

ROOTING YOUR TEMPLE BODY

- MODULE 1 -
BAMBOO SPIRIT



BAMBOO SPIRIT: Bamboo Spirit teaches us that our body is a vessel and a container for Divine Creative Spirit to flow through. Bamboo Spirit guides us to a place of rootedness, strength, flexibility and, most importantly, openness; to being fully present in the body. Bamboo Spirit focuses on the root chakra, connecting with the earth, and the crown chakra, opening to divine inspiration. When we learn to empty, we become an open channel.

BAMBOO: Bamboo is one of the most dynamic plants on earth. It roots deeply and powerfully into the earth and possesses tensile strength greater than steel. Bamboo's strength represents your ability to hold your boundaries and withstand adversity. Its flexibility represents your ability to be resilient and re-center.

HOLLOW BAMBOO: Become Empty Presence. When you become a hollow bamboo, you become an open vessel for divine creative spirit and pure consciousness to move through you. This connection to spirit allows you to tap into your greatest self-expression and create a life aligned with your highest

potential. The hollow bamboo is the central energy channel in your Temple Body and is also known as the inner flute, Sushumna channel, and hollow bamboo core.

ॐ AaZ VZMbz uZxynl bynl Z, an'Uth`yynk Z{ab`_xnk {aZ|liln, l' b{n{aZ, nxX'n_{aZiln, l S, an' Uth`yynk Z{ab`_xnk (nX'b{n{aZ, nxXS, an'aZjuy'(nX{n|{{Zxynk Z{ab`_', an'UZVhk ZyManjin, UNk UhnMIX'Njn, y'(nX{n_jn, {axn|`a'atk^a)n, Wl' tn| UZVhk Z'Manjin, UNk Uhn*_tn| MZ{nn_|jj' n_{aZ'k b'XStn| Wl' n{UZVhk Z'Manjin, UNk Uhn^° l X'VZMbz' by_xnk {aZ VZMlnxSVZMbz' by| n{ n_ tn| nx_xnk tn| ^Jn| X'byMiuZMS(aZl VZMbz' by^', aZl {aZ VZMlnx{MlZyunnyZybnl n_ tn|."

~OSHO

SANKALPA: YOUR INTENTION

CONNECTING TO A SANKALPA IS THE PRACTICE OF INFUSING OUR LIFE WITH DEEPER MEANING AND PURPOSE. Sankalpa is a Sanskrit word often used in a yoga context; “san” means to unite or join and “kalpa” represents constructs/ideas/feelings. By gathering our ideas and deeper desires, we create a channel through which our creative power can flow. Your Sankalpa is also your intention, and these words are used similarly within TBA.

START BY CONNECTING WITH YOUR HIGHEST INTENTION. The Center GEM of the TBA Guiding Compass is Intention. You have the opportunity to start again with each new breath. Intention invites you to align your mindset, thoughts, beliefs and actions with your highest desire, deepest dream and greatest YES. The aim of your intention gives direction and discernment to each step and choice along your life’s path.

H k'a`tn| x^l {Zl {bnl SjbZ byVZMZX'Ut`tn| x'u| xunyZ_|j'XZyb l^a

REFLECT ON WHAT YOU DESIRE TO LEARN, GAIN, AND TAKE AWAY FROM ROOTING YOUR TEMPLE BODY. Set this as your intention for rooting your temple body. Be clear and write it down in your journal. You can do this practice again and again with different intentions and receive something for each present moment.

SETTING AN INTENTION OR SANKALPA EACH MORNING and at the beginning of your personal practice gives directionality and form to your vast creative potential. Throughout your practice and day, continue to weave your original intention and allow it to flow through your Temple Body. As you create more space in your body for what you are calling in, you also create more space in your life for what you want to cultivate.

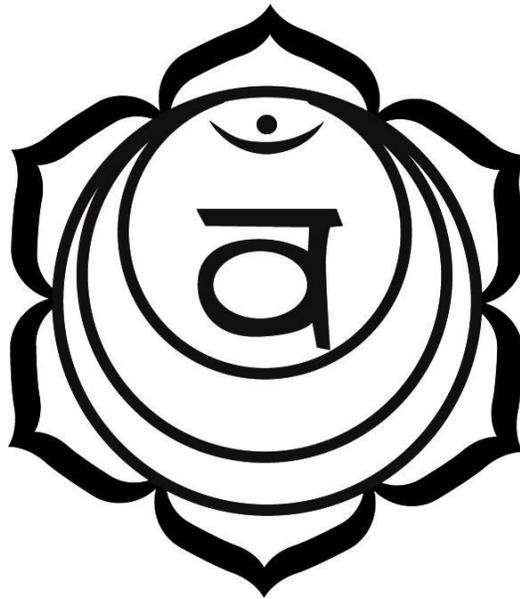
CHAKRAS

BAMBOO SPIRIT AWAKENS EMBODIED SPIRITUALITY, anchoring pure consciousness within your rooted Temple Body. In this module, we will explore and activate the root chakra and crown chakra to experience yourself rooted in your Temple Body and open to receive divine creative energy.

