

Triangular Leadership Practice

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About 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 through my spiritual Guru Shri. Dattabal. 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.

Psychic moon is a channeled teachings for the women of this century. All images in this book are created by Ms. Alexandra Merrill.

Both books-Psychic Moon Primer and the Psychic Moon e-versions is freely available on request.

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Contents

	Preface	
1.	Stillness practice	01
2.	Speaking the unspeakable	09
3.	Body training	15

Preface

It is an undisputed fact that we live on the earth and have Cosmos enveloping and making us ‘part of this whole’. When aligned to the universe’s intention and Law of Nature that works for the ‘good of all’ we have access to unlimited resources- boundless energy, synchronicities as guides, ability to sense the subtleties, etc. Once we decide to align and be that leader, the leadership process gets embedded in us. Then what is needed is vigil over oneself, consciousness and mindfulness. This booklet introduces practices that enable that kind of consciousness and alignment. Referred to as the Triangular Leadership Practice, this is an excerpt from the book - ‘Psychic Moon: Teaching to the Women of this Century’.

The three basic practices placed here are - Body training, Stillness Practice and Practice of ‘Speaking the Unspeakable’. Stillness practice is about stilling the mind to create space for the intuitive and ‘all knowing’ part of us to emerge and guide us through our path and purpose in life. And Speaking the Unspeakable is a practice of dialogue that lets us speak our true fears, thoughts, needs, emotions, and true stories to oneself. Body training as a practice helps us to become mindful about our bodies and it’s unlimited wisdom.

These three practices are referred to as the Triangular Practice and form one of the foundations for our leadership.

When we start on one of the three practices, it opens the doors for other practices. It is impossible that all three practices start all at once. When our devotion to find the truth of 'who we are' gets stronger, one practice will lead to another. All of these are in search of the mission to find out 'who I am' and 'what do I want'. Stillness practice gives the balance to stay conscious, body training enlivens the cells that have been locked and holding toxins and speaking the unspeakable aids the other two.

These practices help us blossom as the leader we wish to be, which is aligned to our spirit, meaning and purpose, and the universe's intention for the 'good of the whole'. Challenges become learning points, evolutionary milestones and landmarks in the journey of leadership. These practices deepen our sensitivity to ourselves and to the whole. The more sensitive leader we are, most brilliant our leadership is. We become the doors of personal power that emanates collective power to transform and transmute, what needs to change for the well being of all beings. Such a leadership is surely not romantic notion but it is astonishing how our presence, being and how we do what we do, bring changes at an energetic level in people, events, environment, that we wish to happen.

1. Stillness Practice



Why is stillness so important in women's lives each day? Activities like yoga, physical training, walking and so on circulate the blood and removes toxins. This is one important step in physical alignment but not an end in itself. The stillness that we are talking about is like '*Manasarovar*' (*the sacred lake on top of Kailash Mountains in Himalayas in India*) - the crystal clear waters of the lake where you can see inside the water the whole reflection of the universe. Stillness practice is one of the many practices you need to undertake to find your Moon Mother to light your path and purpose you have come for.

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

The first step is to set your own time, rhythm, and place for stillness practice. Facing east is most useful for the geomagnetic field of stillness.

Choose a time and stick to it each day. It does not matter when it is. It is best at dawn and dusk because the cosmos is in transformation in a microcosmic day. The transformation aids you to be in stillness.

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

Choose an object that you find is ‘sacred’ to you. It can be a stone or shell or a religious symbol or any object you consider as ‘sacred’. It can be even a tree, plant or anything. Keep it before you or near you or connect to their energy if they are far away. Let them be your guard and guide while you are in stillness. You need an ambience for stillness. It is about inner ambience that gets supported by this sacred object. Ask for a good boundary protection to this sacred object being, while you are in stillness.

You could choose a syllable or group of syllables that appeals to you and comes to you as a sonic connection to align yourself to Moon mother. In stillness, the syllable will choose you and you need to be open to receive the syllables. They know your body and can originate from within as it originated when you were an infant. You have to trust yourself and your body to choose the syllable. While choosing the syllables, you need to take care it is a primordial sound- the sounds of nature, the sounds that the infant first utters that originate in the belly and moves through the body. Make a personal mantra with these syllable or group of syllables. During stillness practice, the silent repetition of these sounds becomes your mantra and foundation for altering cellular structure through the field of sound vibration.

