



WELCOME TO THE  
SPIRITUALITY OF  
YOGA COURSE

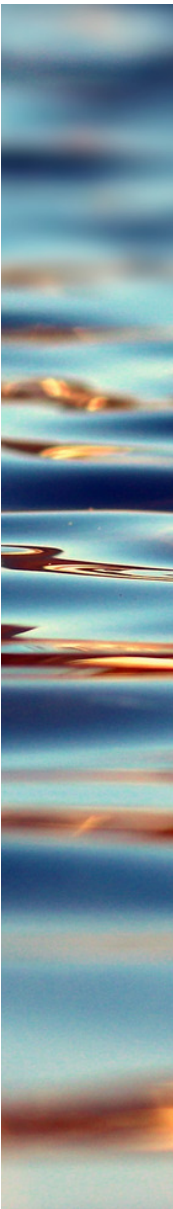
LEVEL TWO

# SPIRITUALITY OF YOGA

LEVEL 2

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Welcome to Level 2 of the Spirituality of Yoga course! Over the next 6 weeks we will be moving on from the treasures we discovered in Level 1 - the grounded strength of the earth, the bright and powerful higher mind and the four petals at the heart.

We will be focusing on the water element, and how from a balanced, flowing state we can work with light and stillness of the heart to open to the abundance of Lakshmi. When we live from this abundance, we understand the laws of Karma, Punya and Dharma, and can become radiant representatives of spiritual lineage to bring healing to the world.

# SWADESH NAMASKARA

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MY REFLECTIONS

“In one drop of water are found all the secrets of all the oceans; in one aspect of you are found all the aspects of existence.” — Kahlil Gibran

## SWADHISTHANA CHAKRA

—  
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## THE WONDERFUL WORLD OF EMOTIONS

"There is deep wisdom within our very flesh if we can only come to our senses and feel it."

-Elizabeth A. Behnke



## SACRAL CENTRE

The word swadhistana can be translated as “the dwelling place of the self.” The element associated with this centre is water. It is therefore greatly influenced by the moon.

This chakra is located at the sacrum and is the centre associated with pleasure, procreation, empathy, connection and creativity.

If you are experiencing low energy, a lack of enthusiasm for life, or maybe you could do with becoming a little more playful, then you could well be experiencing an energy block within this centre.

A balanced second chakra leads to feelings of wellness, abundance, pleasure, and joy. When this chakra is out of balance, a person may experience emotional instability, fear of change, sexual dysfunction, depression, or addictions.

# SWADHISTHANA CHAKRA

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Signs I am emotionally balanced are:

Symptoms that I am out of balance emotionally are:

My toolkit to gain better emotional maturity include:

A man with dark hair and a beard, wearing a blue long-sleeved shirt, is shown from the chest up. He has his eyes closed and his hands pressed together in a prayer position (Anjali Mudra) in front of his chest. The background is softly blurred, showing other people in a dimly lit room with warm, bokeh light spots.

MEDITATION PRACTICE

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# THE WATER OF LIFE SADHANA

“Be like water, which is fluid & soft & yielding, as in time, water will overcome rock which is rigid & hard. Therefore, what is soft is strong.”

## THE PRACTICE

**Align your body and relax your breathing**

**Briefly focus on Ajna**

*feel an expansion of the higher mind*

**Om Sri Saraswati Namaha**

**Attention rests at Mooladhara**

*connect to the stable earth*

**Om Gam Ganapataye Namaha**

**Allow focus to rise to Swadhisthana**

*entering the element of flowing water*

**Om Shanti Namah**

**Rest here and awaken the energy of  
the Water of Life within your being**

**Complete at Anahata**



## EXPLORING KARMA

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## EXPLORING THE DANCE OF KARMA

Karma is the Sanskrit term for the spiritual law describing cause and effect. If you put good into the world, good comes back to you.

Also known as the Golden Rule — "do unto others as you would have them do unto you" — the sentiment remains the same.

## UNIVERSAL LAW

"If you send out goodness from yourself, or if you share that which is happy or good within you, it will all come back to you multiplied ten thousand times. In the kingdom of love, there is no competition; there is no possessiveness or control. The more love you give away, the more love you will have."

