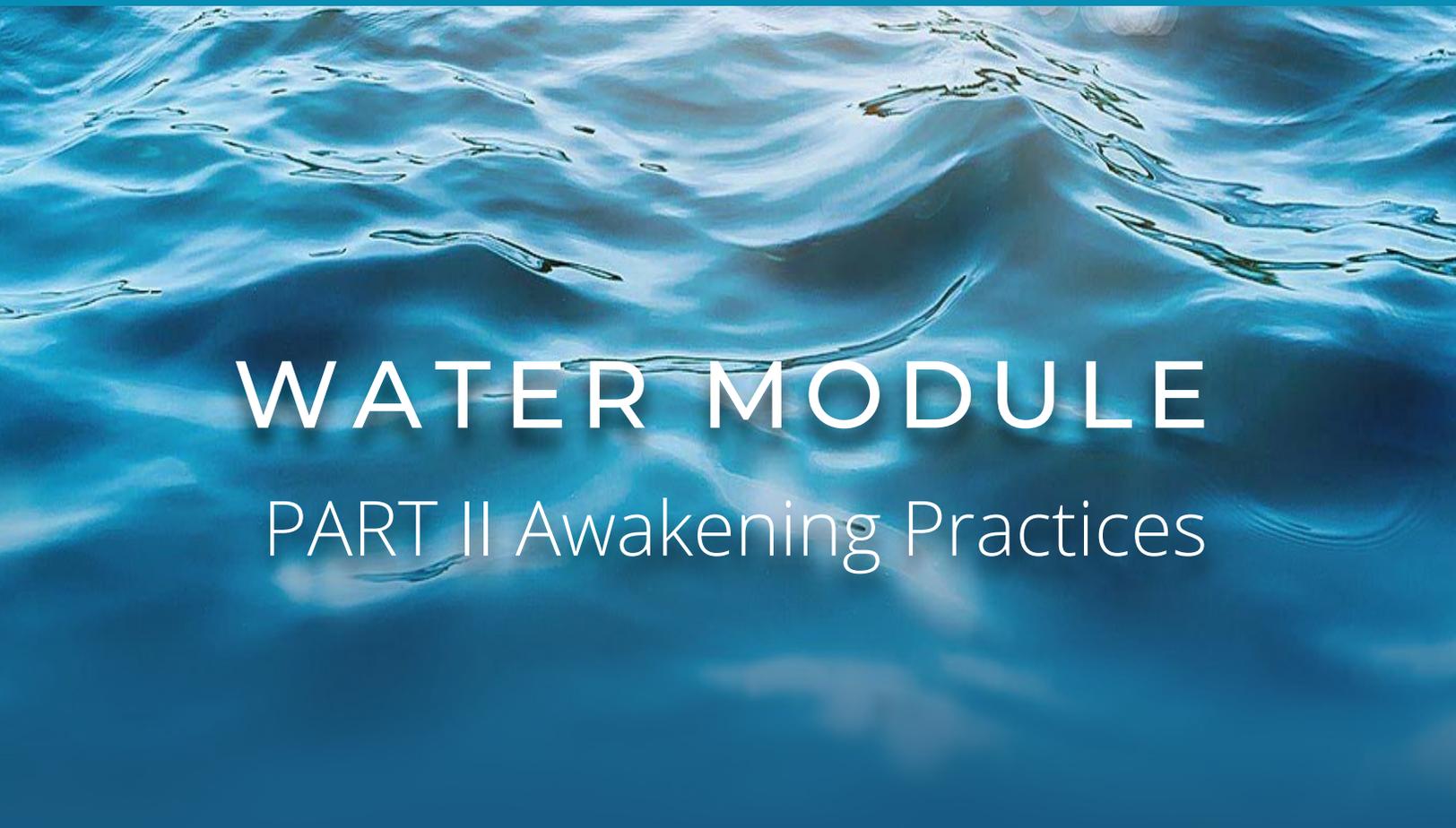


LUMINOUS
AWARENESS INSTITUTE



WATER MODULE
PART II Awakening Practices



COURSE WORKBOOK
LAI 2-Year Program

WATER MODULE WORKBOOK



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WATER MODULE WORKBOOK

WELCOME TO THE WATER MODULE

The water module is divided into seven parts. Each part is a field of exploration which contains multiple lessons and practices including audio, video, and written content from live retreats, zoom calls, and pre-recorded video instruction/

*This workbook presents written material and transcripts from the Water Module **PART II - Awakened Practices** from the 2-Year LAI Program.*

Wisdom Qualities of Water



Awakened Practices



Skills



Bender Abilities



Shadow Work



Remedies



Personal Mapping



WATER MODULE WORKBOOK

WELCOME TO THE WATER MODULE

The Awakening Practices contain 5 lesson.

LESSON 1:

Meditations



LESSON 2:

Realizations of Truth



LESSON 3:

Doorways to Awakening



LESSON 4:

Relational Practices



LESSON 5:

View



WATER MODULE WORKBOOK

LESSON 1: GUIDED MEDITATIONS

Felt Sense Meditation

In this lesson you'll experience three guided meditations to explore ways you can experience the awake wisdom qualities of water. Water is not only our true nature's awakened expression of compassion, it is the very essence of our openness, kindness, bliss, and ability to unconditionally accept and receive one another. Water is the lived truth of interconnectedness.

The Felt Sense & The Ocean Of Love

We will tap into the atmosphere of kindness, this kindness that is not exclusive, as it is for everyone and everything where we realize nothing is wrong with us finding the parts of us that have received judgment and rejection and instead we will come into deep connection with every aspect of our being.

“Let your body drop letting go into relaxation and notice that it is simultaneously awake and bright, and absolutely here. In no way does awareness dim as the body relaxes but the more you surrender the ‘doer’ everything brightens.”

Listen to the 'Felt Sense' Meditation where you are guided into the awareness that combines the direct sensations of the body with the ability to feel as this meditation will take you into an exploration of the awake and simultaneous qualities of water as you practice having a direct felt sense of the all pervasive field of love.



WATER MODULE WORKBOOK

LESSON 1: GUIDED MEDITATIONS

PRACTICE #1: The 'Felt Sense' Meditation

1. **Feel Your Body:** Take a moment, feel your body, allow awareness to be felt in the body field, the felt sense that is aware and can feel the body.
2. **Notice Your Ordinary Mind:** Notice the 'Ordinary Mind'. Feel when your awareness is localized in the head. Notice the tendency to think about the past or worry about the future or judge sensations as good or bad.
3. **Contrast "Ordinary" mind with Subtle Awareness Based knowing:** Next, feel what it's like to unhook or unmerge from this local thought-based knowing into awareness based knowing. Allow awareness to be felt in the body field and notice the contrast between 'Ordinary Mind' and awareness.
4. **Feel The Felt Sense of the Body Field:** Dive into the belly, feeling and experiencing it from the inside dropping awareness into the 'felt sense' and intimacy with your own sensation.
5. **Surrender & Allow:** Allow sensation to be what it is surrender and allow whatever's here without trying to change it. Notice the contrast of the pace of the ordinary mind and of thought and the pacing of sensation and the felt sense of the body. Listen to the movement of sensation and the movement of energy. Notice the slowing down. Feel how deeply you can relax.
6. **Relax & Awaken Into Simultaneous Mind:** Let your body drop letting go into relaxation, Perhaps noticing that your body has no edges. Where is the limit of my Body? Notice that it is simultaneously awake and bright, and absolutely here and everywhere.. In no way does awareness dim as the body relaxes but the more you surrender the 'doer' everything Brightens.
7. **Notice Agendaless Acceptance:** Notice the safety in the presence of this awareness that is

WATER MODULE WORKBOOK

LESSON 1: GUIDED MEDITATIONS

PRACTICE #1: The 'Felt Sense' Meditation

8. **Feel The Unconditional Ocean of Love:** Relax into this unconditional, warm, ocean of awareness that is an all pervasive love.
9. **Feel The Interconnectedness:** Notice that this awareness is also loving, warm, and kind. We are held by it and also made of it, not separate from it. Each simultaneously an ocean and a wave, interconnected and eternal like the ocean and we are rising as a unique wave of this ocean.
10. **Send A Reminder To Your Body:** Begin to rub your hands together. That ocean of love is not different than your hands that are made of the same substance. Just notice if your hands want to touch any part of your body to offer a little reminder.
11. **Notice You Are The Ocean of Love:** Notice when you are touching your body, your body is not an object, your body's made of the ocean of love. And that your body may appear to have edges but your body is saturated with the same substance as this ocean of love.
12. **Feel The One Body:** Wiggle your body that's made of the ocean interconnected with all the other bodies. Can you feel that we are actually in one body, as a group made up of many bodies?
13. **Repeat Meditation:** Repeat this 'Felt Sense' meditation at least 3 times this week.
14. **Submit Your Practice:** Once you do, submit your practice in the course to earn credit towards your Water Module Apprentice Badge.



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LESSON 1: GUIDED MEDITATIONS

Fullness Through The Belly

“We must work through that which veils us from what has always been here and from who we truly are. We need to increase the energy richness in our bellies. In the shadow distortion of water called the 'oral process' we have a tendency to believe that there's not enough, which has us allow all the energy to drain out of our bodies.”

PRACTICE #2: Realization of Fullness Through The Belly

In this practice we'll be diving into the belly to notice the infinite warm viscous energy that is loving, unconditional and always emanating through you.

1. **Locate Your Ordinary Mind:** Locate the sensation of ordinary mind. Feel what it feels like to get localized in your head “this is me”, head-based thought-based me. It is often a dense, local, thought-based knowing.
2. **Unhook Into Subtle Mind:** Unmerge from the mini-me into awareness-based knowing and notice that shift, and go back and forth. Just for contrast, go into the mini-me look out from the mini-me's eyes then unhook to 'I'm the awareness of the mini-me I am not the mini-me' unhook into a spacious quality.
3. **Dive Into the Belly:** Become awareness having a direct experience of belly from within. If thoughts, keep coming direct them back to the belly. What's the texture here? What's the quality? Feel the soft, viscous quality of this level of energy.
4. **Laugh:** See what happens when you laugh and what that does to the energy in the belly? Increase the energy richness of the belly, the 2nd chakra. We need to increase the energy richness in our bellies because in the oral process we tend to believe there's not enough and we let all the energy drain out of our bodies. Focusing on the laughter we are bringing in the bubbling energy of water.

WATER MODULE WORKBOOK

LESSON 1: GUIDED MEDITATIONS

PRACTICE #2: Realization of Fullness Through The Belly

5. **Expand Into Simultaneous Mind:** Feel energy just around your body and notice that this saturated energy is not just in your belly, it's actually the waters that we are in. Feel this larger, viscous, infinite, warm interconnected field that's everywhere. It's a rich, infinity of energy in endless supply. It's not a personal energy. Do you still think that there's a local me that's aware of this ocean? If so, shift the view and realize that you are aware of the ocean from the everywhere that just happens to have a local body.
6. **Notice the quality of love:** There is an eternal love that never comes or goes that embraces everything we think and feel, without condition. This love is here for all the parts of us and is literally the substance we are made of saturating everything. It is the animating force.
7. **Bring your hands to your heart and your belly:** Notice this eternal love is also emanating from your body and from the space of your heart.
8. **Open your eyes:** See the entire group at once is made of love. Pick one being and view them, notice the absolute exquisite preciousness of this being. This is awareness touching essence
9. **Embrace all parts:** Embrace all the parts, the ugly parts, the beautiful parts, the angry parts, just allow awareness. We're in the realization of that truth, that no part is left out. No part is excluded. No part is exiled. All parts of us included, held.
10. **Receive the medicine:** In the offering to your altar you're opening your hands signifying your willingness to receive.
11. **Repeat Meditation:** Repeat this 'Felt Sense' meditation at least 3 times this week.



12. **Submit Your Practice:** Once you do, submit your practice in the form below to earn credit

WATER MODULE WORKBOOK

LESSON 1: GUIDED MEDITATIONS

Allowing Intelligence To Be The Mover

In this practice we'll be exploring the body's own intelligence and allow ourselves to be moved by that. We'll notice the atmosphere of kindness all around us that let's us realize there was nothing ever wrong with us. A place where all parts of us are held.

“The idea that there was something wrong with you has always been a delusion. It's just some other person's conditioned mind that you adopted and then made it your mind.”

PRACTICE #3: Allowing Intelligence To Be The Mover Meditation

In this practice we'll be diving into the belly to notice the infinite warm viscous energy that is loving, unconditional and always emanating through you.

1. **Wiggle the body with the personal will:** Notice if it's a top down will where I'm commanding my body to move or is there something where my body has an intelligence that knows exactly how it wants to wake up? “I should move my knee, I should move my shoulder.”
2. **Move from the intelligence:** What happens if the wiggling comes from something that wants to move itself. I'm supposed to wiggle and then contrast it with that intelligence that knows just. The awareness within the body becomes the mover.
3. **Pleasure is the feedback:** We're using our felt sense, a wisdom quality of water and the feedback of the felt sense is pleasure using good feeling as a guide. You don't have to dominate your body. In fact, you can follow your body's wisdom.
4. **Notice the tendency to want to fit in:** Notice, if you feel a pressure to look like someone else and then go back to following this intelligence. Is there a rule that you have to maintain something that looks normal.

WATER MODULE WORKBOOK

LESSON 1: GUIDED MEDITATIONS

PRACTICE #3: Allowing Intelligence To Be The Mover Meditation

5. **Give your body permission:** Keep being courageous to go beyond the borders of normalcy. How much pleasure and goodness can you allow? Notice that there isn't a rule.

It comes from really, really attuning, which is also a water skill, feel and listen moment by moment.

6. **Touch your skin:** There's nothing inappropriate about being able to touch your own skin. Instead of judging the tension as your enemy. How can you bring kindness to attention consideration? Openness? How can you receive the story or the felt sense of the tension

7. **Allow sound:** What if you were allowed to breathe and you were allowed to make any sound, whether the sound made sense or sounded silly?

8. **Allow sexual energy:** What if your sexual energy was just one part of your beautiful rainbow and it was allowed?

9. **Allow your emotional energy:** What if all your emotional energies, anger, grief, numbness, what if everything was actually allowed in that trusting that it has an intelligence that it knows how to discharge its emotions when given full permission.

10. **Realize there's nothing wrong with you:** The idea that there was something wrong with

you has always been a delusion. It's just some other person's conditioned mind that you adopted and then made it your mind.

11. **Love every aspect of your body:** Find the part of your body that has been receiving judgment from you, your culture. Maybe you reject the shape of your body. Maybe you reject the strength or the weakness of your body. Come into connection and love every aspect. What if all those parts also deserve love?

12. **Find your real pacing:** If you were to listen and follow your body's rhythm, if your energy had its own movement. What is the rhythm that comes from your own rhythm? What is the pulse?

13. **Realize there was never anything wrong with you:** What if all the parts of you are as innocent as any child and deserve your love, understanding, empathy, and care. No one is excluded. Not our violent parts, not our vulnerable parts.

WATER MODULE WORKBOOK

LESSON 1: GUIDED MEDITATIONS

PRACTICE #3: Allowing Intelligence To Be The Mover Meditation

14. **Notice the atmosphere of kindness:** There is an atmosphere of kindness. Notice what it feels like and notice your bodies response. It is an infinite kindness that has no beginning and has no end. This kindness is not exclusive it is kindness is for everyone, everything. Recognize kindness as the truth beyond the clouds of all the pain.
15. **Open your eyes softly:** Let your eyes remain soft. Sometimes our eyes get wired with the protectors or look for danger or look for detail. It's easy to feel the atmosphere of kindness that actually permeates everything. By your awareness, recognizing it, you're helping other beings wake up to it.
16. **Repeat Meditation:** Repeat this 'Felt Sense' meditation at least 3 times this week.
17. **Submit Your Practice:** Once you do, submit your practice in the form below to earn credit towards your Water Module Apprentice Badge.

REFLECTION QUESTION

As you explore the wisdom qualities of water which ones do you feel the most access to and which ones do you feel you have the least access to?



WATER MODULE WORKBOOK

LESSON 2: REALIZATIONS OF TRUTH

In this lesson we look at the awakened realizations of water - the truth of universal love and the ultimate ground of care that holds us, nourishes us, replenishes us, and is interconnected within everything. This lesson explores the truth that it is not just our personal bodies that hold our experiences but the true divine mother. From here we can submerge into these universal water of love, laying down our burdens into something larger where we can feel whole, healed, purified and cleansed.

Our Truth Mother, Marinating With The Divine

There is a great body and that body is made of love and is the ultimate source of care. It is this love that holds and is within everything. It is indiscriminant in it's love for all beings, never turns away from any being's pain, and is actually here to embrace every being's experience. Here, we can recognize our interconnectedness with all experience.

Feel yourself being held by the universal mother, that loves and sees the suffering of all beings. She never turns away. She never looks the other way. She never doesn't hear your cries. Realize she is always holding, always embracing every experience.

“As we extend our willingness to feel, our willingness to care, our willingness to be in connection with pain and with all of experience, notice that it doesn't have to be our personal bodies job, but there is a care that is much larger, that is holding all of us including our personal body.”

You don't have to take this burden on in your personal body. Recognize the love that is greater than the pain. There is a love that is greater than this pain and can hold it so that it can heal and become whole again. We can allow that love - that is greater than any personal thought, any personal body - to marinate in our bodies.

We can allow our bodies to surrender and be held in the love that holds everything and everyone. Leaves no being out, has no borders, sees no differences, loves all equally, recognizes the dignity

WATER MODULE WORKBOOK

LESSON 2: REALIZATIONS OF TRUTH

of all beings and the sentience of all beings, and the rights of all beings and the goodness of all beings.

Many of us had a mother who didn't have quite enough to be there in every moment. For a moment, dip in the waters of true love, an unobstructed, unlimited care that is the true mother and submerge yourself in this love.

That is not the same as your parents.

That is not the same as your culture.

That is not the same as the societies

and all the people who have been ignorant of this love.



PRACTICE#1: Marinating With the Divine Mother

In this practice you'll allow yourself to submerge in the waters of universal love, where nothing is wrong with you. There has never been anything wrong with you. Do this practice to marinate with the divine mother submerging your whole being in these universal waters, allowing all parts of you to be cleansed, purified, replenished, nourished, and held. Notice how you and your field changes as you feel this universal love.

1. **Let yourself submerge** feeling held, like a baby holds its mother, that you don't have to hold your body as you release all of you into the waters that are carrying you, holding you, replenishing you, nourishing you. All the parts of you that have felt limited love. Let them be willing to just taste. Let your thoughts be submerged. Feel the rocking of the waters, rocking all the parts of you that have been like a crying child.
2. **Allow the waters to cleanse and purify:** Cleansing all your judgments, just for a moment, Cleansing of all your shame, your guilt. No matter what we have done or how we act or what we think - all of us are in these waters together. We all will never be denied these waters.

WATER MODULE WORKBOOK

LESSON 2: REALIZATIONS OF TRUTH

PRACTICE: Marinating With the Divine Mother

3. **Allow these waters to replenish.** This love is inescapable, ever present. Even when we have turned away from this love, it is still illuminating us.. Even our darkest thoughts are made of this love. Even our darkest feelings are made of this love.
4. **Feel the impact on your field..** Notice how your personal body and your personal field change when you allow your body and your personal field to submerge into universal love.
Notice how your mind is cleansed. Notice how your heart feels. Notice even how your bones feel. Notice how your breath feels. Notice how your belly feels.
5. **Realize these waters are infinite.** There is no limit to their supply. In the eyes of this universal mother, through the heart of this universal mother, there is nothing unseen. There is nothing unfelt. Everything that you experience is received and there is love for that.
There is love for pain. There is love for anger. There is love for fear. There is love for every experience. There is love for love.
6. **Submit Your Practice:** Once you've done this practice above, submit it in the practice form below to earn credit towards your Water Module Apprentice Badge and answer the reflection question below..



“You may have been a warrior for peace and love on this planet, and you've been fighting because of your incredible courage and care, but in this moment hand it over. Your body doesn't need to hold the burden. You can trust that there is something larger that will support you in what you care for.”

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LESSON 2: REALIZATIONS OF TRUTH

PRACTICE#2: Laying Down Your Burdens Into The Waters Of Universal Love

In this practice we explore what is here now as we allow ourselves to be submerged in the universal waters of love. There is a place where everything we are can be revealed, that is safe to bring our entire experience. A place where we can open and surrender. A place where we can lay down our burdens that we were never meant to hold on our own. This practice will guide you on an experience of submerging your body into these universal waters of love, surrendering into the infinite support that is here. From here we can recognize what is changed when we allow ourselves to recognize this universal love, that maybe we have turned ourselves away from in the past, or didn't know was there? What is here now as we recognize the interconnectedness of us all submerged in one water, as one love?

1. **Submerge in the interconnected waters of universal love:** Feel how the water actually supports your body.
2. **Open and surrender:** There is a place that we can open and surrender to this divine love.
3. **Find your burden:** Feel the burdens that you have been carrying in your body, whether they are personal burdens, or a connection to lineages with heavy burdens, or you're feeling the burdens of certain people and groups.
4. **Honor that the personal body cannot hold this:** It's more than the personal body can do. We need the support of the larger waters to expand the support of what you care about.
5. **Scan your body and let those burdens go:** Where are you holding the burdens? Is it in your head? Is it in your heart? Is it in your belly? Is it in your legs? Wherever there's tension, you're holding a burden. Just for a moment, let your body let go of the burden and let the larger body of this great water, this great love support all the burdens. Give them to the mother. Submerge your burdens in the water.
6. **Feel the force that supports you:** You can allow this larger support to flow through you and infinitely support you in everything you care about. Let that water flow through you and become a force that supports you.

