

WEEK 6 : DANCER

ACTIVATE YOUR VISION

Step 1: Dance, Dance, Dance!

“ONE MUST STILL HAVE CHAOS IN ONESELF TO BE ABLE TO GIVE BIRTH TO A DANCING STAR.” – FRIEDRICH NIETZSCHE

Would you believe me if I told you I've been coming into greater alignment with myself through dancing? It's the truth. Dancing is a form of self-protection; as you express your power here – your joy – the creative energy of Shakti – you're expressing your yes and no, the feminine and masculine – your body and emotional content. You can protect your energy through dancing.

When life gets tough, dance to stay in your power! Through embodiment practices (writing and art included) we're able to integrate our inner wisdom as a special communication occurs between body, breath, spirit and emotions. There is power in movement. Dancer pose or Natarajasana symbolises cosmic creation – the cycle of birth/life/death – it is the pose of transformation and embodies the energies of Shiva and Shakti. Shiva, the lord of dance is our container, the masculine, helping us root into our truest selves. In this posture Shiva embodies our foot and leg that is planted into the ground along with the steady focused gaze ahead – our consciousness. Shakti is our creative warrior energy representing the upper body in this pose, the open chest and lifted heart – her creative play.

Natarajasana is the ultimate yoga posture representing our life cycles; chest, chin and arm reaching up and forward – this is our purpose to seek the play, to create, envision, dance with life, whilst rooting in the darkness, in the soil, in the earth. From here, armed with self-knowledge we can grow strong and consciously create our life experiences and bring into our reality whatever we allow ourselves to imagine.

Strip away the obstacles, become the dance and the dancer – own your life and then shape it like an artist, who risks the unknown and moves with the rhythm of the brush. The dancer pose is essentially one of balance, and yoga is the balancing of our mind, body, heart and spirit – our many layers. Ultimately yoga practice always comes back to two main macrocosmic polarities – the sun (masculine) and the moon (feminine). Its microcosmic aspects are mirrored in our physical bodies – our indwelling solar and lunar energies, shown in our innate ability to both heat up and cool down. As we continue to integrate these masculine and feminine polarities we begin to experience an inner unity, this sense of wholeness is what heals the disconnection within ourselves, this separateness which has been causing us chaos in our external reality. Relationships are our mirrors for this unease and sense of disconnection. If there is an outer conflict, know that you can conquer from within; when you succeed, watch the outside change.

Our outer world begins to transform when we become in right relationship with our own Self, when we create more consciousness through our resources of choice, but the work is ongoing. It is a process. We are creators. We are never finished. So keep on grounding and rooting down, whilst reaching for our pleasures and soaring. When we are content, we make others content. This is our service and dharmic offering. Do what you love. Do what comes naturally to you. Come into harmony, in yoga, and keep on rising Sister, Goddess, Warrior!

JOURNAL THIS: What have been your tools and resources (includes systems of support) so far that have allowed you to ground yourself, yet move steadily forward? – Name them.

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Step 2: Reclaim Your Power

“MASTERING OTHERS IS STRENGTH. MASTERING YOURSELF IS TRUE POWER.” – LAO TZU

If you remember earlier in the course I asked you what does it mean to reclaim your power? Read through your journal or remember what this felt like through visualisation. What did this mean to you? Freedom, safety, stability, independence etc. Simply by recalling our visions we can set ourselves back on the right path!

We've learned so far that a large part of reclaiming our power means to do our emotional body wisdom work. This means when turmoil greets us, we must not give in to the paralysis – move the body, write, draw, communicate with the denser emotions, whether this is guilt, shame, anxiety, pain or grief – they are longing for your connection. Give them the gift of your attention and they will, in return offer you the remedy you need. Use the resources and tools given in this course – videos, audio podcasts, written guidance, the live class – and consciously choose to reshape the chaos, turn your pain into your power.

Another way to reclaim personal power is to say No. As sensitive beings we must do the work to strengthen our boundaries. We have no shortage of intruders! I know. They keep coming so we can practice and get better at it. There will come a time when you will have to resolutely choose you and remove yourself from lower vibrations – or your destiny cannot meet you. Aim for non-violent communication, keeping anger as your ally should that fail. Practice, practice, practice. The alternative is to remain paralysed, repeating old patterns of behaviour which result in only you and your peace of mind suffering.

