

WEEK 5 : TREE

THE SHERO RISES

Step 1: Integrate Yin and Yang Energies

“NO TREE, IT IS SAID, CAN GROW TO HEAVEN UNLESS ITS ROOTS REACH DOWN TO HELL.” — C. G. JUNG

The tree is a great metaphor for the integration of the feminine (yin) and the masculine (yang) polarities. It's been a huge source of symbolism in my own healing and embodiment work. Would you say it's the ultimate symbol of balance? Its roots reach into the soil of the earth, into dark matter (yin) representative of the unconscious, the shadow; this is where the source of growth takes place; its branches reach into air and sky (yang), into the light. Finally, the trunk is the meeting point – the belly where digestion, integration, harmony and equilibrium takes place on the physical body level.

Balancing yin and yang energies within ultimately means to cultivate the flexibility to move between the two states of being – the doing and the being, the acting and the receiving.

It's about integrating the inner wisdom, yin, with the outer wisdom, yang, ebbing in and out of both. When there is balance, there is harmony between creativity and productivity, relationship building and problem-solving – support and self-sufficiency – the thinking Vs the feeling body. There is a dance here that takes place. It is between purusha (consciousness) and prakriti (matter); shiva and shakti.

The union of these two states, this 'achievement' is what is called 'Yoga'. There is a wonderful paragraph written by Jane Hirshfield on creative concentration which I feel perfectly captures this yogic state of being:

“By concentration, I mean a particular state of awareness: penetrating, unified, and focused, yet also permeable and open. This quality of consciousness, though not easily put into words, is instantly recognizable. Aldous Huxley described it as the moment the doors of perception open; James Joyce called it epiphany. The experience of concentration may be quietly physical – a simple, unexpected sense of deep accord between yourself and everything. It may come as the harvest of long looking and leave us, as it did Wordsworth, a mind thought “too deep for tears.” Within action, it is felt as a grace state: time slows and extends, and a person's every movement and decision seem to partake of perfection.”

JOURNAL THIS:

Where are you out of balance? Which polarity is dominant within you? What steps can you take this week to arrive to a greater state of inner and outer balance between the stillness Vs the movement?

How can you redress the balance?

WEEK 5 : TREE THE SHERO RISES

Step 2: Shakti – Embody Your Creative Warrior Energy.

IN THE EXTERNAL WORLD, SHE IS THE FORCE OF EVOLUTION,
THE EROTIC THRUST AT THE HEART OF LIFE.” — SALLY KEMPTON

In our patriarchal culture, the outer life is valued more than the inner life. The feminine is denigrated and devalued though we are now waking up to this imbalance.

Reclaiming our feminine power, our emotional body wisdom, our vulnerability – our authentic and dynamic nature – is key in achieving a healthier state of being and therefore a fulfilling life experience. We can take our power back regularly; first with the 4-level check-in meditation followed by art embodiment work and a restorative somatic practice like yoga, qigong or tapping - and not necessarily in that order! Seek tools to move emotions. Add to your warrior's weapon's chest!

To be in constant communication with our emotional body means to be putting our needs first – and it is from this state of self-love and self-care that we can paradoxically offer others, or the world, a selfless service which emanates from our heart – the wholeness of our being. It's not easy surrendering to the painful and uncomfortable emotions. It's easier to reach for the sedative that numbs the feelings, like food, alcohol, cigarettes, being 'busy' – your poison of choice.

To be in right relationship with the feminine is also to seek out connections with other women who operate from this centre of power, or those 'sattvic' pure-intentioned souls who have your back. Souls who enhance your vibration and radiate good energy towards you. You'll recognise your tribe, as there will be no conflict or drama thrown upon you. Reach out for support, for positive feminine connection; cultivate these relationships consciously. Be responsible for the energy you bring too.

Growing up, devotion to the Goddess Shakti, ('Umba Ma' in my mother tongue), or 'Durga' – the Devi – the universal life force energy was a constant. Not only is she the creative principle, but she is depicted as the warrior – the source of Vishnu's power whose role is to restore dharma (righteousness, self-truth and justice) to humankind. To embody Shakti, your creative warrior energy, is to be empowered and strong in your purpose. Remember she is a manifestation of the divine consciousness. Impregnated with the masculine consciousness of Shiva, we become more and more enlightened, we gather more self-knowledge and armed with that, we become powerful creators of our own life.

JOURNAL THIS: Write a letter to your divine feminine. This can be an apology/healing letter/Self-love letter to your inner feminine. How will you honour her now and put her first going forward?

ACTION: Write down and follow through with one action step this week that aligns you with your divine feminine power – this creative-warrior energy. Can you match this action step with your wider vision? How does this step move you closer to it?

WEEK 5 : TREE THE SHERO RISES

Step 3: Practice This Pranayama Technique

WHEN YOU OWN YOUR BREATH, NOBODY CAN STEAL YOUR PEACE.

:: Nadi Shodhana ::

Nadi = subtle energy channel.

Shodhan = cleaning, purification.