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LESSON 2: REALIZATIONS OF TRUTH

7. **Enact laying your burdens down:** You may need to get up and dance. You may need to feel something, and you may need to do the act of laying them in the water. You may need to literally feel the waters in the room around you and put them in. You may need to stretch your arms into the waters of the heavens and let them rain down. You may need to sit in stillness and simply experience those waters with your awareness. No force necessary, because water is about allowing.
8. **Allow universal intelligence to move you:** Allow the intelligence of your body to be moved by the waters, you can allow the intelligence of this love, of this ultimate interconnected wisdom water to guide and liberate.
10. **Submit Your Practice:** Once you've done this practice above, submit it in the practice form below to earn credit towards your Water Module Apprentice Badge.



PRACTICE#3: Loving & Embracing Every Part Of the Self

Every emotion: anger, fear, sadness, joy, disgust... is like a beautiful child and none of them need to be locked out of the house. There is no such thing as a negative emotion.

When there is sadness, allow your heart to break. Warmly hold your sadness and your little one within you, and the pain will flow through and leave you with a wide open heart.

When we reject any emotion, we lose contact with what we actually feel. we lose contact with ourselves. Not only that, but every emotion has an essential quality that we need for wholeness and functionality in this world.

At the core of anger is our determination, our boundaries, and the energy that can transform things in ourselves and the world. Throw out anger and you lose your determination. Shut down sadness and avoid pain and you lose access to your heart. Throw out fear and you lose your precious vulnerability and the part of you that navigates danger.

WATER MODULE WORKBOOK

LESSON 2: REALIZATIONS OF TRUTH

PRACTICE#3: Loving & Embracing Every Part Of the Self

STEP 1: Love and embrace your emotions.

Love and embrace your anger and create space for it to flow freely. This means don't just express it but love it as it arises. Release the charge through movement and sound and let the words flow unedited. Find a pillow to pound, a wrestling buddy, someone is container who want to love it with you. You don't have to believe the story, and you can be the awareness as the emotions express and listen to the words and afterwards to determine what is the truth within the reactivity, what you may need to take a stand for, boundaries you may need to set, actions you need to take. Love this aliveness in you and the clarity that is at its root.

Remember this does not mean that it is okay to be angry AT others and act out our projections, we still hold the intention of no harm and no blame, yet we must create a space and. containers to fully allow everything we feel to be felt without filter or shame.

Embrace lovingly your fear like you would care of a child. Adore the preciousness of your vulnerability and love the part that wants to protect it.

“At the core of anger is our determination, our boundaries, and the energy that can transform things in ourselves and the world. Throw out anger and you lose your determination. Shut down sadness and avoid pain and you lose access to your heart. Throw out fear and you lose your precious vulnerability and the part of you that navigates danger.”

Part 2: And There's Love For That

Love not only your emotions but all parts of yourself that you thought you should hide. Love your shadow, love what you have rejected. Love the killer inside of you. Love the selfish one. Love the seductress, the whore. Love the destroyer. Love the rock star, who wants to be the center of

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LESSON 2: REALIZATIONS OF TRUTH

PRACTICE#3: Loving & Embracing Every Part Of the Self

attention. Then, love the manager who thinks that these parts are unacceptable and want you to control, hide or banish these parts of yourself.

Practice saying: "and there is love for that..." i.e.. "I'm selfish and there's love for that".

Practice any place you feel tension or incongruence with the statement, and practice loving that part more. Find what you love about that part until you can say it with complete congruence in your body and feel no resistance. When you can say I love my "_____ part" without resistance you will be free and have unbound energy in ways you could not even imagine. You love will liberate and embrace a ton of energy and will open your access to the full range of infinite expression of this creative universe.

Shame holds everything in place, while love liberates us. Our individual consciousness is like a child to the vast consciousness we are recognizing ourselves to be. You don't judge a baby for crawling nor do you need to judge yourself for any place you are in your development. You are perfect in your imperfections. You are growing and waking up exactly as you need to, in all the right timing.

REFLECTION QUESTION

What is this like when I'm fully submerged and I actually let go just to taste universal love? Feel what you feel like when you are submerged in this universal love. Notice how your personal body and your personal field change when you allow your body and you allow your personal field to submerge into universal love. Notice how your mind is cleansed. Notice how your heart feels. Notice even how your bones feel. Notice how your breath feels. Notice how your belly feels.



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LESSON 3: DOORWAYS TO AWAKENING

At Luminous we teach several different doorways to awakening so that you can get to know which ones are natural and easy and which ones create restriction and resistance that we can open into with whole new ranges of our awakening. In this lesson we'll focus on the doorways of water as we explore awakening through union, surrender, devotion, movement, flow, and the relational (self to other) door.

Exploring Our Doorways To Awakening



There are many many doorways to awakening. Some of them are feminine, surrendered, devotional, relational, and dynamic. Some of them are more masculine, grounded, aligned, solitary, and still. Some doorways are internal and some of them are external and yet All are true.. One of the images we have is the seven facets of a diamond because none of the wisdoms are complete by themselves

“The reason that certain doorways are hard is often because this is where our most defended patterns are and you are hitting the part’s of you that have their biggest fears and negative projections on reality.”

Masculine & Feminine Doorways

One of our intentions in this work is to have a unification of masculine and feminine principles. Each wisdom quality that we explore throughout this program often expresses back and forth as one or the other of these energies qualities. As we integrate them all we become more balanced, more whole, and more complete expressing all of the many facets of God through all it's unique doorways..

Notice that there are many doorways to God. Water is feminine. Tree will be a masculine. A lot of meditation is taught through the masculine, so a lot of meditation is stillness and on your own

WATER MODULE WORKBOOK

LESSON 3: DOORWAYS TO AWAKENING

by yourself. The doorways of water are *more feminine, connective, relational, devotional and surrendered*. Someone who has the shadow of water would be afraid to be alone and wouldn't want to do something where they have to be in their own mind. That might feel too lonely if you have the shadow of water.

The Doorway of Vulnerability

Sometimes if we've hardened ourselves, that hardening is why we can't open and we feel mistrust or feel alone. One of our doorways is to allow ourselves to feel into our vulnerability.. Sometimes we have to cry first and in that place of softening, we can surrender our tears into the universal waters. There is a need to cry for all the separateness that we've been living

The tears are the softening, the tears rain down and soften the earth, so that the earth is now soft and receptive instead of hard and compact. As soon as we turn towards, our tears are often replaced by bliss and we begin to feel filled. As you allow the vulnerability and the crying, you open yourself, and then you become filled.

The Doorway of Energy & Flow

In this lesson we talk about the water doorways of movement and the ever changing aspect of our true nature because the feminine has more connection to that energy. We often experience the masculine doorway as the awareness and the stillness. Notice reality is made of both awareness and energy. Both masculine and feminine energy.

In this module we'll be looking at the more feminine doorways of water.

The Doorway of Devotion

There is a devotional doorway to awakening where we can see ourselves putting our lives down at the feet of God. It can feel like bathing in the divine light and can feel like we are all illuminated in all this brightness.

This door can be a hard doorway for some as we tighten into our self reliance and control. There's a wisdom and there's a beauty because when we surrender to God or we're in this doorway of

LESSON 3: DOORWAYS TO AWAKENING

devotion, we might get caught in the duality and not realize that we and God are one. *The reason that certain doorways are hard is often because that's where our most defended pattern is and you are hitting the part's of you that have their biggest fears there..*

The Internal & External Doorways

For people whose doorway is external. They're holding the most tension in the inside of their body. So they can't go in that way. The people whose doorway is internal, they have walls to the outside world, and that's why the **doorways are just where you are undefended from that source**. That's actually what a doorway is. The reason, one is easier than another is it's the one that relates to your natural gift or your natural wisdom.



PRACTICE #1 Exploring Your Doorways

In this practice you will explore various doorways to awakening. With each of these explorations, you can see what is natural and easy for you and you can also notice, 'Oh, this is the area that I have more restriction.' In this video we'll encourage you to play with these areas and keep exploring why it's so hard to give it over or surrender through that doorway. You may find that that exploration can open a whole new range for you.

1. **Explore your natural and easy doorways to awakening:** Notice first what is natural and easy for you when you are unhooking from ordinary mind into more of your true self.
2. **Notice if your doorway tends to be internal or external:** Notice if you more naturally go more inward into the deep center of your being or whether you tend to go outward.
3. **Notice if your doorway tends to be with the self or is relational:** Notice if your doorway is more relational or individual? Are you more prone to lean into awakening self to self? Or relational with self to other, other to self or even self to group or Group to Self?

WATER MODULE WORKBOOK

LESSON 3: DOORWAYS TO AWAKENING

PRACTICE #1 Exploring Your Doorways

4. **Notice if your doorway is more feminine or more masculine doorways:** Notice if you find it easier to going through a more feminine doorway of union, energy, surrender, and devotion? Or a more masculine doorway of awareness, alignment, groundedness and stillness?
5. **Notice the doorways that have resistance:** Find the any areas where you feel restriction or tension and begin to play with this area and exploring why it's hard to give it over or surrender through that doorway?
6. **Expand your range:** What new range opens up for you as you explore the doorways that feel more difficult?
7. **Submit Your Practice:** Once you've done this practice above, submit it in the practice form below to earn credit towards your Water Module Apprentice Badge and answer the reflection question below.



“If we could find the capacity to go beyond the mistrust. Can you let go even more in your body? Can you lay the small self down, to realize that you don't need to do this alone, that you are connected. This love does not punish. This love does not judge. There is nothing to hide from. There is nothing wrong with you. There's only your ignorance or your lack of trust that is keeping you from everything you need.”

WATER MODULE WORKBOOK

LESSON 3: DOORWAYS TO AWAKENING

The Devotional Water Doorways - Laying Oneself Down

As we explore the devotional doorway and lay down our burdens, our struggle, and our resistance. Through this doorway we can go beyond our mistrust and the smallness of all our judgements, and all our angers, and our need for control.

There we will find a divine strength, a divine power, a divine wisdom that gives us everything we need. When we enter through the devotional doorway we can let every step be guided by this divine source. Letting our hands be the hands of this divine source. Letting our voices be the voice of this divine source and whenever we turn away in fear, mistrust, or egocentrism, we can turn ourselves back..

PRACTICE #1 Devotional Doorway Laying Oneself Down

- 1. Explore the devotional doorway:** In many traditions they do something called prostration where you bow down lay your whole body down on the ground. Feel that 'I could never do this without you God, Divinity, Source, Universal Awareness. I lay myself at your _____ feet.
- 2. Realize it is more than you could ever carry:** This is more than I could ever personally know. This is more than I could ever carry, and I ask you to carry me. I give myself in devotion to you. May I serve your work in this world. Experiment with your own words for this and feel what your body wants to do. Recognize that you could never do this with your personal self and ego mind. Only God can do this with the all pervasive wisdom and intelligence.
- 3. Give all your resistance and burdens over:** All the trying, all the struggling, all the trying to do it yourself, all the burdens. Give it to this intelligence and universal wisdom that's so much greater than our little mind. Instead of serving self, or even serving humanity, what would it be like to serve God? To serve Divine Wisdom alone. To be led, to be guided, and to give up all the parts of you that try to control, manage, direct, grip. Give them _____ all _____ up.

WATER MODULE WORKBOOK

LESSON 3: DOORWAYS TO AWAKENING

PRACTICE #1 Devotional Doorway Laying Oneself Down

4. **Lay yourself on the altar:** Lay yourself down in the lap of the Divine Mother, call upon the

Father to guide you, direct you. and give you his strength, and realize you have no strength

of your own. There is only God's strength. You have no power of your own. There is only God's power. You have no wisdom of your own. There is only God's wisdom.

5. **Confess your resistance:** Confess to this unconditional source that would never judge you

all the ways you have tried to protect yourself and have not been willing to surrender and follow the truth. Confess the ways you have gotten caught in your small self, your small parts, your small angers, and your small judgments, defending your need for control. Confess all the ways you have held yourself back. All the small mindedness, all the pettiness, all the hoarding, all the defending, all the attacking, all the negative speech, all the negative thoughts, all because we do not trust and hold ourselves back from this infinite source that wants to love us.

6. **Go beyond the mistrust:** What part of you is still holding back? If we could find the capacity to go beyond the mistrust. Can you let go even more in your body? Can you lay the small self down, to realize that you don't need to do this alone, that you are connected.

This love does not punish. This love does not judge. There is nothing to hide from. There is

nothing wrong with you. There's only your ignorance or your lack of trust that is keeping you from everything you need. Repent simply means to turn back, to turn towards, to return to the source of who you actually are. To return to that which is guiding everything.

To bring your devotion, and your love, and your dedication in true alignment. Give yourself

to this source.

7. **Release any egoism that thinks YOU are doing it:** What part of you still believes that you

are going to save the world? What egoism, that thinks that you are the one that is healing,

WATER MODULE WORKBOOK

LESSON 3: DOORWAYS TO AWAKENING

PRACTICE #1 Devotional Doorway Laying Oneself Down

9. **Realize everything is provided:** Can we surrender ourselves and lay ourselves open like a flower to the sun and give ourselves to this source that wants to nourish us completely, illuminate us with its wisdom completely. Everything is provided for through this source.
If only you could relax into it and allow this wisdom to flow through and animate and fulfill everything.
10. **Realize your courage as you know you can't be harmed :** Feel the courage that you have when everything you do is an act of truth, divine truth. Nothing harms you here. No mortal mind can touch the truth of who you are and what you serve.
11. **Realize your innocence:** There is nothing to hide from. You are seen in all ways, and your innocence is never forgotten. Through God's eyes, who you truly are, what you truly are, is always here. Which is none other than God itself. None other than this nature, this all pervasive wisdom, this all pervasive love.
12. **Experience the One Animating Force:** There is one love. One power. One animating force.
One source, and the more we open to it, that source is the effortless mind that unfolds everything perfectly. And we are carried by that river, and we are that river, and that river ends in an ocean that we are.
13. **Walk as peacekeepers:** Let every step be guided by this divine source. Let your hands be the hands of this divine source. Let your voice be the voice of this divine source and whenever you turn away in fear, mistrust, egocentrism, turn yourself back. Give yourself again and again back. Serve nothing else but divine truth and divine love.
14. **Be one with the atmosphere of the divine source:** Noticing the atmosphere that you are in and noticing if that atmosphere is pervading through your body. If you are separate from the atmosphere or whether you are one with it.

WATER MODULE WORKBOOK

LESSON 3: DOORWAYS TO AWAKENING

PRACTICE #3: Deity Practice

1. **Sit in a quiet place and invoke “great mother,”** represented through her many names. Some call her Mary, some call her Tara, some call her Devi, some call her Yemoja. Great mother is one name for the “being” that carries an unobstructed expression of Water, the great compassion.
2. **Reach with awareness instead of thought-based mind** Our intention can locate and make connection, on a subtle dimension, to these subtle wisdom bodies. In doing this practices it is ideal to reach for "great mother" from awareness with your "unknowing" and allow awareness to directly connect and let the spontaneous arising of sensation, flows of energy, visions and knowing to occur.
3. **Bathe in unconditional love and warmth.** When we sit and invoke great mother, we can be viscerally bathed in unconditional love and warmth.
4. **See yourself through her eyes:** We can feel how it is to be viewed and held by this being. This practice can help us to see ourselves through the unconditioned eyes and experience our quintessential preciousness of being.
5. **Feel your oneness with this being.** After experiencing being held and seen by this being we can then feel the oneness with this being. I and the mother are one. Allowing ourself to be both the child of the mother and the mother herself.
6. **Begin Radiating as this great mother.** As we make this shift we begin emanating and radiating as this great mother interconnected with and loving all beings.
7. **Submit your practice** below to earn points to your Water Bender ‘Apprentice’ Badge.

Note: For those of you who feel their awareness is not yet able to contact subtle beings, be reassured that using your imagination will also serve an important purpose. Your intention alone will evoke this frequency and as you imagine a divine mother you are directly connecting to the wisdom quality of Water.

WATER MODULE WORKBOOK

LESSON 3: DOORWAYS TO AWAKENING

From a scientific view, even if you do not believe in subtle beings, the brain cannot tell the difference between imagination and reality, so even imagining what it is like to be seen or held by an enlightened being, a divine mother, will help record in your physiology the pathway of being held and seen in unconditional love.

Example of Deity Practice: Green Tara Practice

<https://www.lionsroar.com/how-to-do-green-tara-practice/>

REFLECTION QUESTION

What is your natural and easy doorway to awakening? Notice if you find it easier to going through a more feminine doorway of union, energy, surrender, and devotion? Or a more masculine doorway of awareness, purpose, alignment, and stillness? What happens for you when you find areas where you feel restriction or tension and begin to play with this area exploring why it's hard to give it over or surrender through that doorway?



WATER MODULE WORKBOOK

LESSON 4: RELATIONAL PRACTICES

In this lesson we'll explore four relational practices that will have us co-marinating in the interconnected warmth of water as we learn to transmit and receive through our belly, through our heart, and through our felt sense with another partner.

Relational Water Practices

1. Transmitting & Receiving Water Mini Practice
2. Viewing Through The Heart vs the Ordinary Mind
3. Glimpsing Through the Heart & Belly Practice
4. The Felt Sense Practice

RELATIONAL PRACTICE#1 - Transmitting & Receiving Water

We will be doing a relational minis practice with a partner where we will make space for all feelings to be held and support whatever needs to be felt in our cells, in our bodies, and allow all the feelings we have to be emoted.

In this practice you'll take turns with a partner.

1. **Giver - Transmit Unconditional Loving Presence:** As the giver in this practice we become the unconditional loving waters for anything that needs to be felt, held or expressed and then we'll rotate so that each person is held in those waters of universal love that are everywhere emanating that embracing love, as these waters that are here for _____ it _____ all.
2. **Receiver - Allow what's there to be felt & expressed:** As the receiver in this practice we allow our bodies, whatever they need - to move, to dance, whatever tears need to stream and whatever numbness, the inability to cry, let that be in the water. Anything is welcome in the water. There is no requirement. The waters are for you.

WATER MODULE WORKBOOK

LESSON 4: RELATIONAL PRACTICES

RELATIONAL PRACTICE#1 - Transmitting & Receiving Water

3. **Allow your body to feel submerged in unconditional love:** Just allow your bodies to feel

how the water is buoyant and the water is moving and just know that the water that we are submerged in cares for all of your experience, and judges none of them. There is an unconditional love of everything you think and everything you feel, and there is no requirement of you. Waters are here to hold and there is care. There is love.

4. **Allow yourself to be held in the safety and support:** In these waters there is safety. You actually can let go and feel what it's like to be supported. You can let go to the water... all the parts that have been trying, all the parts that have been struggling, all the parts that feel that they should be in control or lead. Just let a moment of what it's like to let those parts finally be held by something greater than them. There is safety here.

5. **Feel the interconnected heart:** Feel your heart, the heart that is everywhere, and the heart

that you can feel as the space in your chest and include not only the view through the heart, but include your belly. Keep allowing the viscous energy of your belly and our hearts

What is a mini?

Minis strengthen our community, build the bonds that make our community healthy and strong. We need to practice reaching and responding. We want to work with the channels of vulnerability and the capacity to feel connected, as well as growing our emotional fluency. With minis, we practice "attention in", "attention out".

We put our attention in to be aware of and present with what we are feeling. We then learn to step out and be available to others in turn.

For some of us, reaching is very challenging so we need to lean into that edge. Discomfort doesn't mean not the right way. Sometimes discomfort is the edge. For others of us, learning to be in aligned presence, in our hearts, not our heads, emotionally receptive yet in our center, is the growing edge. From this place, we are not trying to fix something or problem solve. Instead we are deeply heart-centered and connected yet holding spaciousness (which is the truth of emptiness).

When we offering attention out, we are practicing open-hearted awareness and alignment. Open hearted awareness means awake awareness - that is spacious, non-reactivity and open as well as the embracing, warm, and unconditional quality of our heart based awareness. When aligned, you are in your center, not being pulled towards (merging) or away (disconnected) from what's happening.

WATER MODULE WORKBOOK

LESSON 4: RELATIONAL PRACTICES

GIVER:

- Hold a space of open-hearted awareness with warmth and kindness for your client. Be in intimate presence with them.
- Maintain alignment when counseling - be connected and open without merging with their experience and hold their story lightly.
- Hold equanimity for the client's experience and hold them as perfect as they are - be a "yes" to whatever they feel.
- Hold that whatever the client is experiencing, isn't ultimately who or what they are.
- Don't give advice or try to solve their problems.

RECEIVER:

- Be aware of and allow yourself to really receive the attention/held space from the counselor. Taking in that someone is safe and there for you can be a radical experience if you let yourself notice it.
- Be present in the now with your experience. Spend less time on stories about past or future and more on what is arising now.
- Allow whatever you are experiencing to be what it is - sense your sensations and emotions and feel their energy.
- Look for ways to get under your story to allow "discharge" - crying, laughing, shaking, yawning, and other movements of energy.

