain both in this craziness and brilliance of light.

But I wish to tell you again, the fruits of all these you will never see in this lifetime. It is only the conception time for release from her 'cell' where she is confined in each one of you. You cannot ask for the baby when it is time for pregnancy. A pregnancy of new cellular structure is to be born in women. Your practice, discipline, devotion and trust in your Moon Mother will nourish this pregnancy so that what is born will be stronger, tenacious and brilliant with her compassion and love. It is an invisible movement for the good of the whole, to save this planet from crazy destruction. It is the work of utmost compassion that you are called to do. It is your responsibility to do this work of healing the split in half comatose body of yours to help other women do this, standing in solidarity. This is the first phase of the long journey of birth. Remember pregnancy is long and therefore birth also takes a long time.

The fundamental starting point of this work is compassion and love for you as a woman. Compassion is non-judging and takes utmost care of your body and the comatose mind. Compassion starts with you in this work to move to others. This is not an easy task. When your body and mind are not attended to, it feeds the split of the comatose body and mind. Your present cellular structure does not favour it and wants you to go against it. Then how to make it possible in this lifetime? The key is in gradual training of your body first and then the mind follows. The cells of your body have their own wisdom and they can bring about change. Mind can only follow the cells.

1.3 Equilateral Triangular Practice

Stillness practice, training of the body- body work and dialogue of 'speaking the unspeakable' within and/or in the female circle, keeping the alignment to Cosmic mother above and Earth Mother below through the luminous line¹⁵ is the equilateral triangular practice. This provides the invitation and opening to the presence of Moon Mother inside you.



There is no fixed time frame for this work of finding the Moon Mother and enthroning her in your heart. Some women may take days, some may take months, for some it may be years and some may take all life stages and some may take one or many births. We are not talking and discussing about any end point here. It is only what is and not what will be.

It does not matter which part of the equilateral triangle you start - the body training, stillness practice, or speaking the unspeakable within and outside in a female context. Depending on your life stage and the passion to find your path, you will start anywhere automatically. Once the search for a path and to deal with emptiness begins, one of these

practices begins. This will be applicable universally to all women who are seeking their purpose and path. This is where she becomes conscious of Moon Mother trapped in the 'cell'. She knows something within her needs

¹⁵ Connecting line of light from the perineum aligning upwards along the spinal chord moving through top of the head to the Moon mother and extending between the legs down to ground in the energy of the earth mother. Taoism informs that it is the main link through the legs and feet with the universal Earth Ch'i or yin energy and also connects with the central channel that runs along the centre of the body through the top of the head connecting to the Heaven chi energy (Universal Yang)

to be released, she knows something inside her is caught between truth and untruth.

It is impossible all the three parts of triangle start all at once. When the devotion to find the truth of 'who you are' gets stronger and deeper, one practice leads to another through synchronicities. *All of these are in search of the mission to find out 'who I am' and 'what do I want'*. The most difficult *sadhana*¹⁶ is to come to speaking the unspeakable within and in a female collective as the terror gets unleashed in this practice. Be assured, the moment you start anyone of the part of the triangle, you are under an umbrella of love and warmth and a particular energy is tuning through your central line connecting to cosmic Moon Mother. Things begin to happen with little efforts in the direction of *sadhana*- the foundation work of trust, devotion and seeking the Moon Mother within you.

1.3.1 What is practice?

Practice here means *sadhana* – a conscious, disciplined and devoted action in time and space. The cosmic Moon Mother watches and guides all those who begin *sadhana* feebly and those who are grounded strongly in triangular practice. Releasing the Moon Mother from her confinement and inviting her to be seated in the heart is the first mission. Anyone can go on to all the elements or one or two elements of triangular practice but may not be tuned to Moon Mother. You are then doing a different kind of work in this life and not that of attuning yourself to cosmic womb of Moon Mother for altering the cellular structure and their transmutation to heal and save the planet while living your purpose and mission.

Be assured, when you are in *sadhana* with her, you will be guided. Sometimes you may know and acknowledge but sometimes you may not because your intellect and logic has taken over your activities and knowing. When you stay in your belly, you will know the guidance. All your work is to just listen to it but this is not simple. It takes a strong devotion and deeper belief that Moon Mother is inside me and she will guide me with force, simply, or just by her sheer love. You need to trust

¹⁶ A consistent spiritual practice with devotion and self-discipline; cultivates vitality and steadiness in the face of change; allows us to know the unknown and face the present moment with stability. 'Sadhana is a dance between mind body and soul and the universe'.

her. You may fail many times in this testing but that does not matter. *It is a particular form of training your body cells, mind and the tuning to receive the listening - a knowing without 'doing' anything.*

Also be assured that your *sadhana* has relevance to your work in the world- whatever part of the work you are in. They are not two separate worlds apart and your *sadhana* takes you to your worldly work. In *sadhana* there is nothing called end or completion but there is always a new beginning.

1.4. Triangular Practice: Stillness Practice

1.4.1 Why is stillness and Alignment of body so important in woman's lives each day?

Moon Mother comes into women's bodies when aligned at the perineum and the centre above your head in space in emptiness accompanied by burning passion for her with utmost devotion.



When aligned, her prison temporarily dissolves and she comes into cells of the body. It does not matter which woman's body. *What matters is an unquenchable thirst and undeterred devotion to her. Once she escapes from her confinement and comes in to the woman's body, she is your body wisdom. She knows what is happening now, what happened before and what is going to happen.* In humans, she has the power to transform, as all lives seek divine love that is steadfast, supreme, nourishing, healing but never compromising and not pleasure giving.

In all babies, she is dominant as they are born. The body of the mother holds her in her womb and she holds us in her cosmic womb. She is the one who is omnipotent, omnipresent, and omniscient and gets trapped as a *crazy* teacher as we move on to our physical development. Rarely, in some she is alive but mostly lives in trapped form waiting to be tuned to her omnipotence.

The alignment of body is in the realm of mysticism. What is alignment? Is it standing straight? We are here talking of an alignment that is both physical and tuning to the energies of Moon Mother above you and inside you. Your physical alignment alone will not guarantee channelling your energies to find and work with Moon Mother. Physical alignment with stillness in the mind and heart slowly opens your heart to receive her.

Why is stillness so important in women's lives each day? Activities like yoga, physical training, walking and so on circulate the blood and remove the toxins. This is one important step in physical alignment but not an end in itself. It is only a beginning. Stillness that comes along with this is of different nature. The stillness that we are talking about is like '*Manasarovar*'¹⁷ - the crystal clear waters of the lake where you can see reflection of the whole universe.

Moon Mother waits for this stillness to wake up in you from her trapped '*cell*' and she feels less terrorized to wake up. She sees you yearning for her and capable of waking her up. She waits for your stillness

¹⁷ Manasarovar Lake lies at 4,556 m (14947.5 ft) above mean sea level in Tibet autonomous region of China. It is one of the highest fresh-water lakes in the world. It is considered most sacred by Hindus, Buddhists and others. As per Hindu theology, Lake Manasarovar is the abode of purity.

to be a practice and a discipline in your ordinary lives. She tests you whether you are completely devoted to waking her up. You may be conscious or unconscious about her, it does not matter, and it is the undercurrents of your stillness that matters. She understands you slowly and judges the right time to wake up in you. Once she wakes up what happens to you, you know now. You can observe and handle everything that comes up with your stillness. You can observe the mind when it is like a wild horse or still waters or just like a lotus blossoming or when dense and frightening thought forms and fears are purging out. All thought forms that take place during stillness are benevolent. There is no good stillness and no bad stillness. Stillness 'is' and is your truth.

1.4.2 Time and boundary protection for stillness practice

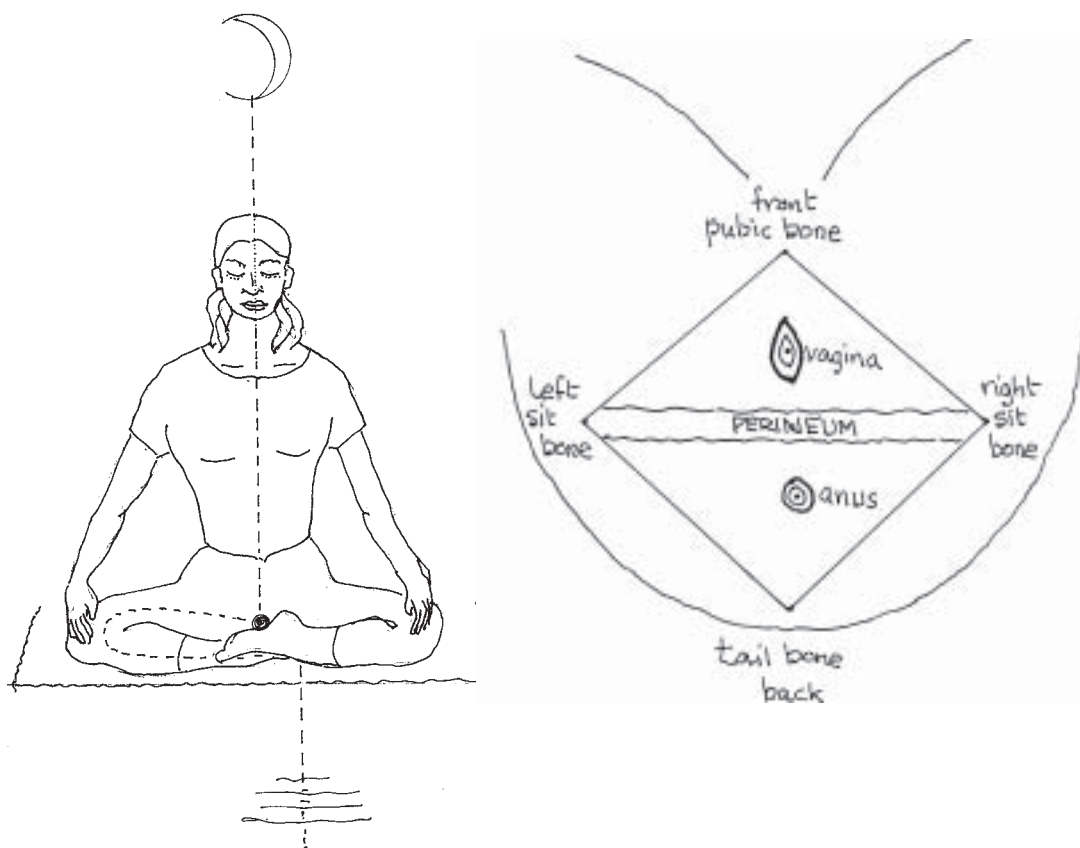
Stillness practice is one of the many practices you need to undertake to find your Moon Mother to light up the path and purpose you have come for. As you hear me talking about stillness, thoughts are rushing up- how do you get to stillness? What is the position? Where stillness can even begin? What do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

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. This part of the day aids you to be in stillness. Many women may find it a difficult time because of various reasons. The roles some women have taken do not allow peaceful time in dawn or dusk and therefore choose any time that suits you to go into stillness.

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 any thing. Keep it before you or near you or connect to their energy if they are far away. You need an ambience for stillness. It is about inner ambience that gets supported by this sacred object. 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. Let them be your guard and guide while you are in stillness. Ask this '*sacred object being*' for a good boundary protection while you are in stillness. Trust and do not have an iota of doubt whether the object can do this or not. Trust here is most important.

1.4.3 Stillness, Body triangles and the central luminous line

Think of your body as a *geometrical form*¹⁸ made up of many triangles. Imagine a *central luminous line* like that of the luminosity of mercury running from the centre above your head to the perineum extending to the point between two feet on the ground. Your luminous line is your connection to Earth Mother and Cosmic mother – mother of all creations in the universe. It is connecting you to Mother earth below between your feet and to the cosmic mother through the fontanel to the space above your head. Remember you are not just your physical body and you are much more and you occupy much larger territory.



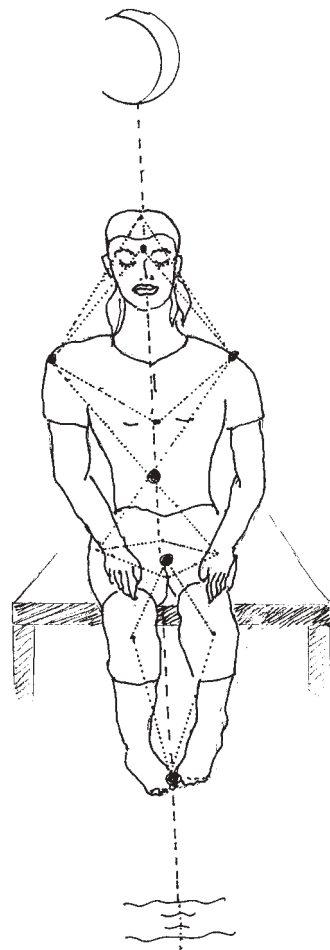
¹⁸ It could be multi-dimensional triangles like pyramids and tetrahedrons consisting of equilateral triangles. For example imagine a pyramid with four points as the two sit bones, pubic bone and tail bone with the centre in the perineum connecting to navel or neck; and sternum in front and the parallel vertebrae at the back and two shoulder bones connecting to the top of the head-fontanel. Use your imagination to form this body geometry of equilateral triangles connected to each other.

For stillness practice, you can take any position that allows the flow within this central luminous line. The internal female geometry of the body holds the *elements*¹⁹ 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 its human form. When any one of these elements is out of balance, we call ourselves having a 'disease'.

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 in whatever position the legs and the parts below the sit bones are.

In stillness, observe this line from space above your head 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 to your thoughts, you will be carried far away from your Moon Mother. Through tuning discipline and practice, the cosmos will also begin to keep you in stillness. You don't have to 'do' anything but just be present fully with your whole self- both the dark and the light parts of you. Stillness practice each day helps you to meet these forms that are arising each minute.

In stillness your breath connects to the cosmos and world around you and goes deeper and deeper to Moon mother's trapped 'cell' and higher and higher to the fifth plane of cosmos where she resides. Therefore, the



¹⁹ The elements are normally considered as five basic ones — prithivi (earth), apas (water), vayu (air), tejas or tajasa (fire), akasa (aether) They are also called the panchamahabhutas (the five great elements)

centring and aligning of your body described above is important. Through the luminous central line, you earth yourself for going unto the fifth plane in your stillness. Once you have aligned your body to this line to earth mother below and to cosmic mother above, just stay in the stillness inviting the Moon Mother to your heart by just watching your thoughts. Remember you don't have to do anything – straining, aspiring, controlling or any other thing except being alert to your perpendicular luminous line, watching your breadth and thoughts as they move on.

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 part of you.

Don't go in search of anything –visions, pictures, colours or the other things 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 be face to face with her dynamic awakening and release by getting in touch with confusion, dilemmas, hard struggles and the perils of standing up to who you are and what you believe in and the consequences of all this in the world. With the stillness practice discipline each day, she understands you and becomes less and less erratic, which means your belief is getting stronger. And you can be alone with yourself with ease. You don't despise any part of you and you begin to accept 'you'.

1.4.4 How to expand the energetic territory?

In the stillness practice imagine the central luminous line, which holds the radiant energy of Moon Mother and the earth, mothering your body. Your body will expand gradually to cover as much space as it imagines. You will see that the radiant light from the central luminous line expanding in all eight directions and above and below and you will be occupying more and more space through the emanating and ever spreading light. Each day, imagine the light is spreading more, reaching across skies, rivers, seas, planets and stars. You are such an important and

precious being in the world and you are connecting with other precious beings in the planet and cosmos.



It is an important practice to be conscious of the physical boundary of your body and the energetic un-boundedness of our life force in the cosmos at the same time. To hold both of them needs practice and consciousness of a different kind. There is no messing up here about the body boundary. No violations in the name of expanded boundary, which is energetic and not physical.

You are never alone and you belong to those communities of women doing similar work in this planet. The guiding and loving spirits are hovering all over this community of women. You do belong to the body you live in and it is the first and primary territory which belongs to you. Having that as anchor, you expand the energetic territory, to connect your practice with 'women in such practice' all over the globe. This practice minimizes the terror of traumas residing in each of your body cell since the millions of spirits can reach each woman and heal the split and traumas.

We are talking here about imaginary energetic boundary that connects and strengthens the work with similar women in the planet and opening the doors to millions of spirits wanting to guide and aid us in our paths. Being in the fifth plane of cosmos, the Moon Mother holds all the energetic

boundaries of the cosmos. When we expand our energetic boundaries we slowly connect to her in her abode and become unified with her. The Moon Mother's wisdom in our hearts opens up and guides us where we need to go and what we need to do and how it is to be done.

(Note: Stillness practice is taught in more detail and depth in the second Moon cycle)

1.5. Dialogue practice of 'speaking the unspeakable'

1.5.1 Stillness and dialogue practice of speaking the 'unspeakable'

Along with stillness what else must go on to release the Moon Mother from her cell and invite her to the throne of your heart? What is needed first is the courage to speak what is termed as 'unspeakable' to yourself first. A practice of internal dialogue that lets you speak your true fears, thoughts, needs, 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 present cellular structure) all through the 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. It is a hard task, but achievable with simplicity and passion of your heart and the intensity of your call to the Moon Mother to release her from her confinement within you.

When speaking the unspeakable in a female circle²⁰/collective, the yearning and the call gets stronger, the dialogue gets strengthened and courage gets deeper. In a female collective it becomes easier to recognise the

²⁰ Two or more women working collaboratively to gain consciousness and work on their developmental needs

arising of guilt, shame and other 'filth'. As I told you before, here in this work you need the support of one or two, or many women together doing the practice and gaining the courage to dialogue. These two are the foundations- stillness and dialogue practice of the unspeakable.

(Note: The concept of dialogue of 'speaking the unspeakable' is introduced In Moon cycle 1. It is discussed in depth in Moon cycle 2).

1.6. Training of the Body

1.6.1 Training of the body

The passion for rigour and practice to be in this work is a fundamental requirement. The rest is easy. *What does 'training of the body' mean? Our bodies have been distorted, misaligned, tortured and traumatised by civilisations. It is a lifetime work to bring your body in tune with Moon Mother. Every woman's life is so full of activities of body and mind it appears there is less or no time to do the bodywork. The simplest and steady bodywork is to walk whenever there is an opportunity; with your consciousness of internal female geometry of the triangles with the perpendicular luminous alignment connecting you above and to the earth below, be it at home, streets or regular walking activity. All through your walking, open your heart and draw out your chest. This does not come easily and this practice helps you to train the body to do it.*

Fortunately current times have the privilege of yoga in all corners of the world. Learning yoga and practicing each day is one of the ways to train the body. It is important to understand that yoga is slow and connects your mind and body and is not a mere physical activity. Yoga connects you to the cosmos - the *yug*²¹. Your alignment awareness through body triangles and mindful yoga trains the body and prepares it for the transformation of mind structure in each cell.

Each cell has a mind of its own and we are leveraging on this aspect in the journey to the Moon Mother. All performing arts like all kinds of dances that connect mind, body and emotions to the cosmos, music that brings

²¹ The word comes from the ancient Sanskrit root word *yug*, which means "to unify". A *yogi* is one who consciously unifies body, mind, emotions, and spirit so that they work together very well.

awareness- of the *nadha*²² and martial arts are suitable body training forms irrespective of your age. Any innovative body activity that is put together with the basic elements of all these forms that connect the mind and body in alignment to space above and the earth below is also a good form of body training. You cannot expect results immediately as we are talking here of the transformation of the mind structure in each cell of a women's body which is slow.

(Note: this is an introduction to 'speaking the unspeakable' and it is explained in more details in the second and third Moon Cycle)

1.7. Breath practice

1.7.1 Re-patterning the breath

*Breathing practice is the one that holds you lovingly, silently in your journey to Moon Mother. It becomes your 'Vahan'*²³ *for this journey. Imagine breathing as the wild tiger on which you are to ride. Naturally the wild tiger has to become your friend for you to ride. Unless and otherwise it is done, there is no way you can ride it. How to become a friend of this wild breathing energy? Become aware of your breath at all times. Where is it coming from- the lungs, pelvis, hands, the foot, neck, nose or head? Watch and observe where it is coming from now.*

Breathing is not just a mechanical function of the lungs. It is much more than you can imagine. It is a dear friend of your life force. If this friend is impoverished the life force is also impoverished. Your awareness and practice of breath must enrich your life force more intensely so that your journey to Moon Mother is coming out of strength and unimaginable energy for this work. When you watch your breath with awareness, first watch the nostrils, neck, and heart region and then the stomach and the pelvis. As you move on you find your whole body is breathing in rhythm. It takes time to go to this place. Watching the rhythmic yogic breath with love allows you to heal the diseased cells that carry the wounds and traumas of all births in women.

Nothing is easy. When you come to this sensation of your whole body breathing, you get to the cells of the body with your practice. Simple

²² Sounds that are the most basic vibrations in nature. They are pre-linguistic, before the language acquires meaning; Sanskrit word for sound straight from the heart; sound from deep within the soul.

²³ Sanskrit word meaning vehicle; more specifically it means 'a vehicle of consciousness'.

breathing exercises of *pranayama* ²⁴ before going into stillness practice makes the access to the cells of our body easier. These exercises of breathing are not about control, but that of removing blocks in your flexible luminous central line that is grounded in earth and reaches to the fifth level of the space. Blocks exist because of our body habits, postures we are used to, for our comfort.

Just merely watch the body habits of your parents and those you lived with as a child. They make an imprint on your brain, programming your body posture and habits in a particular way. *To get to your own alignment and tuning to Moon Mother, it is important to re-pattern the breathing at all times while you sit, stand, when agitated, while sleeping, playing, reading and while engaging in your regular activities. Over time, awareness of your breath becomes an integral part of you leading to being alert and watchful.* At the same time, because your brain through disciplined practice of awareness has reprogrammed, it becomes your natural rhythm. Your life force then gets stronger for the journey to Moon Mother. The restless , ‘tiger’ breathing becomes a friend, willing to carry you through your journey. Remember all this work is about awareness of breathing and not about control for any *siddhis*²⁵. *Breath work then becomes the running thread, a strong life force that holds the equilateral triangle of stillness, internal dialogue and bodywork practice.*

1.7.2 Breath: cleansing and unblocking energy within and around you

With breath work, the courage for standing up for who you are and to find and walk your path gets vitalised and intense. Then you emanate an energy and aura around you that lessens the distractions and deviations from within, family and the world around. The conflicts slowly recede in the family system with cleansing of unblocked energy between and those around you. The microcosmic transformation within you influences what happens around you. Especially your family leaves you alone to do your work and even willing to support you; sometimes thinking you are unique, sometimes thinking you are doing great work of the cosmos, sometimes

²⁴ “Pranayama is comprised of the Sanskrit words “Prana” meaning breath or life force, “yama” meaning discipline and “ayam” which mean expansion. Translations of the meaning of pranayama include “expansion of the life force through breath”.

²⁵ Super natural spiritual powers

thinking that you are precious in the hands of the divine and just standing by you. Here *aham* has no place. The moment you think 'I am special since I am doing this and all of you are unworthy', then you go back to zero to start all over again. It is only natural as humans to go through these waves and the learning becomes stronger through these experiences.

As the work described is getting layered and complex you may wonder whether you have to become an ascetic and renounce everything to do this work. It is not necessary. *We are talking here about the lives of ordinary women living their worldly lives, doing the work they have come to do in this lifetime. There is no attachment or detachment here. It is about devotion to find and walk one's path as a woman, living in this world. What is taught here applies to all women.*

1.8 Voice Work

1.8.1 Speaking the unspeakable to the world out loud

Next layer of work is about speaking the unspeakable to the world out loud. We are not here to upset 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 what we think is 'unspeakable'. This is what the heart has been desiring all the time but did not want to do or did not know how to do, in the world of relationships we live. *Sometimes the voice gets muffled in the throat, sometimes in the heart, belly, and vulva and sometimes stuffed into the bottoms, the hands, legs, neck or head. Every occasion it was stuffed, the cells get deformed, destroying and diseasing themselves, sometimes apparently and sometime silently. We see the 'stuffing' as natural, harmonious and virtuous, and sometimes feel it is the ideal action to do. It so far served the purpose of keeping the comatose body and mind intact.*

Once the triangular work starts, this is not valid anymore. What is valid then? A fearful voice inside us may ask. Fear is the instrument, that stuffs the voice and it has learnt to do so to guard from all the consequences of being a strong women. Whenever they had 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 came

out. Now how do we turn the table? Seems impossible, but is definitely possible. It is a dire necessary condition in the journey with the Moon Mother.

