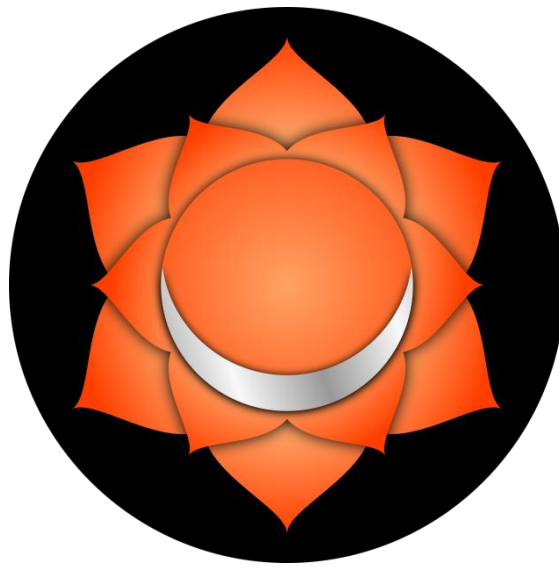


Svadisthana / The Sacral Chakra

To feel and have pleasure



Deepening Practices

Deepening Practice: Sisyphus

Society in general has a problem mentality which invokes the do-ing mentality. The sense of who you are is wrapped around what you're do-ing. *"What do you do?"* is one of the first questions that you get asked when you meet someone new. *"How much did you get done today"* is a measure of our success.

This constant doi-ing and striving mentality can be explained using the mythology of the archetype of Sisyphus. In Greek mythology he was punished by Hades. His chore was to push a large boulder up a hill, only to have it roll down again as soon as he had almost made the top. So he would have to start again. Over and over pushing this boulder up a hill but never reaching his target, never accomplishing his goal.



Like Sisyphus, as humans we're hooked on pushing, striving and forcing. Hooked on do-ing and yet we never arrive. We're in a state of ceaseless frenzy. We long for being-ness. We don't take time to pause and so we live our lives automatically and shallowly.

The brain is wired so that we always have to be doing something. We're always thinking that something is wrong and we're always tensing as to what's around the corner. For example, the to-do lists that seem so important, the tasks that get red flags.

Why do we think something is wrong and we have to do something about it? We seem to have a sense of impending loss

Problem -----Doing-----Sense of impending loss.

The ego feels it should be able to work it out. Yet what if we could:

- ✓ Have the patience to wait until wise action arises by itself &
 - ✓ take guided intentional action

It's not that we become idle and sit doing nothing, rather it means that we do is less but when we take action it is intentional and productive.

We all have an Inner Sisyphus and you'll know the energy by:

- ॐ The thought that you have a problem to solve (and yet we all want to run away from our problems)
- ॐ Hiding the parts of yourself that you don't like
- ॐ The need to control or be in control
- ॐ Fight energy. Struggle. Suffering.

Signs of being in this energy

- ✓ Exhaustion.
- ✓ Using your will to make things happen
- ✓ You become disconnected from others. Unable to feel intimacy. Not able to listen to our hearts. Too busy managing.

Where's the space that allows me to come home to be-ing?

Imagine there is a boat sailing in high winds, and you are trying to control the boat. You're struggling with the ropes, the winds and the water is blinding your vision. What would happen if you gave up the oars and put up the sail of presence so that you could be carried by the winds? What if you could let go of control and see where it took you? What if you stopped trying, released any effort and decided to trust..... Just for a moment?

My doing self lets go and I become more of who I am.

How can you move from doing to being?

Here are some pathways to pausing (or letting the boulder go) when you're hooked on doing: (Struggle, striving, feelings of pushing, trying. *"I'm always trying and it's getting me nowhere"*)

Create space to pause and reconnect

- Bringing your attention into the now: What am I noticing now? What am I experiencing now? What can I accept in this moment?
- Reflection: How can I stop pushing the boulder? How can I surrender
- Meditate
- Informally through mindful listening.
- Pause 3 seconds before replying
- Walk at ½ the speed and see twice as much
- Saying kind words to yourself like "Just stop sweetheart" or "stop" or "drop"
- Get familiar with your inner Sisyphus

- Inquiry – challenge the limbic belief that something is wrong. Is this really true? The Do-er is motivated by the belief that “if I don’t stop doing people won’t love me, or will reject me”
- Surrender. Sometimes it’s easier to surrender to something – like the source, the angels, spirit, mother earth etc.