The internal female geometry of the body holds the elements that make the body. The elements are referred to as five but there are many more. It is not important to go into what they are. The five elements we refer always are about

eighty percent of the body and we will now stay with these elements. The interaction of these five elements brings the matter of the body into form. When any one of these elements is out of balance, we call ourselves 'sick'. To keep the alignment to Moon Mother ever flowing, connecting, you need them always in balance. Take the physical moon phase of that day in your sky into your heart to help you get connected to Moon Mother. As women we choose the Moon as our bio-rhythm is tuned to it. This makes our connection to her stronger.

You don't have to 'do' anything – straining, aspiring, controlling or any other thing but just be present fully with your whole self -both the dark and the light. You can see and handle everything with your stillness when you observe the mind when it is like a wild horse, still waters, a lotus blossoming or dense and frightening thought forms and fears purging. Whatever thought forms are released they are all benevolent. All thought forms that take place during stillness are benevolent. There is no good stillness or bad stillness. Stillness 'is' and is your truth. Stillness practice each day helps you to meet these forms that are arising each minute.

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

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

Guidelines for Stillness Practice

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

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

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

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

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

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

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

Feet and knees,

Thighs, groin, anus, and vulva,

Pelvic and stomach region,

Hands,

Chest, heart and breasts,

Neck, Shoulder and the whole back,

Face and head.

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

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

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

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

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

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

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

2. Speaking the Unspeakable



‘Speaking the unspeakable’ – the word unspeakable itself speaks volumes about the meaning associated with it. The term ‘unspeakable’ determined by logical and rational mind has a purpose – to survive in the best and worst circumstances. Unspeakable also means untouchable- something that ‘pollutes’ the inside and outside.

What is first needed is the courage to speak the unspeakable to your heart within you. A practice of dialogue within - that speaks your true fears and thoughts,

true needs and emotions and true stories. There will be hundred voices inside you shutting you up, distracting you and stopping you to not speak the truth of the moment to yourself. This practice of ‘speaking the unspeakable’ to your heart wakes up the primordial courage and power in you, slowly. The courage goes with compassion for you.

Guilt, shame and denigration are easy deviations to this process that will take you back to where you were. Observe them coming up in your dialogue within and just let them be. They are ever ready to pull you back and control you in their grip. This has been going on through the cellular programming all through the ages. They cannot be stopped instantaneously unless the mind of the cells in your body changes their structure.

Generally, there is an acknowledgement that unspeakable parts do exist. What happens when they exist and we don’t do anything about it? Unspeakable is the filth, the poison, the dangerous toxin to human organism – the body. It is the fuel to the comatose body and mind that does not want to be conscious and alert. What happens when you keep filth tightly closed for a long time? It stinks. The door tightly locked does not mean there is no poison and filth. Everyone outside gets the stink in one way or another and they also pretend in their comatose body and mind that their noses are out of function. The same is true of poison and toxin. When you tightly close the place/cells that hold the poison- what

happens? Either slow or fast death of cells happens in that area feeding the comatose body and mind. Imagine when it increases in volume each day by the internal politics of shutting the door tightly as more and more filth and poison is being generated. The consequences are evident and do not need any discussion.

The most terrifying part is to open the door to ourselves if not to the outside. At least one has an understanding how much there is to be cleared. It never stops. Terror is associated with ‘unspeakable’, because over centuries women have been termed mad, crazy, burnt, staked and much more for speaking it outside.

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

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

Guideliness for Speaking the Unspeakable

You can use journals to write, draw or just speak it to yourself.