1.8.2 Consciousness of voice politics

Each time when the voice wants to come out loud, watch the pattern. Where is it rising? How it is 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. As you watch staying in the triangular practice you get the picture of your own patterns.

The muffled voice either destroys oneself or destroys the other, using the *shadow power*²⁶. Once you have identified the patterns of how you muffle your voice and get a handle on it, you can then laugh at it alone or together in women's circle. It makes it lot 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 the family, another in the neighbourhood, another pattern at the work place, another as the member of the cosmos and another in a trusting female circle. One pattern feeds on the other thus 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 itself. *What emerges is the consciousness of voice politics within you.*

You are never powerless even when you have muffled or distorted your voice. You are only using a power of a different kind, dictated and controlled by the cellular structure that is programmed through civilizations. By this, 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* the pure power- that can do magic, transform, heal,

²⁶ "The shadow is an unconscious complex defined as the repressed, suppressed or un-owned qualities of the conscious self. According to Analytical psychology there are both constructive and destructive aspects of a person's shadow. In its more destructive aspects the shadow can represent those things which people do not accept about themselves. Someone, for instance, who identifies as being kind, can have a shadow that is harsh or unkind. Conversely, a person who is brutal may have gentleness as a shadow quality. In its more constructive aspects, a person's shadow may represent hidden positive qualities. This has been referred to as the "gold in the shadow". Jung emphasized the importance of being aware of shadow material and incorporating it into conscious awareness in order to avoid projecting shadow qualities on others".

harmonise and deal with the shadow power of fears of all kinds. The programming of cells has conditioned us to kill the power of *nadha* either to kill oneself 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.

1.8.3 Breaking of old voice patterns

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 that it requires reprogramming the cellular structure. *Think of any syllable or a junction of primordial sounds that you intuitively pick up and repeat it inside silently. Imagine the sound waves are emanating at the perineum 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, anywhere in the world and at home, during stillness practice and body training. With this practice the chatter 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 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 be the size , it has not only cleansing but piercing energy, to impact the un-awakened parts of the female circle.

1.8.4 The power of the voice

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 power says without physically saying it in such a way that others around hear it clear and loud and stop in their tracks. It heals the split in a woman's life, where lies the root and foundation of *misogyny*²⁷.

You will surely experience the voice power of every individual woman and their collectives with the release of Moon Mother from her confinement. 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 in a small way. 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, where you begin to see drama scenes changing their course.

While reading these passages, some women can comprehend it as she knows it is beginning to happen in her life. 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.

1.8.5 Silent voice 'in the service of the whole'

When a thought form appears on the mind screen and the body desires to speak it, it forms sound energy 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.

The silent voice that is heard within you and made known to others without actual speaking is the blossoming of light power in the service of the Moon Mother. *Voice as a use of 'light power' (the power that serves the good of the whole) has the sound energy of transformation of a different kind. Within, the sound energy helps to alter cellular structures, the mind in each and every cell, releasing the Moon Mother from her trapped 'cell'. Voice*

²⁷ Misogyny comes from Greek- *misogunia*; from *misos*-, "hatred" and *gynē* "woman". Unreasonable fear, hatred or contempt or/and antagonism of all that is considered 'feminine'; this takes on palpable forms in society through individual and social expressions resulting in oppression and suppression of women and girls. This in turn gets internalised by both women and men as a part of socialisation process.

as a use of light power also transforms the three-dimensional space around each woman. It has different vibrations and different altering potential 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 without words²⁸.

Most often you notice when you say out aloud with a distorted voice, it is no more relevant. Many times even when you do not speak it aloud, others in the family and the world hear you. Sometimes you actually speak a few words that are powerful and transforming and others hearing it get influenced with the power of this 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 from the consequences that you have regressed in the use of voice power.

Voice is about power that heals and transforms and that can be 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*²⁹ and *Khaleeda*³⁰. 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.

Voice power arises in the triangular practices and *nadha* training. Many forces within and outside are oppressing the real voice of truth to ourselves. 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*³¹ of the

²⁸Passively aggressive and yet silent

²⁹ A famous woman saint of India and a sixteenth century poet, singer and mystic. She was a princess of the Rathod clan and belonged to the Medath of Rajasthan, in India. Mira as a symbol of a woman, who showed the right to choose her own path, forsake a life of luxury and traditions, and in nonviolent resistance to find her liberation.

³⁰ Our search to find out who Kaleeda was did not meet with success. Any reader who have any knowledge of her may please send in your information

³¹ The *Ganga*, is one of the major rivers of the India, flowing east through the Gangetic Plain of northern India into Bangladesh. It has long been considered a holy river by Hindus and worshiped as the goddess *Ganga*. Water from the Ganga has the recursive property that any water mixed with even the minute quantity of Ganga water becomes Ganga water, and inherits its healing and other holy properties. Also, despite its many impurities, Ganga water does not rot or stink if stored for several days.

planet running across through the hearts and paths of women – unrelenting, mighty, and majestic and accepting the filth of all kinds that needs to be swept away and purified.

1.8.6 Use of voice power for peace, justice, love and harmony

Voice here is not about familiar forms we know of violence, belligerence, seething fire, tool of terror, and many others. *Voice in this discussion is not just a physical sound. Use of voice is the 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 or do 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 Moon Mother in your heart, what you speak is the truth of the moment and has the cascading energy of waves that reach whomever it is intended to reach across distances long and short. Voice power is a potent tool in the hands of women walking their path for peace, justice, love and harmony.

All revolutions bring about transformations 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 at their hearts, to transform the un-discussable, rigid, chaotic minds of the present leaders who take the globe towards destruction minute by minute-right from 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 way of the human woman's life and ultimately the way the globe manages itself. As I mentioned before, it is a powerful under the ground movement that sure knows the road of politics of misogyny.

All this 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 experiences of 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 filth and the transformation of the unalterable.

1.9 Light power

1.9.1 The politics of power

Women have been informed civilisation after civilisation that they are not worthy and have no power. Look at today's statistics for the number of women who wield their power directly out in the world. Isn't it a depressing picture? In primordial times, the power of the women was out there in the open, in the service of the whole. Then fragmentation started systematically and over years, women have come to the present deplorable state. The world is afraid of most powerful women and actually the power of her Moon Mother. Whatever is pushed down must rise up one day. The time has come now. Moon Mother comes into waking as you fall in love with the power in you.

The challenge that comes up in waking is a lifetime work of dealing with the politics of Moon mother's light power and dark power. The politics calls you out to make a decision to be in the dark part of you or light part of you. Moon Mother can go into her darkest form as she lives in her confinement in your body, which is the abuse of your light power. At the same time, light power is not easy to handle and more often you do not even know it exists.

The politics is made simplistic in the following example for you to get a picture of it, though it is not so simple. It is like a slippery oily floor-slimy part of you as against the growl of a tiger- the growling part of you. (Metaphorical descriptions of dark power and light power) The slimy part of you can act as if you don't have the power for destruction while the tiger's growl is about standing powerful, letting know what is happening and what I need for others and myself. Tiger power challenges you to ride her to find the Moon Mother in you. Riding the tiger calls for trust and acceptance of possible 'death' of your construction of 'you'. One step to the challenge is the distinction between the form and nature of tiger and the knowing that 'tiger' is you yourself. The light power enables you to walk the path to find the Moon Mother inside.

1.9.2 Other forms of light power

What are the other forms of light power that women in their comatose body and mind have not become aware of? Voice is only *one form* of light power in the hearts of women in practice. *There are many more forms of*

light power that lie dormant in the comatose mind and body of women, and those who are waking up the Moon Mother. It is radiant light power that traverses swift and powerful even faster than a laser beam. These experiences are not spoken aloud and remain in the deeper realm of mysticism. But time has come to reach this to women across the globe to have it in their journeys with the Moon Mother. When these powers are used to serve your own purpose they vanish into thin air. You do not have them any more. Then you would need to go back to triangular practice to ground more strongly in the service of walking your path and purpose in this planet and in the service of whole.

The first use of light power is the ability to see things that don't exist in the three-dimensional plane on this earth. Seeing just not through eyes but by sensing. What is sensing? Sensing is the function of all the body cells that can receive the different vibrations of objects, thought forms, feelings and other beings that are not in gross form. *Sensing is a function that develops when you are journeying to Moon Mother. How does sensing become the use of light power? Sensing happens across distances, dimensions- gross and subtle, physical and non-physical and all other realms. This gives the power to women to know ahead what need to be done while walking the path with the Moon Mother. Logic has no place here. With the sensing, women and female circles can comprehend what is happening, what needs to happen and influence and shape them in the 'service of the whole'.*

Another form is that of communicating with the 'beings' unseen by the physical eye who are in the service of destroying so called 'evil' negative forces and cleansing, healing by surging love across spaces to reach all beings in the service of walking the path and healing the planet.

These powers have nothing to do with the religions of the world, social status, education, gods and godheads, icons, and all such forms. It is all just the geometry of the female body and the geometry of the cosmos and their relationship. By aligning the geometry of the female body through triangular practices, you align with the cosmic body. In that state of being, whatever you wish to do in the service of walking your path and healing the planet becomes possible through light power. Many more forms of this light power in the hands of women are not discussed now and they are to be known through practice and during the journey with the Moon Mother.

This places in the hands of women enormous power to shape future events- in the family, society, and country and all over the planet. When the foundation of triangular practice grows stronger, the forms of light power just blossoms like lotuses in the heart where the Moon Mother is enthroned.

1.9.3 Negative and destructive use of light power

At this point, the possibility of using this light power negatively cannot be ruled out. When we do that, we start all over again, like the game of snakes and ladders. Or we get stuck in a particular place using the light power to convince others that you have that power. Then, this power works at the service of the *aham*.

Light power and shadow power- how are these used in the hands of women? These are forces that are dynamic and always residing inside of us. It is an ever-present spring changing its colour and course depending on how it is used. When light power is not recognized and acknowledged, shadow power is in use and vice versa. One is never powerless. One or the other power is always operating and manifesting through different forms in and around you. When you speak the unspeakable to yourself or in a female circle you are changing the colour and course of this spring. You are changing the intensity of violence, aggression and other such forces inside you.

For women living in half comatose and half alive body and mind without their knowledge and intention, sometimes light power is used and the rest of the time shadow power is in operation. *This shadow power comes out in forms of internalised and outward expressions of misogyny, envy, rivalry, jealousy, competition and other such forms destroying one's life force within and the relationships outside. The intensity depends on its suppression. The more it is suppressed the more violent is the destruction on self and outside.*

1.9.4 Ever present spring of power

Being in triangular practice you get the courage and learn to use the light power and you recognise the spring of power, which is neither dark nor light. Women are inexperienced all over the globe in handling this light power but I neither say that men know how to handle it. I am currently only staying with women's lives as they come into this planet to live their purpose and path, especially in this century. When you acknowledge the spring of power within you that is when most of the confusions,

apprehensions and fears arise. It is the moment of utter desperation when internalised misogyny propels us to go back to the known course of shadow power. It is a tough test whether to stay aligned with misogyny or be released from misogynist mindsets and ideas. *When the cellular structure that is programmed to be misogynist is at hand, the terror of using this light power is unleashed. This terror is about our own brilliance that will manifest in life through many creative forms that one is not used to. When we are able to stay in this confusion with the acknowledgement of the spring of power neither dark nor light for a particular time, the transformation of cellular structure slowly begins and keeps happening all through one's life in this birth depending on each woman's life course and passion for her journey with Moon Mother.*

When you stay grounded in triangular practice, you are in peace and acceptance of this spring of ever-present power. For example, light has no barriers. It just 'is'. It has no preference where it will light up. It accepts the location whatever it is and stops radiating only when it is consciously blocked from shining. The same principle applies for the force of the light power, which is another form of life force wanting to be used in the service of the whole planet.

Female circles doing the work of acknowledging the ever-present spring of power to transform and pull back the unleashed misogynist forces bring forth a cleansing with immediate healing within and outside. It is not a miracle but rather a natural course that needs to happen.

1.10 The agendas of women of this century

1.10.1 Millions of spirits around waiting to help us

There are millions of spirits around us waiting to help us in this revolution. Our triangular practices connect us to these spirits when the Moon mother wakes within us. Until the moon mother is awakened and comes to rule our heart, these spirits around us in so many forms are not able to connect with us. They are patiently waiting for the heart doors of women to open and walk their path. There are always surprises, joys and terrors of handling the light power all through. It is like walking on a narrow beam in the sky always watching and alert and over time we are able to take our eyes off the beam and are free to look at the sky. The use of light power through voice, non-voice, and just 'being' are our tools to transform the planet into a liveable, peaceful and harmonious place.

1.10.2 Expanding the limited perception of physical boundary

Expanding the perception of physical boundary is essential work in walking your path with Moon Mother. You keep expanding the territory in the mind to include the whole planet and the cosmos. Then alone will the millions of spirits who are not bounded by any concept of space and time will aid, guide and guard you in your path. The narrow territory in the mind does not allow the spirits to come in to aid you to break the old patterns. Whenever you live in a woman's body, you belong to the place you live in, the respective country, the planet, and the cosmos. It is easy to be carried away by the place where you live in, forgetting that you belong to the planet and cosmos as well. *The limited perception of your physical boundary is a great limitation to the journey with Moon Mother on your path. The limitedness of your boundary is also a legacy of civilizations that needs breaking out from. It is a tragedy of human woman's life to think her boundary is just the four walls of home, the village, and neighbourhood and hold on to that perception. Neither do you belong to that limited geographic area or to anybody. You are an important life force in this cosmos. You have a purpose and a path you have come to live. The limitedness in boundary is an antithesis to whole truth of being a woman and her life.*

1.10.3 Our work of cellular transformation³²

The cellular transformation that we are talking about is just not in those bodies of women in practice but also in those who live in half comatose and half alive bodies. It is the work you are doing for your life force and also for those who need to wake up to the Moon Mother inside them and start their work. *Altering of the cellular structure - the mind in each cell of the woman's body- or releasing the Moon Mother from her confinement cannot take place in isolated bodies. What is being discussed is cellular reprogramming of women as a whole. Breaking the cellular programming that has been patterned for millions of years is not easy and is not the work of women in isolated pockets. It is about collectives of women reaching up to other collectives of women in similar direction.*

The work of the *critical mass*³³ of these women's collectives in this movement can only bring in microcosmic changes in the cellular structure

³² In molecular biology, transformation is the genetic alteration of a cell

³³ When a limited number of people know something in a new way, it remains the conscious property of only those people. However, there is a point at which if only one more person tunes in to a new awareness, that new awareness is picked up by everyone. This phenomena is known as "critical mass"

of women in slow progression to transform the whole cell structure. It is just like the glacier example - where micro movements that connect each other in the underground make tiny movements leading to an avalanche. Here we are talking about an avalanche that transforms the lives of women through cellular restructuring and reprogramming, that sweeps all the women to wake up from their current state of comatose mind. This is an avalanche of benevolence, healing and transformation in the service of the whole.

1.10.4 Transmutation³⁴ of misogynist thought forms

Transmutation is nothing but cleansing process that happens when women are in triangular practice with the light of the Moon Mother. She wishes to destroy misogyny. When she resides in imprisonment in your body, 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 trapped 'cell' at the perineum 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* 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 decrease.

When the central luminous line cutting through all the triangles in the body geometry are tuned, reaching up to her and are grounded in earth, 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 surge from each cell of our body when we are moving forward in our practice. When any

³⁴ To change from one form, nature, substance, or state into another; transform: Alchemists tried to transmute lead into gold. The process or result of changing from one appearance, state, or phase to another

negative thought form arises inside, they watch and catch them immediately and it gets converted to benevolence and love as it is rising up. Similarly, when these women are around negative ideas and said and unsaid thought forms are targeted at them, they stop short of five feet of a radiant circle around. Then it gets converted to benevolent energy with 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, 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, there is political dynamics and battlefield emerges within and outside between negative energy and your being. 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.*

Aham is the head of all cellular structure in our bodies, which itself is divine. *Aham* is in the centre stage from day one and gets rooted once the fontanel closes. The moment the fontanel has closed as a child, we lose the consciousness of the channel of divine communication. *Aham* then becomes a tool for fulfilling all kinds of wants and needs. *Aham* has two sides- one is the generator of light energy and the other is the generator of shadow energy.

Once the 'being' becomes pure Agni (elemental fire) through practice and devotion to walking the path with Moon Mother, no matter what misogynist thought forms arise within and outside or comes across any other negative thought forms, they are all just consumed by the fire and transmuted to pure fire radiating warmth, love and healing. This takes several years of practice in every woman's life.

Many of you might be in some practice or other when you are in the mission of finding your purpose in this life in your own ways. Then you are opening the door to millions of spirits wanting to help you and guide you.

1.10.5 The agendas for all women of this century

First of all we have to heal the split where the Moon Mother is trapped within each one of us, discussed at length before, the split between comatose life and wanting to live the purpose and walk the path. The next thing is to heal the power, and craziness of Moon mother's energy when she is suddenly woken up and released from her confined 'cell' inside us. Third is the healing of wounds and traumas lodged in each cell from misogyny within and outside. Fourth, by healing all these, heal the Mother Earth, who is also trapped, chaotic, un-controllable with the wounds and traumas that bleed from the destruction happening to her at an accelerated pace. These are the agendas of all human women born in this century for which they have taken this birth.

What we are talking about is healing ourselves through practice in our journey with Moon Mother, to go back to the child stage when the fontanel was open and soft and the communication with the Moon Mother and millions of spirits was easily happening. Instead of opening the fontanel, which is impossible, we are releasing the Moon Mother from her trapped 'cell' to bring her into our hearts by opening our hearts to her.

Awakening to this itself takes off the muck from the festering wounds within, to start healing with natural forces like Sun, air, ozone, and water and earth herself. There could be many women who have not woken up to their purpose and live and die in a comatose body. We are also about waking up those women and supporting the women who are in search of their path and purpose in this life for healing. Each of our practice in the service of the purpose we have come for, alter and mitigate the level of coma in those un-awakened women, wherever they are, whoever they are.

You will never know the microcosmic altering of cellular structure within the un-awakened women, the world around and in Mother Earth. You will only experience synchronicities and call them magic, as they are in-comprehensible in the finite world. This magic also tells you, that you are on course and need alertness to and consciousness of the connection with the Moon Mother. *This awareness is the breath awareness, triangular practice awareness and central line awareness, at every moment.* It is natural that you forget them as they become part of you like breathing itself. Only when it exists firmly in place as a disciplined practice and has become part

of you, this alertness is possible and then the healing will happen continuously with no stopping.

1.11 Who is the Moon mother?

On the last full moon day of 2002, I am revealing to you who the Moon mother is. You must now be wondering who is the Moon Mother? Is she Durga, Kali, Thripurasundhary, Mohini, Tara, Mary, or any other goddesses?

She is the 'you' in the macrocosmic form residing in the fifth plane of existence of cosmos. Why do we call her Moon Mother? It is because we are born of her light. She is the light source - origin of all of us - sheer unimaginable brilliance of light. You can call her what you like - Tara, Bala, Kali, Mary, and many millions of names. She is all that and also the source of light of all lights in you and in all beings.

Why do we call Moon Mother as the source of all lights? She is the one who is residing in each human woman and in each female being in this planet, carrying her egg to you from the cosmic womb. She is the one who creates these microcosmic forms of her to be released again to become the source of abundant energy for this planet. In whatever name you call her, she responds. You are only naming the light that she is, in that particular activity, particular form. She is the centre of all centres, creation of all creations, and source of abundance, which can never get exhausted. She is the supreme love, benevolence, and compassion. She resides in the centre of fifth plane of existence as a source of light to connect and heal the microcosm and macrocosm.

She is the Sun, Moon and all of cosmos. She is the supreme light source and connects to each female being through the Moon, her 'vahan', to reach you when you call her. She re-patterns herself in your microcosmic form. Her macrocosmic womb is also the microcosmic womb of all female beings. Womb here is about holding her microcosmic light energy and not about productivity. Procreation is in the cycle of natural order to sustain the creations in the planet. What is the use of more and more female beings born to imprison her energy when it can be released for abundance and healing of the whole?

She is the primary care and love giver of this cosmos. She creates and accesses each female being through the Moon, the source of cool light, that which appears and disappears continuously. That is exactly the essence of all of us- light, birth, and death and yet being there always. Imagine if we trap and imprison this source of light in our bodies, what will happen? There can only be darkness- darkness of ignorance, darkness of aggression, violence and all that 'doing' that is unleashing shadow power. Each one of us is responsible for the accelerated pace of violence and chaos happening on this planet. Each one of us has the responsibility to heal ourselves and find our purpose and release the imprisoned source of light in each human woman's life.

Moon mother loves the stillness so that she can access our microcosmic part of her. She loves the cleansing through dialogue of speaking the unspeakable, cleansing the misogynist forms and mechanisms that keep her light imprisoned and lessen her abundance. She wishes all female forms to be aligned to her so that she can access and heal the microcosmic split and release her energy from trapped 'cells'. She loves and laughs when you hold your body as precious and sacred, holding her microcosmic light. She sends myriad forms of spirits to help you to do the work, so that her macrocosmic light and abundance can be in the service of healing and saving the planet from violent destruction. When any human woman's life undergoes torture, she suffers. Likewise when any human woman seeks and walks her path and lives her purpose, she is ever present inside to make it happen. The struggle all the way in this path is that of the journey of pilgrim.

Be blessed on this day in the supreme light of Moon mother and let your paths be lighted all the way through, so that you don't have to stumble on the demons of your heart in the dark. Be blessed always.

Your work is to make the foundation stronger and deeper so that the central luminous line from your body through the female geometry of equilateral triangles is reaching up to the fifth plane. Thereafter you are part of the growing critical mass and many synchronicities happen to lead you forward.

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Moon cycle 2

(channelled from full moon day of 18th January - full moon day of 14th February 2003)

To follow one's path' - that is where we began our teaching. We have covered a lot in Moon Cycle 1 about all that is needed by women to follow their path'.

1. We have been focusing on the sacred channel- the body, to connect to the great Mother. We also comprehended a little about how we are connected to her through our female bodies that are in rhythm with moon cycles.
2. At length we understood why we have to stay in triangular practices for the ongoing cellular altering and re-programming in women and all the foundation work to be done by us in this life.
3. To some extent, we understood how our bodies are in rhythm with mother earth and how our practices deeply impact on her as well.
4. We saw how each one of us is not an isolated being but a cosmic being and part of a mass that is preparing for the unseen revolution in cellular structure, living much larger life than the human brain can comprehend.
5. We have covered practices that are in both gross and subtle realms and walked a long way together to understand the core of our being and what are we here for, in this planet. It is now a natural progression to move into other areas.

2.1. Introduction

2.1.1. Why make human life on the planet so serious?

Why take on this tough arduous task? Why make human life on the planet so serious? What we have discussed as practices is not about seriousness but it is about true liberation and joy. We women have forgotten what true joy is to us and we are in fact 'seriously' leading our lives in half comatose body and mind. Being joyful is the basic nature of the human organism. The joy here is not about pleasures of the senses but about the inner joy and peace of the 'being' for which all of us yearn. It is the natural flow of our 'river of being' towards the practices to seek this true joy, which comes out of living in our true brilliance and power. To unblock this flow we need the healing of the mother earth and ourselves. The force of all our beings in practice flows and moves mountains of garbage in us and in the planet.

The question that then comes up is 'should women give up all that what they are in – family, work in the world and just be in practice'? Being in the centre of our lives and in practice is what is demanded of us. *You need to be in practice to listen to your calls. None else will be able to interpret and listen to your call. It is truly your personal work at a planetary level. Slowly, as the doors of ancient body wisdom open up, we will make choices as how to live our lives, with whom, in what work, where, etc. Dear women-You have the most challenging, exciting journey before you.*

2.1.2. Physical contact between you and the earth

It is important for women in practice to stay in connection with the earth around you. The physical contact between you and the earth, like walking on earth, the feet contact and hands holding and working with earth heals both the organisms – you and the earth. This helps you to ground your aligning luminous line to the earth. Many women in practice in the urban centres may find this difficult and in which case you can create your own ways of physically connecting to the earth. We need to do our work of grounding to mother earth, to go ahead in our practice for joining and creating the critical mass to take quantum leaps in altering the cellular structure and programming in women. Once your line is grounded in earth, other four elements of nature in your body find their nourishment to be in balance.

Many of you might notice that your luminous flexible line from the perineum connecting to earth is disjointed. The reason is that we have not created opportunities to be physically connected to earth, which is our primordial mode of living. The disjointed connecting line from the perineum to earth needs coaxing, to become a continuous and robust line of connection. The body yearns to connect to earth in this birth to stay grounded while our aligning luminous line reaches up to the Moon Mother to receive her light, to do the work we have come for, in this birth.