PROCESS:

1. Decide who will be the receiver and who will be the giver
2. Decide how long each side will go. We recommend 5-10 minutes for each side
3. At the end of the first side, if the client needs help shifting their attention from their process, the giver may ask an "attention out" question that takes the client's attention away from their process
4. Switch roles
5. Submit Your Practice: Once you've done this practice above, submit it in the practice form below to earn credit towards your Water Module Apprentice Badge and answer the reflection question below.
- 6.



LESSON 4: RELATIONAL PRACTICES

RELATIONAL PRACTICE#2 - Viewing Through the Heart vs The Ordinary Mind

In this lesson you will engage in a relational practice that will contrast what it's like when you view through the head and when you view through the heart noticing the contrast between the judgmental mind's view and the experience when you and your partner are both co-marinating together in the heart.

1. **Find a Partner:** This is a relational practice and you will find a partner to do this exercise doing each step with each other at the same time.
2. **View through ordinary mind:** Notice what it's like to view each other through the ordinary mind. There's two people at the same time, being judgmental, feeling their ordinary mind.
3. **Name what it's like:** Name to each other in what it's like to be viewed by your partner from their Ordinary Mind.
4. **View through your heart:** Now notice what it's like when you each unhook from Ordinary Mind and co-marinate in awareness through the belly and the heart of love. View each other with this awareness and notice the contrast to take it into your own experience
5. **Name what it's like:** Name for each other what the co-marinating atmosphere of love as viewed through the heart feels like. Notice the contrast between being viewed from the interconnected space versus the separateness.
6. **Submit Your Practice:** Once you've done this practice above, submit it in the practice form below to earn credit towards your Water Module Apprentice Badge and answer the reflection question below.



WATER MODULE WORKBOOK

LESSON 4: RELATIONAL PRACTICES

RELATIONAL PRACTICE#3 - Glimpsing Through The Heart & Belly

In this lesson, you will learn a relationship practice that will have you viewing through the window of your heart and your belly noticing the exquisite preciousness of your partner.

1. **Find A Partner:** This is a relational practice where you'll take turns.
2. **View through your heart and belly:** Take one moment and through the window of your heart and your belly, pick one being and view them. Notice the absolute exquisite preciousness of this being... that, in truth, you have never seen before because, as we view through the heart of love, the miracle appears.
3. **Bring awareness that touches essence:** Take one moment to realize that someone is able to view you in the exquisite mystery and preciousness of who you are beyond words, beyond judgments, beyond any form. This is awareness touching essence.
4. **Submit Your Practice:** Once you've done this practice above, submit it in the practice form below to earn credit towards your Water Module Apprentice Badge and answer the reflection question below.



RELATIONAL PRACTICE#4: The Felt Sense Practice

This is a relational practice that has you rest in awake water as you track your partner with your felt sense, feeling with them whatever they are pointing to and learning to feel that in your own experience.

1. **Pick a Partner:** This is a relational practice. Choose who will be tracking and then switch after 3 minutes.
2. **Name your felt sense:** One partner is describing what's happening and arising by itself.

WATER MODULE WORKBOOK

LESSON 4: RELATIONAL PRACTICES

RELATIONAL PRACTICE#4: The Felt Sense Practice

3. **Bring interconnected presence:** The other partner is resting in awake water and just feeling with them bringing an interconnected, warm, spacious presence.
4. **Track what they are feeling:** The tracking partner will use their felt sense to feel everything they are pointing to feeling those textures in their own experience and if for some reason you don't feel with them, then just note that this is the skill to grow.
5. **.Submit Your Practice:** Once you've done this practice above, submit it in the practice form below to earn credit towards your Water Module Apprentice Badge and answer the reflection question below.

The Bond

When we're practicing water, we're emphasizing this aspect of the field, and we're feeling not only this everywhere love that is boundless love, this boundless warmth, this boundless care, but we also practice it in relational practices where its everywhere and here. We find the interconnected bond - it's deeply intimate and it's connected and we feel it.

“Some of us, because of our early conditioning, weren’t mirrored properly by our caregivers, and we don't know how to settle and feel this natural bond. And it's why we're in a state of anxiety, whether we know it or not.”

That bond feeling is pointing to our natural connectedness. We are always connected by nature, and specifically in “the bond” we have this deep settled connectedness. Something so many of us are yearning for, because our ego and our hearts put us into separation, and we're yearning to feel this natural bond of connectedness, which is both universal love and mammalian love.

WATER MODULE WORKBOOK

LESSON 4: RELATIONAL PRACTICES

We are in a state of anxiety when we don't feel that deep secure bond. The bond is an expression of this Water frequency of God - warmth and love and care, which shows up through human expression. We can sit by ourselves and marinate in the quality of warmth and care that's everywhere. But we also can find that with each other in a relational space. When we find our connectedness, the warmth in our local being magnifies.

My expression of the divine quality of Water is my ability to be present with everything you feel, to honor and be willing to be in connected presence with all that you're experiencing, without judgment, and bringing warmth, care, and embrace to it.

The bond practice is about finding that place where we feel deeply connected. And that is the felt experience of the interconnected warmth, or the feeling of this closeness, this intimacy, this deep experience of acceptance for whatever we feel, whatever we need, being met and held.

Feel the multiple levels at once: to feel the divine, this ultimate source of love, this ultimate source of healing. Realize that it is also coming through and experienced in connection with another. As we do this practice, it massages the channel that's able to recognize that that source of love and that bond is also ever present. It enables us to feel that wherever we are, whether sitting alone or with another. It strengthens that sense of what we refer to as "the divine mother" or that quality of holding which is warmth and embracing and loving and intimate and always here.



RELATIONAL PRACTICE# The Bond

1. **Choose a partner.** Have one person receive and the other partner give presence.
2. **Feel the love that is everywhere and is here.** As the giver, take a moment to marinate in the all embracing boundless love that is everywhere. Realize that this love is both everywhere and right here.

LESSON 4: RELATIONAL PRACTICES

RELATIONAL PRACTICE#5 The Bond

3. **Find the connectedness.** Find that place where you feel deeply connected with the receiver. Transmit this feeling of closeness, this deep experience of acceptance as you make contact.
4. **Use your felt sense.** Use your felt sense to experience what your partner is experiencing
noticing the moment when the bond is created between you and they also feel your connection.
5. **Maintain your presence.** Take a moment to remain in the bond as you continue to give your partner complete warmth and presence.
6. **Submit your practice.** Submit your practice to receive points towards your Water Bender
Practitioner Badge.

REFLECTION QUESTION

What happens when we view ourselves and others through the belly and the heart?
What happens when shift from the head and view through your belly and heart at once? What do you notice?



WATER MODULE WORKBOOK

LESSON 5: VIEW

In this lesson we'll explore viewing through air and water and through the different levels of the hologram. We'll begin noticing where we are viewing our experience from, moment by moment. There's a lot of pain in the world that needs healing and Luminous holds that we never want to ignore it, but want to instead feel our connection with everything, including all the suffering and all the pain. We'll ask ourselves, where do we meet this pain? In this lesson we'll explore what gives us the capacity to be the holder? What gives us the capacity to be in connection, but not be overtaken?

“There's a lot that needs healing. There's a lot of pain in the world and Luminous holds that we never want to ignore the pain, we want to feel our connection with everything, including all the suffering and all the pain. We'll ask ourselves, where do we meet this pain? In this lesson we'll explore what gives us the capacity to be the holder? What gives us the capacity to be in connection, but not be overtaken?”

Introduction To View

An essential aspect of developing more awareness is our ability to bring consciousness to our view. Here we ask ourselves, moment by moment, where are we viewing our experience from? Why is that important?

There's a lot of pain that we can feel in both our physical bodies, in the collective body and even the pain of the earth and there's a lot of healing that's needed

...for our personal bodies

...for our collective body.

...for

this

earth.

WATER MODULE WORKBOOK

LESSON 5: VIEW

What Luminous holds is we never want to ignore the pain. We're not here to bypass pain. We want to feel our connection with everything, including all the suffering and all the pain.

From where do we meet this pain? What gives us the capacity to be the holder? What gives us the capacity to be in connection, but not be overtaken?

It has a lot to do with the power of our view.

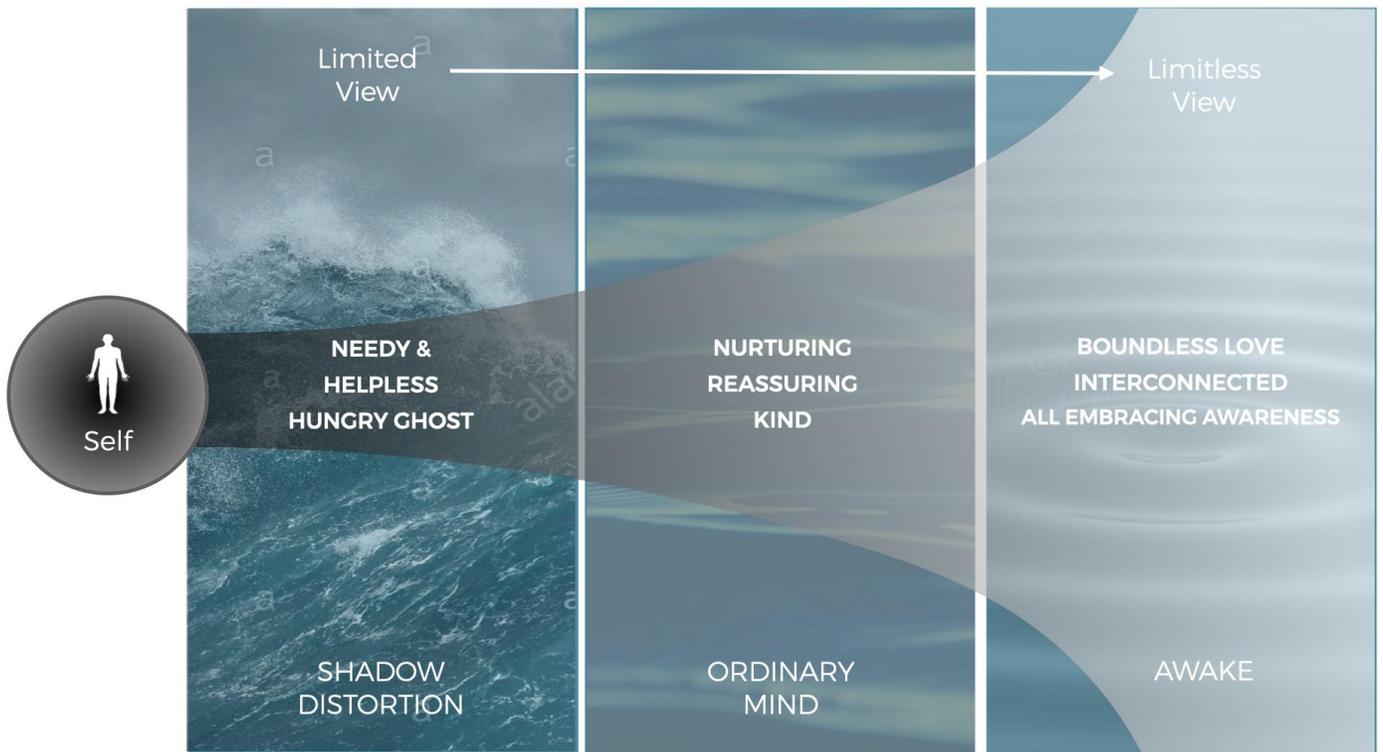
“In the oral process, the shadow distortion of water, we take on the conditioning of parents that weren't awake and we take on conditioning of cultures that weren't awake and then we internalize that conditioning and we live as if it's true, which becomes the clouds that obscure us from our true nature.”

When reality doesn't appear as the frequency of God - as an expression of the enlightened mind, it's because of all of the projections we have placed upon reality. When we have a more obscured and limited view we create these projections holographically, repeating the same limited view in every area of our lives. If we experience pain and confusion, we will often experience that same pain in our relationships, with our families, in our friendships, at work, and on as it is reflected back to us.

Shadow consciousness is an obscured view of reality - it's reality with blinders on. Ordinary consciousness is just a less filtered version. As we widen our view to an awareness that is “Awake,” our perception clears and we see a limitless view of reality. The greater our awareness, the more we can recognize reality as it is.

WATER MODULE WORKBOOK

LESSON 5: VIEW



As we view through water - through the filters that obscure reality we begin to experience ourselves and others as needy, helpless, collapsed, the 'hungry ghost,' but as we widen our view, bringing in more and more of our awareness into the awakened mind, those same qualities of water are experienced as the boundless dimension of love as we feel the warm all embracing field of our interconnectedness where we can experience the fullness of being and can recognize the perfection and preciousness of everything.



WATER MODULE WORKBOOK

LESSON 5: VIEW

PRACTICE #1: View Through Air and Water

In this lesson we will practice viewing from the limited ordinary mind, feeling the pain and suffering that is in our personal bodies, the collective body, and the world and then contrast that with viewing through the seamless, limitless, awareness of air and through the compassionate heart intelligence that is water.

It's important to learn the power of view, how it impacts everything, and that our true self is unobscured, limitless and awake. As we learn to shift our view, we finally find a freedom from living within the view of our cultures and our communities and our parents

1. **Be In The Ordinary Conditioned Mind:** Be in your head, be in your thoughts, be in the perspective that's in the conditioned mind, that was basically conditioned by parents that were unaware of their weakness and societies that were unawake.
2. **Limit Your Perspective:** Treat your thoughts, emotions, and stories as if they are absolutely real. They were mostly programmed by the culture you were brought up in.
3. **Feel the disconnection:** Feel your response to what's happening in the world as you feel this from a disconnected place in your own body with only your local thoughts and emotions. Notice what that's like. How safe do you feel?
4. **Feel the collective pain:** Connect with the news. The oceans are dying. The animals are dying. There are populations of people who are being abused. See the people who are starving. See the people who had their land stolen. See the people who have been oppressed. There's people who are angry. They're angry at you. There's people hurting everywhere. There's people who are mean and killing other people. Notice how you feel in your little bodies and in your little minds, just with your emotions,
5. **Imagine you are suffering:** Imagine you are being oppressed. Imagine you're trying to speak and no one's listening. Imagine the years of torture that you and your ancestors have experienced. What do you feel?

WATER MODULE WORKBOOK

LESSON 5: VIEW

PRACTICE #1: View Through Air and Water

6. **Now try to solve the problem:** Use your small little singular mind with no connection to awareness, source, god, or anything larger and try to fix the world before it blows up quick.

It's up to you. Solve it..

7. **Blame someone for it:** Maybe you could pick someone and imagine they did it to you. Maybe it's God's fault. You could feel your resignation, that you can't do anything and blame yourself.

8. **Feel the impact of this view:** Feel what this feels like. It's impact on your bodies, the group, the collective body, and the world.

9. **Shift Your View:** Pause and shift to being the awareness of this pain rather than entirely merged inside of it to that little bit of awareness that can notice you can be the awareness

of the pain. What happens?

10. **Let your pain body know you are coming back:** Let all the parts that are born of the pain

know that you're not abandoning, ignoring or bypassing them, but are touching something that is not the pain and are coming back

11. **View through Air:** Notice the awareness beyond the pain in the contentless, dimension that is in all directions, boundless. It's the face you had before you were born. What happens when awareness unhooks all the way to feel the awareness that is seamlessly everywhere...it's not a personal me, it's contentless, it's limitless...the immortal dimension of

yourself that doesn't come and doesn't go.. What do you experience from here?

12. **Notice this as a place to rest:** Notice that when you unhook completely there is a relief from all the conditioning and there's a freedom from it all. What does it feel like when we recognize an eternal peace that can't be disturbed, a place where we can find the silence amidst the storm.

WATER MODULE WORKBOOK

LESSON 5: VIEW

PRACTICE #1: View Through Air and Water

13. **Notice what is beyond conditioning:** Feeling what is beyond conditioning, what will never be conditioned that is not caught in the hell. So what its like to break from the reactivity and find that which is peaceful.
14. **Notice the view:** How is it now to view the pain of the world? Does it mean you have to be unaware of it? Does it feel easier or harder to respond with compassion from here or from where we started?
15. **View through water:** View through the heart of water, the mother feeling the pain of all her children and how much love does the mother have? What it's like to just sit in this presence with pain. Limitless. Is there a limited supply from here? From the view that is inside of our bodies and inside the heart of the world, feel the strength that comes from that, which never comes or goes that which cannot be harmed, cannot die.
16. **Feel Intelligence that's in everything:** Feel the intelligence that is emerging, by itself, from this place, instead of, from the limited mind. Intelligence has an intimacy with all of life. The intelligence that's in the trees, the intelligence that's in the floor. That's in your body. Feel the intelligence animating you: Feel the knowing and how that's different than the conditioned mind.
17. **Let the suffering parts surrender to the greater living intelligence:** What's it like to let the parts of you that have been trying and suffering to know that they are not separate from this intelligence? What's it like to give over those parts of the limited mind, let them say, I don't know, give them over to this intelligence that is here, intimate and present. What's it like to surrender the Trier and the Doer, give it back, give it over, give it to God, give it to this living intelligence.
18. **What becomes possible when we shift our view:** How does our capacity to love and care and be connected actually strengthen? The intelligence is coming through us, we are not the teachers, the intelligence is.

WATER MODULE WORKBOOK

LESSON 5: VIEW

PRACTICE #1: View Through Air and Water

19.. **Submit Your Practice:** Once you've done this practice above, submit it in the practice form

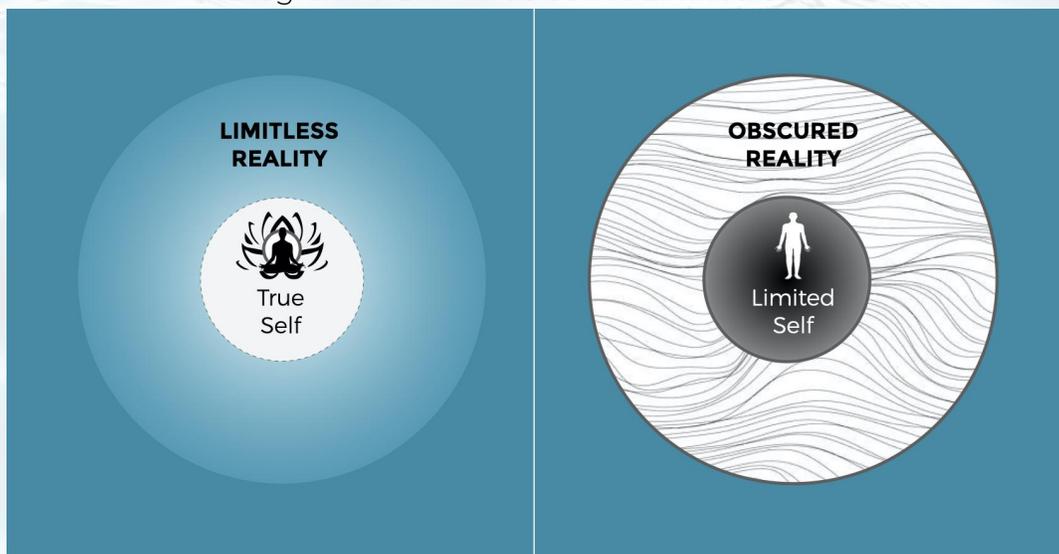
below to earn credit towards your Water Module Apprentice Badge and answer the reflection question below.



Viewing Through The Hologram

You have true self and reality that are actually one. Many people aren't aware of their true self. They're scared and they aren't aware of reality. They have a view, a reality that's obscured.

Diagram: VIEW - True Self vs Limited Self



So reality is what our awareness can recognize. Who we truly are is that goodness, love, and wisdom - that ultimate intelligence. What happens is we forget and then we see reality through the filter, through the sickness of all of that painful conditioning. What do we see when we are looking through the view of our conditioning? Our view is limited and obscured and we can't truly know ourselves or perceive reality. It can be very intense. From this view, there's a lack of love, truth and peace.