Shero, enough! No more. That warrior within you has a higher purpose. Serve the greater good. Align with your inner peace and vision. Use the sword of your self-knowledge and 'hack away at the unessential.' (Bruce Lee's words ;)) Remove the clutter and the noise! This is how we take responsibility for our past and present actions, this is how we begin to reclaim our power. Our focus then is to rebuild and create new experiences – new kinds of connections, things that become our new normal. The past has no power when your attention is on the Now and the New.

JOURNAL THIS:

What new things are you creating in your life? Evaluate in what ways you've taken steps to reclaim and own the power that you now have. What has worked for you? What has not worked? Observe the resources that have kept you empowered. What new tools could you seek to cultivate more self-love and care, resources to help you align with your purpose?

If no progress has been made since Week 1 – write down Why? Keep writing – like a stream of consciousness to get to the root of the lack of movement. What is the pay off in being stuck where you are? What does it cost you and those around you? Is it worth it? What clear action steps are you going to take right now to own your experiences and re-shape your life?

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Step 3: Align With Your Vision

“A CLEAR VISION, BACKED BY DEFINITE PLANS GIVES YOU A TREMENDOUS FEELING OF CONFIDENCE AND PERSONAL POWER.”

– STEFAN SILLNER

There are many ways to bring our ethereal visions into material form. Here are some: Saying Yes to opportunities. Not denying our own nourishment! Practicing self-care as this places us in a state of “I am worthy” – of saying yes to more good things. Taking sensible risks. Being focused, fierce and relentless in the pursuit of our goals. Writing. Creating. Art making. Dancing. Have you noticed that in all of these things we are embodying the warrior? The one who roots in their essence, their sense of duty (or dharma) and acts.

The dream won't magically appear in your life unless there is some action on your part, however small. Big action steps, logically speaking, reap bigger results. Are you aligning with the vision that you had created in Week 1? To make this more clear – are your day-to-day actions supporting your intentions?

ACTION:

Revisit the opening ceremony and the email questions I set at the start of the course about your obstacles and what you'd like to achieve. Read through your answers. What did you notice?

As we move towards our final plan to create a Vision Board, I'd like you to choose what this vision will represent, which you will then capture through images, words, drawings. Is this a long-term vision? Perhaps an overall life-purpose vision? Or is this a short-term 3-6 month goal?

If you are experiencing stagnation, I recommend creating a vision board for the next 3-6 months. This means you're aiming to achieve the goals on your board by this time frame. Choose the theme of your vision (if it is not an overall life-purpose one). Perhaps choose one area of your life like health, relationships or career. It can be all, but be specific – take notes about what specific outcomes you're aiming to accomplish. Perhaps you'd like to visit a new country, a foreign place, or there are specific people you'd like to meet; connections you'd like to make. What would you like to learn or become? How do you wish to feel?

Peel back the limitations that are set in your mind. Think bigger than you had just thought!

JOURNAL THIS:

What do I need to do to get round current obstacles that stop me from aligning with this vision? State 3 main obstacles. What do I need to do to eliminate these obstacles? State 3 or more solutions.

ACTION: List 3-5 small action steps to take to meet these needs. Set yourself deadlines for these tasks.

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Step 4: The Art of Manifestation

WHAT YOU THINK ABOUT AND FEEL,
YOU BRING ABOUT AND HEAL.

Embodiment is the key to manifestation. Your physical and emotional body layers of your being are your magical instruments. Your portals which bring the unmanifest (purusha) to the manifest world (prakriti).

When we are emotionally and physical blocked (1st and 2nd chakras which are linked to the material world) we find it difficult to receive new energy. When we experience resistance, frustration or 'stuckness' and conflict – this is a signal of blocked energy. There are tools to keep energy moving. On top of art therapy, yoga and writing, I use EFT (Emotional Freedom Technique) to deepen the awareness of the challenges, to release blocks and lessen the intensity of the overwhelm.

We manifest from the feeling level, not the thinking level. Connect first with the feeling and let that feeling create the thought. This is what it means to consciously create our life. Stating affirmations without feeling and experiencing the vision on the physical body level brings little fruit. Think with the whole body – the multiple aspects of your being. Bring balance to the layers by being conscious of what you're experiencing (4-level check-in).