2.1.3. Fear and Anxiety are anti - thesis

Fear and anxiety are antithesis to *sadhana*. They are in check when your connecting line is grounded to earth and there is no room for fear and anxiety. Every time you are encountering fear, you are restarting at 'zero'. Fear is from the ego's domain, which is afraid of losing its control over the body. The body knows where it needs to be and is trying to reconnect to its ancient wisdom, which it has forgotten through many civilizations. It

is not that we will be devoid of the emotion of fear but it finds no place to rise up and contaminate the energy around us. We are not talking here against the emotion of fear but about handling fear in such a way that energy in the organism - body, does not get blocked to feed the traumatised and wounded cells.

We are here about doing the work of relearning body wisdom, which has been lost to us for many centuries. It is not easy work, but a work that needs devotion to triangular practice.

2.1.4. Foundation work

You come into practice because you are in search of your path and purpose. You are led to practices because you have the passion to live your purpose. Your luminous life force calls upon devotion to your practice for the countless diseased cell clusters in each of your bodies to be nourished. The watching of breath and the connecting luminous line becomes a constant and conscious part of each moment of your life as you get grounded and get deeper into *sadhana*. Over time, consciousness to cellular breathing becomes a companion and mode of life as you move deeper and stronger into practice. It is a given requirement to stay in *sadhana* to walk your path along with Moon Mother and millions of guiding, guarding and helping spirits. You can only get a peep into the supreme love and caring of Moon Mother through synchronicities in your life while you walk your path.

Healing yourself through the practices and healing the planet is a continuum that has no end. It has only bends that lead you to vast horizons of humanity and beings. Walking the path - the pilgrimage is a requirement for altering of cellular structure of the current and future generations of women and saving the planet. This is the foundation work in the underground movement lead by Moon Mother.

What we call 'formless' is the space that holds the potential of the universe's- omnipotence. We as women are learning through these teachings, to connect to this omnipotence for altering the cellular structure through our practice. The concept of 'formless' is an illusion. Because our eyes cannot see what there is, our present sensations cannot sense what is before and around us, we cannot hear because our gross vibrations do not have the capacity to hear them, we call those as 'formless'- a word for our incomprehension and inability as humans. Our aim here through *sadhana* is

to enter this area where lies the power of the universe to heal, save and bring peace and harmony.

2.1.5. The women in Bhakti Bhava

In the modern world many women who are devoted to their '*Ishtadevatha*'¹ in great love, trust and faith, also develop this luminous connecting line and thereby receive the required healing. The path and purpose of this birth, may yet not be their concern. Sometimes these women are led to life's calling after their preparations through *Bhakthi*². But life purpose need not be revealed to them automatically unless they are in search of their path and purpose. It is not a mutually exclusive phenomenon and they can both co-exist feeding the practice with vitality. Mostly they get immersed in *Bhakti bhava*³ and forget their own path and purpose. These women are doing their preparatory work to join the 'critical mass' in future births. Their breath connection through the flexible connecting line is of a different nature.

Whenever in *Bhakti*, you make demands to your *Ishtadevatha* and ask gifts and benefits for yourself, you restart each time from zero. The most important teaching here is to be led than asking for gifts. All this depletes the line of connection and does not allow it to go on its course of building vitality, robustness and connection to the cosmos. The Moon Mother knows what you need better than you. You are bound in this human body in a finite world and you can never comprehend how things are happening around you to keep you on course of your devotion.

2.2. Boundless wisdom of the body

2.2.1. Wisdom of the body

Women's bodies are trapped in current cellular structure that is disabling on all counts. Altering of the body cellular structure is to receive in abundance the body wisdom that already exists as a dormant part of the body. Lessons in subtleties in practice are for preparing the body and tuning it to receive the wisdom of the cosmos. It is the foundation work for altering the cellular structure that you have come to do in this birth and many more births.

¹ Attachment to desired form of God or Goddess

² Loving devotion to a particular God or Goddess

³ Emotional Devotion

Through our triangular practices we are now working with very basic disabilities brought upon us over centuries. A great amount of subtle knowledge and wisdom of the body is yet to be rediscovered. To imagine the nature and quantum of the body wisdom just know that what you comprehend currently is not even one percent of its potential. Our connection to the great Mother and cosmos is for sourcing this wisdom by making our body a vehicle. You human women will start and move through this work, for future generations to continue this for healing their bodies and the body of the Earth Mother.

Once you are on this path, your perception of people around you and the universe changes. Those thoughts that produce violence, aggression and negativity are mitigated in you and they do not enter your boundary from those around you, as it used to be. When you are on a diet for health reasons, what was previously irresistible to you is slowly rejected by the body and you do not need it any more. Similarly it works for developing your body wisdom. In imbibing simple food, if the body can have power and energy, imagine the boundless wisdom of the body when in connection with the Universe.

2.2.2. The body wisdom and the politics of needs and wants

What is the difference between want and need? They seem almost synonymous but have a distinct difference because they arise from different sources. Want is an insatiable state that arises from the ego- the mental body⁴, which thinks having many things will ensure certain safety, power or whatever it assumes. Needs are that which arise from the organism - the human body which needs to pass urine, stools, drink water, eat food, sleep etc. These are the requirements the body needs to keep it in a healthy state.

Mental body activated by the rational mind, overrides on these needs to achieve the end it thinks it wants. A simple need to drink enough water that the body requires is an example of the dynamics between want and need. Drinking water to quench thirst can become drinking chilled juice, milk, chilled beer, coffee, etc, to seek its own wants of pleasure, stimulation etc. When this has become a body habit, the basic body needs over which it rides become least noticed, marginalised and an effort is needed to

⁴The vehicle of the personality on the mental plane- the plane of the mind where the mental processes take place. A subtle body composed of the substance of mind - the capacity of living beings to think, to reason and ponder.

recognise them as basic body needs. As a result the human organism lands up in dis-ease, stress, exhaustion to the point of collapse. *As a child, we recognize body needs with great mastery and slowly loose them when the mental body takes over. We are trying to go back to this mastery of the child to recognise instantaneously our body's basic needs for healthy living.*

The politics of wants and needs is one form of the potential dynamics between mental body and the human organism in its natural state and we are caught in this politics. Our body training and stillness practice helps us to unravel and go down to the level of body wisdom to identify these needs. We are not condemning the mental body here, without which we cannot live in this planet. We are talking about the dynamics that have gone on for millions of years, where body's wisdom has lost its place to a large extent fed by deep-rooted misogyny.

At the planetary level, women's lives and their basic nature is covered and camouflaged, when all forces in the planet are over riding 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 that deep down we do not recognise what we need to sustain and take care of our organism.

Once you start your practice in any part of the triangular practices, gradually what comes up is- I need space, time, rest, relationship etc. This is an uncovering of the load on top of the organism, which is inclined to stay in relationship to the Great Mother. This uncovering also aids the Moon Mother in her trapped 'cell' to be slowly released.

What sustains you here is your connecting luminous line to the Moon Mother and receiving your own wisdom from the body that is long forgotten. This is a hard place to 'be'. This is exactly at the point where speaking the unspeakable within and in female circles gives us all the power to face it. What looks the least significant need of the organism, becomes the vital link and lighthouse to show the path. The walls that stop the light crumble to pieces letting the light be shown in its glory. Alongside, chaos and confusion also exist. What needs to be faced at this point is terror. The terror of recognising the long forgotten simple needs of the body that feed the comatose body and mind. The terror is activated by the mental body as it's power and control is let loose over the organism.

The painting of terror it creates in you is like nightmare. Each of us has to pass through this sacred passage to have the 'Darshan' of the Moon Mother.

2.2.3. Mysteries of breath and the cells

As humans we have a particular nature of breathing. Breath is the carrier of our life force each moment. *Breath has many layers and dimensions. The breath's outermost layer is lung and innermost layer is each cell. The mere passing of air in and out with the motion of lungs is not breath. Breath is the connecting flexible luminous line grounded in earth and reaching up to the fifth plane, where Moon Mother resides. During breathing, cells receive the life force from Moon Mother through our connecting luminous flexible line. Breath is not only about keeping the organism we call 'body' alive but essentially keeping this flowing light alive in us, and also to stay connected to the cosmos. Whenever this line is disrupted, you are out of breath. In humans and women who are comatose, this connecting line is in disarray feeding the comatose body and mind.* The very fact you are in breath awareness all the time makes the breath yogic - i.e. operating deeper and calmer.

Why are we now talking about breath? While we are talking about altering the cellular structure to heal women from traumas and wounds inflicted through civilisations and about healing this planet, breath is our only sacred means. Unless we know how to stay aligned to Moon Mother through the 'vahan' of breath, we will be wasting millions of years to bring about the revolution in the cellular structure in human women. *Through breath, each cell in our body feeds through the luminosity of the connecting line and in turn gets nourished by the breath. In our deeper stages of stillness practice we can sense this happening in our body - the sensation of the whole body, the multitude of cells breathing when we are rightly aligned.* Each cell is then in a healthy state, preparing for altering the basic structure to receive and hold the Moon Mother's light.

Breathing practice underlies all the practices and prepares us to clean the channels of communication with the cells of our body, other bodies and that of the earth herself. While we are talking about women's body, we are

also talking about earth mother's body. When we nourish the cells of our body through alignment, we are also nourishing the earth's body through our micro work with our breath.

Any breathing practice that we choose first to position ourself 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 our waking and sleeping hours. All it needs is the alertness and consciousness that we are part of the movement to alter the cellular structure in women and Mother Earth for the present and the coming generations.

2.3. Self care

2.3.1. Listening to the subtle body for self care

How do we develop the sensitivity to listen to the body needs that is deep within? Especially speaking the unspeakable to oneself and in the female circle and our practices bring it out to an audible form to the gross body. 'Speaking the unspeakable' is your friend who helps you to listen to the needed self care. Our subtle body knows it, but most of us do not have the capacity to hear the subtle bodies right now. We need to develop ways to connect with our subtle body that speaks out about the need for self care.

What are *subtle bodies*⁵? Subtle bodies are energetic bodies, light bodies that are fused into gross body. Through our devotion to triangular practice, the suppressed and oppressed subtle bodies get their vitality to just 'be'

⁵'According to various esoteric, occult, and mystical teachings, living beings are constituted of a series of psycho-spiritual subtle bodies, each corresponding to a subtle plane of existence, in a hierarchy or great chain of being that culminates in the physical form. Russian scientists from the Bio-information Institute of A. S. Popov later announced the discovery that living organisms emit vibrations at a frequency of 300 to 2,000 nanometers. They called this energy the bio-field, or bio-plasma. They showed that the bio-field was stronger when people were more successful at transferring their bio-energy. These findings were confirmed at the Medical Sciences Academy in Moscow, and are supported by research in Germany, Poland, the Netherlands, and Great Britain. Since the 1950's, Dr. Victor Inyushin at Kazakh University in Russia has also done extensive research in Human Energy Fields. He suggests the existence of a bio-plasmic energy field composed of ions, free protons, and free electrons. He suggests that the bio-plasmic energy field is a fifth state of matter. (The four states are solids, liquids, gases, and plasma.) Inyushin's work shows that the bio-plasmic particles are constantly renewed by chemical processes in the cells and are in constant motion. There is a balance of positive and negative particles within the bio-plasma that is relatively stable'.

and occupy the legitimate place around the gross body in fusion with it. *Krillion photography*⁶ shows us the presence of these bodies. Through our luminous line/beam connection to Moon Mother and our practices, these subtle bodies get nurtured and vitalised.

The first degree of listening to subtle bodies comes out of attending to what the gross body needs, to stay in balance and in health. This is a big first step. Our cellular programming does not know about self-nourishment. There will be great resistance from the current cellular programming to divert to some other purpose. This is a place where we need to stay, perhaps for a long time between the need for balance of this sacred bodies, the internal resistance wanting to remain deaf and add to the comatose body's strength. Our inner resistance will then definitely appear as outward obstacles. It needs patience and devotion to develop the capacity to listen to the subtle body. Respect and love for your own gross and subtle body, slowly cures the 'deafness' and frees traumatised suppression and oppression of centuries. You will then know it in your body what your self-care needs are and how to take care of them. Acknowledging the need for self-care by the rational mind is easy but putting it to action meets with inner resistance.

The 'listening' here again is through the cells and not the ears. Once you linger on between the resistance and the mute cries of subtle bodies, you will start hearing them and they will no more be mute. What is needed in this lingering place is the consciousness to self-care, respect for it and the rest will then start happening. We have our millions of spirits to help us always on our path. But they need a certain invitation and opening of a particular nature. Self-care rhythm in you feeds the connecting line to Moon Mother and Mother earth's tiny cells. Please remember self care is not just gross body care but earth care, other women care and cosmos care. Self-care is our weapon for harmony to stop/stall the craziness of the self-destructive forces. You are doing the work of the universe through self-care.

2.3.2. Self-care and cellular programming

Self-care does not come to us easily. Self-care is a major intervention in

⁶ A photography technology used by Russian scientists to observe the subtle bodies- Human Energy Fields during their research

women's lives that needs preparation and designing to put it in place. It is not about mechanical self care rhythm. It is about developing the sensitivity to listen to the cries of the body which is similar to wanting "air to breathe", "water to drink" and "nourishment from nature". At the bottom of self-care is the idea, I am my body and I am sacred in this body, holding light of the Moon Mother and connected to her.

The first resistance to self-care is from within and 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 for one self - solitude. It is such an unaccustomed and un-habituated part of us, we really resist it, and at the same time are terrorised by what might emerge. At first, filth and poison may emerge. Internalised cellular programming gets alarmed at the idea of self care, as it is not used to it. This can come as a natural reaction or a rebellion as 'selfish' care that makes us seem needy, like a blotting paper.

The current cellular programming makes sure that 'self care' in women is the least important in life unless our whole organism goes into desperation crying for it. 'Self care' is considered by the current cellular mind as something to be guilty of, something that is superfluous and only the privilege of some women but not all.

Let us understand what is self-care? It is not selfish care, greedy care, and time frittering care or sickness care. Self-care is about healing the woman's body by going into the body wisdom. A tiny voice inside that says 'I need this to be in form' and I 'need this to be in my path and purpose and my connection to Moon Mother'. It could be simple fun, celebration, attention to healing the wounds of many births, breaking the old body habits by giving time for different activities, speaking the unspeakable in your solitude or in a female circle, the tending and nourishing of body - such simple and not so simple needs and time for them. It also could be time with nature or just simple sleep to overcome exhaustion to rebuild cells, time for artistic pursuits that in ordinary life are considered 'waste' of time, attempting new experiments with our time and body and many more. The body cries for them and we have made ourselves accustomed to turning a deaf ear to it. How do we develop this hearing? It is a self-imposed deafness for survival over centuries, so that cells never have time to think of altering the structure. 'Self care' is an imminent

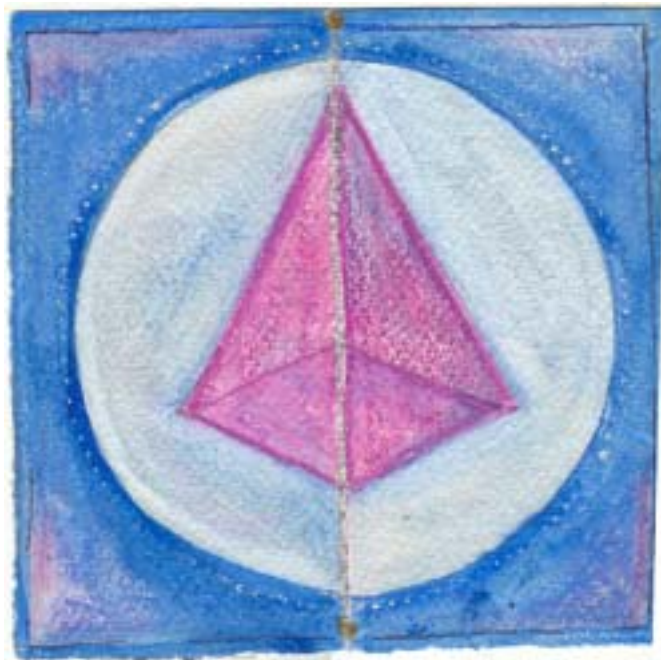
prerequisite along with triangular practices. Both self-care and practices have to go on simultaneously as one feeds the other.

2.4. More aspects of Stillness Practice

2.4.1. Mindfully watching the luminous flexible central line with love

We need the luminous line connection and alignment to Moon Mother to receive her light, wake her up and release her from her 'cell' and thereafter handle the 'crazy' nature of the teacher. Moon Mother's light that is trapped inside us needs vitality and strength. You need to cleanse the channel for her light to become powerful within us and to find and walk our path and purpose.

Watch your luminous flexible central line that cuts through the centre of body triangles/geometry. Is the line thin, thick, disjointed, or broad? Is it a continuous ray or a beam? Where does it start and end - in the ground, at the perineum? Notice the difference between the imagined luminous line and the actual one in practice? Do not get perturbed when the actual line is varying in density and is disjointed. Watch with love and coax it slowly to extend to mother earth for grounding and reach above to the fifth plane of the cosmos. No control, no direction, no command will work here. What will work here is watching with love and coaxing to be continuous with compassion.



This is an important preparation for stillness practice so that your connecting central line is not a mechanical line but a line of love connecting you to Moon Mother. Whatever be the work you are doing, whatever be the motions running through you each moment, whatever way you are relating with others, the central line of light passing through your body geometry is mindfully connected to Moon Mother from the top of your head and grounded in the earth mother. Once you are open and in sadhana you are never alone and you have millions of spirits to help you in this work. This is about 'being' in the body domain. Your mindful watching with love has the power to transform, heal and transmute by unblocking body wisdom that lie dormant and unutilised, unrecognised and left to decay over generations and civilization. This calls upon trust in yourself and in the millions of spirits to do this work.

Trusting the body wisdom is a forgotten habit. This is one of the foundation work for altering the cellular structure in women's life and there are many more which will be revealed to you gradually and slowly.

The nature of luminosity of the central flexible line is different in women who are in practice and women who are not. In women in triangular practice, the line of connection to cosmos gets vitalised and the colour is a brilliant white with a clear deep sky-blue all around. The quality of the line in them gets strong and robust while in those women who are not in practice it is like a thread sometimes broken in parts. *With practice, the luminous line gets vitalised, thicker, continuous and gains luminosity of a brilliant radiant white/ yellow beam with shaft-like nature. This line, by itself has the force to reach up to the fifth plane above and ground below.* Based on traumas, wounds in this birth and past births, the connecting line takes its own time – days, months, years to reach perfection and vitality. But the moment you are in practice with devotion, watching with love, the connecting line starts to receive vitality and moves in the direction of where it needs to go. As it gets stronger, it starts healing the wounds and traumas lodged in the cells that has lost memory and have become gross matter without life force. The healing takes place through its sheer nature of spreading, like water in a vessel. It goes beyond the cells to the ethereal body surrounding the cells. The healing starts from outside the cells – from the *ethereal sheaths*⁷ around the body.

⁷ Ayurvedic and yogic philosophy delineate the energy fields around the physical body as five subtle bodies or sheaths called koshas. These subtle bodies are electro-magnetic fields radiating from the heart through body structure and expanding around fifteen feet in diameter around the body.

2.4.2. Sonic connection in stillness practice

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. These syllables 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 that it is a primordial sound- the sounds of nature, the sounds that an infant first utters which originate in the belly and moves through the body. Make a personal mantra with these syllable or group of syllables.

Now we move to repetition of these sounds in stillness practice to keep the sonic connection to Moon Mother through the mind of the cells. 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 the syllables come to you. Remember millions of spirits want to help and we just need to trust their love and benevolence.

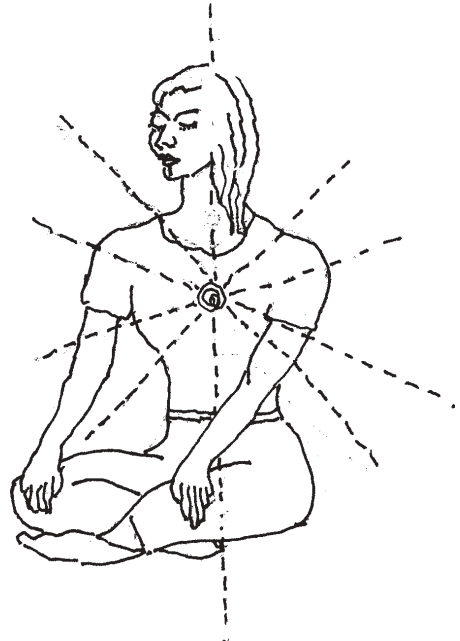
The indication is, once you have got the 'right' syllable or group of syllables your stillness practice brings you peace, joy and your devotion to practice increases. The mind does not wander too much and comes into focus in less time, and you never want to give up the practice at the set time because your body yearns for it. Your central line of connection gets vitalised and becomes stronger and regular and is moving in tiny dots towards the earth. 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.

There is also a need to be conscious in the beginning of practices, not to open the doors of the heart too wide for anything and everything to enter. There are forces around you that want status quo and they have influence too. Once you are into triangular practice and the line of connection to Moon Mother is getting stronger and luminous, the guiding spirits will be able to come near you. These spirits love you and your

body. The practices each day make sure that 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 are in love with your mental body—the logical mind, rationality, discrimination and all that wild jungle in you and around you.

Expansion of your being in all eight directions and above and below (10 directions) is an important practice in stillness.

Then you open the doors of your heart, in a safe vessel to the millions of spirits wanting to guide you to connect to the Moon Mother in the fifth plane. Then the other spirits who are in love with your mental body and status quo lose 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 in stillness practice

2.4.3. The internal female geometry and the stillness practice

We have talked about visualising an internal female geometry that consists of multidimensional triangles in cycle 1. Watch the internal geometry of body triangles that you have placed in you when you enter into stillness practice. Do the multi-dimensional triangles (shape of pyramids⁸/tetrahedrons⁹) connect to each other or stand separate? Watch them whatever particular way you put them in your female body. There

⁸ A solid body standing on a triangular, square, or polygonal base, and triangular faces terminating in a point at the top; especially, a structure or edifice of this shape.

⁹ A polyhedron with four triangular faces. In a regular tetrahedron all four triangles are congruent equilateral triangles. It constitutes a regular triangular pyramid.

could be many that want to stand apart and not join. Wherever there is a gap between them that is our area of work. Watch for the lines in each triangular shape and where they are stopping short, not touching one another. Watch and coax the lines with great love to guide them to stay open and move slowly at snail's pace towards filling the gap where it is left disjointed. *The most important lesson here is not to get anxious, suspend the wilful mind and watch with love those lines that are resisting to connect.*

You will find a great resistance for the line to move towards unfilled gaps. Stay with the process, do not force, control or command and just watch with love. Intense fears will come to the fore; do stay with them in stillness practice. Remember there are millions of spirits that are waiting to help you in this work. So you don't have to 'do' but just 'be' in love with your own geometry of triangles. When you move through this work in stillness practice, you will find a strange sensation in the top of your head. Just stay with that sensation, watching with love. This is your work in stillness practice.

Logic and reason have no place here. You are doing this work so that the internal geometry can receive and hold the body wisdom without any seepage. The gaps between the lines of the body triangles are the blocked springs of divine love. We are in the work of unblocking them in us, in unawakened women and on the body of mother earth. Connecting the triangles all through your body without any gaps as a whole female geometry may take days, months or years based on your devotion, and the will to 'know' and walk your path.

When the gaps between body pyramids/tetrahedrons are connected you will find that your prejudices and mindless chatter quiets down, the energy around you changes to awaken the unawakened parts in you, other women and people around. All this is very subtle and there is no drama here. When finally there are no more gaps in and between the triangles, you will find each cell of your body is a spring of divine love. You will have inexhaustible energy to do your work. It is a work of mindful alertness and consciousness in the stillness practice. Stillness practice is a foundation for this work.