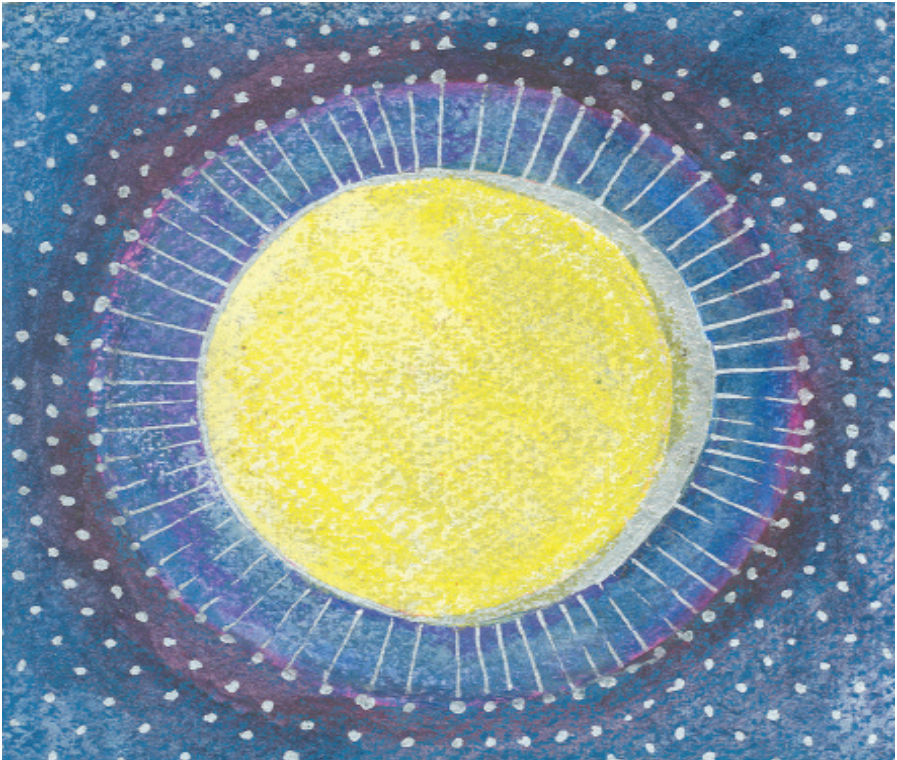
Choosing a place and time that is convenient to you is helpful for the practice. It needs to become a rhythm and slowly the cells are programmed to unlock each lock and speak to oneself.

The most terrifying time comes once you think you are on course in speaking the unspeakable. All locks are now open and there is a tiny opening, a creak of the door, what has been there inside and the years of stored stink terrorises so much that you want to shut the door instantaneously. Yes, you may do it. But the courage through practice with love and benevolence will tell you not to lock it, wait, you need to do surgery, you need a massive cleaning operation, you need lifters, crane and all that to remove the filth. Here is when synchronicity brings you to female circles.

There are huge planes in place, and it easily lifts the filth out by speaking the unspeakable in the female circle – one, two members or many. The terror gets less and less because you see the universality of it. Shame and guilt is lifted off, so doors can be opened slowly, creak by creak, a tiny squeak of the hinges. The dialogue gets strengthened and the courage gets deeper. The forgiveness for the arising of guilt, shame and other filth becomes easier in a collective. Here in this work, you need the support of one or two, or many women together doing the practice and bringing out the courage to dialogue.

Slowly over time enabled by the female circle, little fire from the centre reaches the organism to consume the filth as and when it emanates. Confidence builds to accept that there is no need for locks and even doors. This practice in female circles brings to life parts of the comatose body - sometimes dramatically, subtly, melodramatically or simply.

3. Body Training



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

We know our bodies are habituated in posture, sitting, standing, perceiving etc in a particular way. As a result of

biographies of many births, we have formed certain habits, which work against our well being, Instead of aiding them. Our bodies need training and a rhythm to break away from these patterns. It helps to open the many doors of our body and seeking the guiding millions of spirits around us. Body training gradually prepares for the comatose parts/cells to wake up and make sure the flowing spring of divine love is not blocked in any part of the body. **One of the essential elements of bodywork is to keep the central luminous line of connection and align our energies to the cosmos and earth.**

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

Body training is an intervention directly at the body cellular level and is not easy. There will be hundred reasons-

logical and perfect inside and outside, to stop the training. However, it is an essential part of self-care.

Guidelines for Body Training

What is most important to notice during body practice? Our bodies are different kinds of ‘dog tail’. They love to go back to their original position at the least chance. Dog’s tail is permanent and our bodies are amenable to change with sustained and devoted practice in a rhythmic nature each day or week. It is the consciousness and alertness to the ‘dog tail’ nature of body that is most important during the practice and throughout the day. It is again about programmed cellular structure that enables the dog tail nature- we are here utilizing the same nature to form a *conscious* ‘dog tail’, from an ‘unconscious’ blocked dog tail nature of the body. The cells very slowly learn that the different body rhythm that is being set in place of the old is actually loving and healing and it can be trusted. This different dog tail nature will slowly form to open the heart to Moon Mother and to the guiding millions of spirits.

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