Follow up with techniques which pin down this experience so we can see it in form. These techniques can include writing, art-making, dreaming and visualising it consistently (but making sure to feel what arrives in the physical body); making moon mandalas, vision boarding and even using the power of your voice – saying what you desire out loud – feeling its potency in your body too.

I love the symbolic aspect of the mandala – the wholeness it represents, the sense of completion when I've decorated it and filled it with my dreams! It acts as a container – a focal point. It feels good to look at it. This is how your vision board should feel – good – great – exciting! My vision board makes me feel energised each morning I look at it. If I feel myself waver, I glance at it and it brings me back to focussing on what's important without much effort.

Place it where you can see it easily – make sure there is no obstruction to view the board. You could even create a large cardboard mandala and use that for your vision board! Be creative. Choose how you'd like your board to look – it could be a simple square or rectangle – what would make you smile each time you gaze at it? Think about colours that reflect the feelings you wish to embody and achieve when these goals are met. For e.g. the foundation of my current board is gold.

ACTION: Choose the base that will be your vision board and get its foundation (background) ready.

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Step 5: Gather Images For Your Vision Board

“TRUST YOURSELF. THINK FOR YOURSELF. ACT FOR YOURSELF.
SPEAK FOR YOURSELF. BE YOURSELF. IMITATION IS SUICIDE.”
– MARVA COLLINS

For our live party at the end of the week, we can cut out and stick the images on our boards together. Your only task is to gather the books, print outs, magazines, newspapers, your colouring tools, scissors and glue etc.

Browse from a variety of sources to identify potential images for your board to create a collage. Pick images that appeal to you whether it's a person smiling next to a lake, or someone rolling in money, a photo of the perfect family... you get the picture! Be specific to your vision!

If you have trouble collecting images that perfectly support your goals – then choose images that feel good or paint it, write on the board in an artful way etc. Here are some guiding questions to help you get specific with your vision to choose or create suitable images:

What would I like to learn?
What specific things am I doing?
Who will I become?
Who am I helping?
Who will I meet and be surrounded by?
Who is supporting me?
Where am I living?
How am I feeling?
What am I achieving?

Think about some “I am” statements to include on the board, whether you'd like to write, draw or paint this in! Annotate your board as you wish.

Think about the processes and steps you'll be taking to get to the end goal – so even source images to show you're taking these steps! Gain an idea of what these images evoke. What colours, thoughts, feelings?

Each image holds an emotional content. Place your attention on this – remember it is from the feeling level that we manifest!

ACTION: Revisit your Chief Definite Aim (**Week 1**) and begin to gather potential content for your board!

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Step 6: Join The Live Vision Board Party!

“HOLD THE VISION, TRUST THE PROCESS.”

We can browse through our magazines and other mediums for our images live if you don't get time! We can cut them out together so don't feel under pressure to catch up. Even if you're still halfway through the course, just show up!

Your presence with a board and your art tools is all that you need. We will create our boards together – there is more power in this – see our female gathering as a charging of power to our vision! Just continue to look for inspiration for your vision board. It will be a casual affair!

Your vision board is just for you, it's private, so no need to share anything on it unless you want to!

Bring food and drinks, snacks etc. It's a party!

ACTION: Please reply to my email so I can choose a date and time according to your availability.

WHEN: The date will be updated here.

WHERE: The link to join [google hangouts](#) will be live on the course page nearer the time!

Otherwise, I'm looking forward to seeing you and just enjoying each other's company. It will be open for a 2 hour slot and you can leave at any time! :)

There is a great therapeutic benefit in repurposing images for vision board making!

Creativity is the source of manifestation and power – the key to aligning with our vision, I guarantee it to be fun!

See you there!

Thank you very much for letting me be your guide in these past 6 weeks!

I wish you every success for your path and vision.

Rise up!

Payal xo

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Join me live to activate your vision this week!

Evaluate and reflect on the deepest desires you hold for yourself! Get real on what is working and what isn't. Move towards what you love to do. Sever the ties with what doesn't align with your vision. It is time for you to embrace your destiny.

Believe it.

Keep going! I've got your back!

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

It's been a pleasure to be your guide. Thank you :)

::Payal::