2.4.4. Setting a stillness practice rhythm

Creating the rhythm of all the steps consciously in stillness is work that takes time. Don't get overwhelmed. Go step by step and stay in stillness until your body wisdom wants to stay. 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 in this journey.*

- I. The first step is to set your own time, rhythm, and place for stillness practice. Facing east is most useful for the *geo- magnetic field*¹⁰ of stillness. Using the geomagnetic field will help you make your stillness practice rhythmic and also opening yourself to the helping and guiding millions of spirits.
- II. Second is the posture. 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 stay awake and be in *subliminal*¹¹ universe in stillness. There are also many of us who have the capacity to be awake in a horizontal position.
- III. Make sure you have your sacred object near by or you are connecting to the sacred object being that cannot be brought near you like a tree or such object beings. Bring anything from nature or an *Ishta*¹²-God or

¹⁰ Most geomagnetists explain the field by means of dynamo theories, whereby a source of energy in the Earth's core causes a self-sustaining magnetic field. The Earth's magnetic field (or geomagnetic field) is an ever-changing phenomenon that influences human activity and the natural world in a myriad of ways.

¹¹ Below the threshold of conscious perception. The word subliminal is a Latin word derived from the word sub-meaning below and limen-meaning threshold; below the threshold of conscious perception. and inadequate to produce conscious awareness but able to evoke a response

¹² Sanskrit word meaning 'Cherished or chosen object'. Ishta Devatha-Deity that is the object of one's special pious attention.

Goddess or other non-forms, mandalas, paintings, etc, as your 'guardian being' and set your field and ambience for stillness practice.

- IV. Now you need to open the habituated body to the light of Moon Mother. Body's internal geometry helps us in doing this. You are discovering in your sitting posture that the body is made up of both downward and upward equilateral triangles in the form of pyramids/tetrahedrons. You have to discover this for yourself and there is no one particular way. Discover what comes to you naturally. When you trust the body and let go of logical and rational mind, they will reveal themselves to you.
- V. The consciousness to central luminous flexible line moving through the centres of all body triangles from the perineum to the fontanel on top of the head is important and vital to practice. It is not enough that the line stops at her 'cell' at the perineum. It has to extend to the ground to mother earth by watching with love and slow coaxing. We need the grounding line to connect to mother earth because she can then aid us to let the 'right' spirits guide and guard us as we are journeying with Moon Mother in our life. When we are opening our heart, we open ourselves to millions of spirits working with us for altering the cellular structure. We need to be aware that we are opening ourselves to the enabling spirits and not to the opposite ones. We have no way of comprehending and differentiating but our connecting 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.
- VI. Watch your breadth with love, with awareness of the internal geometry of body pyramids/tetrahedrons and the connecting line you have created. Watch with love the connecting lines of pyramids and coax them to join. With tiny dot-like movements, they go closer and become continuous lines.
- VII. While watching your breath with love, be aware to slowly move to *yogic breathing*¹³. Use any method you like to get into slow and deep breathing - be slow and steady.

¹³ Lengthening of the prana/life force or breath; gentle but deep breaths.

- VIII. Take the physical moon phase of that day in your night sky into your heart to help you get connected to Moon Mother.
- IX. Now you are in the right position to go to your personal syllable(s)/mantra received from your inner body wisdom. Feel the personal mantra in every cell of your body creating the sonic vibration, to connect to the multitude of cells in your body, in other women and the earth body.
- X. Now with this consciousness over time, slowly move your energy in eight directions and above and below to join under one umbrella with those women in practice across the seas, mountains, rivers, regions to be part of the foundation work to build a critical mass for the altering of cellular structure in women. This is a part of the underground movement of cellular revolution by women who are walking the path they have come for.
- XI. Keep staying in this conscious stillness as long as your body wishes to. There is no recommended ideal time frame. It can start with 10 minutes and go on for an hour and more.

The stillness practice rhythm gives you the ability to keep the consciousness of the breathing of the cells and the luminous connection. It makes sure you confront the old body habits and attitudes and also gives you tremendous energy to be in triangular practice.

2.5. Deeper into 'speaking the unspeakable'

2.5.1. 'Unspeakable' is the filth, poison, dangerous toxin to human organism

'Speaking the unspeakable'—the phrase itself speaks volumes. The 'unspeakable' nature is determined by the logical and rational mind with a purpose to survive in the best and worst circumstances. Unspeakable also means untouchable—something that pollutes the inside and outside. Generally, there is an implied acknowledgement in us that unspeakable parts do exist in all of us. What happens when they exist and we don't do anything about them? 'Unspeakable' is the filth, poison, 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 being tightly locked

does not mean poison and filth are out. Everyone outside get the stink one way or the other (they also pretend that their noses are out of function). When you tightly close the place - what happens to the cells that hold the poison? It is slow or fast death of cells in that area which further feeds the comatose body and mind. Imagine a scenario when it increases in volume each day by the 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 more discussion.

Terror is associated with 'unspeakable' because over centuries women have been termed mad or crazy and have been burnt, staked and tortured for speaking out. The most terrifying part is to open the door to oneself if not to the outside. At least one gets an understanding of 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.

The first step is to deal with the habituated terror of speaking the unspeakable (truth) to oneself. The doors are kept tight to oneself with double and triple locks though there is awareness in the half live body that there is much filth, which is stinking inside. The internalised deep misogyny over centuries feeds this to keep finding new forms of locks and put them on until there is no more place for any locks. It is ensured that the 'cell' of the Moon Mother in microcosm will never be opened because chaos and terror will be let loose and the *crazy* teacher will be out. Too embarrassing, too shameful, too this and too that- is how the mind keeps the locks in place and finds new locks. The pressure of filth and poisonous gases is so much, that one-day it breaks open, much to the discomfort of all around, sometime even resulting in the death of the human organism - body, sacrificed at the altar of misogyny. Many of us experience this in parts through our lives and also know of millions of women who go through it.. The careful step here is to open one lock at a time, knowing fully well there are many more locks to open and speaking the unspeakable to oneself first, not to the outside yet. Courage gets fed slowly when each lock is opened and nothing dramatic happens.

You can use journals to write, draw or just speak it to yourself, choosing a place and time that is convenient to you. It needs to become a rhythm and slowly a cellular programming is in place to unlock each lock

and speak to oneself. The most terrifying time comes when you think you are on course in speaking the unspeakable. All locks are now open and there is a tiny opening, a creak of the door and the stored stink terrorises you so much that you want to shut the door instantaneously. Yes, you may do it. But the courage developed through practice with love and benevolence will tell you *“do not 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’.*

2.5.2. Millions of enabling spirits stay ready to lift the filth off in female circles

Here is when synchronicity brings you to female circles. When women speak the unspeakable in the female circle with leaders who are grounded in triangular practices being there, millions of spirits stay ready with cranes and all that apparatus to lift the filth off. 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. It can burn any amount of filth. The terror becomes less and less because you see the universality of it in the circle of women. Shame and guilt is lifted off, so that doors can be opened gently, with a tiny squeak of the hinges.

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. Gradually, there is no place for doors or locks. This practice in female circle brings to life comatose parts of the body sometimes dramatically, subtly, or simply. It depends on where one is in the practice- partly, fully or just beginning. The fire in the organism threatens the deep misogyny. It takes a long time for the fire to reach the deepest roots of misogyny but the work goes on slowly and gradually, preparing for altering the structure of cells in the human women species and in the life of mother earth. As you burn the filth in tiny and tiny bits, mother earth’s cells and some comatose cells in un-awakened women are also nourished and come alive.

The work must go on non-stop all through this life and many more lives, to get to the roots of misogyny and to rout it out. The future generation of women will then need to work with much less locks,

speaking the unspeakable even as they are born because you are doing the work in your body, healing yourself, other women and the planet.

2.6.Little more into training of the Body

2.6.1. What is preparing the body and body training?

We know our bodies are habituated to particular posture, sitting, standing, perceiving etc. As a result of our biographies of many births, we have formed certain habits, which work against our practices instead of aiding them. Our bodies need training and a rhythm to break away from these patterns. Body training gradually prepares the comatose parts of our body and cells, to wake up and unblock the flowing spring of divine love in all parts of our body. We are talking about opening many doors of our body to the guiding millions of spirits around us.

What is preparing the body and body training? Conscious practice each day at a set time preferably, to activate and wake up all parts of the body to stay firmly grounded. Bodywork can be systematic brisk walk alone with alertness to central line of connection. It can be mindful yoga that is appropriate to that particular body. It can be a particular form of dance comprising of body movements created with an aim to wake up all parts of the body. It can also be a 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 stages, circumstances, body nature, intensity of body habits, and fluidness, the nature of bodywork has to be determined by oneself through trial and error. What is needed is a devotion to put it in place and develop a particular form gradually for oneself. Body training makes sure that glandular juices formed through the organs aid the waking up of comatose cells and break the habits that block the central luminous line from doing the work.

2.6.2.. 'Dog tail' nature of the body

Our bodies are different kinds of 'dog tails'. They love to go back to their original position at the least chance. Our bodies are amenable to change with sustained and devoted practice in a rhythmic nature, each day/week. It is the consciousness and alertness to the 'dog tail' nature of body that is most important during the body training and also throughout the day. The cells slowly learn that a different body rhythm is in place of

the old and that it is actually loving and healing and can be trusted. Then we are enabled to open the heart to Moon mother and the guiding millions of spirits.

Body training practice with a consciousness to millions of spirits and the luminous central connecting line enables the body to stay alert all through it's waking and sleeping hours. It is a practice in 'mindfulness' - mindfulness to breathing, old body habits that block energies and the communication with the Moon Mother, the dog tail nature of the body, the difficulties of the new rhythm and the struggles between gross body and subtle, light body, etc. What is important is to set up the bodywork rhythm in place so that cells learn to trust our devotion to break the old body habits that we are born with and have gathered in this life.

2.6.3. The body training practice- base of equilateral triangle

Body training is an intervention directly at the body cellular level and is not easy. There will be one hundred reasons that are logical and perfect to stop the training from inside and outside. Just giving time to one's body training is tough. It is an essential part of self-care and we have dealt with the problems that arise in self-care.

Again body training is not mechanical but mindful and enables the other two parts of triangular practice - stillness practice and speaking the unspeakable. All three parts are related as in an equilateral triangle. The body training in women is the base line of the triangular practice and holds the place for the other two practices to happen.

One of the essential elements of body training practice is to keep the central luminous line of connection robust and alive cutting through all body triangles. When you have put body triangles all through your body, each triangle in it carries these three parts of practice- three channels. When you put in place bodywork rhythm, you are strengthening the base line of each of those triangles for speaking the unspeakable and stillness practice. Every small part of the practice you do, is interconnected to other practices for altering and re-programming the cellular structure.

2.7. Cellular wisdom

2.7.1. Our connecting force- *electro magnetic force*¹⁴ of the cells

Cells are basic elements, which all beings are made of. Breath is the cellular channel of life force that connects us to cosmic forces and cosmic mother. Each cell of our body gets nourished through the life force of the cosmos that is connected through breath. The same law applies to all beings. It is this life force which connects and nourishes all beings like trees, turtles, bees, mountains, rivers and us – human beings. Magnetic forces between these beings that always stand in relation to each other act as the force that connects all these cells and the minds within these cells. Each cell has a mind of its own and given a chance it can very well function without the logical brain. A specific organised cellular structure and form is called dog, tree, turtle, bee or human being. All these cellular beings have senses in common. What is uncommon with human beings is the differentiated body-mind wisdom coming through the cells and the thinking with the rational mind that is linked to *aham*.

By being in practice, our being - the tiniest cell of cosmos gets nourished and becomes robust through any or all of the triangular practices. The intra (within) and inter-cellular fluid (between) of body cells, *between one human woman body and the other*¹⁵, gets connected and nourished by the life force through our triangular practices.

¹⁴ 'Human body is made of very large number of smaller living beings called cells. Each cell is also a life form on its own, which gets born, grows, reproduces itself and dies. Each cell is made of smaller living beings called molecules, molecules are made of smaller beings called atoms, and atoms are made of still smaller beings (protons, electrons, etc.). Each living being is therefore electrically charged beings. The electromagnetic field is a physical field produced by electrically charged objects. Electromagnetic Force of a human physical body is sum of all electromagnetic forces of all cells inside a human physical body. Electromagnetic Force of the planet Earth is sum of all electromagnetic Forces of all beings on the planet Earth.

¹⁵ 'We are multi-dimensional beings composed of seven levels of energy, vibrating at different rates. From lowest vibration to highest, the seven levels are: the Physical/Etheric, the Emotional, the Lower Mental, the Astral, the Higher Mental, the Buddhic and the Spirit Level. These seven different levels of energy form seven layers/sheaths of subtle bodies. The physical body is the densest part vibrating at the lowest rate and therefore visible to everyone whereas the other layers are not visible to our eyes. We have seven energy centres (chakras in the yogic philosophy). These are vortices of energy located in the etheric /subtle body (the first layer around the physical body). The endocrine system is the physical correspondence to those energy centers. The glandular system is the medium of distribution of energy throughout the body. Energy comes into and out of the body through these centres. The energy leaving our body is affected by our own substance and mixes with the energy of others around us. They in turn affect this energy with their own substance, and so on and so forth. Thus we influence one another and are connected energetically'.

2.7.2. Functional tension between the *aham* and the *body wisdom*¹⁶

What exactly do we mean when we say *aham*? *Aham* is the rationalising, discriminating, perceiving head of the the human body. It primarily functions in the *mental body*¹⁷ and is created through one's personal history. *Aham* is like the watchdog of the body that is accustomed to taking over control and choices. *Aham* through its creation of the mental body exists mostly in known and conscious realms. It is governed by finiteness of the body and therefore limited in its thinking and function. Body wisdom operates in the infinite world through the connecting cellular fluid to the other organisms in the planet and cosmos. Body-wisdom knows the depth and breadth of the infinite world and its limitation, and functions through 'knowing' that comes from 'being'. We are caught in a body where *aham* drives us outside with its mental body, while body wisdom takes us to an entirely different world of 'knowing'. The functional tension between the two, keeps us in balance as a species that are in the process of evolution. As humans, we need thinking, discrimination, rational mind that is like a wild horse and we also need the deep and balanced body wisdom to move through evolution.

The wisdom that we talk of here, is fundamentally at the body cellular level. But the paradox here is that the logical reasoning mind in each of us-the mental body, takes control of the minds of the cells. The commander in charge is the *aham* and it wants to ensure that the entire cellular connections between all beings are in shape and strength in the way it desires. The dynamics of the mental body and the electro magnetic force that stand in relation to all the beings through their body cells get into conflict. The cellular mind wants to move like a tortoise slowly, steadily and feel the ground it moves on with consciousness. The mental body controlled and dictated by *aham* wants to move at super sonic speed and is always working against the 'cellular mind'. Over time, the mental body takes over

¹⁶ The ability or tendency of an organism or a cell to maintain internal equilibrium by adjusting its physiological processes; the tendency of biologic tissues and processes to maintain a constancy of environment consistent with their vitality and well being. For cells to maintain their stability or equilibrium, the cell membranes must be in continuous interaction with both the internal (intracellular) environment and the external (extra cellular) environment. When the equilibrium of any component is disturbed, the interaction permits automatic readjustment by giving rise to stimuli that result in restoration of the equilibrium

¹⁷ The Mental Body facilitates cognition, the faculty of knowing. It gives you the ability to discern, and to have thoughts, beliefs, concepts, and higher psychic abilities. This body extends beyond the emotional and is composed of still finer substances, all of which are associated with thoughts and mental processes. The mental body is also a structured body. It contains the structure of our ideas. Habitual thoughts become very powerful well-formed forces that then affect our lives.

all the bodies- physical body, light body, energy body and the etheric body.

Every philosophy at the core talks of stilling the mind run by *aham* and staying with the cellular minds to invoke them. The only problem is that every philosophy comes with its dogmas that bring the *aham* into force. We are trying to get out of dogmas and workbooks here. We are about following the mind of cells and invoking their wisdom that has long been forgotten – due to sheer inertia brought about by traumas and wounds in women through many births.

The point of celebration here is that women with earnestness to find our path and travel consciously can invoke the cellular wisdom deep down quickly through connection to the great mother compared to other beings. It is like a channel, doors wanting to be opened and like ‘target directing arrows’ towards it. Target here is the cosmic Moon Mother and the arrows are each human woman.

2.7.3. State of the human women’s bodies and the earth body

The present state of the women’s bodies and their intra-cellular fluid is in keeping with the earth body- our planet. The intra and inter- cellular fluid of human bodies want to be in rhythm with the cellular mind of the earth to nourish each other and live in harmony and peace. But this is in total chaos at present as the whole cellular mind of humans and the earth is completely confused and directionless. The intellectual and reasoning mind wishes to control this fluid space for its own ‘assumed’ survival. *Aham* of all the human beings wants to be in control of mother earth and interferes with her natural cellular consciousness. The controlling *aham* with its ‘good’ intentions takes charge and adds to the confusion, inertia and a state of ‘*learnt helplessness*’¹⁸ resulting in the women and earth being in a comatose state. To be in ‘right’ relationship we need these comatose cells in human women and the earth to be awakened and join the critical mass to bring back nature’s rhythm that heals, loves and nourishes to do the work both humans and the earth have originated for. The triangular practice of women wakes up each of these comatose cells in themselves, in other un-awakened women and the earth mother. In this century, women’s lives are about doing this foundation work, to bring back nature’s rhythm to earth and her beings. The work is not just at the physical level alone, but also at

¹⁸ A psychological state where people feel powerless to change their self or situation. This is primarily caused when people perceive ‘nothing can be changed’. Essentially, it means that the person feels as if change is not possible, since there is a pervasive problem.

a very deep cellular level, in order to reach the comatose cells and invoking the body wisdom.

2.7.4. Suppression of cellular wisdom by the mental body

We will discuss how *aham's* power works to keep the body's cellular mind suppressed and in inertia by its mental body activities through thought forms. Each thought form of the mental body has its own shape and vibrations and acts on the inter and intra- cellular fluid connections. The thought forms spontaneously arise from the *aham* out of fear, anxiety for survival, getting *aham's* own needs met and to be always in charge. The thought forms that arise out of benevolence and love are much lesser than thought forms arising out of wanting control, survival, fear and anxiety. *Aham's* thought forms are at supersonic speed creating a particular dense vibratory field that calls upon certain beings and spirits to aid this speed and control. This is layered on top of the cellular wisdom and its consciousness, making it become claustrophobic with no space to 'be'.

Through triangular practice, we are creating spaces where cellular minds can breathe, break out of their inertia and move towards remembering their wisdom. Cellular wisdom of all beings has the capacity to re-programme and alter itself to remain conscious all the time and co-exist in harmony and rhythm with the mental body for living the purpose and path it has come for. Each woman's practice in this direction is about invoking her cellular body wisdom and thereby invoking other body's and earth's wisdom. We are cosmic beings and we have the right and responsibility to do this work in this life.

2.8. Women in practice

2.8.1. Energy field created through your triangular practices

The connecting line to cosmic Mother/Moon Mother is the fundamental requirement of the practice. Your breathing and stillness practice feeds and nourishes it and body training forms the solid foundation. Speaking the unspeakable to oneself and in a female circle unblocks the channel of luminous connection.

The ugly thoughts, confusions, dilemmas, frustrations, loneliness, sadness and other so-called 'negative' emotions, *vasanas*¹⁹ all these natural

¹⁹ Sanskrit word for latencies or tendencies inherent in a man, resulting from his actions in a previous life and governing those in this life. Vasanas are the conglomerate results of subconscious impressions (samskaras) created through experiences of past births. Samskaras - experiential impressions combine in the subconscious to form vasanas. It lives as subliminal inclinations and habit patterns which, as driving forces, colour and motivate one's attitudes and future actions.

processes will take place alongside. Oftentimes you are also wilfully bringing in these dimensions from outside as social beings and they may not originate in you. But your *vasanas* make it easy and automatic for you to absorb them from other beings around you like a magnet.

However, there is no puritanism here. Purity and perfection are the preaching of religions as ideals. In this practice we accept and recognize 'who we are' in totality, the so called 'good' 'bad' 'ugly' and all of it, originating within us. So it is important to surrender them as part of you to Moon Mother through the connecting line without denying or ignoring them.

Through triangular practice, you are exhausting these *vasanas* in quantum leaps instead of slow evolutionary processes through many births. The more your devotion to triangular practices, the less you will absorb these contaminations around you. You can only make them less and they can never be stopped altogether. The contaminating 'negative' thought forms and emotions around you stop five feet around your vibratory field created through your triangular practices and also takes away the magnetic attracting power for these particular contaminations within you. Still, they have their impact on you minimally as you stand in relation to other beings in the planet and cosmos.

Secondly, through practices you are creating a field of particular energy around you all the time, which helps the other beings around you to cleanse their *vasanas*. Your being influences them through subliminal spaces to alter their perceptions, attitudes and beliefs. This is a part of silent unseen movement that is gaining momentum.

2.8.2. Holding on to practice with consciousness

Many times, you may think you are depleted of devotion and try to forgo practice for sometime due to your worldly routines and human life requirements. This is a perception at finite level. But your devotion to be in practice and to take a fragment of time for yourself as a cosmic being will in fact guide the worldly work in such a way, that actually, your work gets done through coming together of events and people that you have never imagined. At the unseen level, in unknown realms, the practices nourish and guide your worldly work through synchronicities as you walk your path.

Your practices are like breathing. Can you think of stopping breathing for sometime, because you are bored or fed up of it or for lack of time? The same is true of practices in women's lives for those who have decided to walk their path and purpose they have come for. The light of Moon Mother in you is reverberating and gaining a particular resolution in your bodies and minds.

Once you are in any one or all the parts of triangular practice it is important to give your devotion to it fully. Remember we are not talking of regimentation that takes away the joy and inner peace from these practices. Your practices need to have your whole being and heart in it. If you are preoccupied and your heart is not open at the centre of the practice, there is no use of that practice. Letting go of practices due to lack of devotion is different from regimented devotion preached by religions. Here we are talking of a devotion and sincerity to practices that create a rhythm to unite with the Moon Mother and the critical mass of women across the planet. Joy, peace and fulfilment in practice are at the centre of devotion. It is not necessary to rebel against the rhythm because it is your own pulsating energy and breathing rhythm.

Letting go of practices on some occasions with mindfulness to body, environment or happenings are important to notice and be still in the consciousness. It is about consciousness discipline – a discipline of a kind which is compassionate to you first and those around. It is a paradox that the more deeply you are into practice, the less you let go of it, even under trying circumstances.

Rhythm in music and dance keep changing but rhythm still lives in it. Depending on your life context and so-called 'emergencies', the rhythm of your practice can change but not stop. The music and dance of our practices continue in our human lives at the pace and rhythm we desire.

All these are words until you experience them. Many of you are nodding your heads as you read these words because you have experienced it. Many of you feel confused to get at the meaning of what is said here. Both are natural.

2.8.3. Women ushering the dramatic phase of evolving into future human

Evolutionary forces in the cosmos aid the evolution of humans through body- wisdom and not through the mental body. We are preparing

ourselves for that movement similar to the ape evolving into a human-which is current human evolving into future human with a brilliance that is unimaginable and a wisdom of species that is in harmony with the planet and cosmos. Cellular wisdom of human species is yet to be born and its brilliance is ungraspable by us today. Women in particular, on this planet are the ones ushering in this dramatic phase of evolution in the light of the Moon Mother, in the service of the planet and the cosmos.

We are talking about altering cellular structure. Women with their connection to the Great Mother are the forbearers of this evolution. We are preparing the future generation and ourselves by healing and aligning with the 'cellular knowing' through body wisdom. To go over to the 'cellular knowing', we need to break out of our comatose cells and their minds that are great hurdles in this journey. With the awakening of the comatose body and mind, everything around us needs to be reconstructed to aid us in this work and walk our path with joy and humility in the light of the Moon Mother.

The reconstruction of the world around us in the physical, spiritual and in other planes comes through our cellular knowing of what it needs to be, from what it is today. Reordering our lives, through our practices need not mean seclusion but being in the world with space and time for women to 'be'. Through our triangular practices we reorder our lives in such a way to allow the 'cellular knowing' to happen and lead us on our path. Cellular altering and revolution comes through our bodies into this planet by our sheer devotion and love to do this work and not by any magic. The connecting line to the Moon Mother, gives us all what is needed to do this work. Our inner joy and peace in the chaotic, self-destructive outer world today comes through this work.

2.8.4. The power to heal, transform and transmute for cellular programming

Every gross happening outside fundamentally has its ultimate tiny atomic activity underground. We as women can easily go to this basic activity that feeds these happenings at the level of the atom. Our practices are capable of dealing with this deeper atomic level activity- the generator of these happenings. No one knows you have the power except you and your circles. Our practices join us with the five elements that make this planet. Our organism is the awakened source of Moon Mother. Millions and millions of spirits are just waiting to join with our moon bodies in this

underground revolution to uproot the misogyny held in the genitals and wombs of women which is like the '*rock of Gibraltar*'²⁰. There is no room for doubt as to whether we can do this work or not.