Who are you if you’re not broken?
Who are you if there’s nothing to fix?

Spot everyday situations in which struggling doesn't help: the rain falls when you want sunshine, the light turns red when you want green, and so on. Instead of struggling pointlessly, accept these small inevitabilities and bring yourself back to mindful awareness of your breath or body. Padraig O’Morain

Nurturing your creativity:

Mandalas

Mandala is the Sanskrit word for circle. A mandala is a spiritual and ritual symbol in ancient cultures representing the universe. In these various spiritual traditions, mandalas may be employed for focusing the attention of practitioners and as a spiritual guidance tool, for establishing a sacred space and as an aid to meditation. Today you're going to use it as a visual sacred aid as such to remind you of your sacred intention.: to bring healing and opening to your sacral.

The instructions are very simple: colour it after you have listened to the meditations. You can recite one of the sacral affirmations if you like as you select colours and infuse your mandala with the energy of your sacral.

No rules!

That means you can leave space or go outside the lines if you wish. Most of all do what the sacral says – play and have fun with it!

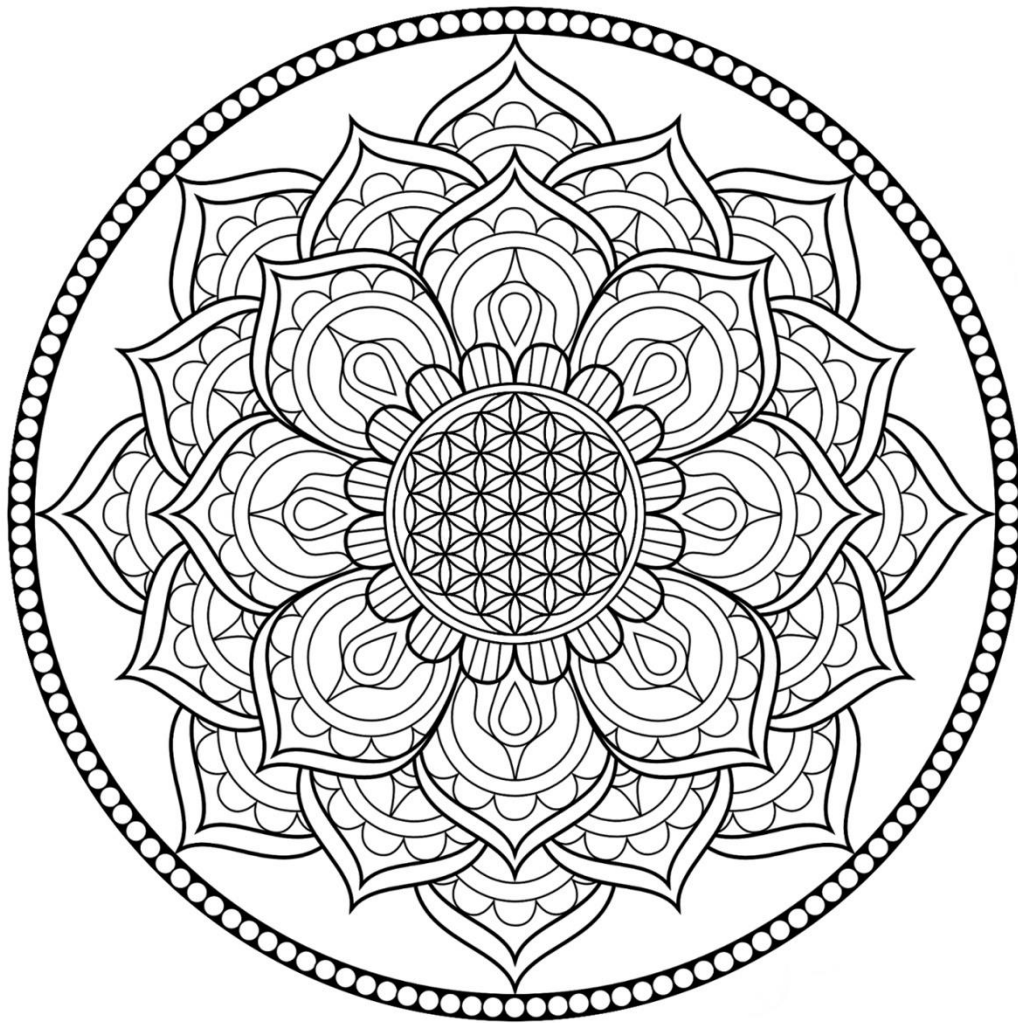
You can select either of the ones I've included in this PDF, once it's complete you can put it somewhere you will see it often or you can do the below exercise if you wish first.