ROOT CHAKRA

CHAKRA: FIRST | **SANSKRIT:** MULADHARA

COLOR: RED | **ELEMENT:** EARTH | **BIJA SOUND MANTRA:** LAM



LOCATION: BASE OF THE SPINE, OR PERINEUM BETWEEN THE GENITALS AND ANUS.

THEMES: ORIGIN, BELONGING, TRIBE, INSTINCT, SECURITY, SURVIVAL, GROUNDING, AND STABILITY.

GIFTS: A CLEAR AND OPEN ROOT CHAKRA MAKES YOU FEEL SECURE, PART OF THE TRIBE, CALM, AND CONNECTED TO THE EARTH, JOYFUL AND FULLY ALIVE.

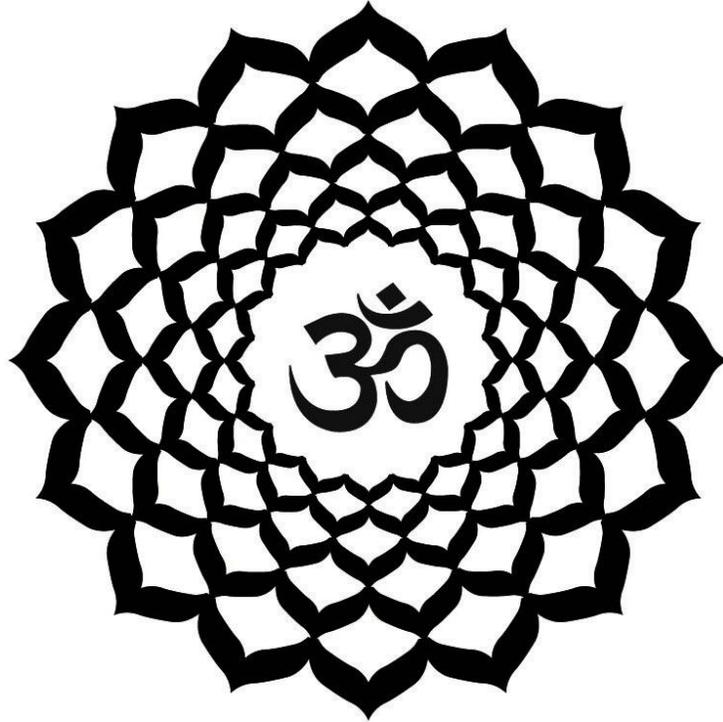
CHALLENGES: FEAR, STRESS, FEELING ALONE, ADDICTIONS, DEPRESSION, FEELING UNSAFE, AND FINANCES.

MANTRA: "I AM ROOTED. I BELONG HERE. I HAVE THE RIGHT TO BE HERE."

CROWN CHAKRA

CHAKRA: SEVENTH | **SANSKRIT:** SAHASRARA

COLOR: VIOLET | **ELEMENT:** ETHER | **BIJA SOUND MANTRA:** AH



LOCATION: THE TOP OF THE HEAD.

THEMES: WISDOM, KNOWLEDGE, DIVINE ALIGNMENT, INNER COMPASS,, SPIRITUAL CONNECTION, ONENESS WITH UNIVERSAL LIFE FORCE, AND BLISS.

GIFTS: A CLEAR AND OPEN CROWN CHAKRA ALLOWS YOU TO HAVE A DIRECT CONNECTION WITH DIVINE CONSCIOUSNESS. INSPIRES TRUST IN THE UNIVERSE AS YOU SURRENDER TO THE HIGHEST DIVINE PLAN.

CHALLENGES: NOT ALLOWING TIME FOR SPIRITUAL REFLECTION AND PRACTICE, AVOIDING STILLNESS.

MANTRA: "I AM DIVINE PURE CONSCIOUSNESS EMBODIED."

- BANDHAS & BREATH -

BANDHAS:

TBA INCORPORATES THE BANDHAS FROM YOGA TEACHINGS TO HARNESS PRANA AND AWAKEN THE HOLLOW BAMBOO. Prana is a Sanskrit word meaning 'life force energy.' The Sanskrit word bandha means to 'hold,' 'tighten' or 'lock.' The bandhas support balancing and strengthening the Bamboo core, as well as directing sexual creative energy through your Temple Body. Working with bandhas has many benefits as well as contraindications, please be mindful when practicing.

TBA uses four main bandhas: Mula Bandha, Uddiyana Bandha, Jalandhara Bandha and Maha Bandha.

MULA BANDHA: Mula means 'root, source, origin.' This bandha is used to engage your root and pull the energy upward.

UDDIYANA BANDHA: Uddiyana means 'flying up.' This bandha is used to continue the upward flow of energy (shakti) through the Sushumna. The belly button is drawn in towards the spine and up to lift the diaphragm and internal organs up into or toward the chest. It tones and strengthens the abdominal muscles and improves the function of the organs of digestion and elimination. Imagine you are hugging around your bamboo core to engage this bandha.