The practices work at the cytoplasm of cells in each woman's body and join energetically with all other women's bodies under one umbrella of Moon Mother. The generated power at the energetic level has the capacity to first heal the festering wounds and bring the organism- the body, out of shock to a waking stage. Awakened women in their practices are like one strong monolithic shaft of much powerful force to alter, heal, transform, and transmute any such mass happenings targeted at abuse of women's body. The power of such a nature is silent, no rumbling, quick, faster than lightning and operates at the cellular level. The most indomitable force we will face while we are in this work, is the fear and anxiety that is generated in each organism. We have discussed at length the power of practices to keep the emotion of fear at bay and transforming it by mere acknowledgement and recognition.

All the practice we have talked about when viewed at the physical level, seem isolated and an activity by one woman. But the devotion and love to Moon Mother connects all organisms at different levels of the cosmos and has the potency to bring the cellular reprogramming and revolution not only in the women in practice but all through the planet, around the planet and in the beings that inhabit the planet to bring healing, peace and harmony.

2.9.Comprehending mammoth misogyny

2.9.1. Comprehending breadth, width and depth of the roots of misogyny

In this section we will discuss where the roots of misogyny lie, so that we can comprehend its width and breadth, inside and outside us. It is not about 'doing' something though we do not mean that nothing can be done about it. We have discussed silent voices and their consequences in the world around. We also need to comprehend its spread.

What are the strong roots of misogyny? The whole notion constructed over many civilisations in woman is the internalised thought 'I am not that

²⁰ The Rock of Gibraltar is a monolithic limestone rock. The geological formation was created during the Jurassic period some 200 million years ago, when the African tectonic plate collided tightly with the Eurasian plate. Despite long sieges it seemed that there was nothing that could destroy the Rock or its people. This history has inspired the simile "solid as the Rock of Gibraltar", which is used to describe a person or situation that cannot be overcome and that does not fail reflecting invincibility.

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 that 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.

This 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.

Other strong and deep roots of misogyny lies in the notion that is programmed at the cellular level- *'my needs will be met by others, I have to just take care of them in return'*. Questioning and countering is a taboo that brings serious repercussions. There are mountains of unmet needs of 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. The rage in women is of a similar nature. Misogyny gets fed and feeds through this rage.

Another deep root of misogyny we need to comprehend is the programmed notion that *'my significance as a women is in my reproductive function'*. 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. We are not talking here about women making choices about their reproductive agendas in their particular lives- two children, one child, no child, many children, adopted

children and many other forms. The important question is what lies behind the self-choice on reproductive function? What outside forces operate on women's body underlying the lives we live on this planet?

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. 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 even more.

2.9.2. Peaceful warriors of underground revolution- the mammoth movement

We viewed some of the strong and deep roots of misogyny through a peephole. We have some comprehension of how women's lives are kept in status quo by feeding deep rooted notions about our lives all internalised in the cellular structure to lead our lives in the laid down ways-seemingly through choices *that are in fact choice-less*.

In this birth and future births we have come to do the work of altering this cellular programming and to release women from misogyny controlled lives. We know our arms of harmony, peace and justice are our triangular practices and we are joining together energetically at a planetary level, to create a critical mass for a silent unseen under the ground revolution of cellular altering, transformation and transmutation. It is hard and tough work which requires discipline, devotion and love to oneself and others around. We are the peaceful warriors of this revolution on this planet. We do not have to 'do' anything, we only need to 'be' in our practices to join the critical mass with the millions of guiding and helping spirits.

The paradox of women's life is the immense power that she is born with and the 'powerlessness' and 'helplessness' with which she leads her life thinking that it is natural state of affair. Holding and transforming the potency of power and brilliance in each woman's life now lies in altering and transmutation of the cellular structure. All this is like the coolness and the light of the moon and the brilliance of Sun programmed to be hardly ten percent of their nature. You can imagine the darkness and the microbes that feed in the darkness to keep a chain of actions in place in the planet. We are not trying to lift the darkness but work with the brilliance to alter their programming to be in their one hundred percent potential. The work is with the source, which is deep, mammoth and tough.

For this mammoth movement it is important to prepare through our triangular practices, which works at the level of DNA of women in the cosmos. We are dealing with this at length because it is a natural question – why so much insistence on practices and other forms of self-care? Once the devotion and love for practice is in place, the first silent revolution happens in the course of time based on each woman’s context and the environment we live in. With the intensity and strength of devotion, the field around us changes energetically to enable us to stay in practice. It is time-consuming patient work, but sure to bring in transformation. Each woman in practice can only experience this as it happens and some women reading this have already experienced it.

Being an atom in the mammoth field brings in the power of the mammoth field to the atom, each feeding the other. This is the reason women in practice need to be in bonding with the other women doing this work and not stay in isolation as we are part of the build up of the critical mass for the silent cellular revolution.

2.9.3. What about our differences among women?

Right now it appears we are talking about ‘homogenous women’. Yes, partly true. We are now at a level of understanding, which is broad, cytoplasmic (cellular), before we go into specifics of differences. Handling differences are completely different pot to handle and the most tough one because of our current cellular programming. We will definitely cover how our current cellular programming hardly allows us to bond across differences as women, appreciate and acknowledge our differences and work through them. ‘Speaking the unspeakable’ as a practice in female circles does help to do a small part of this work.

All women are not at a point today to start triangular practices and we need to work at two levels. One at the level of joining all those women in practice energetically under one umbrella in the light of Moon Mother and another with women who are not in practice and living their lives. We are in quite a tricky situation. Our current cellular programming does not allow us to do work together as women and understand and honour differences but our practices strengthen and enable us to do this work. Therefore today it becomes the work of a select few and does not appear correctly balanced. That is the way it is now. Unless we get deeper into our practices and multiply our female collectives, we cannot reach other women who need to be reached. Microcosmic cellular altering is needed to ride

over the deep-rooted misogyny that programmes us to avoid bonding and working together as women.

Nobody is special under the light of Moon Mother. Task assigned and taken are special and that is supported and nourished. We are in a highly complex work that needs multi-layered understanding and grasping. We are still building the nuclei of such women with special tasks. We will stay here in our discussions and teaching for sometime before we move on to other realms.

2.9.4. Most valued and most abused wombs of women

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. 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 us. 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. Given this history, many women in the prime of physical life perceive their wombs to be an impediment, dis-privilege and sometimes a curse. These perceptions come out of the ignorance about being a 'cosmic being' and looking at the womb on 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 are with good intentions. It had to be borne for the sake of harmony of the society she lives in. Paradoxically, the body 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 matter of disgust that the woman's body is a guilt and shame generator, sending the whole body into complete violent shock. Civilizations have ingeniously put in so many norms related to women's genitals and wombs and they have become public property and no more a sacred and private property of women. All this goes on in the name of

modernity, tradition, culture, etc. Violence on women is institutionalised and the whole society accepts it as a matter of fact. What else do you need to look around for examples of deep-rooted misogyny? Hard bulldozer-work is needed by a critical mass of women in practice. These misogynist roots are a threat to human civilization and the body of mother earth- the planet.

Why are we discussing this in our learning about the journey with the Moon Mother? *First we need to acknowledge the 'seeming impossibility' of 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 the 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 reside in the potential of your relationship with Moon Mother and your devotion to walk and live your purpose. The triangular practices we have discussed at length holds enormous power to cut the internalised deep-roots of misogyny for peace and harmonious living.* It seemingly appears impossible at the outset to change any of these because right now one tiny voice of young woman brings in more abuse of power, violence and more wounds on women. It does seem an unending battle and an impossible situation. Remember with your relationship to Moon mother through your practices, the possibilities are many and you can hardly comprehend it.

2.10. Mysteries of our conception

Why are we discussing all these subjects here? We as women are much more than what we think we are. The entire life force of the cosmos and the source of this force in the Great Mother are intimately and magnetically linked to women in this planet. It does not matter whether they are young or old, single or with partners, reproductively active or not. The entire human life force, the source of Great Mother and her supreme love reside in each woman. The magnetic field of the cosmos and the potential in each woman are closely linked. All the practices we have discussed earlier are in the backdrop of such cosmic dynamics of source and conception of life force.

2.10.1. Comprehending many forms of conceptions

How the particular life force of an organism senses and asserts itself, in relation to the body it chooses to be born in, is a complex field of study. Here we are revealing what is required for understanding by all 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*²¹ 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 process.

Whatever we discuss here for human conception is also applicable to all other conceptions and creations in various forms. All conceptions need not be born out of meeting of sperm and egg at the gross levels. There are conceptions of many forms- a thought form, conception of spaces to live and meet together, conception of beauty, conception of all art forms- are also vital conceptions of human organism. Conception of all these forms is also powerful births through the human organism. It is a misconception that all conceptions must end in birth of human organism through women's bodies. The other forms of conceptions we talked about can happen through women and men, in the service and the healing of the planet or otherwise. All conceptions have one fundamental element- the seed of the great father and the love of the supreme Mother. Only then, these conceptions are done in the service of the planet.

2.10.2. Our conception and our predetermined journey

How do we come into conception as a life force, once we have decided that we want to incarnate and have chosen our path prior to our birth? Your chosen path decides when, where, and in whom you will enter as a life force. You weigh the actions and reactions and tendencies you have accumulated and decide to take conception to burn these in the fire of living planetary life and be in the path you want to travel. You work through your life force in such a way that your 'being' is in consonance with your path and not be pulled in different directions.

²¹ "The word "trimester" came into English in 1821 from the French "trimestre." It, in turn, evolved from the Latin "trimestris" – from "tri-," three + "mensis," month. Trimester is thus related in origin to menses and menstruation. The nine months of pregnancy is traditionally divided into three trimesters: distinct periods of roughly three months in which different phases of fetal development take place. The first trimester is a time of basic cell differentiation. It is said to truly end at the mother's first perception of fetal movement (quickening) which usually occurs around the end of the third month. The second trimester is a period of rapid growth and maturation of body systems. A second-trimester fetus born prematurely may be viable, given the best hospital care possible. The third trimester marks the final stage of fetal growth, in which systems are completed; fat accumulates under the soon- to-be-born baby's skin, and the fetus at last moves into position for birth. This trimester ends, of course, with the birth'.

Each one's path is unique and different as is the life force and the form. All our paths are like different rivers joining the ocean of the Great Mother. Each one's life force is impacted by the magnetic force for an evolution of a far superior race of humans. When we leave our bodies, we decide our conception into a female body from where we are- the second or third plane of the cosmos. There is a great dynamic 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. This work is about burning the accumulated actions, reactions, attachments, tendencies through planetary living. Each life force makes choices to be born as a male or female in this planet depending on its purpose. Life force of the cosmos and the female wombs of beings are in relationship. The human race and their evolution are closely connected to women.

Conception - the entry of another life force into 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 the first, second or third plane of existence of the 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 the life force and the life forces in the second and third plane choosing their births and their evolution. In the first six weeks, the mother body in the earth makes ready the womb for the life force to make a choice of being born a male or female. Just imagine the high activity and dynamic energy of billions of life forces wanting to be reborn 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 who for whatever reason have made decisions regarding their womb, are also inter-connected to the source and the life force of cosmos. As we have said earlier, mothering is not about birth alone. These women have made choices in their evolution of the life force 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 other women. It is a misogynist misconception and 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.

2.10.3. 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 years. The womb that holds and 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.

For a human organism to be born, the decision cannot be made without the consent of the organism to be born, 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 under the ground revolution is also attempting through the women's bodies not only to create a far superior race that is in service of healing and saving the planet but also in bringing conceptions of other forms that aid this cellular revolution by the cosmic womb-'*Hiranyagarbha*'²². 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.

2.10.4 Women in the forefront to bring in a new race of life force; what about men?

Conception at the cosmic level is a cellular activity. Each woman is a 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.

²² "Sanskrit word: from hiranya imperishable substance, garbha womb, embryo, foetus, also the interior of anything, hence a temple; Golden egg or womb; the matrix of imperishable substance; esoterically the luminous 'fire mist' or ethereal stuff from which the Universe was formed".

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

Why have we left men from the teaching? It is a natural question you will ask. The fathering and father bodies have different dynamic connection to the cosmos than the mothering and mother bodies. The very fact that they have chosen to be father bodies and not mother bodies sets their agenda of life different than women. They will do their work at the right time. Microcosmic work is happening to prepare them to become the nuclei and it takes much more preparation time than women. The very fact, the life force has chosen to be a woman or a man sets apart their purpose in the cause of evolution of the human race and the planet.

Men have to do their work to heal and save the planet by living their paths. Time is not ripe just now for them to engage in this work and they are in a different orbit than women. Soon small nuclei of men will start the work of their evolution all over the planet and it is in a preparatory stage right now. When women are deep into their evolutionary work and cellular level alterations in microcosm of women happens, it will wake up the nuclei of men to do their work.

2.11. Mysteries of the trimesters in conception

2.11.1. First trimester

Once the life force has entered the woman's body he/she imbibes the brilliance of the Moon Mother and also the *species' intelligence*²³ of future times. The 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 the mother body as her's/his body which gives it the sense of total security and feels 'held'.

When conception is caused by mechanical body need, the trust between the mother's body and the foetus is less than a self-choice pregnancy. In a self-choice pregnancy (mother wanting the conception) the foetus just trusts

²³ the organizing fields of animal and human behaviour, of social and cultural systems, and of mental activity can all be regarded as morphic (having a specified form or shape) fields which contain an inherent memory

and has no need to put out the sensing radar. In self-choice pregnancy, the first three months of the foetus is a great bonding of love between the mother body and the foetus body. The channels of connections are clear and vibrant. In a conception that is not of self choice, there is primary need in the foetus to feel wanted and looks for those vibrations constantly. Any sensation of fear and anxiety of the mother body immediately transmits the vibrations to the foetus and the foetus goes into agitation, sensing these vibrations. Again fear and anxiety are the antithesis at this point of time. Whatever be the environment of the mother, the feelings of the mother are transmitted to the foetus - primarily love and affection and their fear and anxiety.

The first trimester is a period when the foetus wants absolute trust of being loved and wanted. Based on what it senses through the mother body, it decides to stay in the womb or go back to where it came from in the cosmos. Or the agenda and the path chosen by the organism propels it to survive the 'not so wanted' vibrations and decides to stay full term.

The first trimester of any creation goes through the same process - be it a creative space, art form, beauty, learning forms and so on. Whatever is applicable to the foetus - organism inside the mothers' body is applicable to these creations also.

2.11.2 What happens in the second trimester?

In the second trimester the foetus considers the womb of the mother as the legitimate space that belongs to it and settles down to grow and nurture itself aggressively. In self-choice pregnancy, the 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 has already embedded into its DNA, inputs of its causal body's *vasanas*, as well as the path and purpose the organism has chosen in this birth. Both these get embedded in the growing cellular structure. These are only two primary imprints on the DNA of the 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 grow to a 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 the Great Mother.

Our triangular practices and connections of all the women in practice across the planet in the supreme light of Moon Mother works not only at the earthly plane but also influences the forming of cellular structure in the second trimester in all human organisms in the mother's body. In the second trimester, we are working at the level of imprinting on the organism in the mothers' body. We are aided in this work by natures' will to change, transform and transmute the cellular structure. We join these powerful forces of nature that strongly desire to change the cellular structure for healing and wholeness.

Our triangular practices and its impact on the subtle bodies in microcosm and macrocosm easily connect with the subtle bodies of these foetuses. Their path being evolutionary, our forces of practices easily join and imprint on the growing organism inside the mother's body. The organism is in a ready state to listen to evolutionary channels of communication from everywhere. Our work is more at this level than at the living bodies currently on earth.

Here again the same applies to other forms of conception. Be it the foetus - the growing organism to be born as human being or any other forms of conceptions, they are instantaneously connected to the evolutionary forces shaping them by a will of their own. In the second trimester, the creation is developing a will of its own and wants to listen to channels that bring love, healing and wholeness when it is in the service of the planet and cosmos. Here, the one who has conceived it may be of a different nature than the creation to be born. The creation to be birthed gets its own momentum and life to grow and self nurtures itself to be born. It can withstand any odds. Of course, all these are applicable when it is in the service of Mother Earth and the cosmos and not otherwise.

2.11.3.. The antithesis of birth in the third trimester

The Third trimester is preparation for birthing to live the purpose of conception. The third trimester in many ways, is like the first trimester. It requires care, love, tenderness 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 worlds and being in connection always to the channels of communication with cosmic energy and beings. Again, this applies to all forms of conceptions with a few exceptions.

The third trimester is the time when 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, make it come alive 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 and is against the natural principles. Caring and loving because of ownership versus sensitivity towards detachment/separation as the holder, for the need of the organism to be born are the dynamics of 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 has a highly sensitive radar with the cosmic energies and the environment, the holding organism of all birthing is in a state of exhaustion of holding on and is willing to let go. Because what was inside will become owned outside- at a physical, gross level, letting go and enabling the 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 the 'no care stage'. At the same time, lack of freedom and space is propelling the organism to be born. At the time of conception, organism decides the birth time and when to leave the planet and so all births and deaths are chosen too.

The learning of gross form starts after the birth. 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 inexplicable 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.

Birthing is the first complex bridging action with the universe of the unborn and the born for the organism. The contrast is vast between these

two universes. The organism pre-programmes itself to be born to withstand the pressures of both the universes. There is a 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 a 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, then the infant is in relation to the mother bodies of both the universes.

Clinging, ownership and object relationship with what is born, is an antithesis to the organism that is born. These forms of holding create a completely different vibratory field that interrupts the continuous teaching and absorption of knowledge from the other universes into the born organism's cellular structure. The born organism's sensitivity is much greater than an adult's capacity due to the sheer fact that they are in tune with the Great Mother in the macrocosm while experiencing the holding and mothering in the microcosm. We are completely unaware of the other world relationship of the infant. It is like a fine musical concert is going on in the infant's world and those around are oblivious to it and bring their chatter mindlessly interfering and interrupting the organism listening to the fine music.

2.11.4 'Holding' after birth

What helps is the 'holding' that is very much like the uterine membrane. Uterine membrane holds without owning, nourishes as a form of 'being', brings in great flexibility, gives space for growth, support and strength continuously against all odds. Lastly, when the time comes for birth, gladly 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. Holding of a nature that is non-owning, non-clinging and supporting is the right form for growth for all forms of creation/birth. But with our mental bodies that want to take hold, own, control and be in charge, being like an uterine tissue is a tough task but not impossible.

Triangular practices of women prepares them to have this capacity and learn this 'holding' by being in stillness, connection to Moon Mother, body training and making 'speaking the unspeakable' a way of life to live by.

By learning to be in the 'being' mode in each moment whatever work we are engaged in, we become a channel for the supreme love, will of the universe and evolutionary forces. Our job is to be receptacles to receive, hold and let the flow happen outside and inside. For cellular transformation to happen, these two ways of 'uterine holding' and 'being' are essential along with triangular practices. As microcosmic mother bodies, we need to learn this in the service of our own evolution and the movement of the cellular transmutation in human women and thereby in all humans.

One may ask 'why can't I pass my life in ignorance'? You can. The significance of being a human race is also lost when we live our lives in ignorance and get caught in the first level of existence of cosmos and go through continuous births and deaths. The basic urge that propels the organism is to evolve seeking the divine supreme love of the great mother.

2.12.Other matters of conception

2.12.1 What happens to women in practice after leaving the present body?

We will systematically understand how we always remain a cosmic being in this planet after leaving the body, living a different life in other planes of existence in the cosmos. Many of you know there is no end or beginning to our 'being' and death is only one event in the life force continuum in the cosmos.

What happens to women in practice after leaving the present body? Does all practice stop to a grinding halt? Is the path finished? Since death is only one event in the life force continuum, the practice never stops but its nature becomes of a different kind and quality. The women in practice join another critical mass for the work of altering the cellular structure in women to save and heal the chaotic pace of destruction of the planet.

Where do they go after leaving this body to continue the work? Depending on their wish and what they want to continue to do, they choose the second or third plane of existence. Here there is no need for gross bodies as in this planet. The beings here are in thin energetic light bodies and the body needs are non-existent. All that remains is the sensation of peace and harmony for the work they have chosen to do. Here again they are not alone. There are millions of beings with greater capacity

than the human beings. They join the millions of spirits in their respective plane and work in unison with beings in the higher planes- fourth and fifth plane and and so forth. The practice never stops and there is no end to this beginning and only the forms change. Many times, these beings become the 'millions of spirits' ready to guide and help those in practice to make the cosmic connection and stay that way against all odds.

Do the women in practice incarnate? They choose their time of stay in their plane of existence and decide when they need to come back with the causal body to the planet earth, depending on where and which part of cosmic work they wish to do. Women in practice take their birth for evolution of their life force, that thirsts for joining the beings in the higher plane to do the powerful work of the cosmos. The causal body, which carries the evolution programming, decides when and where to be born and whether as a human woman or man? So we all make choices and decide to be born to follow our path as cosmic beings and our parents are only channels and not causes as many of us have grossly misunderstood.

Why do we come back to earth in this body when we know the volume of work that is needed and the odds that are in place? The path of cellular revolution in the future generations for healing the planet and the women's body, has chosen you based on your wishes. You are on track whichever plane of existence you are in - earth or other planes of cosmos. We come back to this earth because we have accumulated over many births many countless karmic connections that are left unfinished in our comatose body and mind on the earth, which need clearing up to speed up our evolution and intensify our devotion to our path. Seeking divine love and to be a spring of divine love in this cosmos is the origin of all beings. We are here discussing the cosmic course of those particular women's lives in the cosmos who are in devotion to Great Mother/ Moon Mother and their path.

You may ask how do we know ourselves to be this way? Look around where you are in life. Are you being a little different than other women? Maybe a little more 'crazy', a little more 'weird', determined to do something, standing up for women in tiny forms, a little callous about society's trappings and straying the 'given' path, self-searching and whom the other women and men envy and in their tiny hearts wish to be like how you are living this life.

There are countless paths of evolutionary work in this cosmos and we are only focusing on one of these paths in this teaching. *I have given you a broad view of your life as a cosmic being in this particular birth, just enough for you to comprehend. Death is not a cessation of the path you have chosen. You choose to be born again after weighing the work the causal body has to do and what your path demands on the planet. We are born out of our choice and then the whole story starts from conception of a channel you choose.*

2.12.2. Duty bound conception and conception of choice

Conception made into reproductive duty of women in the planet is a fact we all know. Conception and pregnancy that occur as an automatic process to be gone through by women is like a chore all over the planet. These conceptions bring in life forms that have a different vibratory field than those conceptions in women's womb that are invited, desired and carried in pregnancy. The life forms that are waiting to be born with their agenda choose 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 takes place, the life forms that are in urgency choose these wombs from a particular plane of existence in cosmos. On the other hand, self-choice and desired conception draw life forms that are in different planes of existence and are born with a particular vibratory field. 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 women all over the planet to the possibilities of self-choice pregnancies.

2.12.3. Single women and self choice children

You may ask what about those millions of young women today who are not partnered or do not want to be partnered but wish to have self-choice children? The children come to them, seek them and invite them because of their vibratory field. Their desire attracts these children born to other women. They are ready to have different mothers. It could be adoption, fate of circumstances when the child is left alone or other forms through which the child also chooses the mother after being born. You will see this increasingly happen all over the planet in different degrees.

These happenings break free each little tender root attached to the massive deep roots of misogyny loosening its grip infinitesimally. Conception in this planet is all about evolution. *Evolutionary forces are much stronger than misogyny and have the power to check its depth and spread. The womb intelligence of these mother bodies is part of the body wisdom that we are trying to get closer to through triangular practices. The women who invite life forces through their desire and choice are making room for the evolutionary forces to work their course and power.* The misogyny is only one strong force out of countless forces it has to deal with and yet usher in evolution that is revolutionary.

So, dear women, please understand that you are much more than what you appear to yourself and to this planet. Each moment you are relating with evolutionary forces with your mother bodies, whatever your age may be. It has nothing to do with your physical gross body but with your subtle body. It's a vast universe of complex forces.

2.13. Children of this century

2.13.1. Handling Children of this century – harbingers of wisdom

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 the teachers of wisdom. 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 over- used mechanisms to aid their growth which is a block to evolution. We need to develop 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 is to look at 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 norms, they will get more in touch with their body wisdom and develop an intelligence which is far superior and of a different kind.