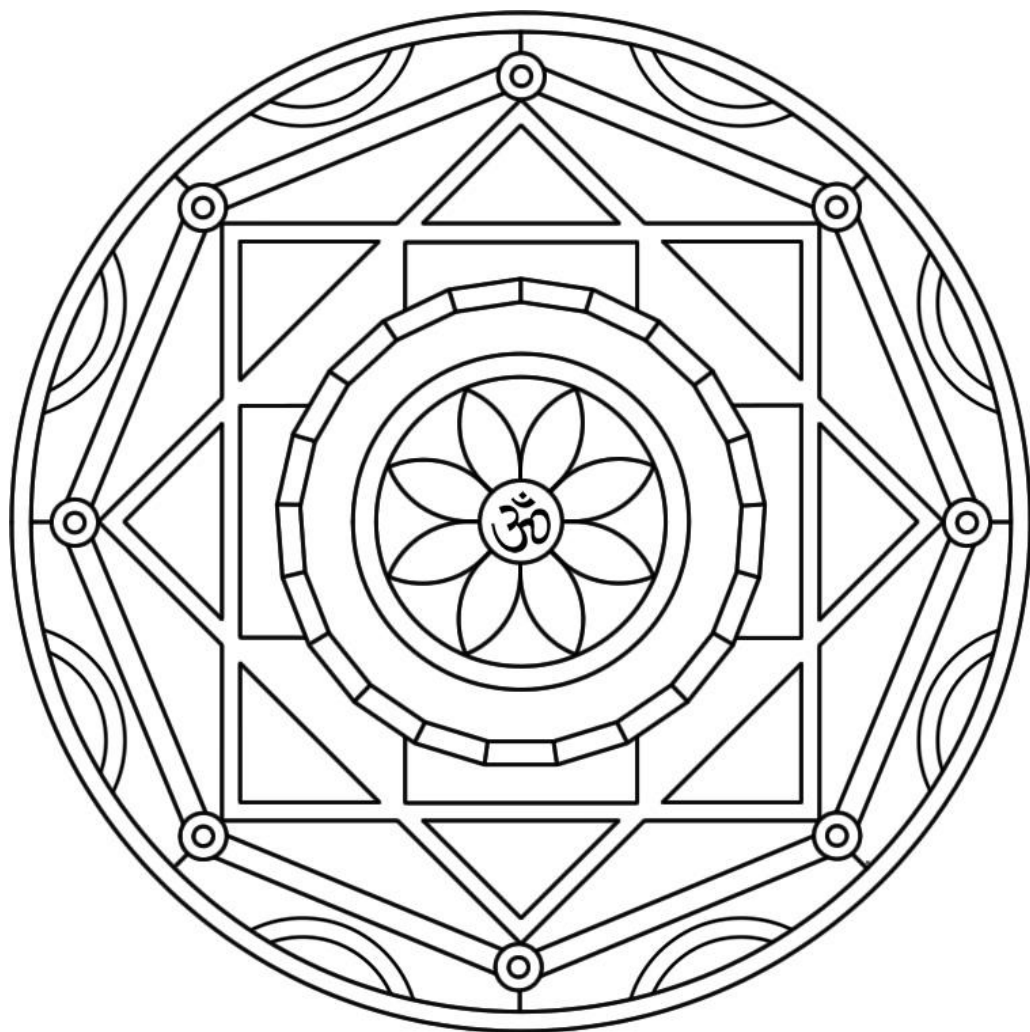
Connect with your mandala

Settle yourself into your meditation cushion / posture keeping your eyes slightly open, soften your gaze and see if you can look at the mandala with your 3rd eye, softening your gaze so much that it might begin to look blurry.