— John O'Donohue, *Anam Cara: A Book of Celtic Wisdom*

Are we bound by the idea of Karma? Well, absolutely not, and also, absolutely always!

The yoga sages say that the moment you think 'I am doing...' whatever this might be, you are immersed in the world of cause and effect.

And they also say that many of us experience a state that is beyond this. Have you taught a yoga class in which suddenly you feel caught up in the golden current of the moment, and everything starts to flow? In the "Flow State" there is no "I". And when there is no "I", there is no karma.

# EXPLORING KARMA

MY JOURNAL

How has my day been?

Some really positive actions I took today were:

What was my proportion of 'adding to life' compared with  
'taking from life' today?

*(eg, 10-5-2021, 70% adding, 30% taking)*

Date

Adding to life                      %

Taking from life                    %





## THE WATER ELEMENT

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# ATTUNING WITH THE WATER ELEMENT

"I have seen the sea when it is storm and wild; when it is quiet and serene when it is dark and moody. And in all these moods, I see myself."

- Martin Buxbaum

## "I FEEL"

Water is one of the four elemental energies of primary elements from which all of life is created, along with fire, air and earth. Getting to know water as your teacher is a great way to begin to work with water as elemental energy.

In yoga, by channelling the water element through fluid movement and deep release, we remove blocked and stagnant energy from our bodies.

In many ancient cultures, water was considered the centre of life and held divine energy. From bathing, travelling and drinking, to being used as a conduit for worship, mystery and power.

According to Ayurveda, water is cool, stable, heavy, moist, smooth, flowing, and soft. The water element is the antidote to symptoms that have the opposite qualities in the body. It is important to take in the qualities of water when you are feeling too warm, ungrounded, dehydrated, lacking in self-esteem or irritable.

# SPIRITUALITY OF YOGA

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## MY JOURNAL

**Take time to be out in nature, near water.**

Consider how water affects you, in all its forms.

**How do you feel next to still water, or a calm ocean or lake?**

**How do you feel near a waterfall?**

**How do you feel near a fast-moving dynamic river?**

**Drink warm water – at least a litre a day**

You can add a slice of fresh ginger and/or lemon to add freshness.

Try writing positive words or mantras on the container and feel the difference.

# ATTUNING TO THE WATER ELEMENT

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## ACTION PLAN

PLACE A BEAUTIFUL SMALL GLASS OR POT OF WATER ON YOUR 5 ELEMENT TABLE.

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Change it daily or as often as you can (at least once a week). Reflect on what it means to you, to have still water present as a representative of the water out in nature and the water within you.

BE AWARE OF YOUR EMOTIONAL BODY AND HOW YOU RESPOND AND REACT TO SITUATIONS DURING THE DAY.

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Use introspection to let go and re-design a way forward.

EXPLORE THE WATER HAND PUJA

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Offer mantra into a drop of water in the palm of your hand, to the earth, and all around you, as a way of paying respect to the earth and blessing and purifying you.

TAKE TIME TO BE WITH LIKE-MINDED PEOPLE AS OFTEN AS YOU CAN AS THIS CAN AFFECT THE SHAKTI OF THE WATER WITHIN US.

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The way we share, communicate and inspire each other supercharges the water within us.

REMEMBER THAT THE WATER OF THE EARTH IS ALL FLOWING INTO ONE PLACE - THE OCEAN.

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In a similar way, all your spiritual practices are like being in a river, that is taking you ultimately to the ocean of bliss within.

USE THE MANTRA 'OM SHANTI' WITH THE INTENTION TO CALM THE WATER WITHIN YOU WHEN YOU FEEL YOUR EMOTIONS ARE TURBULENT.

# CONGRATS!

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YOU FINISHED THE FIRST  
PART OF THIS COURSE

## WE ARE GENUINELY INSPIRED BY YOUR MOTIVATION TO GROW

Right now, the world needs empowered people with strong minds who can be pillars of support in society. It is easy to achieve this, given the right training.

Thank you for making the first step towards a bright future.

We at Dru are proud of you!