The umbrella of women in practice who are a part of the underground slow cellular revolution are in relationship with this new generation of human girls and boys who are coming into the world with tiny alterations in cellular programming. You can see around with consciousness and you will find them. *This new generation needs good discipline and boundaries, as they understand much beyond their physical age. Depending on how they are handled they can go into polarities of human action. They can be 'knowing' intelligent homosapiens in harmony with what is around or they can use the same 'knowing' to go against peace, healing and harmony. They are providing us a training ground to get prepared as parents, relatives, neighbours, and society on the planet.*

Does this apply to all creations other than human birth? Yes. It is much harder and tougher work, because the born creation mostly presents opportunity for learning in subtle realms. *Learning to let go of the creation and yet hold it energetically to give the space and freedom- a task in itself challenging and complex. The dynamics of subtle learning and discovery requires us to be constantly be aware of the mental body's control and chatter and false pride.*

We need to understand not only the movement, which focuses on our cells and our collectives but also understand what happens as a result of our work along with the evolutionary forces in the planet and how to handle them. We are not teaching here just about your lives and paths alone. All these have an ultimate goal in the cosmos over which Moon Mother presides.

All these may sound as words to some, incomprehensible to some and make meaning to some. You may take any creation and perceive it through this mirror to understand what is being offered as a teaching. You will find your own understanding

2.14.Message to you

2.14.1. Message from the Great Mother and Her millions of channels

The message from - the Great Mother and the millions of her channels to you women today is that when you keep the fear and anxiety out of your

body and be alert to its rising with awareness, the cells will get into their ancient memory and wisdom to connect to us. We will always be there for you to aid your work with every woman. You will never be alone in this work. We will aid and support you in many forms of which you will only know a few. Unseen, unsensed by you, we are aiding and supporting your work in many forms. Trust us and reduce the levels and occurrences of rising fear and anxiety that arises from the depth of misogyny. We will be there for you to cut the chords of habituated fear that is embedded in the roots of misogyny. It is demanded of you to move forward in your personal and cosmic work. We are talking here about the fears of a particular kind that are habits and are not caused by actual factors inside and around you. Remember you are warriors of peace and harmony and your primary war is inside of you, killing the ghosts of fears. You can do it and we the cosmic channels are standing right by you. Call upon us when you are at cross roads and when the habituated fear psychosis²⁴ kicks in. We will aid you in this war with the ghosts of fear. Unless you do this work, we are disabled to reach you and usher in your brilliance.

As you heal each body from the ghosts of fears inside of you, remember, you are healing the macrocosm from the terror and destruction that is unleashed now. The source of healing is freedom from the ghosts of fears. The healing of the microcosm - your bodies, will start right there. Healing women's bodies is the microcosmic work we need to do to heal the macrocosm- the earth Mother- the planet. Then the shrivelled up self inside you will wake up and stand in your brilliance.

The source of brilliance and power inside each cell of your body is trapped for centuries wanting liberation- the work in which you are now engaged. Your trust and love in yourself is all that is needed to do this work. Trusting and loving yourself is the most simple but tough work that is needed in the service of healing the microcosm and macrocosm. Then alone we the channels of great Mother are able to reach you and aid you in every form in your life in this birth and coming births. We are not talking about narcissism but healing the shrivelled up cells all over our bodies, which hold the code of transmutation of cellular structure in the women born on this planet and those that are yet to be born.

²⁴ The inability of a person to distinguish between what is real and what is imaginary and being gripped by anxiety and fear.

Remember you're a significant atom of a big mass that is preparing the ground for a cellular revolution in women that will cut the roots of misogyny. The messages are universal and you can share it with other women who are ready to receive. You will 'know' when they are ready.

2.14.2. We are all party to violence and destruction and similar forms in the planet

Each thought emanating from you meets a similar thought form like a magnet to iron and joins together becoming stronger and bigger and become entities on their own. It is the same for thoughts of love, truth, beauty and ushering in evolutionary forces as well as thoughts about destruction, violence, vengeance, self-oriented and self servicing thoughts at the cost of environment. The current unleashing of violence and destruction of the planet on humans, on mother earth and the planet is caused by all of us. Violence and aggression have become a way of life in today's planet. It seems almost that if you don't have them then you are a failure in the planet. We have created countless entities of violence and aggression that want to be fed and fuelled continuously and more and more new forms of violence of all kinds are being created and sustained. We are all party to it by feeding our thoughts of violence and destruction and similar forms in our lives. We cannot blame one or two or many persons. They don't have the power to create it. They are only championing and working with the thought forms created by all of us over time, over many years. We are today facing our own creatures created and nourished by our thought forms.

You may ask 'what do we do now'?

The first thing is not to join the fear psychosis which disables the guiding and loving millions of spirits- channels of Great Mother to join you in your work for peace, harmony and justice and healing and saving the planet.

- ◆ Secondly do not fuel thoughts of violence, aggression, rivalry and the like. If you stay in one or all the three of triangular practices and keep the consciousness of the luminous flexible connecting line, it will help you to be alert and conscious about the thought forms that you are creating each moment. Just stay on course and be alert to the arising thought forms fed by misogyny and the fears and anxieties, to enable us to work together as a cosmic team. As long as you are in the service of healing your women bodies and not in the service of *aham*

and the mental body, we will be right there at your side to lead you and aid you in every action of yours.

- ◆ Thirdly when you are connected to Moon Mother through the central luminous line, be aware and conscious that synchronicities happen to inform you that you are aligned and doing Her work in the path you have chosen in this birth. There will be no big drama or sensation. You will watch silent synchronicities like a gentle flowing river. It is true that benevolence and compassion right now in the planet is becoming a minority and needs strengthening and deepening.
- ◆ This is now our area of work and we are in communication with you-human women who are today ready to take on this work with us to heal and save the planet from self-destruction. Being the microcosmic mother bodies of the Great Mother, you are capable of conceiving and birthing peace, beauty, harmony and justice in the planet today. We are actually working with you as a cosmic team to stop the self-destruction of this planet.
- ◆ You are a 'being' in continuous communication with great Mother. Your bodies understand the need for this work and are drawn to it like a magnet. Whatever be the religion, class, pigment, caste, ethnicity, country of origin, state of your reproductive life, age in this planet-when you unite with all your differences to do your work to find and walk your path, the field that is created has particular vibrations. Today on the planet this truly is one of the hopes of nourishing the entities of true love and benevolence along with many other forms.
- ◆ An important assignment to all women in practice is to work towards healing and saving the planet. You don't have to 'do' anything big and dramatic, but just stay on course in tune with the Moon Mother. The body wisdom is in your 'being' and at the level of cells. They will wake up and guide you in your path. Trust and love is all we seek to unite together in our sacred work and the paths you have chosen for yourself in this birth and future births.
- ◆ There will be lot of occasions to despair. All you need to do is to stay in practice and be aligned through your central luminous line to Moon Mother and be grounded to earth Mother. There is no need for panic even though it appears so in your limited finite world. Be assured and stay in trust and love within and around and you will be guided each step through awakening your body wisdom.

2.14.3. Nourishing the entities of true love and benevolence

When you gather each time in true devotion to yourself and to find and walk your path, be assured you are not only doing your own personal work, but the cosmic work of Moon Mother, nourishing and birthing benevolent entities in the planet that need strengthening and nurturing through true love, for peace within and around you.

The more devoted you are to your work, the stronger are the benevolent entities of the planet. Each female circle directed by your devotion and love becomes a true mirror of the Moon Mother. She is present there guiding and aiding you in many forms of which you will know maybe one percent, through your finite lenses and instruments. There will be creative destructions in the female circles – all happening in the service of peace, harmony and justice on the planet.

You may ask is it true of all female circles? Yes, when it is truly devoted to finding your own voice, freedom, healing and wanting to give whatever it takes to make it happen. When the teachers of these female circles truly in their devotion see them as the channels of Moon Mother grounding themselves to earth mother, they are guided by Her. All that these female circles do is cosmic work and becoming a cosmic team for peace and healing of the planet. Be assured every moment of your work in devotion is the work of the planet in the service of Earth mother and Moon Mother.

Again the work you do in your body and in the female circle is much more than what you assume it to be. *Each time an atom added to the mass of true love and benevolence, nourishes and strengthens to counter the entities of violence and aggression. It is not about numbers, it is about the field of vibration we create in the female circle that nurtures the birth of countless forms of benevolent entities for healing and bringing peace to the planet. It will always be a dynamic field of play between the entities of violence and oppression and entities of true love and benevolence. There is no end to it. Today the planet is in need of strengthening the benevolent entities to do their work in the planet for healthy dynamics and balance.*

When you are in practice and walking in the light of the Moon Mother, you are Her channel. She informs you about Her presence through simple

synchronicities that guide and delight you. There is never big drama and sensation in the silent underground work. The moment drama and sensation take over, we become aware that 'ego' has taken charge and you are out of your path. Simplicity and profoundness is all there is when you walk your path in devotion to Moon Mother. Things happen around you and not because of you. Remain a channel of Moon Mother with dignity, devotion and true love and She will guide and aid you in each step. Remember, you are never alone as you stay in the practice and devotion in the work you are doing. We will be always with you, channels of Moon Mother aiding and guiding you through revelations and synchronicities.

Be blessed always in the light of the Moon Mother!

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Third Moon Cycle

(Channelled from Full Moon day of 18 Mar 2003. to Full Moon day of 15 April, 2003)

We are addressing women about the evolutionary journey as a part of human species (*homo sapiens*¹), who hold the mystery of heralding a far superior human race through their work in this birth and many more future births. Benevolence and love of cosmic mother is coming through these teachings to aid you in living your path and purpose and find peace and harmony. What we are teaching may already be known to you to some extent. We are revealing here the depth and breadth of life to evoke your “knowing” from your ancient body wisdom. At the same time enable you to be better teachers and leaders of women and humans who are in need of you.

In this teaching we are only focusing on one path of cellular revolution in women to rout misogyny and heal the planet and cosmos.

3.1. Potency of women

3.1.1. The bounty of our being

Human beings have more potency than what they think they have. It is an unimaginable and unfathomable potency. What you are imagining as your potency is not even two percent of what it actually is. When we are talking about potency, we are talking here about all the bodies of humans and their connections and communication channels to the cosmic forces. Usually, when you think of what is possible by humans, you think of how much the brain can function. We are then on totally parallel views on imagining the potency of humans.

When we think of potency of human women they are definitely at a different existence than human men due to their long history of work and wanting to wake up from oppression across the planet. With triangular practices and self-care based rhythms of being, human women’s potency is increasing to join collectively, to bring fundamental changes in the ‘being’ of the planet today. The teaching is therefore presented to them, inviting them to join the cosmic forces with greater potency, in the service of healing and wholeness.

¹ ‘The species to which all living humans belong. The Latin meaning, ‘wise man’ reflects the greater endowment of the brain power compared to his predecessors. The species is defined in terms of anatomy, and the first member of the species is recognized from about 150000 years ago. Compared to other members of the family Hominidae (all members of the human lineage since the divergence from the common ancestors with chimpanzees about 5 million years ago) and the genus Homo (larger brained hominids that appeared about 2 million years ago’.

When we are presenting the many facets of subtle practices and a view of subtle mystic realms, we know it is the right time for many women to be grounded in their practices at this time of their lives. Women who are reading to absorb and 'know', know it too well that there is no short-term cure for misogyny. It is not like *afforestation*² and *deforestation*³. 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 for natural forces, hope, courage and completely different practices of cultivation that gives back the soil not only its original potency but much more. Over years, misogyny has made long stretched deserts of human women's lives and now is the time to be finished with the desert walk, in half comatose body and mind.

It is possible to live in bounty of our beings and create bounty on this planet, a bounty of a different kind. This bounty has to do with inner joy and peace, harmony, healing and wholeness to human women, humans, earth mother and Moon Mother. All that we have been talking about is to go towards this bounty for joining the evolutionary forces.

Today we are standing up on certain foundations that make us who we are. These foundations are our belief systems about our connection in the microcosmic human body to the *macrocosm*⁴ and the 'live-ness' of it. It may be grounded in any form of belief, experiences and faith about being 'sacred' in the human form. Here religion has no place. It is ultimately the individual and her beliefs, experiences and practices.

You may be conscious, partly conscious, totally unconscious or partly unconscious of who you are and your foundations. The awakening we are talking of all the time is the awakening to the state of consciousness in us.

The source of this awakening is the *cytoplasmic*⁵ memory of ancient body wisdom, which can access vast sources of information of the infinite world.

² Establishment of a new forest by seeding or planting on non-forested land

³ The act or process of removing trees from or clearing a forest.

⁴ The totality of all existing things: cosmos, creation, nature, universe, world

⁵ In the cell, the cytoplasm comprises all the material surrounding the nucleus of a living cell. It contains a number of structures each of which has a specific function: the organelles. It is principally in the cytoplasm that the most important biochemical reactions necessary for the functioning of the cell take place; for example, protein synthesis. The study of **cellular memory** is still in its infancy, but the types of mechanism and the self-regulatory properties of cytoplasmic constituents are under study.

Our practice of body training is to get this access back in this birth. Therefore we talked about body training that is not mechanical, that is not a chore but a time with your body to cure its 'deafness' so that we can access this source. Our beliefs make our environment and us each moment. As much as our thought forms influence the way we are and the environment, so do the beliefs on the channel of consciousness. A strong and deep belief in the luminous connection, creates each moment you live in and the environment in which you are placed. Beliefs make us take ownership of who we are and notice the synchronicities on the way.

Every moment of our being calls for accessing the vast resources of the infinite world with a strong desire, intensity and the belief system about our luminous connecting line. The luminous connecting line works like a ship's anchor. Unimaginable resources want to be tapped for our opening of the hearts and to guide us on our path. Human women or men, all species that live here have this access. There is no differentiation here but the manner, in which they access, is different.

3.1.2. Potential of energetic communication in every human

Language is a fundamental need in our lives. If our tongue is not capable, then we invent languages to speak without sound or with few sounds. During all our waking hours we are using a language in our thinking and speaking and even while not speaking. The connection to the brain and to the other parts of the body is through this language.

As humans, without language, we are at a loss to communicate to/with others. Yet, there are many powerful non-language communications happening all the time within and outside of us, of which we are not aware. They happen between one cellular mass and another cellular mass through cytoplasm such as between a mother and the infant, between intimate friends, between the teacher and the student and between Moon Mother and human women, etc. There is no speaking but communication is complete. It also happens between those who are served and those who are serving them. There is no script here, but there is communication.

When the energetic channels between beings are in connection through love, affection and strongly habituated relationships, you are able to listen with no language- no phone, no audible sounds, no codes, etc. Sometimes you are wonder-struck how before you even think what you want, the other recognises it. When two cellular masses are energetically tuned and are awake about the relationship, you listen without any language. In fact the cytoplasm structure

in your cellular mass listens to a language that is not audible, that is not spoken, that is impossible to hear across distances almost like magic happening. Transpersonal psychology calls it telepathy, telekinesis and many other forms.

When we are talking about energetically joining other women in practice across the planet in your stillness practice, we are talking about this communication with no language. In your stillness practice when you connect in eight directions and above and below through your luminous line you feel it on the skin, your cytoplasm of the cells senses it and communicates. Just the love and intention makes it happen. This vital aspect in the stillness practice brings in fundamental cellular consciousness and channels are strengthened for the cellular transmutation. It also holds true with other cosmic beings during stillness practice to receive messages, visions and teachings. All it demands is awaken-ness to connections, alertness, love and intention.

This kind of 'no-language' communication happens with the mothers to be and children who come to them. But most of the time as mothers, we are not awake to listen to them. We depend on someone's external communication to receive messages but under- play our own channels. We assume others can do that efficiently and we cannot. Every human has the potential and it is only tuning and training that makes the difference. Often we externalise this potentiality in our cells to become 'deaf' to our own ability to be channels of these energetic communications. Why does this happen to most of us? We doubt our capacity but have no doubt about another's capacity to listen to these energetic communications. It is true that some have trained themselves to not only listen for themselves but for others and we call them by various names. We give away our capacity of this nature to them and believe we do not have it.

3.1.3. Energetic listening and knowing in triangular practice

This energetic listening will awaken in our triangular practices. You only need to be alert to listen. Your 'knowing' comes from ancient wisdom of body cells. You will not have rationale, logic or convincing arguments to it, but you 'know' them. It is so easy to discard and cast them away for the simple reason that they do not fit in the mental structure. Our comatose body and mind are trained and programmed not to be awake and alert to this knowing and doors are shut tight with many locks. When you progress on triangular practices with love and devotion, the doors open and you 'know'. But here is a tussle- is it my imagination or fiction? They do come from the imagination channel of no words and are not fiction or play of mind. It is like the 'knowing' of the artist,

singer, and poet and so on who build their work on this knowing. We call them mad, eccentric, brilliant, extra-ordinary etc when they function from this knowing. We see them all around in our ordinary human lives, but being under the total control of the mental body, we consider them of no value. We do the same thing to our dreams many times.

We are aiming at a balance where there is mutuality, respect, and dignity to both mental body and the subtle bodies, which 'know'. We need not do hard penance, ascetic practices to have this energetic 'knowing'. We need our own self care based discipline, devotion and love to be awake and alert to this 'energetic knowing'. They do play truant because we have for ages doubted them. We need to invite these channels with love and respect and over time the 'knowing' will come into us. This 'knowing' is vital to our path, purpose and our common work of cellular transmutation of human women and to rout misogyny on the planet.

3.1.4. Holding and sharing of mysteries

The triangular practices take you deep into the mystic realms depending on the intensity of your devotion. Many scenes are revealed to your subtle body before they happen on the physical plane. It is important for the sacred journey of your path and purpose that you withhold those mysteries sensed by your subtle body until it happens in the physical plane. There is a time lag between these two realms and the practice demands that you be on the side of that which needs to happen. *Therefore your compassion and love is expressed in holding to the mystic codes and secrets revealed to your subtle bodies. Your body wisdom knows what needs to be revealed when, where, and to whom. We are not for hoarding any information that needs to reach many on their journey of evolution. It is about letting the moment of truth unfold as a fresh flower and its fragrance spread wide as it blossoms and not force the flower to blossom by physically opening the petals. The women in practice have their guiding spirits and synchronicities to help them assess what needs to be held still in subtle realms and what needs to be shared wide across the globe.* This is a point of tussle you will face with the brain which wants to deal with it, out in the world. Your body wisdom knows when it is time to withhold and how long. It is a tough place to be. Ego being in control of our life, wants this information to be relayed to gain importance and significance. The body wisdom knows that there is no need for drama or sensation and whether it needs to be revealed or not and to whom. *Mysteries of the universe and the heralding of change in the service of healing the planet and cosmos, needs caution and sensitivity in holding and sharing the 'knowing' in such a way that we work along with the*

evolutionary forces⁶ of the cosmos and the millions of guiding and helping spirits around us and not against them.

The constant vigil between ego based action and body wisdom based living is most important in this realm. Nothing we have taught and revealed to you is for hoarding but is governed by the principles of mysticism in revealing, teaching and sharing. Follow your 'knowing' from ancient body wisdom which knows it from experiences of many births. Mysteries are always on the cutting edge - both secretive and yet open. They are secretive in order to add strength and vigour to the process of benevolent change that needs to be ushered in. They are open because they are not for hoarding and not to be used as a power tool. Balancing between these two ways is always needed for all of us in our practices. Divine interventions at the cosmic level always are in this realm and needs balance every moment. Since the women in triangular practice are part of this mystery, we need to have an understanding of this realm, to be always deciding and managing this balance.

For some of you it may still be a puzzle. But you will remember it when the time comes, to be in caution and compassion at the same time, as a part of the process of the underground movement.

3.1.5. Love is a form of existence and shape of the being

We talk of love in our every day life-either we are wanting, giving, demanding it or feeling we have less or more of it and that affects the way we live. *In essence, we are governed by love all the time whether we are conscious or not. Love is the link between the cosmos and us. Our luminous connecting line is the channel of love. All beings seek divine love. We originated in supreme love and our beings are in fact channels of love from the cosmos and earth. It is true we do everything to get love and also block love as we live our ordinary lives in this planet.*

Today on the planet, we are becoming afraid of love in the comatose stage because, love makes us own and take responsibility for our lives. Part of what feeds coma is lack of love for oneself and in our environment. Consequently, to deal with the situation we are in, we gradually go into comatose body and mind. *Love is the essence of our being and all we do in comatose body and mind is to block the love with many doors but still it seeps in to keep us alive so that any time we wish to be awake, we can.*

⁶ Any factor that brings about changes in gene frequencies or chromosome frequencies in a population and is thus capable of causing evolutionary change

One great manifestation of supreme love is our breathing and the luminous connecting line to all beings, cosmic forces and the earth mother. Love is a form of existence and shape of the being. Love guides time and space to come into force when we act from just 'being' because we are not blocking the pores of love from our cells but are opening them. The underlying principle that shapes and forms our lives is love.

You may ask why then there are wars, hatred and all forms of oppression, aggression, violence. Because, our comatose body and mind in this universe is taking over everything and do not know what they are doing. *Every time, every moment we block our love in comatose state we are adding to the blocking of love at a gross level. Then we act in consonance with blocked forms of love in our beings, out in the world. Each one of us by being so, produce wars, mass destructions and each one of us are then responsible, and not just a few persons we always tend to blame.* These happenings are shaking us to come out of a comatose state – shocks to revive the heart, as they do in the medical systems when the heart fails. A severe warning for us is given to come to a state of awakening and alertness to work on our comatose state and come into 'being' in our path we have chosen.

3.1.6. Need for a space without dogmas, rulebooks that nurtures love and self-care

What is being awake? It is the opening of the doors of the cells for love to flow in and out. Though it sounds simple, it is most tough in the current state of affairs on this planet. Every conception - human or all other forms we discussed earlier need to be born out of love.

Today, we urgently need spaces that are born out of love for all beings to come and become awake and start the journey. We need spaces that bring love out of each being and form a river of love. Female circles born out of love are in this path irrespective of the numbers. The doors of these spaces are then always open to millions of guiding spirits to push us out of comatose state into 'being' state to cause actions. These spaces can be created by human women in practice from their knowing and flow of 'being' and by all humans who wish to be awake and are awake. They become nourishing centres of love for all beings to come into awakening and are wishing to be awake. Today more and more religious spaces are contaminated by dogmas, rulebooks and love is struggling to infuse the beings in and around. We need spaces without dogmas, rulebooks but with just good boundaries - a space that will offer non-judging, self-caring others-caring and non- demanding love that wakes our cells gradually from comatose state.

These spaces can be the hearts of individuals, a space that is conceived of love on the planet irrespective of size – a space that nourishes awakens, love, self care, planet care and cosmic care. Religions are not ready today for this but individuals and collectives are. These are spaces that offer water - love to the thirsting beings to wake up and be nourished by love.

3.2. Evolutionary Journey

3.2.1. Why choose to be born on this planet?

‘Why are we here in this planet? Why not in some other planet? Why not always remain in the cosmic planes of existence – where we rest between incarnations? Why this kind of life which seems much harder and tougher to balance our different bodies and live in peace and harmony within and outside?’

It is a subject that falls in the mystic realm. There are many dynamics related to these questions. We can reveal to you a view from the peephole into this subject. Every being has multiple sides to its life. But while living only one side, one view, one way of being is projected out. The other invisible aspects are hidden due to living in a finite world.

The basic objective of the cosmos is the evolution of the life force of all beings that take birth on this earth through their journeys to merge into cosmic mother/great mother's cosmic realm. Opportunities are presented to evolve and merge finally as one with the great mother of cosmos. Planet earth's body presents an ideal climate to do the evolutionary work of all beings amongst all planets and platforms of cosmos. That is why evolving beings live on this planet. The work of the cosmic forces is emanating from this planet and pervades the cosmos. At the level of wherever we are, whatever form and being we are, we still have a lot of work to do which can only be done in this planet and nowhere else.

Human women who wish to wake up and those who are awake are the ones in the forefront of evolutionary path holding all the possibilities of evolution and the potency to take it forward in their microcosmic wombs. The purpose and path of the women wanting to be awake is the cosmic work they have chosen on this planet. The human women on this planet have long started on the path of waking up and are ready to receive the teaching. Many of you reading this so far would have felt it appropriate to your lives and your walk on this planet. When you comprehend a tiny bit of the unravelled mysteries of the cosmos and the dynamics of the infinite in your finite human form, then many questions and confusions fed by long rooted misogyny pushing women to flounder in comatose states, can be dealt with.