Let the image of your mandala travel to your sacral and hold the image at the level of just below your belly.....Feel it beginning to open this space - leave your eyes open or closed it's up to you. Recite the mantra - *I enjoy life its ok for me to fully embrace and enjoy life, i deserve to enjoy life....*whatever words that you wish to chose to feel and open this chakra, let them fall into this space now, let them sow a seed in your womb that will grow and be nurtured and nourished by you,.....that will be tended to....that will be embodied by you.....

Say the words as if you mean them....let them take hold of you...imagine what it would be like to enjoy every moment fully.....to feel every moment and to flow with the waters of life.....





Permission slips

How often do you look to others for permission or how often do you give yourself permission to be who you truly are meant to be.

We live in a culture where we are programmed from birth to ask “authority figures” for permission for everything. For example, you may have had to ask your parents for permission to eat a snack if you were hungry between meals, maybe you needed to ask permission to use your own money to buy something for yourself or perhaps you even had to ask a teacher to be permitted to use the bathroom in school, and maybe you were told that you could not go until you finished your assignment. These may still play out in adulthood – you don’t buy shoes without checking with your husband, you won’t decide to go to the bathroom until you finish all your work for your boss...

Having to ask or feeling like we have to ask permission creates an environment where many people’s self-worth is attached to their ability to receive permission. Of course, living for what you love means that you also need to give yourself permission to let go of worrying what other people may think of you. When you let go of the need for approval you can begin to live your life’s purpose.

Giving yourself permission to be yourself is a process. It starts with small permissions such as giving yourself permission to rest when you are tired or sick, or giving yourself permission to ask for help when you need it. When you practice these smaller permissions on a regular basis, it becomes easier to give yourself permission to be your true self.

Of course, you may meet some internal resistance when it comes to following through or even beginning to commit to the permission slip. Here’s some hints and tips:

Turn Your Strengths Inwards - If you struggle with giving yourself permission, you probably have a great strength that results in you putting others first just because you’re so darn good at making things work for them. For example, maybe you are super responsible and take care of everyone’s needs at work and home before you take care of yourself and your own needs. The best thing you can do is give yourself permission to apply that strength to yourself and give yourself a permission slip to prioritize self-care. What is it you find so easy to do for others but can’t do for yourself? What is your super strength that can be turned inward?

Learn to Trust Yourself. -Trust yourself to make choices that are aligned to you, for your highest good and the highest good of all.

Let Go of Your Need for Approval - When you seek external permission from others, you are allowing yourself to be judged. As long as you need the approval of others, you will

remain disempowered. Once you stop seeking external approval your ability to give yourself a permission slip when you need one increases greatly.

Feel Your Emotions - When you want to give yourself a permission slip, it helps to allow yourself to feel the emotions associated with whatever you are seeking permission to do. For example, if you are seeking permission to rest, you may need to feel the guilt associated with resting while your family members may want something from you. Remember that your emotions are the connection between your physical body and your spirit. Feeling these emotions is essential to connecting with your higher self and your purpose.

Stop saying “I have to” - When you let go of “I have to” and replace it with “I want to,” you free up tremendous energy to do what you love and be who you are meant to be.

Remember when your mom or dad would write a permission slip if you were late to school for a dentist appointment?

Now, you get to write your own permission slips to help you make the changes you need to continue on your healing journey.

Have some fun with this - get out crayons and markers or use your computer to create forms you can quickly fill in and print out when you need permission. Create sheets of permission slips.

Example of a Permission Slip

NAME: John Doe

I HEREBY GRANT MYSELF PERMISSION TO (tick one or two)

Do less and be more
Let go of control
Surrender
Not be perfect
Laugh at myself
Play
Embrace pleasure
Be more sensual
Let my feminine side out
Tap into my gut feeling / intuition
Receive
Reclaim my right to enjoy life!

Signed:

Date:

Witnessed by:

My Permission slip

NAME:

I HEREBY GRANT MYSELF PERMISSION TO:

Signed:

Date:

Witnessed by: