

**AWAKENING
THE
ABUNDANT
HEART**

**SPIRITUALITY
OF YOGA
JOURNAL**



HERE'S WHAT WE'LL COVER

'TO KNOW THE MIND, FOCUS ON THE HEART'
- PATANJALI

Week #3

This week we will draw together the practices of the last three weeks, help anchor the qualities of stability, the awakened mind and now - the abundant heart - the gateway to the mystical Hrit chakra. We will learn how to create group resonance through specific yoga postures, and how to set up a five element meditation focus. We will reveal the Prem Shanti meditation as a way of sending peace and positive action to heal the planet.

WEEK #3 SADHANA

AWAKENING THE ABUNDANT HEART

Each day, practice the experience of the Abundant Heart:

- ॐ Practice the extended meditation, grounding at the base chakra, resting at the heart, entering the higher mind and resting in the abundant heart.
- ॐ Continue to energise your sacred space by harmonising the 5 elements
- ॐ Read the sacred text that appeals to you and journal about the revelations that come to you
- ॐ Find ways of connecting with like-minded people who inspire you

During the day, pause every few hours and ask these two questions:

- ॐ How has life shown its abundant support of me in the last few hours?
- ॐ How would my Authentic Self respond to this?

EARTH ALIGNMENT SADHANA

- ॐ Take 'time out' to be quiet and listen
- ॐ Remember that we are one global family
- ॐ Find a mentor to shine a light on your blind spot
- ॐ Let nature be your friend every day
- ॐ Choose foods that heal both you and the earth
- ॐ Use movement and relaxation to take care of your body
- ॐ Establish a 'sacred space' that is an oasis of peace
- ॐ Keep an open and enquiring mind and keep learning

AFFIRMATIONS

ADHIKARI NAMASKARA



Ajna
BROW CENTER

I AM OPEN TO THE WISDOM OF LIFE



Vishuddhi
THROAT CHAKRA

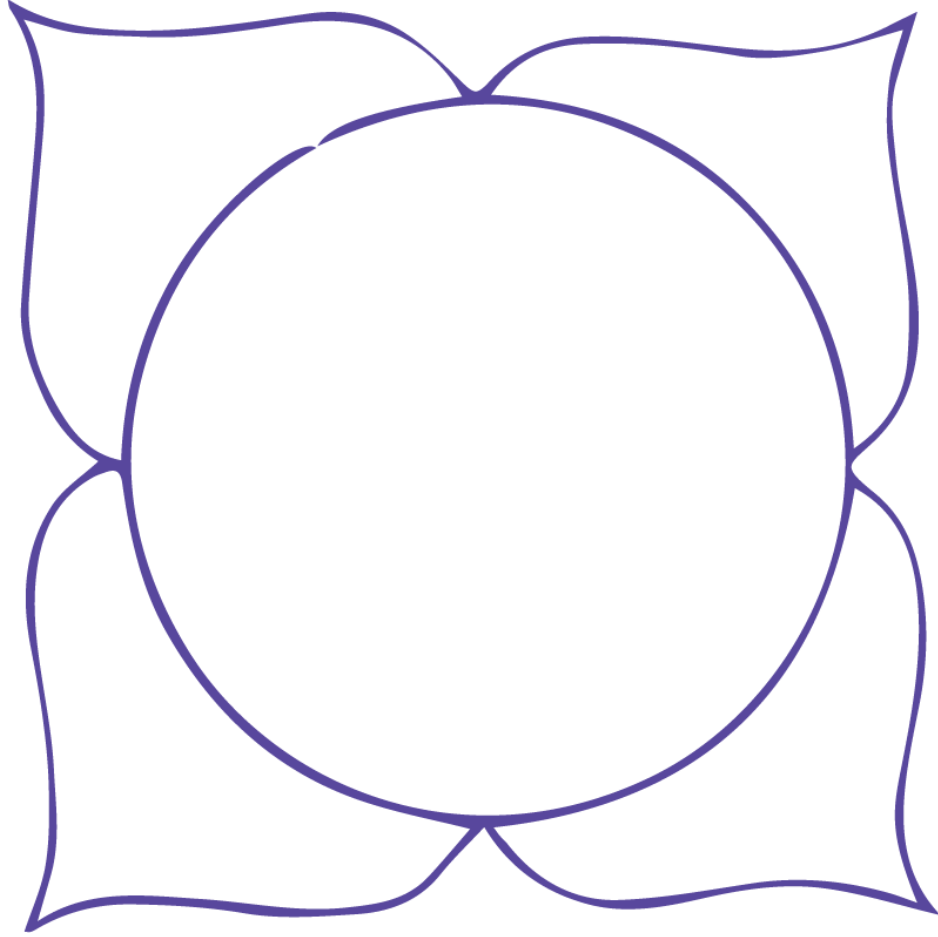
I EXPRESS WISDOM AND MAKE THE
RIGHT CHOICES



Anahata
HEART CHAKRA

I LIVE MY PURPOSE IN THIS MOMENT
NOW

PREM SHANTI MEDITATION



Om Prem Shanti Namaha

ॐ Prema

ॐ Siksa

ॐ Sangha

ॐ Seva

SHANTI PATH

Om Dhau
Shanti Antariskshagun
Shanti Prithavi
Shantir Apah
Shantir Oshadaya
Shanti Vanashpataya
Shanti Vishvedeva
Shanti Brahma
Shanti Sarvagun
Shanti Shantir Eva
Shanti Sama
Shantir Edhi
Om Shanti Shanti Shanti

This ancient invocation from the Vedas invites a sense of universal peace and fulfilment into our body and mind as well as into nature and the world around us.

May there be peace in the vast spaciousness of the heavens and in the quiet stillness of the earth. May the sacred waters of the oceans and rivers flow with peace. May there be peace in everything that grows - the forests, the healing herbs, the flowers and the crops that nurture life. May peace resonate throughout the whole universe and within the field of Being. And may that peace dwell within everything and everyone - living together in peace and harmony.