3.2.2. Sensitive holding of the first trimester of the cellular movement

Since the silent unseen cellular transmutation revolution is in its first trimester of cosmic conception, we need all the care, love, benevolence and trust to add strength and vitality to this movement. What does this mean? We need to exercise caution in not broadcasting and trivialising the practices and the subtleties of it out in the world. This would mean we are exposing the conceived movement, which is in its first trimester to outside danger which makes it vulnerable. All that the conception needs now, is 'holding' with love and benevolence in the service of healing the planet and bringing peace and harmony in the face of self destructive forces unleashed on this planet. The 'holding' demands unconditional non-judging love, a tender and sensitive holding where there is no action or drama (*uterine holding*⁷). It is important that this holding by the women in practice happens in this century for the cellular revolution to come into force. It will gain its will and momentum with robustness after this century. What is required is enormous patience and discipline with non-judging love at the face of seeming hopelessness, frustration and sadness with the current happening in the planet to human women, humans and mother earth. Triangular practices and female circles give us strength, hope and courage while 'holding' the cellular revolution.

3.2.3. Evolutionary journey of humans and women in practice

We have seen that life force is a continuum through many births and there is no death of the life force. Death is only an event in the life force continuum. Living life on this earth is a journey of evolution of the life force. Each species of beings have their collective evolutionary journey and the same is true of humans. *The great cosmos holds the mysteries and secrets, coded in the DNA of the species. It is important to note that any journey forward has geomagnetic pulls that make the journey tough and exciting. Each step forward needs to deal with those forces that are pulling us back many steps. Here in this context, it is the deeply rooted misogyny over civilisations that draw back the journeying women. Recognising this, we are teaching about combating them with our practices so that our journey forward for a cellular revolution in women can proceed at the pace, it ought to.* At this point of time the question arises- 'can we ever get out of these misogynist forces inside and outside?' The answer is yes, even if it looks like a far fetched dream. When underground cellular movement for cellular revolution gathers a critical mass, the force of change will be in quantum leaps and bounds.

⁷ The primary function of the uterus is to receive, retain and to nourish a fertilized ovum

Change does not happen by mere addition of physical number of women in practice joining energetically across the globe. The synchronizing of the release of the mystic code in the cosmos, with the force of the movement of human women in practice, together, create an un-imaginable field of change in the cellular programming of humans.

What is this release of mystic code? The answer to this question has far reaching consequences because we are talking here of a mystic code at the cosmic level. There are certain questions that cannot be answered because , releasing the truth before the moment of happening invites the forces against them to gain strength, in combating it. What we are saying here is true of any mystic realm and happening. Saying out loud the truth of the moment before it happens debilitates the force of change. Therefore, many mysteries must unfold in their own time. This is one answer we will say - you will know it and experience it when it happens. When you decide to take future births in the service of healing the planet and cosmos, you will experience it.

3.2.4. Work and purpose of causal body

What is *causal body*⁸? Causal body is that which has taken its form as a consequence of previous births- the desires, the yearnings, accumulated stuff over many births-attitudes, prejudices, *vasanas*, for chartering a better course of evolutionary path in the service of the planet and cosmos. This body is programmed with previous biographies (births) and comes with a purpose to de-programme itself to accelerate the evolution.

How does programming come into the causal body? Through the chosen DNA and cytoplasm of cells, the causal body comes into this earth with clear pre-set agendas of the life force. *Life in this planet is a struggle between the causal body that loses the memory of birth agendas and the subtle body which holds the knowing of these agendas. The struggle of earthly life is to 'know' these pre-birth agendas through the cells and the DNA and taking charge of it while the rational part of us runs our life on this planet . Then come the planetary influences that bring the 'knowing' by presenting many opportunities and openings as these are also pre-programmed.* Call it Saturn, Guru, Mars and all

⁸ The Causal body - generally refers to the highest or innermost subtle body that veils the true soul; the vehicle of expression of the soul on the causal plane; The receptacle where consciousness of one's evolutionary point of development is stored.

of those, each of them becomes the agent and teacher from the cosmos to bring the 'knowing' of pre-birth agendas and guide us on our path of evolution. The causal body must burn the stuff it has brought with it. The tussle goes on like a tug of war, and teachers come in many forms in this life- people, mysteries, mystics, partners, children, nature and millions of other forms. All these invite us to open the door of the heart and be open to 'know'. Depending on how open the doors of our heart are to transform ourselves, the causal body either burns the stuff it needs to burn which becomes a great teacher in itself, or it accumulates more stuff and bears more burdens and carries them back. Life on this planet is precious, sacred, illusory, tough, walking between ignorance and knowing, joys and sorrows, pleasures and pains, benevolent and malevolent designs and all of that. It is indeed a great challenge to 'be' in this planet and pursue the path one has come for.

Burning up of the causal body and the stuff that needs to be left back on this planet will demand struggles, pains, frustrations, sadness, anger and distress. There is no magic wand that can make these vanish in each human's life. With the grounding in triangular practices you go through them completely differently and learn from them to be awake and alert to cosmic consciousness. There is a great difference between women who are awake to cosmic consciousness and the ones who are in comatose body and mind. The suffering is the same, but in one it is more of fragrant & blossoming and in another it is more of despair and paranoia.

The comatose body and mind we talk of in the life of human women is applicable to all species, especially to all humans as well. Triangular practices are the anchor that can take you deeper into your 'knowing' of who you have been, who you are and what birth agendas you have come to fulfil on this earth. These are true for all humans.

3.2.5. Journey of the life force after discarding the incarnated body

How are pre-birth agendas of choosing one's own path and purpose in this birth set and programmed in us? When the life force has discarded the incarnated causal body, it goes into first, second or third plane of existence according to the actions, reactions and its consequences in that incarnation and previous incarnations.

Once the life force has departed from the planet, the evolutionary forces and the millions of spirits working along with evolutionary forces, come to invite and guide the life force on its journey to its plane of existence in the cosmos. After a period of time, the life force is guided by these spirits to weigh

its evolutionary journey to that moment of time and are shown various options to choose from- to incarnate immediately based on attachments of last incarnation; hibernate, work for its evolution and carve its path in that plane of existence; work on the evolutionary channel without any incarnation for any period of time; choose the time, context and mode of incarnation to do unfinished work of its path; etc. The life force is free to choose the options and make its own decisions.

3.2.6. Struggles in the journey of the life force

There are journeys of life force that are riddled with struggles due to many reasons- the decision to take life prior to the set time of birth, leaving the body due to unnatural events etc. The incarnation stories of infants leaving their body very young are different. It is programmed by its pre-birth agenda for living and burning the stuff of causal body to enter a higher plane of existence to accelerate the evolution. It wishes to go back to its source for being in service of healing and wellbeing of the planet and the cosmos.

The misogyny based 'termination' of life force that has started its path in the womb of a mother body goes through a different struggle. The life force goes through the struggle of wanting to be alive and go through its programmed journey of incarnation and fights the destructive forces with its channels of cosmic connection. Here the balance between the cosmic forces that works for evolution and those that wish status quo are at play.

Why are we discussing all these here? Is this the subject of our study? *It is important to understand transpersonal realms and mysteries, for our channels to be clear and robust and to be in communication with the millions of spirits guiding and aiding us. Today, the life forces wanting to be born as females are finding it difficult to be born in this planet to pursue their path and have great difficulty in choosing their context of birth. Our common work in triangular practices is to join forces with the millions of spirits to aid these spaces for them to be born on this planet.*

We have revealed some parts of the pre-birth and after incarnation mysteries to some extent so that you have a vision of why you need to be in practice and how your 'being' itself is a *sadhana* in the service of healing the planet. Many questions will appear on your mind, stay with them. Your practices will reveal what you need to know.

3.2.7. How to take charge of the journey of your life force

We have discussed how life force chooses its incarnation, the time, context, path and the agendas. Where do life forces stay between incarnations? We have already noted that they stay either in first, second or third plane of existence. Why do they go to these planes of existence between incarnations? Depending on whether one has walked the path and worked on pre-birth agendas, causal bodies' stuff gets burnt in that specific incarnation. If one has remained completely comatose and has strayed from the path, not only are the causal body's pre-birth agendas not met, but you also tend to accumulate stuff with actions, reactions and consequences, onto the causal body. When the stuff of the causal body gets laden more than it came with, the life force either goes back to its plane of existence or to a different plane after termination of the incarnation. The journey of life force gets more stretched. *Therefore in this teaching, we accept struggles, pain, frustration as much a part of the journey of life force as much as inner peace, joy and harmony.*

The triangular practices ground the life force in such a way that it does not stray from the path and pre-birth agendas it has chosen. This quickens the journey of life force on the evolutionary channel. Besides, the practices help us in viewing the happenings on the planet as a part of the greater cosmic design and thus stay in equanimity and peace in the face of all that makes life tough on the planet. The nature of practices and the luminous line connection brings bounties of knowing, tuning, integrating, being alive, and waking up each part of comatose body cells.

Triangular practices impact the cytoplasm of cells in such a manner that they begin to access and recover the ancient wisdom of the cells once they are awake. Awakeness and alertness to the luminous connecting line makes the being a vast storehouse of wisdom that causes the actions out in the planet. Thus we insist 'doing' flows from 'being' and not vice versa. It is a difficult subject to comprehend in our half comatose body and mind. When we discuss 'being' in one's life as an entry point from 'doing', we are saying let the love which is the essence of all beings connect and lead the course of action, supported by millions of spirits guiding us in love.

How could 'doing' flow from 'being'? Many questions may pop up in your mind. But the answers will come from the experiences when you are in practice. This is similar to saying sugar will be sweet, and one has to experience what is the sweetness of sugar with one's tongue. *How do actions flow from being? What makes it flow? With triangular practices, the cytoplasmic universe of*

your body gets to a level of critical mass to wake up other cells. Your life force is strengthened to do the work it has come for. The cells and life force are then in unison to walk the path one has come for. Then the body - the house of the life force, is also working in the same direction and their synergy is like a magnet drawing all the vast resources of the cosmos through its being. In that presence it is not what you calculate and think you should do, but opportunities are presented before you and paths open and draw you like a magnet and the course changes. There is peace, relief, freedom, harmony and joy however tough the journey is. This is the way actions flow from being, where rational mind and the cytoplasmic universe are in harmony and working together.

At no point of time in the journey of the life force are we saying not to be responsible for your own life and be in charge. In fact the discussion here is about taking charge of one's life force's journey differently from the way we are used to in our ordinary lives - planning, preplanning, course of action etc. All those are important but the starting point we are talking about is different. We insist it is life force's journey and not the brain's journey that makes all the difference.

3.2.8. Surrender and knowing are close friends

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- all the bodies 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 ancestry on this planet. But that is not our subject now.

Why are we going into these questions now with our teaching ? 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 that 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 needs 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, ‘knowing’ is able to emerge as you are not on control buttons. 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. Stay connected to it always. Surrender your being and then what needs to flow, will flow.

3.3. Wholeness

3.3.1. Wholeness is a dynamic principle and never fixed

Our creative genius and body wisdom through the channel of life force and cytoplasm always thirsts for wholeness so that this planet can walk towards wholeness and harmony. Fragmentation feeds the comatose body and mind. Status quo loves this fragmentation and so do the forces that aid the state of fragmentation and this depletes our potential, brilliance and species’ intelligence.

Harmony is the principle of wholeness. Every part of the whole, whatever it is, practices true democracy and has our love and respect. Neither oppression nor inequality is the operating principle in this democracy between parts. It is the dynamic balance between the parts, with mutual respect and love. At any given moment, all parts are at work with one taking leadership. Leadership is also dynamic. The “whole’ naturally functions to let one part lead so that the brilliance of the other parts flows through the leader.

What do we mean by whole? Is it a fully developed gross physical body? Is it the shape of the globe and the like; is it everything which has not broken into pieces? No. They are all what the brain assumes as “whole” in its current capacity. In the mystic world ‘whole’ is both the finite and the infinite world being in relation and a ‘part’ sensing the ‘whole’ all the time. It is impossible to sense the ‘whole’. Our body wisdom from its ancient cellular knowing through the life force, can sense part of the whole. Our triangular practices are aiding us in sensing this tiny part of the whole with the help of millions of enabling

spirits so that our being and our actions come from this part of the whole. The rational mind is only one small part and there are many other sensing and knowing channels that put us in relationship to wholeness.

3.3.2. Moving from fragmentation to whole

Why are we dwelling on wholeness in our teaching to women? In our practice, we are marching towards the wholeness of being, so that both finite and infinite universes merge in our consciousness to guide our being and actions. Synchronicities guide us to confirm and affirm the course we are in. We require this aspiring and yearning for wholeness in women who are in practice, to build a critical mass that will take the conception of cellular movement towards its second trimester. This is the nourishment that feeds and makes the movement robust. The meaning and joy that comes from the struggles and pleasures of walking one's own path guides us, inside and outside, in this birth and other births.

All of us are always whole but we tend to live in terribly fragmented consciousness. Each part of the triangular practice we discussed and taught here is guiding and nourishing us to move from fragmentation to wholeness in our life. Our healing comes in moving from fragmented consciousness to the consciousness and being awake to the whole of our being.

3.4. Cosmos⁹ and the Great Mother's love

3.4.1. Cosmos and evolution

The cosmos is simple yet inconceivable subject for humans. The Cosmos calls for your absolute trust and devotion. Cosmos is not a constructed or structured entity. Neither are cosmic forces agents of this entity. What is it then? Cosmos is a space that holds, nourishes and loves the planet you live in, the Sun, Moon and Stars you see, and million others. The space's potency, to you, is unfathomable. All this may sound like fiction.

Cosmos is a dynamic space that has mirror images of millions of planets and many other forms. It holds the basic codes of their sustenance and evolution. Supreme love and benevolence are the basic principles around which it revolves. Evolution is the only object of this space. Evolution of all beings, planets and other forms makes this space potent to an unimaginable extent. The benevolence and love of all beings is evolved to merge as one with this space-cosmos.

⁹ The sum total of all matter and energy, that is, everything within and between all galaxies

3.4.2. Great Mother's love and benevolence knows no difference

What do we call as Supreme love? Supreme love is that which pours like rain on all forms, equally. Imagine a continuous beautiful rain of love reaching all beings in this planet. When we are in tune with her, the microcosmic forms of her in each of us get more vitalised and robust as it pours on each one of us. Otherwise, we do not even feel the shower of love in the comatose body and mind.

You may then ask, if it is so, why is there poverty, disease, suffering and torture and violence and all forms of ugly living in this planet? We have revealed in earlier cycles how each one of us decides our own conception from the first, second or third plane of existence. Depending on the accumulated actions and reactions and their consequences, each being in this universe holds the responsibility for their living. Based on how much they have accumulated or burnt the stuff of the causal body on the planet, each one decides their birth and their birth agendas.

Out of ignorance and high level of comatose body and mind, many souls go back to the first plane of existence and decide to reincarnate quickly based on their addictions to attachments on earth. Because of this, the other millions of spirits who love to feed and be fed on the status quo and comatose body and mind influence them to keep doing this, for their own survival. *But remember, each time a life force incarnates, its evolution is only in better forms of being and does not degrade. The battle goes on between the evolutionary forces and those forces that work against it. But in the larger cosmic picture, evolutionary forces are in command. Supreme love and benevolence of the great mother in the cosmic form and microforms in all beings is always working in favour of evolution of each being. All these are always in the service of healing the planet and guiding towards wholeness and heralding a new species of humans with great brilliance and being awake.*

The suffering, poor, tortured billions and the not so poor, liberated, well-endowed billions are forms of Her in the microcosm. She does not differentiate. In the centre of all forms of beings is her microcosmic form always coaxing and guiding you to awaken. The benevolence in each being is not visible to you as you look at them finitely with your limitations.

Some of you who stand in the world as social activists will be cynical reading this. Your basic question will be how do we give a break and uplift

those suffering millions ravaged by war, violence, oppression, misogyny, cruelty, sadism, arrogance and all such forms. All of us have all these inside of us and it is rather easy to externalise it. Suffering is common to all but not the 'privileges' as it is called on this planet. The privileges are mostly feeding the comatose body and mind. Your perceptions are limited in the finite world. Who you call the suffering being, may be the most liberated soul. However, that is not our point of discussion now. Rest assured, the Great Mother's love and benevolence knows no difference and flows and pours on all beings. Her love is the ultimate form of love that is non-judging.

Our effort here as human women is to align with her and the cosmic forces in the service of peace and harmony. We are all different kinds of activist feminists working to wake up the comatose body and mind in us and other women to celebrate the Great mother's love and benevolence in each one of us. This will, for sure, lessen the suffering of beings on the planet as each one will then choose one's birth with the guiding and guarding millions of spirits who are working along with the Supreme mother and cosmic forces.

3.4.3. Each being is a microcosmic form of Great Mother

Cosmic forces are these evolved forms that have merged and have become a macrocosm of '*Andasaracharam*'¹⁰. The Great Mother is the form that holds this unimaginable cosmic womb and lives in the microcosm of the wombs of all beings. The Great Father- the un-manifest, is also held in her cosmic womb. Time and space are her dynamic vehicles to reach all beings. All the divine forms created by humans and evolved souls are her forms. There is no gender here and the cosmic womb- *Hiranyagarbaha* - that which holds and nourishes '*Andasaracharam*' is undifferentiating.

Each being, be it insects, animals, humans and other forms hold her in their microcosm. Her love and benevolence is the connecting luminous line in all of us women, humans and other beings, our anchor for evolution. To be connected to cosmic forces means trust and devotion to the great mother and seeing us as sacred beings holding her light in the microcosmic being of ours. This needs and demands trust and devotion. Triangular practices are our vehicles to reach her and to finally become Her. It may take us millions of years, but we will reach there.

¹⁰ Cosmos in Tamil language

3.5. Guiding lights in practice

3.5.1. Stop searching and seek

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 for what is inside of us, outside like the *Mulla Nazruddin*¹¹ story of his search for the key to the home, not where he lost it but where there was light.

What then is seeking? Seeking is a yearning, thirsting, longing and it requires grounding in practices and readiness to receive with open doors. As human women, we are seeking freedom, peace, healing, harmony, integration and ancient cellular wisdom of our cellular universe. We stay in seeking and not go searching all around. It is time to seek and ask your cellular wisdom to bestow what you need. 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 and bringing balance between our various bodies at the right time and in the right 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 practices. Today on this planet it is time to stop searching and be in seeking for revelations to be revealed to you. Human women are being caught by the roots of deep misogyny 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.

Misogynist civilization has conditioned your cells not to ask and be satisfied with whatever comes your way. You have forgotten to ask yourselves what you need now for evolution, peace and meaning. This is the root of seeking. Such seeking comes from inquiry into ourselves and getting to know what we

¹¹ Persian Sufi folk Character. Story goes: One day Mullah Nasruddin lost his key in front of his house as it slipped and fell, where it was very dark. There being no chance of his finding it in that darkness, he went out on the street and started looking for it there. Somebody passing by stopped and enquired: - 'What are you looking for, Mullah Nasruddin? Have you lost something?' - 'Yes, I've lost my key to the home near my home'...- 'But Mullah Nasruddin, why don't you look for it where you have lost it?' Asked the man in surprise.-'Don't be silly, man! How do you expect me to find anything in that darkness'!

are yearning for, thirsting for - to drive away the emptiness, despair and find the freedom of the cellular wisdom to speak to us.

As each root of misogyny is cut through our practices the seeking wakes up and asks 'what is it I need now- plain self-care, ancient wisdom, teaching for something and so on'. *Misogynist systems have made sure that we have no time and space to seek and ask ourselves. Self-care practices clear these woods and makes space and time to ask and seek for self. Due to this reason, self-care in human women is inextricably linked to triangular practices. Triangular practices can turn to tyrannize and oppress our selves, if self-care rhythm is not infused. This work is not about penance and asceticism but about 'being' in each moment when 'truth of the moment' can reveal to us what we need.*

3.5.2. Emptiness - sure sign of readiness of the soul and body to be awakened

Across the globe, women who are seeking to live their path and purpose are haunted by loneliness and emptiness. *This emptiness is a sure sign of readiness for the soul and body to be awakened. It is a divine void that invites wisdom from body, mind and the cosmic forces. Void is also a warning for each woman that time is running out and you have to wake up and come back to your purpose. This emptiness has nothing to do with age. It can settle in at any point of time when your body is ready to wake up the Moon Mother in Her 'cell'. The emptiness is the yearning for the Moon Mother's release from Her 'cell' to be your teacher and guide in your path.* When the microcosmic form of Moon Mother is trapped in 'cell' of your body as described in earlier cycles, every cell of your body is searching for her wisdom and love and there is emptiness even in the face of bounty inside and outside. When emptiness takes over, many women loose themselves to addictions and to attachments- family, children, wealth, control, abusing one's body in many forms, etc. The terror of waking up to take charge of one's life and the pre-birth agendas sometimes drives them to this state.

When you feel empty, purposeless and in despair, stay with it in your stillness practice and doors will open. Take care of ghosts of fear and anxiety who make sure the misogynist roots are deeply entrenched inside of you and you stay where you are. To move to a place of acknowledging but not be taken over by fear and anxiety, you need the grounding practices of stillness, body training and the new habit of speaking the unspeakable with love and respect to yourself and your female collective. Your moon body with the channels of

communication with Moon Mother is ready to receive the body wisdom and 'knowing' to live your life in the service of routing misogyny, healing and wholeness of all human women and the planet.

3.5.3. Channelling – a shower of rain

Channelling is not that which makes you like a hollow tube like a hosepipe - reducing you to nothing and using you without much care and love. Channelling always works through love and compassion, whatever be its manifestation. Synchronicities happen to indicate to you that you are on the 'right' course. Channelling is not a concept of you being 'zero' and someone else adds value to you through pre-fixing or post-fixing. Channelling is all about 'being' and all the manifestations arising out of all the bodies (gross, subtle and light bodies) we possess. When you become a channel of the Great Mother, manifestations of thought, words and deeds happen just like rain falling down from the sky. Rain is a result of a lot of dynamics - interconnections between five elements, care and benevolence coming out of the five elements and the shower of rain after thunder and lightning. The same principle applies to this process.

When human women are in practice with love and devotion and go through the tough journey of waking up the moon mother in her 'cell', nourishing all her bodies with self care, then channelling happens like a flowing stream. Again this rain and snow do not happen all the time. There are seasons and times that make it conducive to happen. Sometimes there are just moments of intensity manifesting the channelling.

Sometimes you are a channel but you are not awake to it though others around you are aware of it. Again there is no drama here. Channelling is simple, subtle, yet strong and presents through synchronicities. You experience them as moments of magic with awe. Your being is then always in communication through your practice and many things happen through you - a look, smile, syllables, touch, presence, etc- some of which are known to you and some are not, because it happens from a different plane of existence in the cosmos. All these happen in the service of wholeness and healing, in the service of the great mother, the earth mother, all humans and all beings. There is no room for 'aham' / ego to control or own these happenings. Even a child can be a powerful channel and there is no differentiation based on who you are in this planet. All that matters is your 'being'.

Millions and millions of women are channels and many more will become channels for our cellular movement, to save and heal the planet from self-destructive forces. Many of you reading this now recognise you are channels of the Great Mother and are on the course of becoming a channel. Your path and purpose and channelling meet together to aid and guide you to walk your path for which you have come here. Triangular practices are the foundation on which your path moves.

No one can aspire to become a channel - the process just happens like the blossoming of a flower. No need to run and chase to be a channel, because it does not work that way. There is no need for penance, or asceticism. All it needs is your devotion, trust and love to your practices and the course in which it takes you.

3.5.4. Truth of the moment and the cytoplasmic cellular communication

Everything is dynamic and polarities naturally exist. Alongside the evolutionary forces which are working with the moment of truth in total love, there are also millions of spirits who work with the status quo and are always delaying the evolution of paths of all beings through their *maya*¹². Here comes the oppression by the rational human mind, which faces the struggle between *maya* and the truth of the moment. The finite body and mind cannot comprehend the truth of the moment. But when you are grounded in luminous connecting line to the earth mother and Great Mother, the cytoplasm in your cells can sense the truth of the moment based on your devotion, trust, love and training of your body and cure the 'deafness' that we have talked about.

To be in the truth of the moment means trusting the communication between the cytoplasmic cellular communication and ancient wisdom of the cosmos and receive the guidance of supreme love to aid us on our evolutionary path. As human women and as the forces of the great mother, we hold a greater wisdom that is accessible through our triangular practices.

¹² "The word origin of *maya* is derived from the Sanskrit roots ma ("not") and ya, generally translated as an indicative article meaning "that." The mystic teachings in Vedanta are centered on a fundamental truth that cannot be reduced to a concept or word for the ordinary mind to manipulate. Rather, the human experience and mind are themselves a tiny fragment of this truth. In this tradition, no mind-object can be identified as absolute truth, such that one may say "That's it." So, to keep the mind from attaching to incomplete fragments of reality, a speaker could use this term to indicate that truth is "Not that."