WATER MODULE WORKBOOK

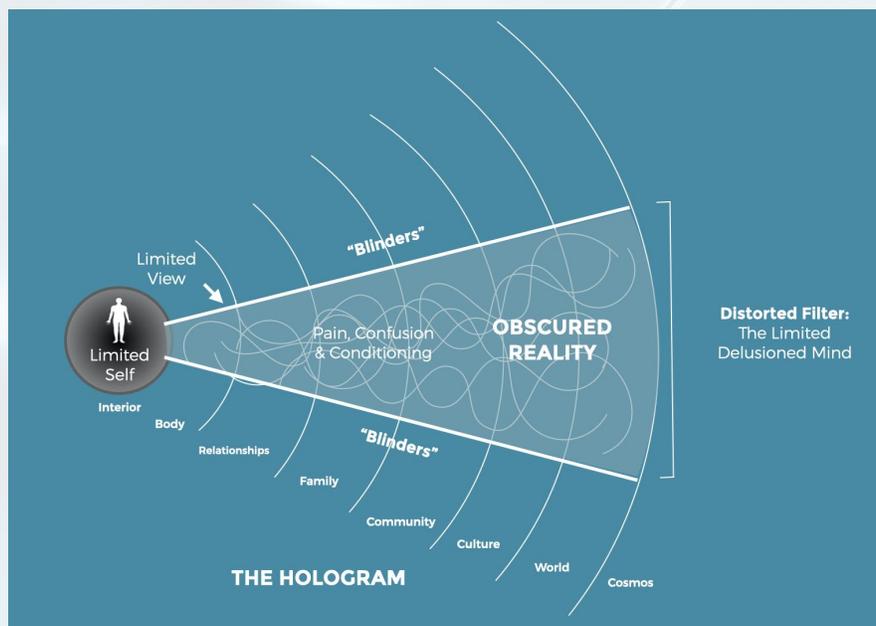
LESSON 5: VIEW

Many of us, when we are in our limited view, are attempting to see reality with horse blinders on. Our limited mind, with all of its inner confusion, is attempting to see reality, but it is seeing reality through a filter and this view actually impacts everything we experience.. We're viewing the world through pain and we're sending signals to the world with our energy and pain. This is how one being impacts the world from their limited view, and then this signal is reciprocated and amplified through the hologram of reality - in your body, your relationships, your family, your work, our culture.

So imagine you are one being, being seen through your pain and there's a lot of other beings out there all viewing you through the delusional conditioning and pain of their limited view. This is often called 'Hell' or 'Samsara,' where we are in our delusions and conditioning signaling the world from it and then receiving it as a mirror. What does it feel like if we become a mirror from this condition, we call Samsara or Hell.

How does that feel when we're all in that together? If we keep trying to solve the problem from within the problem, feel what happens? A vortex keeps recreating itself. How easy is it to stabilize your true nature, your true self when everyone around you is mirroring from a distorted self? When your whole culture and your whole world is mirroring from a distorted view?

DIAGRAM: VIEW - Obscured Reality 'Horse Blinders'



WATER MODULE WORKBOOK

LESSON 5: VIEW

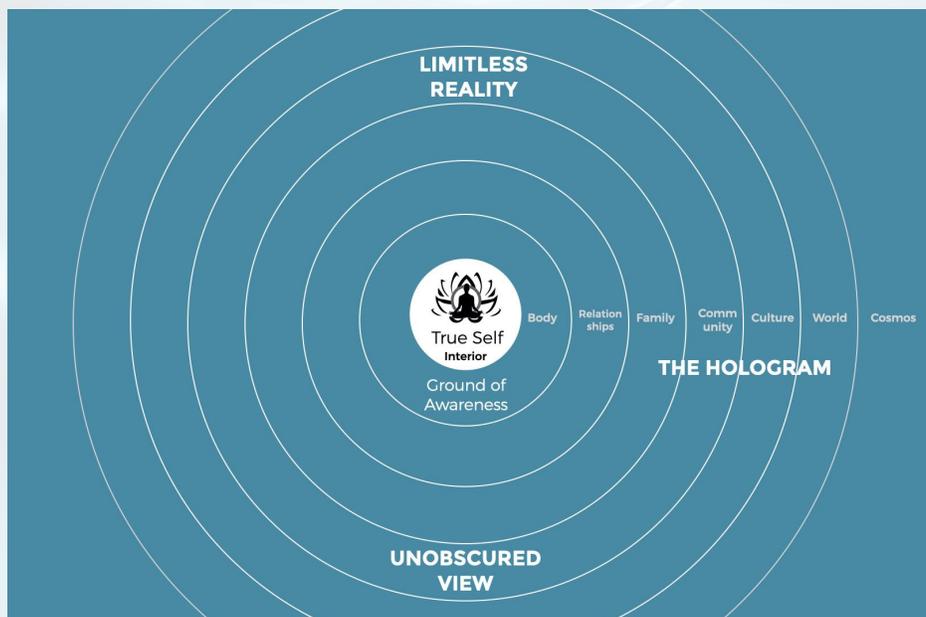
So how can we get a view that's outside that pain - not so that we can avoid it or leave it behind disconnecting from reality, but so that we can know our true selves and perceive reality as it is?

“Feel what it’s like to go from a limited view to a limitless one that has no edges...an Intelligence, fearlessness, and love that’s not part of our conditioning becomes available. Our work in Luminous is to practice stabilizing that unobscured view.”

As we learn to shift our view we begin to penetrate and see through the veils of pain. It doesn't mean that we're not going to acknowledge that there's pain, but we're going to see what reality is behind those clouds of pain so that we can see what's actually here - the reality of love, the reality of connectedness, the reality of truth, the reality of every sentience being's dignity and the right for our wellbeing.

We see it and then we become the true mirrors of it. Instead of being in our conditioning, fighting with our neighbor about whose done it, we can directly experience the presence and the love that can listen to those in pain. As we learn to shift our view, we can begin to mirror the truth of who we are to each other so that we can stabilize it.

DIAGRAM: VIEW - The True Mirror of Limitless Reality



WATER MODULE WORKBOOK

LESSON 5: VIEW

What if, as a community, we did practices where we actually glimpse beyond the pain and then from that peaceful, limitless ground of awareness, we can become reflections reflecting each other to help us all collectively begin to know ourselves. This is the focus of the work we do at Luminous in this community.

Every being in the world needs that mirror, and it's not just for us or for this group, but it's all beings who need us to be in that awareness that's not merged with all the pain and cultural conditioning, but the awareness that can be a true mirror to know their truth and their wholeness where we can know reality and see through the veils.

Our goal in Luminous is to become that community of beings who can sit from that view and view each other and view the world and view the beings who need to be held and listened to and view and reflected in their goodness.

Do you understand why we need each other? That we actually need beings who want to commit to that together. That we actually need a place to recognize our true self and to recognize reality beyond the storm of Samsara, but also to be reflected in each other, where we can feel safe enough and seen to create some stability in our own systems.. As we stabilize that, it becomes something that we can then offer to others.

Qualities of The Atmosphere of Kindness

What's it like when kindness is an atmosphere extended to all beings and all parts?

What's it like when our awareness is intermingled with this kindness?

There's a natural quality to it. It's part of our true nature.

If you were to speak from this atmosphere of kindness and how it impacts our bodies and our experience of each other what would it say?

WATER MODULE WORKBOOK

LESSON 5: VIEW

Qualities Of The Atmosphere of Kindness:

- Fluidity
- Softness
- Curiosity, openness, wonder
- Permission
- Connected
- Receiving & Listening
- Following
- Wholeness
- Non-dual, 'Othering' dissolves
- Edgelessness
- Responsive vs controlling
- Infinity of Fullness
- Generosity of the heart
- Our giving Nature
- The infinite Source of Love
- Interconnected Ocean

Do you feel the wholeness, the edgelessness? The duality goes away. The 'othering' dissolves.

Notice the fluidity and softness. Water is one of the feminine qualities of awakening and it's wisdom is connected to receiving and following and listening which allows for fluidity and softness. We don't have to get into the distorted masculine sense of control or domination or pushing, and

there's love for domination and control and pushing. Water can love that too.

Notice the infinity of fullness that just fills us that comes when we come out of push, trying and judging and into relaxation that allows the infinity to pour in.

Notice if you feel the generosity of heart which is very different than you owe, blame, shame, guilt, give me, or demand. Water is generosity itself. Water is our giving nature, it pours into everything. Water naturally gives itself freely, openly, effortlessly, from an infinite source of love, fullness, wholeness. We don't have to dominate ourselves to be giving or to be good. It's natural. It's what outpours when we are connected to our source, when we're not living in the mind of lack.

“Water is generosity itself. Water is our giving nature, it pours into everything. Water naturally gives itself freely, openly, effortlessly, from an infinite source of love, fullness, wholeness. We don't have to dominate ourselves to be giving or to be good. It's natural. It's what outpours when we are connected to our source, when we're not living in the mind of lack.”

WATER MODULE WORKBOOK

LESSON 5: VIEW

Another quality of water is curiosity, openness, and wonder. Not already knowing, not already decided, not here to tell, but actually here to listen, to be curious, be open. Feel that childlike quality that hasn't lost its natural water intelligence that is part of our true nature that gets obscured by our conditioning.

Water is responsive instead of controlling. It's listening, it's felt. It's following. So it's timing is in response to the need. If you're with someone's emotional process, there is a pacing that would feel the timing. It's in that connectedness and responsiveness of the timing, and the pacing is coming from a felt sense rather than a thought sense.

Water is the opposite of polarizing and it's sometimes hard to lead without contrasting. There's a quality of openness, softness, and permission that actually makes our connectedness more like _____ an _____ atmosphere.

Our True Nature Is All These Qualities

In Luminous we realize that our True Nature is all of these qualities. It is Air, Awake Awareness and Water, which is open, embracing, interconnected love that is fluid and receptive. True Nature is Tree, which is that presence and reliable, discerning, protective hereness that guides us and gives us an inner compass. Your true nature is all air, water, tree, earth, fire, realm crystal. That's our true nature, it is all qualities.

True Nature is who we are. Ordinary mind thinks of us as a separate individual rather than when the veil is lifted. There's more of a realization that who we are is an ocean, an interconnected oneness that's here.

Putting On The Blinders Of Our Delusioned Mind

Most of us, because we're caught in an ordinary consciousness seeing within the conditioned view of the ordinary mind that doesn't actually recognize the abundance of who we are, and what this actually is. In our limited view we put our blinders on.

WATER MODULE WORKBOOK

LESSON 5: VIEW

“In the oral process, the shadow distortion of water, we take on the conditioning of parents that weren't awake and we take on conditioning of cultures that weren't awake and then we internalize that conditioning and we live as if it's true, which becomes the clouds that obscure us from our true nature.”

The shadow distortions of these qualities occur when the external conditioning has been internalized. In the oral process, the shadow distortion of water, we take on the conditioning of parents that weren't awake and we take on conditioning of cultures that weren't awake and then we internalize that conditioning and we live as if it's true, which becomes the clouds that obscure us from our true nature.

That's how it happens. We adopt the conditioning. The mirrors that were around us as kids, and as we are in cultures, the mirrors are distorted, but they're the only mirrors we have and we adopt them and instead of our true nature being mirrored to us, what happens is we're being viewed and we're conforming to the view of unawake parents and unawake cultures.

The Power of Shifting Our View

That's why it's so important that we learn the power of view, that our awareness is limitless and awake, and that as we learn to recognize it, we finally find a freedom from living within the view of our cultures and our communities and our parents, because if we're dependent on mirroring from our cultures and our communities and our parents then we are f'd up.

We can work as a community here to be true mirrors, to practice shifting our view, being able to know ourselves and reality and each other from that view. We've been conditioned for a lifetime, so it's a practice that we all have to undertake to strengthen ourselves.

WATER MODULE WORKBOOK

LESSON 5: VIEW

PRACTICE#2: Viewing Through Your Conditioning vs The Unlimited View

1. **Find your boundless awareness:** Feel what the boundless lens is able to view. The boundless awareness can be aware of an infinite reality, infinite goodness. Boundless awareness can be aware of fullness and infinite potential and infinite resource, infinite love,
2. **Put On Your Horse Blinders:** Feel what happens as your aperture of awareness starts to shrink. Bring your hands in next to your eyes to create blinders and actually feel what happens as your awareness starts to become limited, and it's only able to see some of reality, and some of self. What happens? Where'd the love go? Where'd the safety go? Where'd the fullness go?
3. **Notice our view has impact:** Feel what it's like to see reality through this really narrow limited space. What we view affects the energy and the response. It has an impact. Our energy is living as if that's reality. Feel how painful having adopted this limited view causes in your life every day. Every minute. There's been a lot of pain. Very real pain.
4. **View Someone Through the conceptual mind:** Find someone and see them as that thing, give them a label, give them multiple labels, and believe that everything you think about them is real and notice that what you're doing is impacting them. Notice they are responsive to your view.
5. **View someone from infinite possibility:** View from an infinity of possibility, like the solid and realness and conceptualness that you thought they were, opens when we view them from this awake awareness, boundless view.
6. **Connect that boundless view through your heartL** View that same being through the boundless ground (Air) and the heart (Water) and then with that same view look at yourself and maintain the view. Notice your mind's tendency to want to think things about them, see them in a certain way, and see if you can keep cutting through that tendency of the mind, maintain the ground, feel the limitlessness of view, the limitlessness and view through your heart and see that being.

WATER MODULE WORKBOOK

LESSON 5: VIEW

PRACTICE#2: Viewing Through Your Conditioning vs The Unlimited View

7. **Get to know this being:** As you look at yourself through this view, you may never have been able to see this being that way before. Hang here and really hold openness and discover in the freshness who or what this being is.

8. **Acknowledge their suffering:** Acknowledging the being that you're gazing at, the suffering that they experience, maintaining the view of who they truly are. Acknowledge all the suffering they experience from all the internal judgment and all of the struggle, just keep viewing them and the truth of who they are. If you start to lose your ground, because thought takes over, keep reminding yourself to view through the heart, and the open possibility to know all that they truly are outside of all of your ideas and all of everyone else's ideas.

9. **Embrace that being with the water quality:** And allow your felt sense to embrace that being for everything they feel, all the suffering they've had. All the struggle and trying. Bring in that warm, connected heart of compassion for that being and take 30 more seconds in the curiosity and the discovery of this being outside of all your prior thoughts.

10. **Fall in love with this being:** Notice if you have the capacity to fall in love with this being. Notice if you can feel the child innocence of this being. For a moment, allow yourself to notice the being that's being viewed and let the being that's finally being seen have a little response.

11. **What's it like to be viewed out of all the limiting ideas:** What does it feel like? What happens?

- 12.. **Submit Your Practice:** Once you've done this practice above, submit it in the practice form below to earn credit towards your Water Module Apprentice Badge and answer the reflection question below.

LESSON 5: VIEW

REFLECTION QUESTION

When you are in pain or suffering, where are you viewing that experience from?
What happens when you shift your view to experience it from the limitless
atmosphere of kindness?



MODULE TRANSCRIPTS



WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 1 MEDITATIONS - The Felt Sense

Take a moment, feel your bodies, and know that one of the qualities of the water module has to do with the felt sense. So awareness can be aware of the body, but the felt sense is when that awareness is combined with that ability to feel. Right? It's awareness feeling energy, awareness, feeling sensation, awareness and the feeling of the texture of your body.

Just allow awareness to be felt in the body field.

And just notice the tendency of mind to go into thought and get hypnotized in the world of thought and see if you can keep dropping awareness out of thought into the direct sensation of your body.

And notice that the tendency of thinking, ordinary mind is to think about the past or worry about the future, and see if you can come into the now experience and the felt experience.

And it's like really allowing that experience to descend and be deeply within the body field, which may include beyond the edges of skin. But just noticing that the ordinary mind tendency is to be in the head and see what it is to allow awareness to drop into the feeling sense.

Hmm, like an intimacy, like a closeness with your own sensation.

Notice the contrast of the ordinary, sometimes judgmental mind that wants to decide whether a sensation is good or bad, and just see what it's like to be in the agendalessness and just the withness. Allowing sensation to be as it is.

And see if you can surrender and allow whatever's here without trying to change it. Just notice in contrast to the ordinary mind, which often has a very quick pace, like the pacing of thought, notice what it's like to drop into the pacing of sensation, the felt sense of the body. Notice if it feels like a slower pacing, to actually be able to listen to the movement of sensation and the movement of energy. Notice the slowing down.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 1 MEDITATIONS - The Felt Sense *(CONTINUED)*

Feel how deeply your body can actually relax. What does it mean to let your body drop? Let the flesh drop. Like actually feel the support of the floor and let everything hang. Almost as if it were dripping, it's so relaxed.

And then as the body relaxes, also notice the brightness of awareness. That they're both here, there's the deep letting go relaxation, which is almost like a descending, and simultaneously awareness is awake and bright, and here. Absolutely here. In no way does awareness dim as the body relaxes.

It's almost like the more you surrender the body and surrender the doer and surrender the tryer, the awareness that's everywhere brightens.

And notice the safety in the presence of this awareness, this awareness that is awake, that you're hypervigilant parts and that your parts that are trying to make sure you're safe, can actually relax into this awareness that is awake and aware of everything without effort.

And notice that this awareness is also loving and warm, and kind.

While, our ordinary mind sometimes is judgmental notice that awareness has no agenda and accepts everything as it is.

Unconditional. Warm.

So see as you relax, if you can actually relax into this ocean of awareness.

And as you relax, see if you can notice that the substance of this ocean is love. There is love.

And love is as pervasive as an ocean of water. And we are submerged in this ocean of love. And we are of this ocean of love. We are both supported and held by it and we also are made of it, not separate from it.

That it is supporting our personal bodies and we are the ocean itself. We are at the boundless love.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 1 MEDITATIONS - The Felt Sense *(CONTINUED)*

And notice that a quality of being an ocean is that even though each of us are simultaneously an ocean and a wave, notice that the ocean is constantly interconnected between all the waves. So feel how this ocean is eternal and as each wave rises and falls, it rises as part of one ocean.

Notice that the ocean is eternal. Never comes or goes, and each of us are wave that rise up. In eternal time, it's like a flash or a moment and then we return as none other than this ocean.

Feel the eternal ocean. The infinite infinity time. And feel this precious moment that we have. This precious, precious time where we are rising as a wave of this ocean. This precious moment, this precious life, interconnected with all the other lives.

And just begin to rub your hands together to remind yourself that you're an ocean. You're a wave and you also have a body and you have hands and that love of the ocean is not different than your hands. Your hands are made of the same substance. Just notice if your hands want to touch any part of your body to offer a little reminder to some part of your body.

And just notice when you're touching your body, your body is not an object your body's made of the ocean of love. And that your body may appear to have edges but your body is saturated with the same substance as this ocean of love.

And just wiggle your body, this local body that's made of the ocean interconnected with all the other bodies. And how can you feel all the other bodies? Can you feel that we are actually in one body, as a group made up of many bodies. Beautiful.



WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 1 MEDITATIONS - The Realization of Fullness (CONTINUED)

See if you can locate the sensation of ordinary mind, and you can bring your hands, you know, often we feel it as a density, like a sense of living in the head. Sometimes when we're really identified with subtle, we also get really identified with the felt sense of our energy. So you can really first notice ordinary mind, which is like, I'm looking out from my head. Feel what it feels like, let your awareness recognize what it's like when awareness gets localized in your head and it believes, this is me, this little mini-me this thought-based me. Just feel what that feels like; head-based thought based me and then go ahead and see what it's like to, unmerge from the mini-me into awareness notice that shift, and go back and forth. Just for contrast, go into the mini-me look out from the mini-me's eyes. See the world with your thoughts.

And then see what it's like to, unhook ah, wait a minute, I'm the awareness of the mini-me I am not the mini-me the difference? When we shift to awareness?

EM You feel that, spacious quality. Do you feel the kind of tightness density, the feeling of thought. The, feeling of very localized and then, whuh, unhooks space. Feel that shift? Yeah? I see, nods if you're agreeing, you feel spaciousness? Yeah? Okay. So now we've made the first move from ordinary to subtle. Subtle is the movement from thinking, thought-based knowing into awareness-based knowing. So now we've found awareness, which is spacious, and then let's have awareness dive into our bellies because awareness is already inside our belly.

So go to your belly and feel your belly from inside, which is different than your head looking at your belly or thinking about your belly, it's going in with awareness and having a direct experience of belly.

Notice if thoughts, keep trying to get you to go back to thinking and see if every time that happens, you can just keep directing awareness back to the direct experience that's knowing and experiencing belly from within.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 1 MEDITATIONS - The Realization of Fullness (CONTINUED)

what's What's the texture here? What's the quality? So, when awareness is aware of the texture in the belly, this is a subtle skill. If awareness was aware of a boundless dimension of the belly, we would be in awake awareness. But right now we're just practicing subtle awareness in the belly. What's the texture of awareness?

in the belly What does that feel like?

Notice what it's like to not be in the thoughts, thinking about the past and future, but actually awareness in the belly.

And can one person just say what is it like when awareness is in the belly?

You're doing a wonderful job describing the second level of the field, which the belly is the perceptive center for. So, everyone feel the soft, viscous quality of this level of energy.

The second chakra is in the belly, which goes to the second level of field. And it's also true that if you laugh, you're going to increase the emotional energy. So just take a moment and even if you're faking it, Ha Ha Ha, with your belly. Laughter Yeah, and then pause, and just feel what happened with awareness of the energy of the belly.

Was there any shift just from bringing some energy richness to the belly and to this level of the energy field? Can you feel a difference when you laugh? How it got for me, it got more bubbly. Yeah? You feel that? Some of you that might happen.

Tingly Right. So you increase the energy in your belly. It's called energy richness, you amplified the energy of the second level of the field and now there's more energy there, more resource. Beautiful. That's a good thing.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 1 MEDITATIONS - The Realization of Fullness (CONTINUED)

Water, in order to remedy the oral process, such as the shadow of water, we need to increase the energy richness in our bellies because in the oral process we have a tendency to believe that there's not enough and we let all the energy drain out of our bodies.

So one more time let's be full bellied. And can you unmute so we can do a ha ha ha altogether? Okay are you ready? You guys are un-muted.

Imagine someone was tickling you you and Alright, so now feel your bellies, Feel the energy richness you just generated. Feel how powerful we are. Literally by just focusing on the laughter we are bringing in the bubbling energy of water, the bubbling richness of this field. Yeah? Because water is actually the heart and the second level of the field.