Nadi Shodhana or alternate nostril breathing is a wonderful technique to restore balance to mind, body and emotions bringing equilibrium to the left and right hemispheres of the brain. It involves a steady regulation of breath through each nostril, one at a time, whilst closing off the opposite passage.

Practice this breath control (pranayama) exercise to relieve stress and tension and dissolve mental body blocks resulting in more peace, calm and centredness.

It's traditionally used to prepare the mind for meditation, creating a clear channel or 'nadi' for our life force energy, our 'prana' to flow smoothly.

The source of this vital energy is Shakti, the divine feminine consciousness. The cosmic breath, the source of our life force is therefore called, 'prana-shakti'.

Bring yourself back to balance with Nadi Shodhana!

ACTION:

Watch my short video on how to do it below! (Practice on both sides, changing hands, eyes closed if you like). You may wish to incorporate this into your self-care nighttime ritual or perhaps into your regular grounding practice.



WEEK 5 : TREE THE SHERO RISES

Step 4: Root and Rise With This Qigong Technique

“QIGONG IS THE ART AND SCIENCE OF REFINING
AND CULTIVATING INTERNAL ENERGY.”

:: Gathering Earth Energy ::

Qigong is wonderful for healing the body and increasing our vitality. Shakti, our innate power, is primarily acquired through our breath. This ancient practice which has its roots in Daoism is a more gentle practice than hatha yoga, requiring less 'confrontation' with the Self as attention is placed on breath at all times with fluid movements often expressed in standing positions. The focus is energy.

In the Indian and Chinese traditions, the energy from the earth is grounding, rooting and calming and cools the mind. This is yin energy. In this next practice we visualise gathering the earth's energy, picking this energy up which rises through the soles of our feet and lifting it over us with our hands, where it blends with yang (air energy) which we push back through our body.

Can you see the idea here again that to awaken our vitality, to embody our true power, there is an integration or meeting of yin and yang, feminine and masculine polarities?

Fatigue and low energy can be chronic when we are disconnected from Self, when these two energies are not in harmony.

Through regular practice we can increase our vitality by simultaneously visualising and moving our body as if we're drawing 'qi' or vital energy up through the earth and pouring it back down from the sky into our body. The supply is unlimited.

It is through consistency of effort (the warrior mindset) that will deliver you the results! So practice regularly! I have provided a short sequence in this video, however practice this gathering movement at a slower and steadier pace than I've shown you here.



W E E K 5 : TREE
THE SHERO RISES

Step 5: Re-Visit The 4 Level Check-in

“MEDITATE, VISUALIZE AND CREATE YOUR OWN REALITY AND THE UNIVERSE WILL SIMPLY REFLECT BACK TO YOU.” – AMIT RAY

Re-visit the 4 level check-in (Week 1, Step 3) for grounding, balance and integration of mind, body, heart and spirit and write down what arrived on each of these levels, where possible:

Mental Body:

Emotional Body:

Physical Body:

Spiritual Body:

JOURNAL THIS + ACTION:

Write down ONE STEP you'll take to meet the need that is arising on each of these layers.

For ideas:

Mental body: Write down your thoughts, then re-shape them, how can you solve the problem or stories that are arriving? End the stream of consciousness with 3-5 things you're grateful for.

Physical body: Fit in your 20-30 minute work out today or schedule it in this week. If you're exhausted, schedule in rest/self-care time.

Emotional body: Draw an image of how you're feeling. Ask if it has a message for you and finish the statements, I am, I want, I need. Practice EFT (Emotional Freedom Technique.)

Spiritual body: Schedule in and practice a 5-10 minute meditation today.

W E E K 5 : TREE
THE SHERO RISES

Step 6: Arise, Great Warrior, Arise.

“TO THE PERSON WHO DOES NOT KNOW WHERE HE WANTS TO GO THERE IS NO FAVORABLE WIND.” — SENECA

JOURNAL THIS:

- 1) When I have integrated the sage and the warrior – the woman of peace and of action, when I am in total harmony and balance, who am I?
- 2) What does my world look like? What am I doing? How am I living daily?
- 3) Pause on your 5-week journey so far – what changes or improvements have occurred since Week 1? What have you learnt?
- 4) Evaluate your actions so far. Have you consistently shown up for yourself and gone through each step of each week? How satisfied are you with your progress?

ACTIONS:

- 1) Collect images for this visualization for your vision board for Week 6.
- 2) What can you do NOW to ensure you complete the course with the satisfaction that you reclaimed more of your power and aligned deeper with your vision?



W E E K 5 : T R E E



Become as bold and as strong as a mighty tree this week! Root down and rise up by integrating your inner masculine and feminine energies! Experience this wholeness within you.

You are complete. Feel it. Know it.

Look out for the link to schedule your final 30 min check-in session!

I'd love to know how you got on!

Share your progress in the [Shero Rises Facebook group](#), this will help others keep up and follow through.

Have any questions?

Email me: payal.mindbodyspurityyoga@gmail.com

Stay connected :)

::Payal::