3.5.5. Becoming a channel is a process of evolution

How and when does it happen and how do you 'know' you are one of the channels of the Great Mother? Every human woman in practice comes into this realm during the course of her practice. Again, there is no differentiation here – good channel, not so good channel, best channel, etc. Becoming a channel is a process of evolution through the awakening and the devotion to practices that are based on self-care, other women care, earth care and cosmic care. All these are interlinked and one feeds the other and opportunities are presented before you in life. You derive great joy and peace inside of you even when the work is hard and full of struggle. Synchronicities happen when you are in this process and you know you are being a channel.

You can know that it is cellular communication that brought about the opportunity to take you on this path. You may go through many such happenings but they will always have one character- you derive inner peace and joy whatever it takes from you. Opportunities themselves are always on the plane of mystic communication and know where and whom to go to. Your body wisdom, recognises it before the mental body starts giving you a rule book to analyse the whole happening.

3.5.6. Balance and order from the chaotic forces

Creative destruction will happen when it is required to bring balance and order from the chaotic forces. At the microcosmic level of a region, community or individual, it is a phenomenon that brings seemingly hopelessness and despair. In the larger picture held by the cosmos the balancing of forces, both benevolent and malevolent, happens through creative destruction. It appears that malevolent forces are gaining strength but in reality it is not true. Be assured that the balance will be brought in through creative destruction. The will and love of the great mother is always protecting the planet and the cosmic forces are at work for peace and harmony.

We know, reading this neither gives you peace nor courage. It is information you need to have in the face of despair, so that you do not join the field of paranoia with anxiety and fear thus inviting the beings that work with the status quo. When despair strikes, you need to be grounded through the luminous connecting line to the Great mother and mother earth. The luminous connecting line is the line of healing, hope and courage, to 'be' and 'do' what needs to be done out in the world. 'Being and 'doing' are not separate. Your private triangular practices and your work in the world are always connected. Triangular practices over time take you to the work in the world you need to be in set by your pre birth agendas.

3.5.7. Relationship of your work in the world and your connection to cosmic forces

Many of you reading so far must be wondering again and again why there is such unbearable violence, oppression and suffering of girls and women on the planet. What do we do and how do we bring healing to them? Do whatever it takes. At the same time ground yourself to earth mother, tune in to cosmic forces through your practices for the millions of spirits to aid you in this work. You cannot choose one over the other while working in the world on these misogynist happenings. Some of your work in the world may be different but there will be subtle chords of connection and at a point of time in your life it will merge as one.

When you think your work in the world is different, stay present to your energetic work of joining millions of women in practice. There is no hierarchy here between women. Your attuned being with cosmic forces is 'at work' all the time as we have discussed earlier.

We are all here to rout misogyny, which may seem an insurmountable task today. But it is very much possible and it is already in its first trimester of basic code change in the cellular structure and programming of human women.

3.6. Staying in Practice

3.6.1. The triangular practices- a way of life

The triangular practices are not a dogma or a belief but a way of life to walk the path we have come for. Any task needs work and our life on this planet is no exception. Triangular practices open the doors of our heart to guide us on the path along with evolutionary forces.

Walking the path is similar to cultivating seemingly barren land. Crops may fail a few times but one day there will be a luscious green field bearing the fruits of the work done for long. The struggles on the way to triangular practices are natural and need the faith and belief that the 'way' will open and guide us. Linger on the struggles of the body to be in triangular practices is like the monsoon failure for crops. Natural environmental forces are still not ready to let the crops grow. The luminous line connection is getting stronger to seed the environmental forces to aid and guide us on our path. There is always a 'time' lag between the finite and infinite worlds. The 'time' is different on these planes. To be receptive and patient with your own body while holding on to the luminous line is the key.

3.6.2. The watching over and support of millions of spirits

*In what form will the help, guidance and support come to you from the millions of spirits who are working with us in our common work of cellular transmutation is unknown. You don't see them or hear them. You have no way of knowing when and where they are with you. You can definitely sense them. How? When you are deeply into a struggle and the luminous connection in you is alive, at the point you hit the rock bottom of pain and frustration, there is light. Your stillness practice gets deeper. You get the courage to speak the unspeakable to yourself. You receive messages when you tune into your luminous connection in stillness practice. Direct or indirect messages come to you during waking hours. The messages you sense and receive internally, meet with synchronicities¹³ outside. Parts of slumbering comatose cells become alive. We are not explaining synchronicities here. You know them at once when they happen and you connect them together. It gives you affirmation that you are on the right course. You are able to move on and listen to the internal call. This is how the millions of spirits are watching over and supporting you. They struggle to work with you because there are many impediments in the universe and within you, which we have explained earlier. These spirits always remain in the *un-manifest universe*¹⁴ and you live in the *manifest universe*¹⁵. They are all around you when you stay tuned, connecting to your luminous line to the Great mother/Moon Mother.*

You only experience their manifestations as inner voice, determination, affirmation, call, intuition, and vague restlessness before something opens up for you to apply and follow. When you are deep into your practices, sometimes your cells sense these millions of spirits and their presence around you-maybe through a body sensation, fragrance, the blessing just in time at the moment you need and receiving of messages and teaching. All these again fall into mystic realms and are to be known through your experience only. As you keep clearing the toxins within you, which are never ending through speaking the

¹³ 'Experience of two or more events which are causally unrelated occurring together in a meaningful manner. In order to count as synchronicity, the events should be unlikely to occur together by chance. Psychologist Carl Jung coined the word to describe what he called "temporally coincident occurrences of acausal events." Jung variously described synchronicity as an "acausal connecting principle", "meaningful coincidence" and "acausal parallelism".

¹⁴ 'The un-manifest is prior to any kind of differentiation of any sort.'

¹⁵ 'To show or reveal, perceivable or knowable, therefore having form.'

unspeakable to yourself and/or in the female collective and stay tuned to your luminous line, you experience their manifestations.

It is hard to believe in them with our rational mind which breaks or prevents these manifestations through conditioned ways of living. It has an automatic well-explained logical response, mechanical, all in the service of the comatose body and mind.

3.6.3. Nature of messages and teaching from the un-manifest universe in our ordinary lives

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

What do we do to retain these messages from the un-manifest 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 messages 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 gets deployed later. Body cells can absorb in a moment, when the 'patterns on water' like images appear in our wakeful 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 you need to do is to acknowledge that these universes are in relationship to your being and will present the images, as their messages and teaching.

At the right time you will be lead 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. The matter from un-manifest universe has no predictable patterns. 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.

3.6.4. Base tune and symphony of practice

So far, we have covered mostly about the microcosmic work inside of us. The manifestations of walking one's path and purpose one has come for, requires some comprehension, so that we are not pulled down often in despair and frustration. There are forces that can gain strength to pull us down from our practice and faith.

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 despairing. 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 a 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 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 the tug of war position and no more tussles. It is as if a strong wind is just passing by.

When there is pain and suffering it appears the other side is full of joy and pleasure. Physical suffering, emotional pain in the way of the path, heightened sensitivity for wakefulness and alertness are seemingly bothersome. *While walking one's path, the opposition faced on the way, brings immense struggles. A sense of helplessness as an individual or as a small minority overtakes and pushes us into despair for being on a seemingly futile course. But one is always looking at microcosmic happening from one's own vantage point and therefore all these feelings arise. Triangular practices help and enable us to look at the 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 viewing things 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 glimmer of hope and meaning to live your life on this planet, though momentary. Over time your cellular universe knows it is not momentary. It is only the sensing through the cells that is momentary. There is always an inner joy and tenacity that is like a humming of the stringed instrument as 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 give you 'know-how' to do it so there is an inner peace and joy always in the face of whatever comes before you. The joy 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 this, we are not taking away the life of suffering and pain human women endure in their lives and 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.

3.6.5. Triangular practices guiding pre-birth agendas and the present responsibilities

Responsibilities in this life come from the causal body and pre-birth agendas with the luminous line connected to the Great Mother. In ordinary human life one tends to think either one or the other has to be chosen. The paradox is that both go together, and there is no need for separating them while living on this planet. Responsibilities in life are to finish the unfinished relationships and attachment from previous births. While living life, pre-birth agendas open up from dormancy and need to be taken up. The whole process starts as soon as the infant is born. Pre-birth agendas become guides to the organism to live life and burn the causal body.

We have discussed causal body and pre-birth agendas at length. *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 two 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, breath awareness and internal female geometry take you to the dormant cellular wisdom that 'knows'. Speaking the unspeakable removes dumps of toxins that the 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 the paths open and get lit. Tyrannical or dogmatic triangular practices take us back to where we were. *What is important in triangular practices is to practice them on a self-care based rhythm so that each part is nourishing the body and the cells. When resistances and struggles are faced, understand it is natural and 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 or pain free. It is only an illusion that it can be so, while living life on this planet.**

3.6.6. Deeper questions on stillness practice

We know now stillness practice is our anchor line to be connected to cosmic channel, cosmic planets and beings. Ancient wisdom and memory of the cytoplasmic universe of our body opens up through this practice for guidance and teaching to live our path and purpose. Invitation and opening up of the

doors of the heart to the millions of spirits to help and aid us in our path and work can happen in our stillness practice. Luminous connecting line's consciousness and robustness happen over time, to stay in tune with cosmic beings and the Great Mother and receive abundant energy, brilliance and guidance.

We have also covered the need for body triangles, personal mantra, sacred objects, and questions related to these. There may still be questions related to a personal mantra. In a world so full of so many religious chants, the question may be 'is my syllable or group of syllables that I have created within, potent and doing its job'? Yes. When your intention is strong and full of devotion to be in practice as a rhythm, the syllables will choose you according to your body context. So they are perfect starting syllables. Over time, they may change within and guide you to another because your body is now ready to be with those sound vibrations within. There is no need to either change or stick to one in a conditioned way. There is no conditioning here except the cells' thirst for stillness practice each day once you have started.

What happens when there is break of some/many days in stillness practice due to contexts within and outside? It is only natural that this happens as you live your ordinary human lives on this planet. The struggle is natural for wanting to be in stillness practice and still not able to be in it as a rhythm. The goal here is to achieve balance of all our bodies - gross, subtle, light, mental etc. The balance takes time and does not happen easily. What is important is the yearning to be in stillness practice rhythm in the course of your life so that it becomes a natural part of your being. This is a self-care time to nourish, energise your cellular universe and restore its brilliance.

At the same time we must remember we are not to tyrannise ourselves into stillness practice when other bodies are finding it difficult to be in it. Lingering with devotion is an important point here. We are not here about making stillness practice dogmatic to join the forces of misogyny that works through rulebooks. We see this everywhere in the planet where religions, cults and dogmas have taken over the world. Stillness practice is about you, your space and time, your devotion, your thirst, intention and yearning. It is the yearning of the oppressed cells in you, wanting freedom to get back its wisdom and brilliance.

Lingering with awareness, patience, and compassion to yourself to be in stillness practice rhythm in your human life itself is a great *sadhana*. There are no patterns to compare here. You are unique, your struggles for balance are unique. Stillness practice is our aid and guiding light. When your devotion is

strong to be in stillness practice, even during moments of the day you go deep into stillness. The balance takes time and does not happen easily. What is important is the yearning to be in stillness practice rhythm in the course of your life so that it becomes a natural part of your being. I am sure this is the experience of many of you. If you have more questions, the teacher inside you will guide you in your triangular practice. Be sure to know that.

3.6.7. Breaking and making self-care based rhythm for triangular practices

Breaking and making self-care based rhythm for all the three parts of the triangle, requires us to face paradoxes and riddles. The first paradox is how to make the triangular practices on a self-care based rhythm? To take out space and time out of daily lives is a challenge. For women who live alone it is different kind of a challenge. The rhythm of the practices does not generally happen easily because it meets with both inner and outer resistances and a seeming impossibility.

When you begin to break the momentum of whatever you are in, the passionate crazy teacher inside the 'cell' is waking up. You are filled with confusions, questions and strange thoughts - should I go on? Is it really worth it? This is the moment when there is a war between the spirits loving the status quo, the rational mind and the millions of enabling spirits that guide you to stay in practice. This is a point, a moment of time that each and every woman must go through, at each step. We are not preaching that it is good for you. Your 'being' knows it, as you linger on at each step with devotion, love and patience, keeping the doors of your heart open. The deep rooted misogynist settings we live in make each tiny step a long journey in our practice.

Why did we say 'breaking and making'? Breaking the momentum of misogynist settings we live in, the luminous line consciousness is a requisite to make time for what we want to do. If we consider our selves to be alone in doing this, it is a mammoth effort. It is important to have the consciousness through our luminous connecting line that we are never alone and we are much bigger than what we think we are, then the whole inside and outside gets into the rhythm of breaking and making each step of the triangular practices.

The next paradox is unless we get into the practices gradually, there is no change in the quality of environment we live in. The energy of the practice and the particular field of vibrations influence those around us - men, women, and children to support us or be out of our way in triangular practice. Until you walk a few steps in your practices, the energy of the field you live in has not changed to aid you. These are moments and times you need to be at war,

breaking and making, as a warrior of peace and harmony. What helps here is to recognise the thirst, yearning and longing to be in practice and acknowledge the truth of the moment.

At each step, unlike the traditional 'warrior' we are used to thinking of, this warrior lingers on holding the consciousness and anchor of the luminous connecting line, and staying with devotion, love and patience. This war is entirely different and therefore the warrior stances are also completely different. This war has no killings but only waking up from slumber that is full of motion, sound and noise that breaks and makes the inside and the outside.

Each step in triangular practice is a long journey and takes time. The intensity of your yearning and devotion to self-care based practices makes it a joyful journey against all paradoxes, hurdles and riddles. Remember you are never alone and you don't have to 'do' everything. Stay in your yearning and intention, anchoring on luminous connecting line and the rest will happen with the supporting millions of spirits.

3.6.8. Connecting luminous line is the anchor for your life on the planet

How can we always keep our life's door open to the path? Triangular practice and connecting luminous line of consciousness are the keys to keep the doors always open to our path and purpose. This consciousness needs mindfulness and wakefulness to the line. Luminous line of consciousness is a simple practice and easily accessible with trust and devotion. As you are grounding yourself in triangular practice, the luminous line awakens, guides and heals your life and aids the triangular practices. Carry the wakefulness of the luminous line with you in your waking and sleeping hours. Become friends with this line of love within you. It is simple, attainable practice that opens many doors where you need to walk in. It is a line that heals and keeps the fire of hope, faith and courage alive to gain access to the millions of spirits waiting to aid us.

When you judge a situation, event, person or anything, go to the luminous connecting line of consciousness. That is the line of compassion and equity and your judging mind stops its chatter. When you are awake to this connection, you are awake to judgments, chatter, and imbalances and your need for self-care and misogynist patterns inside and outside of you are revealed to you.

Connecting the luminous line is a moving and protective anchor for your life on the planet, which knows where to take you. The abundance of brilliance will flow through this line to heal and guide you when you are awake to it.

Awakening to this line keeps your consciousness afloat and buoyant and your wakefulness to your path becomes stronger and deeper. We are giving this simple practice as a foundation to build your triangular practices and walk your path. You have a simple access to the key of a treasure house.

3.6.9. Most powerful voice on the planet -voiceless voice of the cells

How do we acknowledge and listen to the inner voice - the voiceless voice of our cells and the millions of guiding spirits? How do we listen to it amidst the chatter that is going on inside and outside? Is stillness practice the only place to listen to them? Can it happen moment to moment?

If we can hear the voiceless voice that is going on all the time, our outer voice can have a real voice and the power in the environment we live in. The inner voice is like the base instrument of symphony. But our lives trapped in misogyny are so often much out of tune with this base.

Our connecting luminous line is the amplifier of this voiceless voice that speaks through cytoplasm of our cells. It is a language we need to learn in the first place. The learning of this language comes from listening with and through the luminous line. When you are awake to your connecting luminous line, you can listen to the silent voice. The chatter immediately stops when listening starts. Chatter is hear-able but needs our wakefulness to sift through chatter to go to our inner voice that has no sound. All of us can listen to our silent voices underneath the chatter. The voiceless voice is about efficient discrimination of the chatter from the truth of the moment.

This language does not have the structure like the languages we hear outside. It has its own structure like the child's first few years of speaking. Therefore there is no coding and decoding here. There is more that is unsaid than said and so we call it the voiceless voice. The voiceless voice is more powerful than any voice you can think of.

Giving up and saying 'maybe I can't do it', 'I am not that evolved' is easy. This only speaks of the imbalance of our various bodies and the rational mind running the show. Each one of us are hearing all the time but not listening to it. Our triangular practices guide and train us to hear these silent voices and our luminous line acts as our cellular ears. Training the cellular ears to distinguish between noises and voice is our work. We can hear the noises easily but not the voice that is silent.

There is no good or bad hearing. What is needed again here is yearning and invitation to listen with devotion and love. But our own misogynist patterns

of hearing can cover it with more chatter. This is when we need to linger and stay, and you then hear the voiceless voice guiding you and loving you. Your cells nourish it, making it easier for you to hear.

Irrespective of who we are each one of us can listen and hear this silent voice. This is the most powerful voice on the planet, which can change directions and destinies. Humans cannot comprehend the power of this voice. This voice in our civilization on the planet has changed history completely. *All that is needed is tuning in through our luminous connecting line and staying in to listen and hear. All of us can do it. This friendly voice, loving voice is just waiting to be received by your cells. The listening calls for your 'being' energy and attentiveness to the truth of the moment. Actions out in the world will flow from these silent powerful voices of ours.*

3.7. Birth Codes and Cosmic Rhythm

3.7.1. Birth codes and cosmic planetary rhythm

We have discussed pre-birth agendas, choices one makes to be born at length and now we go into how these are coded in us humans. *Birth 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 in the 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 lives inside this rhythm.* Designing of one's birth and life thereafter is coded inside this rhythm of the cosmic planets. Choosing the time of birth and being born at 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. The choice of birth at a time of particular juxtaposition of cosmic planets, decides at what point of time, what codes of cellular universe are activated and who will be the teachers to lead one on their path and pre-birth agendas. Each one of us-an atom is connected on multi channels to earth mother and cosmic mother's womb. 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 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 enlightenment, evolution, guidance and teaching that 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 our cells work one way, the mental body works the other way and our light body's brilliance that receives 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 give shock treatment to bring us back on our path. There is always a possibility 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. Triangular practices place us in tune with the birth codes and cosmic planetary rhythm, so that our brilliance is brought forth to live our path and purpose and fulfil the birth agendas. Then we are allies to evolutionary channels and our common work of cellular transmutation in human women gains depth, strength and spreads under the umbrella of the Great Mother.

3.7.2. Rhythmic relationship of cosmic planets and our subtle bodies

How do I know I am in relation to other cosmic planets? What do I do to stay tuned in this relationship and to make them my guides and teachers?

You do not need to become an astrologer or an astronomer. We can be living our ordinary life and still be tuned. How? We saw birth code is a cyclical pattern in the cellular universe of our bodies. All the cosmic planets follow their cycles too. The cyclical patterns of both have a particular relationship and rhythm because we are also beings of the cosmos, not just of earth alone. The cosmic planetary rhythm and the *subterranean*¹⁶ birth codes in the cellular universe work at the level of subtle bodies and light bodies. Then we have our gross body and the mental body in half comatose state running the show on the planet. Naturally, with the rhythmic relationship of cosmic planets our subtle bodies struggle with the 'knowing', which is oppressed in the half comatose mind and body. When they wake up, it appears to us as unbearable suffering, tragedies, traumas, etc, but in reality, these are happenings to wake us up to the birth codes of the cells to pursue what they wanted to pursue in this birth.

¹⁶ Situated or operating beneath the earth's surface; underground; hidden; secret

When you are in stillness practice, along with awareness to ten directions and energetically aligned with other women in practice, we need to bring it into our awareness the larger cosmic world of planets, their rhythm and our wish to stay tuned to receive their messages and teaching. Being the most compassionate entities, they will speak to you through their cyclical rhythm in their own way. *Your cells will know their teaching of the moment. You don't have to fear them or keep them at bay thinking they may 'harm' you. What is spoken as 'malevolent' is a language of the planet earth by humans. They are never malevolent. They are tough teachers helping you to live the path and agendas you have come for. Teachers are of many kinds, so are the planets. Understand them through your cellular wisdom staying in triangular practice.*

If not for their tough teaching and reminders to our work in this birth, we will be in full comatose body and mind. *You have chosen your birth time with the knowing that they will help you in opening the path of evolution and will be your teachers in this life while the causal body is working its stuff. You are not alien to them. All that is required is to stay in awareness that you have the cosmic planets as teachers and guides, at all moments and your cells know this. There is no one-way relationship. Your bodies 'know' the right relationship and you just need to stay in practice to 'know'. In our work of cellular transmutation, they are our allies with the power to transform along with us. There is no need to fear or scorn them.*

3.8. Closing message

We have been with you for three moon times sharing about connecting and grounding yourself to the Great mother through triangular practices. We have offered triangular practices as our guidance to aid you to live your path and purpose on the planet. *Even though the teaching is coming to you from outside, the teacher is inside you. Saints and mystics and many others can only indicate where you are. You have to take the steps to walk your path and nobody else can do it for you.* The struggles, pains and sufferings that come out of being entangled in deep-rooted misogyny inside and outside has been dealt with to some extent in our teaching. We have revealed to you what we can reveal at this moment to you.

We the cosmic channels are always at your side to aid and support you with love, if doors of your hearts are open. You are never alone. We will always be there by your side. The difference is sometimes we are in communication and

sometimes we are not, depending on where and how you are in your practices and whether your channels are open to receive.

There is no difference in this channelling communication based on who you are. Nobody is special, but the task assigned is special based on your readiness. Every cell of yours is like a tiny bud waiting to blossom and spread the fragrance. They are thirsting for our love and nourishment to be in the service of wholeness.

We give this basic teaching to you in the service of the Great mother and the Moon Mother. It is for you to share this teaching with any woman and human when you feel it is appropriate for them at a particular time. There may be many unanswered questions inside you. With triangular practices the teacher inside you will surely guide you with supreme love.

Any practice whether simple or complex, is tough. Every little step has its own time and space. They do not operate on planet time. There is always a time lag between cosmic time and planet time. Be assured the Moon Mother inside you will light every step of your way. All you need is to be awake to habituated fear and anxiety that kick in from deep-rooted misogynist beliefs. Acknowledge their presence in your wakefulness and speak the unspeakable to yourself or to your female circle at all moments as they rise inside you. Do not be gripped by them and close the doors of communication with the cosmic channels – co-warriors of peace, harmony, healing and wholeness. *As you wake up to your cellular wisdom to hear, see and sense us through your luminous connecting line, we will aid and support you in our common work of cellular transmutation in human women in this birth and coming births. We the Great Mother's channels and you - the great mother's bodies are in our common work in the service of the whole.*

Remember to linger on with patience, love and wisdom when the toughest struggles are before you. Giving up at this point and joining the status quo is most easy and thereby you join and strengthen the roots of misogyny. There is no pain-free, struggle-free life on this planet, and it is only an illusion of such a state. Times of despair, restlessness and 'knowing' that comes with it is a cyclical pattern. When you pass through each one of them, your 'knowing' and 'being' gets deeper and stronger in walking your path.

Be assured every step of your way is lit. You only have to have the inner eyes to see them along your way.

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.

Epilogue

I am most relieved to have placed this book openly in the hands of women seven years after it came to me. It has been a tough journey. Many of my editors and readers asked me to include annexure for each cycle – reflection questions for journaling, some appropriate experiential activities for ‘self work’ and gaining consciousness. I felt it will delay the book further and my primary responsibility is to first make it available to women.

Along with my colleagues, I intend to work on a self-guided workbook aiming to enable independent and collectives of women and women leaders who work with women in any capacity to translate the teachings of this book into action in our ordinary lives.

Each one of your response after you have read this book is valuable to us in the endeavour of creating this work book. What I experience presently is women hesitate to talk about the book or give their thoughts. Perhaps it seems ‘strange’ or ‘unusual’ to talk about it. The reasons are unknown to me yet. In such a response less/free situation, I feel all the more cautious, hesitant and I also tend to become silent. But many questions do remain that put a spin on me to activate my internalised misogyny.

I welcome and value your thoughts as readers. Please do share it in whatever way you feel comfortable. You may send emails or have a chat or find other ways.

Bhanumathy Vasudevan