JALANDHARA BANDHA: Jalandhara means 'a net, web, or mesh'. In this bandha, the neck and throat are contracted, the back of the neck lengthened and the chin is lowered toward the chest. Connect your tongue to the roof of the mouth, invite the skull back and then like you are putting on a hood, feel your chin tuck slightly. This position contains prana within the container of your Temple Body.

MAHA BANDHA (Triple Lock): Engaging all three bandhas simultaneously is called Maha Bandha.

SUSHUMNA BREATHING INCORPORATES THE BANDHAS AND PRANAYAMA TO AWAKEN THE HOLLOW BAMBOO.

AWAKEN THE HOLLOW BAMBOO: SUSHUMNA BREATHING PRACTICE

Begin by imagining you have hollow bamboo as your whole central axis, rooting you into the fertile ground, connecting with your earth star chakra and reaching to the heavens above, connecting you with your soul star chakra and the great mystery.

SUSHUMNA BREATHING:

Make your mouth into a circle as if you are sipping through a straw.

Breath up from your root, directing the breath and life force energy as you activate Maha Bandha (triple lock). See details in the section on Bandhas.

Hold your breath at the top of your inhale, resting the tongue on the roof of your mouth while still engaging the Maha Bandha.

Exhale through the mouth and release the Maha Bandha.

Pause at the bottom of your exhale in empty presence.

Repeat nine times.

PRACTICE SUSHUMNA BREATHING TO EMPTY OUT AND BECOME A HOLLOW BAMBOO. The hollow bamboo awakens the chakras and connects you to all of your guiding compass points. You create a clear channel for your sexual creative energy to flow. As you connect to your hollow bamboo as a container and vessel, in turn, you will experience your Temple Body as a vessel for Divine Creative Spirit.

DAILY SELF-LOVE PRACTICE WITH YOUR PERSONAL MANTRA

IN THE BAMBOO SPIRIT VIDEO, you are guided through the practice of Sushumna breathing and meditation to create your own unique personal mantra. Once you've created your mantra, it's up to you to take charge by consciously choosing new thought patterns that support and nourish who you are at the root level.

IF YOU WERE NOT ABLE TO DROP IN FULLY THE FIRST TIME YOU DO THE BAMBOO SPIRIT VIDEO, I recommend doing it again to unveil a mantra that inspires and feels aligned with what you are calling into your life. Once you have your mantra, find a time in your day that works for you to practice Sushumna breathing with your personal mantra. This practice can be a seated or moving meditation. Say your mantra out loud or within, while focusing on being rooted in your intention and opening up to creative spirit to move through you.

TAKE SOME TIME AFTERWARD TO FREE-WRITE IN YOUR JOURNAL. Write about whatever you are feeling, thinking, and sensing in your body. This is just for you, so let your pen move spontaneously across the paper. You must use your own willpower to hold yourself accountable to return to and create a personal practice of connecting into your Temple Body every day.

DID YOU KNOW IT TAKES 21 DAYS TO CREATE A NEW HABIT?

DO NOT UNDERESTIMATE THE POWER OF REPETITION TO CREATE NEW PATHWAYS. Through repetition, you create new pathways of authentic expression. To develop new pathways of movement and choices in your life, you have to repeat new steps over and over. You have to keep flowing with the same repetition. For example, you may connect with your journal practice or personal mantra every day for a month.

Like a river carving its path, it starts with a trickle, and over time it carves through the rocks creating a new pathway.

INVITATION: CREATE REMINDERS THAT POP UP WITH ALERTS ON YOUR PHONE CAN BE VERY USEFUL. REMINDER - 'MORNING SELF-LOVE RITUAL.'

ANOTHER WAY TO REMIND YOURSELF OF YOUR PERSONAL MANTRA is to write it on a piece of paper and put it on your wall, bathroom, car, or somewhere you notice it often. Pause to read your mantra and feel it in your body when every time you see it. You can even write it on your mirror with dry-erase markers. Get creative with ways you can add this to your day.

ON THIS JOURNEY, BECOMING AWARE OF YOUR THOUGHTS IS ESSENTIAL so that you can get to know yourself more. Our minds are great tools, but they are not in charge, it's up to us to take charge by consciously choosing to create new pathways of thinking. Practice returning to your personal mantra when you find your thoughts going into a negative space. You have the power to change with consciously creating new habits and ways of being.



REFLECTION QUESTIONS

1. What does it mean to live with Intention? What is your Sankalpa and one Intention aligned with your highest YES you can continue to align with as you journey through Rooting Your Temple Body?

2. What comes up for you when you connect with your foundation through your root chakra? What aspects of your root chakra are you desiring to work on during this Temple Body Arts Journey?

3. What comes up for you when you seek a connection with your higher self through your crown chakra? When do you feel most open and connected to pure consciousness?

4. Write about the themes that arose in the creation of your personal mantra.

5. How will you commit to repeating your positive mantra to create new pathways in your life?

- .
- .
- .
- .
- .
- .
- .
- .
- .
- .
- .

I am committed to repeating my positive mantra, "I am a warrior of peace," every day to create new pathways in my life.