Beautiful. Okay. So feel that, feel the bubbles and how they can, they bubble with the heart. Hmm. Beautiful.

So now we're going to take a moment and we're going to go from the bubbling. Instead of going through the doorway of awake awareness, I'm going all the way to simultaneous. So here we go. I think we can do this. So notice the local bubbles. Feel you got local belly bubbles, and maybe you feel a little energy just around your body and see if you can actually notice that these bubbles and this saturated energy feeling is not just in your belly.

It's not even just right around your body but it's actually the waters that we are in. Feel this larger, viscous, infinite, warm, buoyant, fluid, interconnected field that's everywhere.

And this energy, this aliveness, that's everywhere, is all around and inside. It's like your body is of it. It's not just floating in it. It's actually interpenetrating through all of you.

So feel how there is this infinite, warm, viscous, fluid, interconnected, vibratory. And it's infinity. Infinity of energy. It's not a personal energy, it's an infinity. Yeah. There's so much richness, endless supply.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 1 MEDITATIONS - The Realization of Fullness (CONTINUED)

And as you feel this infinity energy notice if you still have a part of you that's viewing this ocean, this infinity, this viscous goodness, this energy richness, this saturated yum.

See if you're experiencing it from a local self. Do you still have a veil do you still think that there's a local me that's aware of this ocean? And if so, then shift the view and realize that you are aware of the ocean from the everywhere.

In fact, see if you can feel as if you are this ocean of awareness energy that just happens to notice that you have a local body.

Notice how that changes the experience of your body when you're aware of it from the ocean rather than from the local.

Because I pointed to bubbles some of us are a little bit going into fire instead of water. So I'm going to back up bubbles. I'm starting to, I acknowledge it. So let's stay with the warm interconnected everywhere warmth and notice that this quality of love, there is an eternal love that never comes or goes.

This love is always here. This love is embracing everything we think, everything we feel, without condition.

This love is here for all the parts of us and this love is literally the substance we are made of.

It has only been an illusion that we can separate from this love. There is no way to separate from this love. It is eternally here.

Listen deeply.

And in this silence recognize this timeless love that saturates everything, even the walls and the trees.

It is the animating force.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 1 MEDITATIONS - The Realization of Fullness (CONTINUED)

And as we recognize this everywhere love, take a moment and bring your hands to your heart and your belly and feel how this ocean of love that we are, this eternal love that cannot be covered up broken or harmed that cannot be silenced, is also emanating from your body and from the space of your heart and interconnects you. So take one moment.

When you're ready, open your eyes and from this field of love where we can all meet, see if you can, not particularizing with your eyes, but see the entire group at once, and see this entire group is made of love. And every being within it made of love.

And take one moment and through the window of your heart and your belly, pick one being and view them, notice the absolute exquisite preciousness of this being that in truth you have never seen before, because as we view through the heart of love, the miracle appears. The unnamable. And take one moment to realize that someone is able to view you in the exquisite mystery and preciousness of who you are beyond words, beyond judgments, beyond any form. This is awareness touching essence. feel the collective field when awareness knows it's love.

Just a couple of words from here, of what you experience and then we'll transition and be with Raina. What do you experience from here?

Perfect peace.

Can the group embrace the parts, all the parts, the ugly parts, the beautiful parts, the angry parts, just allow awareness. And Ilan all you have to do is notice. Your parts don't have to open, your parts don't have to do anything. There's no agenda for you, but we're just allowing awareness from this ground of love. agenda And know that when we're embracing Ilan and all of his parts, the ones he likes and the ones he doesn't like, that we're embracing that in ourselves, that we're saying that every part deserves this love. We're in the realization of that truth, that no part is left out. out No part is excluded. No part is exiled. All parts of us included, held.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 1 MEDITATIONS - The Realization of Fullness (CONTINUED)

So take a moment and feel you. And And then, just give me a second.

So, what I'm doing is I am actively engaging my entrance into the field because I will be speaking. And so the way that I do it is to feel the field that I'm entering and then I wait. And in the waiting I receive the the medicine, part of the medicine, a symbolic showing of the medicine that I'm bringing.

So it's so it's an offering into the field, which then as I offer, then I can receive the the opening through the multilevels and dimensions. I was taught by a beautiful teacher steeped deep in the Yoruban tradition that you offer to your altar and in the offering to your altar, or altar you're opening your hands and as you open your hands, then you're signifying your willingness to receive.

So just as I'm sharing, I'm also receiving, so there's a reciprocalness and now I'm starting to feel it. So the medicine that that seems to be coming through, let's find it.

There is, there There is water, and and I am initiated in Yemanya, who is the mother of the oceans. So I didn't realize that would come through, but so we'll open the doors for that to come into this space as we work together today.



PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 1 MEDITATIONS - Allowing intelligence to be the mover (CONTINUED)

So everybody wiggle. I know you just, some of you just did she gung just wiggling your seat.

And just notice when you're wiggling, is it a top down will where I'm commanding my body to move? Or is there something where my body has an intelligence that knows exactly how it wants to wake up? So instead of the, I tell my hands to move. I have the ordinary mind. What happens if the wiggling comes from something that wants to move itself like that, there's an intelligence that that's just here, how's that different.

And just because I didn't contrast is a really good teacher. Stop stop for a moment and get back in your head and tell your body, you know, um, I should move like this shape or this way and see how that feels. Oh, I need to move my right shoulder. Oh, I need to move my knee. Notice how that feels. Oh, I'm supposed to wiggle and then contrast it with that intelligence that knows just.

What movement on Simone,

it's more allowing

listening.

It's like we shifted to the receiving, so that, that intelligence that's of the body and of the energy of the awareness within the body and the energy. Yeah becomes the mover

and we're, we're using our felt sense, which is a wisdom of water. So instead of our thought based, knowing we're in a felt sense, and there's a feedback. And let's say the feedback and this moment gets to be pleasure. You mean pleasures allowed? Wait a minute. What kind of society is this? I don't know if pleasure is safe here.

Okay. Now in this society, in this culture, you actually get to enjoy your sensation.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 1 MEDITATIONS - Allowing intelligence to be the mover (CONTINUED)

And you get to use good feeling as a guide. You don't have to dominate your body. In fact, you can follow your body's wisdom and are feeling sense, and even your pleasure.

Okay. Oh,

and whatever that is, it doesn't have to look like anybody. Else's version. Notice the tendency to want to fit in and belong and copy. Maybe everyone's moving a lot and your body wants to move very little. Notice, if you feel a pressure to look like someone else and then go back to I'm following this intelligence, this feeling sense that that actually feels its way.

I think of animals and puppies and babies. They haven't, they haven't even identified with the thought based mind yet feel how kitties and doggies. No, just what to do. Hmm. And how far can you take this? Hmm, like, did you make a rule for yourself from your thoughts that you have to be upgrades? And is that really true?

is there a rule that. You have to maintain something that looks normal.

What if, what if your body was more like an octopus? Would it really care about so much verticality?

What if your body had intelligence in every direction? What if, what if your, your buttocks had as much intelligence in it as the top of your head? What if your buttocks was intelligent and it could, we could follow the intelligence of your butt cheeks.

And yes, she said, but she did.

Wow. They're included.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 1 MEDITATIONS - Allowing intelligence to be the mover (CONTINUED)

Let's just keep going and see if you can cross new territories. There's the territory that you've been allowed, according to the rules, according to the standards, according to what you should do, or you should be, and see if we can open up those borders, take down the walls. No, and give your body permission and follow this feminine felt sense.

We're going to give up the distorted masculine ruler. We're going to go into that.

And are we going to allow this felt sense? And we're going to be lagged by it. We're going to enjoy being last way beyond the borders of what's normal and what's known.

And Jesse, you may notice you'll bump into the sheds in the appropriates. And I look funny and see if you can love and embrace those parts that want to belong, understand them, and then give them yummy hugs and keep being courageous to go beyond the borders of normalcy.

And the borders of shut

and how much pleasure is allowed. How much can your body, how much goodness can you allow?

And knowing that goodness might come from stillness might come from movement. Notice that there isn't a rule. That it comes from really, really attuning, which is also a water skill, really attuning to your felt sense, really being able to feel and listen moment by moment.

really being in touch right in touch. What does InTouch really meal mean?

How can we be in touch with ourself and our needs? How many of us learn from our parents and our cultures to ignore the feelings and the needs and the senses? How have we adopted that dominant paradigms view and for a gun, our own sensing feeling pleasure, buddy.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 1 MEDITATIONS - Allowing intelligence to be the mover (CONTINUED)

Let's see if, if, if this exploration could include self-taught, it is okay to touch your body. There's nothing inappropriate about being able to touch your own skin, feel your own flesh. How can you, how can that touch and the quality of listening be about kindness itself.

How can when you come to tension, instead of judging the tension as your enemy that you should get rid of. How can you bring kindness to attention consideration? Openness? How can you receive the story or the felt sense of the tension

Mm. Uh, uh, and what about allowing sound? What if you were allowed to breathe and you were allowed to make any sound, whether the sound made sense or sounded silly?

And we have all ranges of energies in your body. We're totally. Okay. What if your sexual energy was just one part of your beautiful rainbow and it was allowed? What if your, all your emotional energies, if you felt anger in your body, or if you felt grief for numbness, what if, what if everything was actually allowed in that.

You could really come into a felt sense, allowing your body, whatever it needs, like trusting that it has an intelligence that it knows how to discharge its emotions and how it naturally moves its own energy and given full permission.

what if there really was nothing wrong with you and that the idea that there was something wrong with you has always been a delusion. It's just some other person's conditioned mind that you adopted and then made it your mind.

Well, what if everything about your body? Every texture, every color, every wrinkle. Every amount of fat or skinny or big or small,

what if every part of your body was beautiful? It's perfect. Yeah. Is beautiful. Is perfect. See, if you can find the part of your bodies that have been receiving that judgment from you, your culture, and see if you can bring a little felt sense, be in touch with those parts of your body, the ones that get rejected, maybe you reject your sexuality.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 1 MEDITATIONS - Allowing intelligence to be the mover (CONTINUED)

Maybe you reject the shape of your body. Maybe you reject the strength or the weakness of your body.

See if you can come in, in, in connection, in love, every aspect

and what is the real pacing instead of pushing your body to go faster or achieve more? What is the real pacing? If you were to listen and follow your body's rhythm, if your energy had its own movement.

well, if you really listened and followed and allowed,

what is the rhythm that's different than the industrial complex? What is the rhythm that comes from your own rhythm? What is the pulse?

What is the expansion of the breath

and the exhaling of the breath?

Hmm. And what if all the parts of you dominate that judge, that force that push. What if all those parts also deserve love?

What if all the parts of you

that are angry and violent and control

the weight of all those parts are as innocent as any child.

what if they also deserve your love and your understanding

and your empathy and your care.

well, what if there was never anything wrong with you?

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 1 MEDITATIONS - Allowing intelligence to be the mover (CONTINUED)

what happens when we look through our hearts at all the suffering, the pain in our personal pain body.

at the pain in this. Collective human body. If the pain of all the sentience beings here on planet earth, that suffer

what happens when we look through the openness of our hearts and the tenderness of our hearts.

we realized no one is excluded from that. Love, not our violent parts, not our vulnerable parts.

What is it like to realize that every part of us is living with an, a condition?

what is it like to expand our awareness to, to really look at the condition

can extend kindness. All the suffering

notice as you experienced that kindness, that that kindness is coming from your heart. Notice that your heart is interconnected with an atmosphere of kindness. The kindness. That's not coming from any person.

notice what the atmosphere of kindness feels like.

Notice your body's response to an atmosphere of kindness.

Mm notice if this atmosphere of kindness actually is an infinite kindness that has no beginning and has no end

Notice if the atmosphere of kindness, there's also boundless actually has no boundaries that this kindness is not exclusive is kindness is for everyone, everything

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 1 MEDITATIONS - Allowing intelligence to be the mover (CONTINUED)

Notice the, the confusion of thought. That wants to put some beings in this atmosphere of kindness and to exclude others. I noticed that in truth, it was an atmosphere of kindness is for everyone. It is eternal kindness, eternal life.

and notice how your body feels when you realize that this atmosphere of kindness is for everyone. No part, no child is kicked out of the house. Everyone belongs in this atmosphere of kindness.

how does it feel to be in an atmosphere of kindness and to recognize kindness as the truth beyond the clouds of all the pain.

take a moment. And when you're ready. Let your eyes open. Let your eyes remain soft. No, no. Sometimes our eyes get wired with the protectors that particular lives, or look for danger or look for detail. And in this moment, let your eyes be soft. Like flowers.

your eyes are like flowers for receiving giving sun.

receiving liked.

notice that when everything is soft and receiving, it's easy to feel the atmosphere of kindness that actually permeates everything for me. It's the walls for me. It's the floor. For me, it's the ceiling

permeates our bodies

and if you have your eyes open, see if you can feel there's an atmosphere of kindness. And feel that every human body is submerged within it. So it's like you're seeing all the human bodies on your screen. Yeah.

And at the same time, you're keeping the primacy of your awareness in this atmosphere of kindness.

and by your awareness, recognizing it, you're helping other beings wake up to her.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 2 - Realizations of Truth, Our True Mother Marinating with the Divine (CONTINUED)

This care is so much bigger than your personal heart. Just notice that there is a source of care that is always caring. You don't have to take this burden on in your personal body. But there is a great body and that body is made of love.

As we extend our willingness to feel, our willingness to care, our willingness to be in connection with pain, with all of experience. Just notice that it doesn't have to be our personal bodies job, but there is a care that is much larger, that is holding all of us including our personal body.

And it doesn't mean we want to disconnect from any experience. But we get to hold that experience from this love, from this source of care; its care that is holding us like a baby and its arms that are rocking us. And the love that is the truth that we are rocked like a baby in love.

Let your bodies rock. Let your bodies rock and rock in this care.

Feel yourself being rocked in the care of the universal love. Feel yourself being held by the universal mother, that loves and sees the suffering of all beings. She never turns away. She never looks the other way. She, she never doesn't listen to her babies cry. She is always, always holding, caring, always here. Let yourself be rocked in this love and this care.

This universal mother that never turns from her child's pain, but embraces every experience that's in your body. That's in the collective body. That's in the body of every being. She's embracing us. She's here. This is the universal mother. Let your body be rocked.

It could be here with the pain of the world. We want to recognize our interconnectedness with all experience. There's nothing we can escape from. There's nothing we can deny. But we also must know that it is not just our personal bodies that can hold this experience. It is this universal love, this ultimate ground of care. It is this love that holds and is within everything.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 2 - Realizations of Truth, Our True Mother Marinating with the Divine (CONTINUED)

We are made of this love. Our bodies are made of this love. And there is a love that is greater than this pain and we need to recognize that. To be able to hold this pain so that it can heal and become whole again, we must recognize the love that is greater than the pain.

We must allow that love - that is greater than any personal thought, any personal body - to marinate in our bodies. We must allow our bodies to surrender and be held in the love that holds everything and everyone. Leaves no being out, has no borders, sees no differences, loves all equally, recognizes the dignity of all beings and the sentience of all beings, and the rights of all beings and the goodness of all beings.

That is indiscriminant in it's love for all beings and cares for all beings, turns away from no being's pain, but is actually here to embrace every being's experience.

Many of us had a mother who didn't have quite enough to be there in every moment. Take that image of your personal mother away from this Mother and for a moment, experiment with dipping in the waters of true love. That are not obstructed, that are not limited. See what it's like to, just for a moment, dip your body into the waters of true love.

Literally submerge yourself in this love.

That is not the same as your parents. That is not the same as your culture. That is not the same as the societies and all the people who have been ignorant of this love. Allow yourself to at least just have a taste of submerging yourself in the waters of this ultimate love. Where nothing is wrong with you. There has never been anything wrong with you. Where your pain and your experience are, there is complete response.

Feel what it is to bathe in these waters. Submerged in the waters of love. Feel what it is to even let yourself float; that you don't have to hold your body.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 2 - Realizations of Truth, Our True Mother Marinating with the Divine (CONTINUED)

Release your body into these waters that are carrying you, holding you, replenishing you, nourishing you. All the parts of you that have felt the limited love, or the lack of love, or the not enough love. Let them be willing to just taste, have a moment of allowing yourself to actually submerge into these waters. And feel what it is to be embraced and held in the waters of love, cleansed of all your pain, just for a moment. Cleansed of all your judgments, just for a moment, cleansed of all your shame, your guilt. Allow these waters to replenish you like a spring.

Let your whole body submerge. Make sure your feet are submerged and your legs are submerged. Your pelvis is submerged and your belly is submerged and your chest is submerged and your arms are submerged. These are spiritual waters. You can breathe within them. So for the moment, dip all the way like a baptism, go deep into the waters, submerge your entire body and cleanse. Let your brain be submerged and your thoughts be submerged, deep into these waters that are cleansing and purifying and warmly loving.

Just let yourself glimpse. What is this like when I'm fully submerged and I actually let go just to taste universal love?

As you submerge in these waters of universal love - held, like a baby holds its mother - realize that we are in the waters together. All of us. No matter what we have done or how we act or what we think - all of us are in these waters together. Even when we aren't aware that we're in these waters, we are in these waters together. This love is inescapable, ever present. Even when we have turned away from this love and denied its love, it is still shining within us, and on us. It is like the sun illuminating the water. Even our darkest thoughts are made of this love. Even our darkest feelings are made of this love.

Notice how your personal body and your personal field change when you allow your body and you allow your personal field to submerge into universal love. Notice how your mind is cleansed. Notice how your heart feels. Notice even how your bones feel. Notice how your breath feels. Notice how your belly feels.

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 2 - Realizations of Truth, Our True Mother Marinating with the Divine (CONTINUED)

These waters are infinite. There is no limit to their supply. We all will never be denied these waters. Feel what you feel like when you are submerged in this universal love. Feel the rocking of the waters, rocking all the parts of you that have been like a crying child or a hurting child. In the eyes of this universal mother, through the heart of this universal mother, there is nothing unseen. There is nothing unfelt. Everything that you experience is received. And there is love for that. There is love for pain. There is love for anger. There is love for fear. There is love for every experience. There is love for love.



WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 2 - Realizations of Truth, Laying Down Your Burdens Into The Waters Of Universal Love (CONTINUED)

What is the experience of being submerged in these waters of universal love? What is changed when we allow ourselves to recognize this universal love, that maybe we have turned ourselves away from in the past, or didn't know was there? But when we recognize it, what changes in our being, in our hearts, in our minds?

What is here now as we recognize the interconnectedness of us all submerged in one water, as one love? Allow yourself to share from hear your voices, knowing that your voices are included. The Mother doesn't discriminate. All of your experiences are loved.

Communion. Warm, spaciousness. Safety.

Agendaless, no requirements, as you are. Any aspect of your experiences allowed.

Home. It's a return.

Cradled, rocked in the arms of a mother, cradled. Totally supported and embraced.

Can you feel how the water actually supports your body? There's buoyancy. Something that you actually, when you release, buoyantly supporting you.

Safe and surrendered.

In this place we can surrender. There is a place that we can open and surrender, and that is in this divine love. There is a place where everything we are can be revealed, that is safe to bring our entire experience, that we can surrender, open.

Beautiful. A few more shares.

Without burden.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 2 - Realizations of Truth, Laying Down Your Burdens Into The Waters Of Universal Love (CONTINUED)

Yes, feel the burdens that you have been carrying in your body - whether they be your personal burdens, or perhaps you are connected to lineages with heavy burdens, or perhaps you're feeling the burdens of certain peoples and groups. And just for a moment, give those burdens to the larger waters. Literally say, I, my body, cannot hold this alone. It doesn't mean I do not care. It means that I need the support of the larger waters to be in care. So just for a moment, whatever you've been carrying - know that you are not giving up your care, but you are expanding the support for what you care about.

Find your burden, whatever it is, maybe there's multiple. Maybe it's your lineage burden. Maybe it's the burden of peoples, your personal burdens. Just for a moment, let your body let go of the burden and let the larger body of this great water, this great love support all the burdens. Give them to the mother.

And really feel, scan your body, where are you holding the burdens? Is it in your head? Is it in your heart? Is it in your belly? Is it in your legs? Wherever there's tension, you're holding a burden. So feel what it is to hand over your burdens. Submerge your burdens in the water.

You may have been a warrior for peace and love on this planet, and you've been fighting because of your incredible courage and care. But in this moment hand it over. Your body doesn't need to hold the burdens. You can trust that there is something larger that will support you in what you care for, what cause you come for. You can allow this larger support to flow through you and infinitely support you in everything you care about. You can literally let that water flow through you and become a force that supports you. Honoring that the personal body cannot hold all of this. It's more than the personal body can do. So finding any place in your personal body, relinquishing, laying your burdens into the waters. Maybe you need to embody that.

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 2 - Realizations of Truth, Laying Down Your Burdens Into The Waters Of Universal Love (CONTINUED)

I just want to say that in this module we are not going to only sit and listen, some days we're going to embody. So you may need to feel those burdens in your body. You may need to get up and dance. You may need to feel there's something, and you may need to do the act of laying them in the water. You may need to literally feel the waters in the room around you and put them in. You may need to stretch your arms into the waters of the heavens and let them rain down.

However, you may need to sit in stillness and simply experience those waters with your awareness. But really allow yourself. There is no requirement to sit still ever in this module. You can move your body. You can, enact this act of laying your burdens down. You can find your burdens and literally move them into the waters.

And see as you allow - no force necessary, because water is about allowing - you can allow the intelligence of your body to be moved by the waters, you can allow the intelligence of this love, of this ultimate interconnected wisdom water, you can allow it to guide and liberate. You can be moved.

Mm hmm. And sounds are allowed. You can make sounds. You have these incredible feet and hands and mouth and ears and spine. And you can feel that these waters you're submerged in are also moving you, flowing through you, allowing you. Here to love and liberate anything. The waters are here to take your burdens, if only you can surrender to the movement, to the flow.

You are in these great waters. These great waters are you. They are the love of you.

Beautiful.



WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 2 - Realization of fullness through the doorway of belly (CONTINUED)

See if you can feel ordinary mind. See if you can locate the sensation of ordinary mind. And if you can, bring your hands. You know, often we feel it as a density. Like a sense of living in the head. Sometimes when we're really identified with subtle, we also get really identified with the felt sense of our energy. So you can really first notice ordinary mind, which is like, I'm looking out from my head. Feel what it feels like. Let your awareness recognize what it's like when awareness gets localized in your head and it believes, this is me, this little, mini-me this thought-based me. Just feel what that feels like: head-based, thought based me. And then go ahead and see what it's like to unmerge from the mini-me into awareness. Notice that shift, and go back and forth. Just for contrast, go into the mini-me, look out from the mini-me's eyes. See the world with your thoughts.

And then see what it's like to [unhook]. Ah, wait a minute. I'm the awareness of the mini-me. I am not the mini-me. Just a couple, super quick, someone jump in and tell me what this feels like. What's the difference? When we shift to awareness?

EM: "There is a field of spaciousness that opens up."

Yeah. You feel that spacious quality? Do you feel the kind of tightness, density, the feeling of thought, the feeling of very localized? And then whuh [unhooks] - space. Feel that shift? Yeah. Okay. So now we've made the first move from ordinary to subtle. Subtle is the movement from thinking, thought-based knowing into awareness-based knowing. So now we've found awareness, which is spacious, and then let's have awareness dive into our bellies. Because awareness is already inside our belly.

So go to your belly and feel your belly from inside. Which is different than your head looking at your belly or thinking about your belly. It's going in with awareness and having a direct experience of belly.

Notice if thoughts keep trying to get you to go back to thinking. And see if every time that happens, you can just keep directing awareness back to the direct experience that's knowing and experiencing belly from within.

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 2 - Realization of fullness through the doorway of belly (CONTINUED)

What's the texture here? What's the quality? So, when awareness is aware of the texture in the belly, this is a subtle skill. If awareness was aware of a boundless dimension of the belly, we would be in awake awareness. But right now we're just practicing subtle awareness in the belly. What's the texture of awareness in the belly? What does that feel like?

Notice what it's like to not be in the thoughts, thinking about the past and future, but actually awareness in the belly. And can one person just say, what is it like when awareness is in the belly?

SS: "Feels really soft. And I had this experience of wanting to laugh, like a belly laugh. It felt really, just like comfortable, soft, fluid, kind of like a molasses feeling."

Beautiful. You're doing a wonderful job describing the second level of the field, which the belly is the perceptive center for. So everyone feel the soft, viscous quality of this level of energy.

The second chakra is in the belly, which goes to the second level of field. And Samantha, that's such an amazing pointing because it's also true that if you laugh, you're going to increase the emotional energy. So just take a moment and even if you're faking it, "Ha Ha Ha", with your belly. [Laughter]. Yeah, and then pause, and just feel what happened with awareness of the energy of the belly. Was there any shift? Just from bringing some energy richness to the belly and to this level of the energy field. Can you feel a difference when you laugh? How it got for me, it got more bubbly. Yeah. You feel that? Some of you that might happen?

UN: "I got tingly."

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 2 - Realization of fullness through the doorway of belly (CONTINUED)

Tingly. Right, so you increase the energy in your belly. Which - it's called energy richness. You amplified the energy of the second level of the field and now there's more energy there, more resource. Beautiful. That's a good thing. Water, in order to remedy the oral process, such as the shadow of water, we need to increase the energy richness in our bellies. Because in the oral process, we have a tendency to believe that there's not enough and we let all the energy drain out of our bodies. So one more time, let's be full bellied. And, can you unmute so we can do a 'ha ha ha' altogether?

Okay are you ready?

Imagine someone was tickling you.

Alright so, now feel your bellies. Feel the energy richness you just generated. Feel how powerful we are. Literally by just focusing on the laughter we are bringing in the bubbling energy of water, the bubbling richness of this field. Yeah, because water is actually the heart and the second level of the field. Beautiful.

UN: "I feel, I feel the heart. I felt it, like the bubbiness go up to the heart, connecting."

There's a relationship bubble. So feel that, feel the bubbles and how they can they bubble with the heart. Hmm. Beautiful.

So now we're going to take a moment and we're going to - from the bubbling. Now we're going to - actually, I'm going to do something. Instead of going through the doorway of awake awareness, I'm going all the way to simultaneous. So here we go. I think we can do this. So notice the local bubbles. Feel you got local belly bubbles, and maybe you feel a little energy just around your body. And see if you can actually notice that these bubbles and this saturated energy feeling is not just in your belly. It's not even just right around your body. But it's actually the waters that we are in. Feel this larger, viscous, infinite, warm, buoyant, fluid, interconnected field that's everywhere.

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PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 2 - Realization of fullness through the doorway of belly (CONTINUED)

And this energy, this aliveness that's everywhere, is all around and inside. It's like your body is of it. It's not just floating in it. It's actually interpenetrating through all of you. So feel how there is this infinite, warm, viscous, fluid, interconnected, vibratory. And it's infinity, infinity of energy, It's not a personal energy. It's an infinity. Yeah. There's so much richness. Endless supply. And as you feel this infinity energy notice if you still have a part of you that's viewing this ocean, this infinity, this viscous, goodness, this energy richness, this saturated yum - see if you're experiencing it from a local self. Do you still have a veil? Do you still think that there's a local me that's aware of this ocean? And if so, then shift the view and realize that you are aware of the ocean from the everywhere.

In fact, see if you can feel as if you are this ocean of awareness energy, that just happens to notice that you have a local body. Notice how that changes the experience of your body when you're aware of it from the ocean. Rather than from the local.

Because I pointed to bubbles some of us are a little bit going into fire instead of water. So I'm going to back up bubbles. I'm starting to, I acknowledge it. So let's stay with the warm interconnected, everywhere, warmth. And notice that this quality of love - there is an eternal love that never comes or goes. This love is always here. This love is embracing everything we think, everything we feel, without condition. This love is here for all the parts of us and this love is literally the substance we are made of. It has only been an illusion that we can separate from this love. There is no way to separate from this love. It is eternally here.

Listen deeply. And in this silence, recognize this timeless love that saturates everything, even the walls and the trees. It is the animating force. And as we recognize this everywhere love, take a moment and bring your hands to your heart and your belly and feel how this ocean of love that we are, this eternal love that cannot be covered up broken or harmed, that cannot be silenced, is also emanating from your body and from the space of your heart and interconnects you. So take one moment.

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PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 2 - Realization of fullness through the doorway of belly (CONTINUED)

When you're ready, open your eyes. And from this field of love where we can all meet, see if you can, not particularizing with your eyes, but see the entire group at once. And see this entire group is made of love, and every being within it made of love. And take one moment, and through the window of your heart and your belly, pick one being and view them. Notice the absolute exquisite preciousness of this being, that in truth you have never seen before. Because as we view through the heart of love, the miracle appears, the unnamable. And take one moment to realize that someone is able to view you in the exquisite mystery and preciousness of who you are, beyond words, beyond judgments, beyond any form. This is awareness touching essence.

Feel the collective field when awareness knows it's love.

Just a couple of words from here of what you experience, and then we'll transition and be with Raina. What do you experience from here?

UN: "Perfect."

Perfect peace.

IF: "I actually just had a part pop up. It's like, you know, when you have someone coming over to the house and you like want to clean everything up, so they see like the good stuff and like your hi-.. It was like this little part when you said to let them, see you in that way - this part's like, no, they can't see this. It was just really interesting how that popped up."

And that's beautiful, because that ties into yesterday.

IF: "Yes, exactly."

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 2 - Realization of fullness through the doorway of belly (CONTINUED)

Just for a moment, of the very quick teaching, can the group let Ilan be in our heart awareness? We're going to show the group power of awareness. And can the group embrace the parts, all the parts, the ugly parts, the beautiful parts, the angry parts? Just allow awareness. And Ilan all you have to do is notice. You don't have - your parts don't have to open, your parts don't have to do anything. There's no agenda for you. But we're just allowing awareness from this ground of love. Hold you as you are, even if as you are is closed, no agenda.

And know that when we're embracing Ilan and all of his parts, the ones he likes and the ones he doesn't like, that we're embracing that in ourselves. That we're saying that every part deserves this love. We're in the realization of that truth. That no part is left out. No part is excluded. No part is exiled. All parts of us included, held. Letting that go. And Ilan, if you can just share? And any share is okay. What happened for you when you felt group awareness viewing you?

IF: "Even as soon as you mentioned it, I felt it wasn't just one, it was all these parts, just like, it was like mice running out of a room. They're like, nooo. And then just allowing for them in whatever way that they're comfortable to be seen. And you could see, they were like, it felt like they were like popping their heads behind, you know, behind the furniture and stuff to just be like, 'Oh, it's okay!' And the piece that really helped was to - that there was nothing to do that there was just to sit in that awareness. So yeah, it felt like some parts were more comfortable than others to be seen, for sure."

Beautiful. And that's a beautiful process for all of us, right? These parts have their own timing, in their own way, and their own ability to be able to take in even love. Yeah. It feels that safety.

Alright. I'm supposed to be handing this over, so I'm going to do that. Thank you guys.

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 2 - Realization of fullness through the doorway of belly (CONTINUED)

Alright. I'm supposed to be handing this over, so I'm going to do that. Thank you guys.

Raina: I'm just going to take a moment and feel you. And then - just give me a second. So, what I'm doing is I am actively engaging my entrance into the field, because I will be speaking. And so the way that I do it, is to feel the field that I'm entering, and then I wait. And in the waiting I receive the medicine, part of the medicine, a symbolic showing of the medicine that I'm bringing.

So, so it's an offering into the field. Which then as I offer, then I can receive, the opening through the multilevels and dimensions. I was taught by a beautiful teacher steeped deep in the Yoruban tradition that you offer to your altar. And in the offering to your altar, or altar, you're opening your hands. And as you open your hands, then you're signifying your willingness to receive. So just as I'm sharing, I'm also receiving, so there's a reciprocalalness, and now I'm starting to feel it. So the medicine, that seems to be coming through... Let's find it.

There is water. And I am initiated in Yemanya, who is the mother of the oceans. So I'll - I didn't realize that would come through, but - so we'll open the doors for that to come into this space as we work together today.



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PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 3 - Exploring Your Doorways to Awakening

If anyone wants to speak from here, we'll just take a minute. If anyone feels like sharing their voice into the space.

I'll just share something. I noticed that I was almost like wallowing in the beautiful vulnerability and letting go and tears were coming down and it was just, it was, it was, it was beautiful. But, then I also realized I still wasn't surrendering like the idea of surrendering that was giving me such that was giving me such bliss, but it was another way I was not turning towards.

And as soon as I turned towards, the tears went away and I was filled, it was. You know, I was not separate anymore. Hmm Hmm. And Andy, what I want to say is that's the doorway like first, sometimes we have to cry cause we hardened ourself and that hardening is why we, we can't open like some parts of us mistrusted or felt alone

and then we hardened and the tears are the softening, the tears, the tears, as they rain down, soften the earth. So that the earth is now soft and receptive instead of hard and compact, right? Is that as you, as you allow the vulnerability and the crying, you opened yourself, and then when you actually turned around, you were filled.

So it's a beautiful, actual, like, I think that is the process is the need to cry for all the separateness that we've been living and to be open. Beautiful.

I can share. Thank you for this. It's a good reminder that the devotional door is just feels like home to me. It's like all my past lives where I was a priestess just came back to me and I just was down on the floor and it just... home. And every once in a while, I, I do this thing where, when I feel called to just like, I see myself just putting my life down at the feet of God and this reminds me that I realized I, I want to do that every day. So I'm going to add this back to my daily ritual and toward the end I just stood outside with the sun on my face. And it really felt like bathing in the divine light. Mm Hmm. Yeah. And I can feel you illuminated in it actually feel like, all this brightness.

And for some reason, I keep seeing tendrils of your hair, even though you're up. So maybe I'm getting intermingled with some of your other lives. Cause I'm seeing these tendril parents, beautiful, yes. Yeah.

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 3 - Exploring Your Doorways to Awakening (CONTINUED)

Many, many doors to the divine. Some of them are feminine. Some of them masculine. All true.

Any last share before we keep going?

I'll give you the opposite experience. Yeah, share. Like for me, I just like noticed like how, how afraid I am and to let go how much my system tightened up and and even like surrendering the tightening, that's , it just, didn't ...such a hard door for me and also the desire to be able to do it.

But my whole, uh, I don't know, there's a self reliance on that I need to be able to go on the doing it, which I have like trained for my life and surrendering. Yeah. And self-reliance is the shadow, which, which bender? Sure. Tree. Yeah. Yeah. So, but then tree, the wisdom is none other than myself. And then the shadow is self-reliance like up the little meet up to me.

Hmm. So what's interesting is there's a wisdom and there's a beauty because when we're surrender to God or we're in this doorway of devotion, we might get caught in the duality and not realize none other than my own mind or I and God one. And so all the wisdoms are kind of completing, you know, one of the images I have is the seven facets of a diamond because none of the wisdoms are complete by themselves.

Right? None other than myself yet. Yet, I must be devoted and surrender the opposites that are true. And then, yeah, you're hitting the part's biggest fear, which makes this story hard. And that's my experience. Is there a reason that certain doorways are hard typically is because that's where our most, um, most grab is or most defended pattern is.

So for people whose doorway is external. They're holding the most tension in the, in the inside of their body. So they can't go in that way. And the people who, whose doorway is internal, they have walls to the outside world. And that's why the doorways are just where you undefended from that source.

That's actually what a doorway is. The reason, one is easier than another is it's it's, it's the one that relates to your natural gift or your natural wisdom, you know, like in water,

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 3 - Exploring Your Doorways to Awakening (CONTINUED)

it's the more feminine connective union, relational devotional surrender pathway, but it's also. You know, maybe someone who has the shadow of water would be afraid to be alone and wouldn't want to do something where they just have to sort of where it's their own mind.

That might feel too lonely if you have the shadow of water you see that? Yeah. Thanks for sharing it. And with each of these explorations, you can... I think it's very important to use what, what is natural and easy? Cause it has something to do with you. And then you can also notice, Oh, this is the area that I, that I have more restriction and maybe I play with this area.

Like what would it be like to keep exploring why it's so hard to give it up or give it over or surrender. And that exploration might open a whole new range for you, Patrick. Yeah I'm like totally blocked in that area.



WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 3 - Doorways To Awakening - Devotional Door

Take a moment and start with a little rocking, just a little. We've been playing with this idea of rocking, movement and breath.

So one of the things in Luminous. It's intent is that we have a unification of these masculine and feminine principles. And each wisdom quality, Water, Air, Tree, is in one or the other. So Water is a feminine, Tree will be a masculine. And a lot of meditation is taught through the masculine.

So a lot of meditation is stillness and on your own, by yourself. Right? And then notice that there are many doorways to God. Many doorways to recognition and realization. And right now we are - in the feminine, we talk about movement and changing nature because feminine has more connection to the energy.

Masculine, we call that the awareness, the stillness. So just notice. And reality is made of both: awareness, energy. Awareness and energy form as one. So everything is everything. But just notice right now we're kind of swaying. We're swaying in the moving.

And think of, think of how certain cultures this was their spiritual path. Maybe it was dance. Think of all the cultures that found their path to God and realization through dance and movement and singing. Right? You feel that? And just notice, like, is this more your style?

Are you more of like a Bhakti? Like through the love and the divinity. Right? And just notice that.

And then another piece, that is more of a feminine door, that's about Water's door. We're kind of touching Water's door to awakening, and to God, and to true nature. Another piece is relational. Like instead of a solo practice, another doorway, it could be a relational doorway, which I notice a lot of people here really like.

So notice what it's like when you find another being in the screen, and you view them through your heart, through your belly heart. And see if you can notice what viewing through your belly heart, how that shifts you on the map. So we give you a map of ordinary, subtle, simultaneous, true nature. See if you can notice what just this doorway of viewing through the belly heart, what level of mind do you end up in?

Are you an ordinary or did it shift you out of ordinary? Did it shift you into subtle? Like you're feeling your energy and their energy and there's still an otherness. Or did you get all the way to like simultaneous where there's this interconnected, one field of awareness energy? And they're like a wave arising in the ocean of us.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 3 - Doorways To Awakening - Devotional Door (CONTINUED)

What's it feel like from here? And use your meta awareness to notice what level of mind are you viewing from? Without judgment. It's not to judge yourself that you should be in a certain level of mind. It's actually to notice with awareness, where do you shift to in this relational door? You may be a person who prefers non-relational doorways. It's all good. This is just about learning.

And I'm asking you to do two things at once. To literally stay in this view through your belly and your heart with this other being, and notice your level of mind.

So a couple shares. What do you notice?

Takes me right to simultaneous.

Yeah. So this is a good door for you, right? The relational space. Is this easier than the solo space. Or both easy?

The solo space is more awake awareness, more like space.

Yeah. So you're more used to in that practice, awareness looking at awareness. And then here you have the ground of awareness, but now you're feeling the interconnected warmth. Yeah, beautiful. Any other shares?

I notice I want to dance with - I want to do both, I want to dance with the person...

Aah, you want to stay not only in the relational door, but you want to be in the movement door. You're like, let's do it at all. Nice. Yeah, and I would say early, some of my early glimpses through simultaneous were in dance environments. It's a beautiful environment to open. Anybody else?

Yeah. I don't know where I landed. It's interesting. Like I picked a person and suddenly I felt really still inside and calm and grounded. Kind of like finding a home in the connection. There's like no thoughts.

Yeah. Did you feel full or empty? Like, do you feel like..?

Full.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 3 - Doorways To Awakening - Devotional Door (CONTINUED)

Yeah, that's what I thought. You know, where you ended, you landed in earth. You landed in emptiness form. That stillness, that stability, that here-ness, beyond thought. Still, you know, everything is within you, other people are within you. But there's an emphasis on the form body: emptiness form rather than emptiness energy. Beautiful, very powerful. Anyone else want to share?

I notice that I, I got a softer sense of the person, and more of sensing the person rather than seeing them.

Right. So that sounds like you went out of the ordinary mind which uses the senses, like eyes, nose, ears. And it feels like at least subtle mind. Because you were able to sense their energy and the felt sense. And then a question I have is, did it feel like they were over there and you were sensing them, or did it feel like there was one unified field that they were within?

One unified field.

So you went all the way to simultaneous then. Beautiful. Yeah, beautiful.

I felt a, an aliveness in my belly.

Nice. And then do you feel like your body has edges, or was there an aliveness in your belly in an all pervasive field?

Yeah. It felt like the one belly of the universe belly.

Right. So that's simultaneous. You feel that? Yeah. And this group, I think we were pretty trained now that we, it seems like a lot of us are just dropping into simultaneous on one cue. Pretty profound you guys. I don't know if you realize how rare that is to be in a group of people that can shift all the way to simultaneous. Beautiful. Really profound. Okay. So we're going to keep going. I'm going to show - we're doing watery doors this morning.

Another door, for instance in Dzogchen, when you teach about the recognition of awareness of awareness, that the phrase is, that we often say, is "my own mind". You know, and that's to cut through the duality - as if there's out there-ness, as if there's, you know, there is no God out there. The idea is you cut through the duality and you recognize none other than my own mind. Right? Which is beautiful and important because if you never cut through the duality you don't get the full realization. You do have to recognize none other than myself. That this is, when I say God, i

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 3 - Doorways To Awakening - Devotional Door (CONTINUED)

It's like, God and I are one, right? It's not truly an out-there God. It's not God as an object, it's God, as an atmosphere that's intermingling with me. Right? And that doesn't mean that there isn't a beautiful doorway to that realization that is more about out-there-ness. You know, Ken Wilbur calls it the Thou relationship to the sacred, to God, to divinity, rather than the self-realization relationship.

So take a moment. And again, we're experimenting with Water doors to see if these are your doors. And every module we'll teach different doors and you'll get to know: oh, my best door is relational. My best door is sitting in silence by myself, my best door...

Okay. So, in this moment, we're going to go through the devotional door and the surrender door. So feel what it's like - and this one I would suggest for some of you to embody this, actually to get up. You know, in many traditions they have something called prostrations. So this has to do with laying oneself down. Okay. And you don't have to do this sitting. You could do this with your whole body. So I just want to invite you to discover your way. So we've been doing this thing where we unhook, or we unmerge, from our ordinary mind. So right now we're going to recognize that we are, that when we are identified with the small self, we are the little one. Right? And we're going to bring this little one and we're going to honor that we don't know. So just feel, feel that I could never do this without you God, Divinity, Source, Universal Awareness. Like, I cannot do this. I need to lay myself on your feet.

This is more than I could ever personally know. This is more than I could ever carry, and I ask that you carry me. I give myself in devotion to you. May I only serve your work in this world. And as you're experimenting - and you can find your own words for this, I'm just offering words - feel what your body wants to do. How can you recognize that you could never do this with your personal self, with your ego mind? That only God can actually do this. Whatever needs to be done, whatever needs to happen. Only this all pervasive wisdom has enough intelligence for whatever needs to happen to happen.

So how can you give it up? Give it over? All the trying, all the struggling, all the trying to do it yourself, all the burdens. And instead of serving Self, or even serving humanity, what would it be like to serve God? Serve Divine Wisdom alone. To be led, to be guided, and to give up all the parts of you that try to control, manage, direct, grip. Give them all up.

Lay yourself on the altar of Divinity. In the lap of the Divine Mother. Call upon the Father to care and guide for you and direct you and give you his strength. And realize you have no strength of your own. There is only God's strength. You have no power of your own. There is only God's power. You have no wisdom of your own. There is only God's wisdom.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 3 - Doorways To Awakening - Devotional Door (CONTINUED)

And everything you know about love only comes from the source of love. Lay yourself down. And bring all that egoism, all that trying, all that control, all that trying to manage, take care of yourself, all of that gripping - and give it to God. Give it to all pervasive universal wisdom. Give it to this intelligence that's so much greater than our little mind.

And in this moment, confess to this unconditional source that would never judge you. But confess all the ways you have tried to protect yourself and have not been willing to surrender and follow the truth. You have got caught in your small self and your small parts, defending, caught in your small angers and your small judgments and your needs for control. And confess this unto this unconditional source. For you have turned away from the source that is guiding you, that is loving you, that does care for you, if only you give yourself to this source.

And feel all the ways you have held yourself back, and confess those ways. All the small mindedness, all the pettiness, all the hoarding, all the defending, all the attacking, all the negative speech, all the negative thoughts, all because we do not trust and hold ourselves back from this infinite source that wants to love us. That wants to care for us in every way possible.

This infinite source that never leaves us. Never forsakes us. Is here in every way to provide everything we need if we simply were to open to receive. If we could find the capacity to go beyond the mistrust and surrender ourselves open and lay ourselves splayed, like a flower to the sun and give ourself to this source that wants to nourish us completely, fill us completely, illuminate us with its wisdom completely, so that we can be none other than this source.

We can be none other than God. And we can serve nothing other than this divine wisdom, than the divine truth. And we can be expressions of this divine power.

What do you still need to do? What do you still need to confess? How do you need to let go even more in your body? To give it up, to lay the small self down, to realize that you don't need to do this alone, that you are connected. That love is raining down if you were to only open to it.

There is nothing - this love does not punish. This love does not judge. There is nothing to hide from. There is nothing wrong with you. There's only your ignorance or your lack of trust that is keeping you from everything you need. Because everything is provided for through this source. If only you could relax into it and allow this wisdom to flow through and animate and fulfill everything.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 3 - Doorways To Awakening - Devotional Door (CONTINUED)

What part of you is still holding back? What part of you still believes that you are going to save the world? What egoism, that thinks that you are the one that is healing, or awakening, or helping others, or leading movements?

There is one love. One power. One animating force. One source. And the more we open to it, that source is the effortless mind that unfolds everything perfectly. And we are carried by that river, and we are that river, and that river ends in an ocean that we are.

Feel this eternal source. This immortal love. Feel the courage that you have when everything you do is an act of truth, divine truth. Emanating from divine power. Nothing harms you here. No mortal mind can touch the truth of who you are and what you serve.

Lay everything down to the source. Lay the control, lay all the ways you have turned from it. Repent simply means to turn back, to turn towards, to return to the source of who you actually are. To return to that which is guiding everything. To bring your devotion, and your love, and your dedication in true alignment.

And every time you have gotten caught in a part and acted in some way that causes harm to another or harm to yourself, bring that into the loving arms of this source. Do not hold those burdens in your body. Do not hold guilt. Do not hold shame.

There is nothing to hide from. You are seen in all ways, and your innocence is never forgotten. Through God's eyes, who you truly are, what you truly are, is always here. Which is none other than God itself. None other than this nature, this all pervasive wisdom, this all pervasive love.

Walk as the peacekeepers. Let every step be none other than the step guided by this divine source. Let your hands be the hands of this divine source. Let your voice be the voice of this divine source.

And whenever you turn away in fear, mistrust, egocentrism, turn yourself back. Give yourself again and again back. Serve nothing else but divine truth and divine love.

Noticing the atmosphere that you are in and noticing if that atmosphere is pervading through your body. If you are separate from the atmosphere or whether you are one with it.



WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 4 - Relational Practices, Transmit and Receive Water

We're going to make some space for all feelings in little minis. And we're going to take turns being the waters that hold and allowing whatever needs to be felt and emoted and the acknowledgement of the sensation in our cells and in our bodies and the tremors.

We're going to do all of that with taking turns where where the group of us hold one. The group will hold one at a time. So we will be the loving waters and then one person will submerge. And anything that needs to be felt, anything that needs to be expressed will be held by the group as those waters.

And then we'll rotate through the groups so that each person is held in those waters that are this everywhere, universal love, but that we are also emanating as that embracing love, as these waters that are here for it all. And we allow our bodies, whatever they need to move to dance, to cry.

That every person should have a turn to submerge themselves in this loving water and feel whatever they need to feel and let whatever tears need to stream stream and whatever numbness, the inability to cry.. let that be in the water. Anything is welcome in the water. There is no requirement. The waters are for you.

Just allow your bodies to feel how the water is buoyant and the water is moving.

And just know that the water that we are submerged in cares for all of your experience, and judges none of them. There is an unconditional love of everything you think and everything you feel, and there is no requirement of you.

Waters are here to hold.

And there is care. There is love.

And it is in these waters there is safety. You actually can let go and feel what it's like to be supported. You can let go to the water... all the parts that have been trying, all the parts that have been struggling, all the parts that feel that they should be in control or lead. Just let a moment of what it's like to let those parts finally be held by something greater than them.

There is safety here.

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 4 - Relational Practices, Transmit and Receive Water (CONTINUED)

Feel your heart, the heart that is everywhere, and the heart that you can feel as the space in your chest, lean through the heart.

And include not only the views through the heart, but include your belly. The viscous energy of your belly. We're going to let our bellies and our hearts be here... and just keep allowing that.

What happens when view through the belly or the heart? What do you feel when you shift from the head and view through either your belly or your heart or your belly and heart at once. What do you notice?

It's deeper. Feel the pacing when we include our belly as the view.

Wholeness.

Present moment only.

What else do we notice from the belly?

From the belly I feel an innocence, a very strong innocence.

Right...the child consciousness is connected to the belly that the child within all of us, that innocence of the child.

What else do we feel?

Vulnerability. Yeah the vulnerability.

Ocean of presence.

Beautiful... the ocean of presence.



PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 4 - Viewing Through The Heart vs Viewing Through Ordinary Mind

We're going to just take a few minutes and just notice what it's like to view each other through the ordinary mind. And then notice what it's like when you marinate, where you unhook, and you actually view each other with awareness and through the heart of love. Okay. I want you to use contrast just to take it into your own experience.

So let's see what happens, the difference between judgmental mind together and co-marinating, viewing each other through the heart.

So what I want you to do is come into the thing, start in judgmental mind, ordinary mind, and name to each other what it feels like, and then do a piece of unhooking from that, finding your awareness and then finding that awareness through your heart and your belly. And then name for each other what the co-marinating atmosphere feels like then in the interconnected space versus the separateness.

We're not taking turns. We're doing it at the same time. It's called co-marinating. So there's not a side. There's two people at the same time, being judgmental feeling their ordinary mind.

Wait ...so one and a half being judgmental and then one and a half, not being judgmental?

Sure. Yeah. If you want an exact time. Yeah. Let me just start there and then switch. Maybe how about we preference it on the nonjudgmental, so at least two minutes of non, so you get a little more dose of the medicine?



PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 4 - Relational Practices, Glimpse Through The Heart Belly (CONTINUED)

Take one moment and through the window of your heart and your belly, pick one being and view them. Notice the absolute exquisite preciousness of this being... that, in truth, you have never seen before... because, as we view through the heart of love, the miracle appears... the unnamable.

And take one moment to realize that someone is able to view you in the exquisite mystery and preciousness of who you are beyond words, beyond judgments, beyond any form. This is awareness touching essence.

Feel the collective field when awareness knows it's love.



PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 4 - Relational Practices, Glimpse Through The Heart Belly (CONTINUED)

You're just gonna know your sensation and your energy. So it would be like "I feel a little constriction here. There's something soft in my belly" That's all, you're just noting your felt sense with someone else's interconnected, warm presence. So if you're the one that's offering presence, you know, find your water, feel the interconnected, warmth that's with them and just be with, and see if they note, if your felt sense, can feel what they're feeling.

Because when, when you're unobscured, that's totally possible. You can literally... can, can I borrow Paige for a moment?

So, can you just name your felt sense?

A fluttery-ness from that still place.

She names fluttering as my awareness is going there and feeling it in my felt sense.

When you did that. It actually got accentuated, but not in a bad way. Just kind of almost like there's something else right there with me while I'm experiencing it. That shifted down into my stomach a little bit....and so I stopped tears and now they're coming. I mean earlier when you were talking, I was like, Aww!

So I'm resting in water, it's air/water... there's spaciousness and it's interconnected. But my felt sense is feeling with her, everything she points to. And I actually feel those textures that she's describing in my own experience.

Okay. And so that's all we're going to do. Three minutes. One person is allowing and describing what's happening and arising by itself. And the other person is resting in awake water and just feeling with them. And if for some reason you don't feel with them, then just note that this is the skill I want to grow. I wonder what it is that needs support So it



PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 4 - Relational Practices, The Felt Sense

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WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View

One of the things that luminous is here for is our ability to shift our view. And I want to explain why that's important.

So as we've been talking about, and there's a lot of healing that's needed, there's healing needed for our personal bodies and there's healing needed for our collective body. there's healing needed for this earth. There's as we've been pointing to, there's a lot of pain that we can feel sometimes in our personal bodies.

Sometimes we can feel the pain and the collective body.

Sometimes we can feel the pain of the earth.

And I want to point that what luminous holds is we never want to ignore the pain. We're not here to bypass pain. We want to feel our connection with everything, including all the suffering and all the pain.

And what we hold is from where do we meet this pain? Yeah. What gives us the capacity to be the holder or that which can be in connection, but not be overtaken. Okay. It has a lot to do with the power of our view.



WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View Through Air & Water Contrasting Ordinary Mind

So let's do an experiment for a moment, come into your ordinary consciousness. Be in your head, be in your thoughts, be in the perspective that's in the conditioned mind, that was basically conditioned by. Ignorant parents and an ignorant culture. Take a moment and just limit yourself to that one perspective

and limit yourself to your body and limit yourself to only having your emotions and treating them as if they're absolutely real. So you only have your thoughts. Your thoughts have been conditioned by parents that were unaware of their weakness and societies that were unawake. And all you have is your thoughts that were mostly programmed in by your cultures and your parents.

And, and, and on top of that, all you have is your emotions that you feel in response to that. To what, to what's happening in the world, what's happening in your personal lives. So shrink it in and then also feel the disconnection from the people here other than, you know, you are in your little local body with your local thoughts and your look only your own emotions and notice that they're just other

and could a few people tell me how this feels. Yeah,

familiar, familiar. Thank you for that.

Why should I tell you? Right? Don't trust me. Yeah. Constricted constricted.

Just a few more shares, annoyed the noise,

isolated. There's not enough for me, not enough for me. Righteous, righteous, small, small. What was that? Comfortable comfortable, something comfortable about being in the little self reactive, reactive. Yeah. Painful, painful. How safe do you feel? Very unsafe and safe. Yeah. Okay. So stay, stay in this little meat.

Stay in this little body. And now I'm going to be the news. You ready? Stay in your little bodies. No one come out. Don't use awareness. No, one's allowed to use awareness. Okay. Only in your

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View Through Air & Water Contrasting Ordinary Mind (CONTINUED)

thoughts, only in your emotions, only in your sensations. Um, the environment is coming to an end. The planet is heating up.

The oceans are dying. The animals are dying. Sorry, just tolerate it a little longer. You guys just notice what it's like, how does it feel? Just that one.

What you say it again? Hopeless and scary. Okay. Great. Painful, painful. Okay. In your little thoughts. Sorry. What was that town? Hell right. Sometimes some in the Buddhist tradition, they call it some Saraj. Hell is the Christian version. Yeah. What else? Denial. Resistance. Disbelief. Right? You don't even want to know about it.

Okay. So there's a protector. Doesn't want to know what else do you feel? Feels like what's the point helpless? What's the point? Resigned? Anger angry. There was two. What was the other one? Paranoid. Paranoid cut grief. Okay. I'm going to go a little, I'm going to go a little further. So stay in your little minds and only in your emotions, don't allow awareness to be here.

Um, there are populations of people who are being abused.

Feel their pain. See the people who are starving. See the people who had their land stolen. See the people who have been oppressed there's people who are angry. They're angry at you. There's people hurting everywhere.

There's people who are mean and killing other people. There's more. And how do you feel in your little bodies and in your little minds, just with your emotions, just with your conditioning what's happening now? Terrified, terrified, bleak, self absorbed. What's the point? What's the point? A lot of resignation.

Not my problem right. Wants to shut down. Not my problem.

Sorry, try again, refusal to speak. Right. Refusal to speak, not preparing to exit, just escape and exit right now. Imagine you are an oppressed group. Imagine the conditions.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View Through Air & Water Contrasting Ordinary Mind (CONTINUED)

Imagine you're trying to speak and no one's listening. Keep being in your ordinary thoughts in your emotions only. imagine the years of torture that you and your ancestors have experienced.

what do you feel? Anger, rage, violence, violent frantic.

Okay, and this is the last few minutes. Okay. And now solve the problem. Use your minds, your small little minds. And, and fix the world before it blows up quick. Hurry. The world is about to blow up every one of you. It's up to you. Solve it. Hurry up. We're on the brink of death here. Use your little minds and solve this.

Come on, hurry up, run away. Screaming.

Overwhelmed

paralysis feels like Instagram. Okay. Now we get distracted. Now be in your little mind your only emotions, no connection to God, no connection to awareness, no connection to anything larger. And now see if there's someone you could blame for your pain. Maybe you could pick someone on the screen, decide that they did it to you.

You don't have to tell them who. I'm pretty sure it's God's fault. Blame. Somebody definitely got courageous enough to play each other. Cause that's actually more a norm blame each other. And now see if you can get someone that you're blaming on the screen to see your pain and stop them either, make them stop, make them see

or feel your resignation, that you can't do anything. You could blame yourself. If you prefer.

Yeah. What do you feel like in your body's venomous? What? Venomous? Venomous dependent and helpless powerless. Yeah. All right. So one more moment in silence. Feel it feel what this feels like, feel the hell that we can't, we have the potential to co-create. We just chose to create how. And so just for this moment, experience it.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View Through Air & Water Contrasting Ordinary Mind (CONTINUED)

Don't, don't skip it. Be here in that hell.

It's impact on your bodies. Notice its impact on the group. Body notice its impact on the world and the collective body.

and now pause and take a moment and see what it's like to shift to being the awareness of this pain rather than entirely merged inside of it. See what it's like to give yourself permission to shift from being merged as the pain, as the health

to that little bit of awareness that can notice the how but not be absolutely of it. Okay.

What is that like when suddenly there's an old, you realize that maybe your awareness and pain is here, but you can be the awareness of the pain. What happens most space, some space. What else?

Peace. Some peace grounding. Some grounding,

some softening, some compassion enters differentiation. What'd you say? Differentiation ability to differentiate connected belly to actually be more connected.

What was that? Oh, Oh

now have you found awareness? Let all the pain, let your whole let your pain body and all the parts that are born of the pain body. Let them know that you're, you're going to leave, but you're not leaving forever. That you're just taking a moment to get beyond. You're not abandoning those parts. You're not ignoring or bypassing the pain body, but you're just gonna allow yourself to touch that, which is not the pain body.

Okay. And just let the pain body know. And all the parts and all the children and all the hurt aspects, let it know you will be coming back.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View Through Air & Water Contrasting Ordinary Mind (CONTINUED)

And now that you've acknowledged that notice that awareness, which gave you that, that opening to space.

Notice that that awareness itself is actually beyond pain. So see if you can notice that the awareness

is this seamless, invisible content list, dimension

but this awareness. Is this very, very subtle. And if you can really find awareness, which is in all directions, boundless,

you may notice that this awareness.

It's not energy. It's not form. It's not emotion. It's not feeling, but there is awareness of awareness.

And what happens when awareness recognizes? The seamless, invisible, spacious

awake. What happens when we unhook all the way and become aware of awareness?

Some of us might feel the awareness behind our back. And that that awareness is seamlessly everywhere.

We may have been noticed that it's not a personal me. That's aware and awareness. It's not my body. That's aware of awareness, but rather from this limitless awareness,

What happens when I unhook all the way

to this content list level,

what do you experience here?

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View Through Air & Water Contrasting Ordinary Mind (CONTINUED)

Just awareness. Visible seamless just is. Just immortal dimension of yourself that doesn't come. Doesn't go and someone named what it's like when awareness is aware of awareness, relief, relief, and freedom. Yeah. Relief from all the conditions. And conditioning and freedom. Notice the freedom absolutely free of it all.

It feels like true. Sorry. True rest. Yeah. Notice this as a place to rest. Is it openness? It's empty sky. What else?

I am the song on the bird, the bird and the listener. Beautiful. Yeah. So this awareness that is. Invisible seamless is in everything. It's in the bird song. It's in the bird, Jen, our bodies. It's not separate from anything. This awareness is knowing just mind of God, goddess this cosmic intelligence. Is illuminating everything from within.

What does it feel like when we recognize? What is it when there's so much storm and commotion, to be able to find the silence? The piece that is eternal peace that cannot be disturbed, that can not be harmed.

Notice what it's like when we are aware of the piece that is

any, why does the experience here?

It's suddenly really simple simplicity, inclusive, resourceful. Resourceful. Yeah. Generalist, genderless, everything less, right from pure awareness, not human, not physical, not energy. Terror awareness is simply seamless knowing that is in every gender in every. Color in every part of the earth. Yeah. You feel bad?

Yeah. It's the face you had before you were born. It's your eternal faith. It will be here when your body is born and as when your body dies still here. Yes.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View Through Air & Water Contrasting Ordinary Mind (CONTINUED)

And then feeling this, which is beyond conditioning. It is not conditioned. It will never be conditioned. It is not caught in the hell. Created by the condition mind and how the condition mind interacts with the condition mind. So feel what it feels like to be able to get beyond the conditioning, to get a break from the reactivity and find that which is peaceful and already wow.

And as you become this limitless awareness, notice the view, notice how it is to now view the pain of the world. Does it mean you have to be unaware of it, but view it from this mine, from this space,

it's like a little child scared and in pain. Yeah. And notice the word little, so much smaller than this awareness. Okay. Does it feel easier or harder to respond and compassion from here or from where we started? Yeah.

From here. Yeah. So viewing from here, the pain of all the things we mean. What happens? What do you experience

like a mother looking after her children? Right. So that's the view through awareness and then through the heart of water, the mother feeling the pain of all her children and how much love does the mother have? Limitless limitless infinity labs. Is there a limited supply from here? No. No.

What else do we notice? From the view that is this, this awake limitless awareness that is inside of our bodies inside of our hearts inside of the world, not separate, what's it like wavering, wavering, stability, unwavering stability. Yeah. Feeling the strength that comes. From that, which never comes or goes that which cannot be harmed

that which cannot die, feels harder to feel the pain because I'm not protected from it. Can you say that again alone? I couldn't hear it. It was harder to feel the pain like the pain is, um, I'm more attuned to the pain because before I was protected from it, And I care so much about the little world that all the pain seems so poignant.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View Through Air & Water Contrasting Ordinary Mind (CONTINUED)

Did you, I'm still having some trouble hearing you saying you can feel the pain more now or less now more now I was protected before, before you insulated. Cause you were overwhelmed. So notice how here as you rest here. What it's like to just sit in this presence with pain.

So you can feel the fearlessness of having access to this view, that which cannot be harmed, that which cannot be destroyed.

Feel the intelligence that is emerging by itself from this place, instead of, from the limited mind, feel the mind of God got us. Feel the knowing and how that's different than the condition mind. Yeah. Feel the moment by moment intelligence versus the thought based mind. That's basing everything. It knows on what it learned.

What do you notice here? What is it like to feel this intelligence, this knowing this intelligence is actually in everything, the intelligence that's in the wall, the intelligence that's in the trees, the intelligence that's in the floor. That's in your body.

It was like, I know nothing and everything.

Yeah. I feel freedom and fearlessness. Yeah. Freedom and fearless.

Relationships with things are more into more beautiful notice that this awareness intelligence has an intimacy with all of life. What's it like to feel this awareness and intelligence? Okay. Intimately as it animates your hands, is it animates your skin?

And what's it like to let the parts of you that have been trying and suffering to know that they are not separate from this intelligence? That's what it like to actually give over those parts and say, let the parts that are made of the limited mind, let them say, I don't know.

I cannot find my way. And what's it like to give them over to this intelligence that is here, intimate present for all of those parts?

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View Through Air & Water Contrasting Ordinary Mind (CONTINUED)

What's it like to surrender? The trier and the Doer and that it's up to me that should give, give it back, give it over, give it to God, give it to this living intelligence. Give it to this wisdom. This cosmic mind, this universal law.

What's that experience? What is this experience like? Huge relief. Really?

Yeah. So what happens when we shift our view from our limited mine and we recognize this much greater view? What becomes possible? How does our capacity to love and care and be connected actually strengthen?

Just a few more shares.

It's like a knowing that I am this thing, not my part.

Right. How does it feel? What's comforting to realize that we are not just the little South. We are not just the emotions. We're not just the thoughts. We're not just the suffering. We're not just the pain in the world. Yeah.

I've got a four month, four week old here. So when you asked me to go into the little self and go into the hell and to go into these more narrow minds, I actually can't do it. I can't do the exercises anymore. He just creates perfect awareness all the time. I'm around him. That's something I'd like to share with everybody right now.

It's kind of screwing up my, in this experience because I can't do the meditations precisely, but, um, it's, it's, it's also great

to be clear. There is no precisely in the minutes you get to. You can get to listen to my instructions and do it your way whenever you want. Because ultimately the view of luminous is that this intelligence is coming through us. Matt. Annalisa's not the teacher, but the intelligence is the teacher though.

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PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View Through Air & Water Contrasting Ordinary Mind (CONTINUED)

However, that intelligence shows up in you. This is what we most want to point to the bank. You for that loop. Yeah. There's a feeling here that I could know and understand and connect anything and everything, no matter what it is. Beautiful. Yeah. Couple more. Let me just, I need to ask the tech question. So excuse my absence of attention for a moment.

okay. Alright. Couple more shares. And then I'm going to move over to a whiteboard. We're handling all these unusual things and the realization comes that life is now. And, uh, and I don't, I, I can, I can be with it right now and not run, had to plan something. Beautiful. Like the intelligence is from the now awareness more than the, the little mind that tries to plan.

That's beautiful.

Oh, go ahead. Oh, good. Thank you. It's like the body becomes all of a sudden, the place for a liveliness and vitality and they experience. That can be experienced as seen as that it's, it's a safe place. The body, all of a sudden become, becomes a safe place for the soul to be beautiful.



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PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View Through The Hologram

And then you have true self and reality. are actually one. Yes, true self reality.

And then we have people who aren't aware of their true self. They're scared and they aren't aware of reality. They have a view, of reality that's obscured.. So reality is what our awareness can recognize. Right? When we glimpsed, you started to feel the freedom, the goodness, the love, right? And who we truly are is that goodness, that love, that ultimate intelligence, that wisdom. Well, what's happened is we forgot, we have forgotten and then we see reality through the filter, through the thickness of all of that painful conditioning. Right? So when we unhook, we get a glimpse of reality beyond the view of our conditioning. And then when we look at reality through conditioning, what do we see? How is it different?

How is it different when we're caught in the conditioning and we don't know ourself and reality is obscured by the conditioned mind. Limited, limited.

There's no space for love or truth or peace. There's no space for any of that.

Right? There's a lack of love and truth and peace. It's negative, right? Reality can be very intense, yes, through the view of the conditioning. Okay.

Then what happens is many beings are in a limited view. Everyone make a limited view, put your horse blinders on. Right. And there's many beings who don't know themselves.

So inside of themselves is confusion about who they are and they're not viewing from their limitless mind, they're viewing from their limited mind. And then they're viewing as you've seen us make a hologram, this limited mind with all of its inner confusion is attempting to see reality, but it seeing reality through the filter of its own mind. And what that does is it also impacts everything. Cause it's, it's a view. And it's also a signal, right? Because there's awareness that's limited and there's energy that's responding to the limited view. So it's signaling the world from pain.

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View Through The Hologram (CONTINUED)

And it's viewing the world, put your hands up, through pain. So we're viewing the world through pain and we're signaling the world with our energy of pain. And this is how one being is impacting the world from their limited view and then that's reciprocating. Here's a bunch of beings. This is society, this is your work, and this is your home, and that's your family. And these beings are also in delusion, limited pain filters and now they're viewing this being back. They're viewing them back from a limited view. So imagine your one being seeing through your pain. And then there's a lot of beings out there all viewing you through pain, through their limited view.

And what's that feel like?

Intense.

Intense. Damn right, sister. Anyone else want to share?

The opposite of home.

The opposite of the opposite of what?

The opposite of home.

The opposite of home, right? So this, my loves is called Hell or called Samsara. And this is a Hell we generate on earth together by being in our delusions and in our conditioning and in our limited view and signaling the world from it and then receiving it as a mirror and receiving its energy back and then we're in it. Right? And how does that feel when we're all in that together?

Hopeless.

Yucky.

Loud.

Loud. Yeah. chaos and pain here. And how, if we keep trying to solve the problem from within the problem, do you feel what happens?

Like a vortex.

Feedback.

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PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View Through The Hologram (CONTINUED)

It's a vortex that keeps recreating itself. Right? So what Luminous is dedicated to is how can we get a view that's outside of that pain? Not so that we leave it. We're not interested in transcending and just getting out of here. The parts of us I'm sure are, but Luminous' intent is to be able to glimpse. So take, put your blinders on.

Now remember what it felt like to live inside the view from the limited mind and the limited energy, and then feel what it's like to ha go back into limitless and how once we shift into limitless mind, Awake Awareness rather than ordinary thought based mind, but awareness based that has no edges, no bounds. But now we have a mind that is intelligent and this sense of fearlessness and courage and love that's not part of the conditioning is available and that we can practice stabilizing here and not only ourselves realizing it on a pillow or realizing it by ourselves but what does it feel like if from here we then become a mirror to other. So that instead of this condition, which we call Samsara or Hell.

What if we do practices that enable us to find this view that's beyond the conditioning, free of it, that is safe, and then from it we don't only practice being aware of it ourself, but we begin to see reality through the veils of the pain. It doesn't mean that we're not going to acknowledge that there's pain, but we're going to see what reality is behind the pain clouds. We're going to penetrate the pain clouds and that's so that we can see what's actually here, the reality of love, the reality of connectedness, the reality of truth, the reality of every sentient being's dignity and right for wellbeing.

Right? So we penetrate it and we actually see that it exists, but that it's being clouded. Right? So we see it and then we become the true mirrors of it. So instead of being in our limited parts and from the conditioning fight with our neighbor about who done it, what we can do is we can get into the awareness that has the presence and has the love that can listen to those in pain and we begin to mirror the truth of who we are to each other so that we can stabilize that. Because how easy is it to stabilize your true nature, your true self when everyone around you is mirroring from a distorted self. How easy is that? When your whole culture and your whole world is mirroring from the distorted self.

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PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View Through The Hologram (CONTINUED)

How easy is it for you to know yourself? Right? So what if, as a community, we did practices where we actually glimpse beyond the pain and then from that ground, from that awake knowing, that God knowing, that God is love. We view each other to help each other be mirrored and know so that we become reflective of each other in a way that we can begin to know ourself, that there are reflections not only our own awareness, but that is reflected back. How does that sound? You get that?

Yeah, and that we use that to stabilize ourselves and then we also realize that every being in the world needs that mirror and it's not just us or this group, but it's all beings who need us to be in that awareness that is not of the pain and of the conditioning, but the awareness that can be mirrors.

So we call that True Mirror. So if this being can begin to know their truth and their wholeness and then from that truth, they can be aware of reality and see through the veils and keep pointing to reality and also reflecting that truth to other beings who may not know that about themselves.

So that being. So what happens if we become a community of beings who can sit from that view and view each other and view the world and view the beings who need to be held and listened to and viewed and reflected in their goodness. How does that sound? Yea?

Sounds lovely.

I just want to say you guys considering the amount of energy and commotion and Samsaric mind, how easy is this? Right? This is, this is a thing, right? Can you feel the forest of the Samsaric mind that wants to make you of it. Can you feel that? And can you feel how if you were alone trying to do that how difficult that would be; if all of the culture wants to pull you into Samsaric hell-mind and you're alone, do you feel like you could really maintain stability?

So do you understand why we need each other?

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View Through The Hologram (CONTINUED)

That we actually need beings who want to commit to that together, that we actually need a place that not only our power of our own awareness to recognize our true self and to recognize reality beyond the storm of Samsara, but also to be able to recognize and be reflected in each other. Right? Where we can feel safe enough. Where we can feel seen where we can, where someone can see through the veils and be a mirror to us. Yeah, we got that? How would it be then if, as we stabilize that becomes something that then offers to others, but that we understand we also need some space to create some stability in our own systems.



WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View Through The Atmosphere of Kindness

What do we know when we look through the awareness that is intermingled with kindness. What's it like when kindness is an atmosphere extended to all beings, all parts?

There's a natural quality to it? It feels natural. Yeah. It's part of our true nature. Yeah. Just needs to be recognized as the nature we are.

What else do we notice? If you were to speak from this atmosphere of kindness and how it impacts our bodies and our experience of each other in space. There's a lot of fluidity in the body and it feels, there's just gentleness and grace in and around me.

Beautiful. Gentleness and grace. Yeah. What is this gentleness and grace that is our nature?

Like being cradled in love by love.

Being cradled and loved by love.

In love.. Ah, in love. Yeah, that's the atmosphere, right? We're submerged in the love. Hmm.

There is a feeling of completeness.

Yeah. Do you feel the wholeness, the edgelessness? The duality goes away. The othering goes away. In the atmosphere kindness the othering dissolves and melts into the atmosphere.

Softness. Yeah, it's another quality of water, right? It's soft, love, kind, gentle grace.

There's an empowerment of the femininity when often there's a forcefulness of the shadow side of masculine.

Exactly. So water is one of the feminine qualities of awakening and it's wisdom is connected to non-force, right? To receiving and following and listening and allows for fluidity and softness.

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View Through The Atmosphere of Kindness (CONTINUED)

Yeah. We don't have to get into the distorted masculine sense of control or domination or pushing. Yeah. Yet there's love for domination and control and pushing. Right? Water can love that too.

My body feels very alive and there's a sense that like it could just be completely filled and that it's fulfilled. It can be completely filled, but there's like a sense of fulfilled, like abundance, abundance. Yeah. Like, no, no, no need.

Yeah. And again, that's the realization of water, abundance. And notice how the fullness actually comes from the relaxation. It's like the infinity of fullness just fills us when we come out of push, intention, and try, and judge, then the relaxation allows the infinity to pour in and fill us. And that there is no lack. There's an infinity, the fullness.

It feels like a generosity of heart. Infinite heart.

So, a beautiful word, you feel the generosity of heart, very different than you owe, blame, shame, guilt, give me, demand. Right? Water is generosity itself, right?

Water is our giving nature, it pours into everything. Water naturally gives itself freely, openly, effortlessly, from an infinite source of love, fullness, wholeness. It's the natural. We don't have to dominate ourselves to be giving or to be good. It's natural. It's what outpours when we are connected to our source, when we're not living in the mind of lack.

Yes. I suddenly remember a state when I was very, very young girl, that innocent kindness and genuine care for everyone, and everything, just before my, like my protector and compensation of my personality.

I can feel it in you right now, Sindhu. I feel that innocent kind child. Yeah. How many of you remember that child before your protectors felt like they had to come in?

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View Through The Atmosphere of Kindness (CONTINUED)

I used to spend hours chasing flies so that I could free them from the house. Cause I didn't want them to die.

And that kind of curiosity.

Yeah. And again, that's another quality of water, right? Curiosity and openness. Right? Wonder. Not already knowing, not already decided, not here to tell, but actually here to listen, to be curious, be open. Feel that childlike quality that hasn't lost its natural water intelligence, which is again, it's part of our true nature that gets obscured by our conditioning.

How about one more? And then we're going to need to transition.

Anna-Lisa I'm curious about timing, I loved what you said about timing. It seems like there's both incredible patience, kind of a clued into the wisdom of where to go and when to go.

Yeah.

I know there's also kind of a rushing force. So how does that, what do you see in there?

Water is responsive instead of top down head controlling body or, or a timing that comes from an ordinary mind's mental idea, water is responsive, it's listening, it's felt, it's following. So it's timing is in response to the need. You know, like if you're with a being, we're going to talk about this later today, but if you're with someone's emotional process, there is a pacing with the emotions and the field, the emotional field and water would be responsive, it would feel the timing of when they're ready to move on. Right?

So like, as I'm leading, I'm in my water with the group feeling, ah, the group is getting tight, or the group is needing space. Right? So it's in that connectedness and responsiveness of the timing, and the pacing is coming from a felt sense rather than a thought sense.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View Through The Atmosphere of Kindness (CONTINUED)

And I want to be careful here. So water is the opposite of polarizing and it's sometimes hard to lead without contrasting. Thoughts are not evil, nothing is evil, everything gets to be embraced. So, even as I speak, I can feel the moment that I'm losing my water wisdom as I teach the contrast.

Raina was saying something about this is also the upwelling, you know, that responsive upwelling. Yeah. And just notice as we're going to keep going, but how does the group field feel now? How's it different from when we first, at least when I first came in, I can feel the contrast. What do you notice?

Feel settled. Settled. Feels gentle?

Yeah, there's a gentleness in the field. I see Rachel waving your hands. Yeah. Yeah. Can you feel there's I feel that there's a quality of openness softness permission, and it actually makes our connectedness more like an atmosphere. You feel that? And there's even a little, I feel like as the world has been in flames with all of these things, there's been a lot of heating up in the actual cooling, like the cooling quality of water, you know, that is nourishing and restorative and allowing for the energy, its space and its natural movement. So it doesn't heat up into charge.

So what we called at Luminous is that our True Nature is all of these qualities. Right? True nature is Air, Awake Awareness and Water, which is all of this open, compassion, embracing, interconnected love that is fluid and receptive. True Nature is Tree, which is that presence and reliable, discerning, protective here-ness that guides us and gives us an inner compass. Your true nature is all air, water, tree, earth, fire crystal. That's that's our true nature, is all qualities.

True Nature is who we are and who we are is not what our ordinary mind thinks. Ordinary mind thinks of us as a separate individual rather than when the veil is lifted there's more of a realization that who we are is an ocean, like an interconnected oneness that has here-ness that's part of its range of knowing. Right?

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PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View Through The Atmosphere of Kindness (CONTINUED)

But most of us, because we're caught in an ordinary mind consciousness and we're within the view of the ordinary mind, all the conditioned ways of seeing, the conditioned ways of knowing that don't actually recognize the abundance of who we are, and the abundance of what this actually is, what happens is, is our view, the view that is limited rather than awake awareness, which is that limitless view. What happens is, is we have, less do this again, put our blinders on, our horse blinders. So we're trying to know ourself in reality, oh yeah, I like Sindhu's version she made them smaller than horse blinders. Go ahead and put your smaller lenses on, we'll do aperture today. So you can have an aperture that's awake awareness, boundless view. Go ahead and find your boundless view and feel what the boundless lens is able to view and then close your aperture. It's hard to come out. Let's one more moment in boundless and so good.

The boundless awareness, unlimited awareness, can be aware of an infinite reality, infinite goodness. And then feel this, do this for real, this is not a concept, this is an experience. So boundless awareness can be aware of infinity and fullness and infinite potential and infinite resource, infinite love, and now feel what happens as your aperture of awareness starts to shrink. So bring your hands in and actually feel what happens as your awareness starts to become limited. And it's only able to see some of reality. And some of self. Feel what happens to all, where'd the love go, where'd the safety go, where'd the fullness go, and then get into what is probably closer to an ordinary mind view of reality, and then feel what it's like to know, see, reality through this really limited space.

What's that let's that like, what happens when we view from this very narrow place? What does it feel like?

My whole system shrinks, everything comes down and gets tight and smaller and smaller.

Powerful, yes. and that's a point that I really thank you for making the point I wanted to make, which is that our view, actually what it views, affects the energy and the response. So it's not just what I'm able to recognize, but as I view it, it responds. Do you understand that? So when I view

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PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View Through The Atmosphere of Kindness (CONTINUED)

myself in reality, so here there is a response, my energy conforms to that view. You feel that? And then my energy now is living as if that's reality and that energy is forming form. Right?

So how we view affects how our energy configures and our bodies and how we view others. We are influencers, right?

So when I view a person a certain way from a certain mind, can you, do you understand the impact that has on the energy to configure? So when I'm in my awake view, go back to your boundless, open your aperture of your view. So hold this view and then look at another person on the screen, maintaining this view and see what you make possible for them. Cause you're going to view them from here. It's like who and what are they really?

Right. Who and what are they really?

Do you feel how, how from here there's an infinity of possibility, like the solid and realness and conceptualness that you created, that you thought they were, feel what opens when we view them from this, what becomes possible as we bring this view. And if you'll just, contrast is a good learning, go ahead and view them through your conceptual mind and see them as that thing, give them a label, give them multiple labels, and believe that everything you think about them is real and notice that what you're doing is impacting them, like their field is responsive to your view. And then just so we don't end there, open it back up, open the awareness into that Awake Awareness, boundless view, and then connect that boundless view through your heart and now from the boundless ground through the heart view, that same being.

And then one more time feel that same view. Except now look at the being with your name underneath it, hold the ground, maintain the boundless view, view through your heart and see that being. Notice your mind's tendency to want to think things about them, see them in a certain way, and see if you can keep cutting through that tendency of the mind, maintain the ground, feel the limitlessness of view, the limitlessness and view through your heart and see that being.

WATER MODULE WORKBOOK

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View Through The Atmosphere of Kindness (CONTINUED)

And get to know them. You may never have been able to see this being that way before. You may have so consistently looked at that being through your limited conditioned mind and your limited conditioned heart, just for a little bit hang here. Really hold openness and view through that heart that's of that ground.

And discover in the freshness who or what this being is. Acknowledging the being that you're gazing at, the suffering that they experience, maintaining the view of who they truly are.

And all the suffering they experience for all of the internal judgment and all of the struggle, just keep viewing them and the truth of who they are. And again, we're viewing that being that has your name underneath you can pin yourself if that helps.

We feel it's infinite, and if you start to lose your ground, because the thought based mind takes over, you can always stretch your arms again. You can keep reminding yourself to view through the heart and you can just open possibility for that being to know all that they truly are outside of all of your ideas and all of everyone else's ideas. And allow your felt sense, your water quality, to embrace that being for everything they feel, all the suffering they've had. All the struggle and trying. Bring in that warm, connected heart of compassion for that being. And taking just 30 more seconds in the curiosity and the discovery of this being outside of all your prior thoughts. Notice if you have the capacity to fall in love with this being. Notice if you can feel the child innocence of this being. For a moment, allow yourself to notice being the being that's being viewed. And let the being that's finally being seen have a little response.

What's it like for a moment, for this brief moment to be viewed out of all the limiting ideas. What does it feel like? What happens? I know that myself, I have this feeling of just being a child, innocent and free. What do you feel? My system opens and releases, it starts to move and I feel tears come or like tears of gratitude for being seen for who I am.

This is really challenging for me because I realized that my view of myself is the view of my mother. It's very hard to separate and to find my real view and therefore to actually to feel seen.

PART II AWAKENING PRACTICES TRANSCRIPTS

LESSON 5 - View Through The Atmosphere of Kindness (CONTINUED)

Yeah. That's so beautiful that your awareness it's finding that. How many of us took on the view of a parent, or culture, or community, and then started viewing ourselves through it. Does anyone else feel like they do that in their life, view themselves through someone else's conditioned eyes. Yeah. And the pain that, that generates in us. Yeah. Just feel that pain Andy. Feel how painful having adopted your mother's view causes in your life every day. Every minute. Yeah, there's been a lot of pain. Very real pain.

And that's what's happening in these processes. The reason that we, I call them the shadow or the distortion because what's happened is the external conditioning has been internalized. In the oral process, we took on the conditioning of parents that weren't awake and we took on conditioning of cultures that weren't awake and then we internalize that conditioning and we live as if it's true, which becomes the clouds that obscure us from our true nature. Do you get that? That's how it happens. We adopt the conditioning. The mirrors that were around us as kids, and as we are in cultures, the mirrors are distorted, but they're the only mirrors we have and we adopt them and instead of our true nature being mirrored to us, what happens is we're being viewed and we're conforming to the view of unawake parents and unawake cultures.

And that's why it's so important that we learn to realize that we have the power of view, that our awareness is limitless and awake now and that, as we learn to recognize it, we finally find a freedom from living within the view of our cultures and our communities and our parents. Because if we're dependent on mirroring from our cultures and our communities and our parents then we are f'd up. Right? Because they're not awake, they're not giving us a true mirror.

And then we can work as a community here to be true mirrors, to practice shifting our view, being able to know ourself and reality and each other from that view. And it's a practice we've been conditioned for lifetime and lifetime. So it's a practice that we all have to undertake to strengthen ourselves.

