



CELESTIAL SOL INFINITE BLISS



DISCOVERING YOUR TRUE SELF THROUGH
MEDITATION

WRITTEN BY CARISSA LEILANI



ABOUT THE WORKBOOK



WELCOME,

I'M SO EXCITED TO HAVE YOU HERE AND I CAN'T WAIT TO HELP YOU TRANSFORM YOUR LIFE.

THIS WORKBOOK WILL ACCOMPANY YOUR VIDEO COURSE AND HELP YOU DIVE DEEPER INTO YOUR MEDITATION JOURNEY. THIS WILL HELP YOU DISCOVER AND REFLECT MORE ABOUT YOURSELF AND YOUR GOALS AND WAYS TO ACHIEVE THEM.

THROUGH A SERIES OF FUN ACTIVITIES, REFLECTIVE JOURNAL PROMPTS, A VISUAL CALENDER TO NOTATE YOUR PROGRESS, PLUS TIPS, TRICKS AND RITUALS TO HELP YOU MAINTAIN A CONSISTENT PRACTICE- YOU WILL HAVE EVERYTHING YOU NEED TO BEGIN A LIFE LONG JOURNEY WITH MEDITATION AND DISCOVERY INTO YOUR CELESTIAL SOL.

ARE YOU READY TO FIND THE UNIVERSE INSIDE YOU?

Carissa xxoo



CELESTIAL SOL

INTRODUCTION



“THE BEST TIME TO PLANT A TREE WAS 20 YEARS AGO. THE SECOND BEST TIME IS NOW.”

CONGRATULATIONS ON DELVING INTO YOUR INNER WORLD AND EMBRACING MEDITATION. JUST LIKE STARTING A PHYSICAL FITNESS ROUTINE, MEDITATION DEMANDS LEARNING, DEDICATION, TIME, PATIENCE, AND CONSISTENCY. RESULTS AREN'T IMMEDIATE, AND MAINTAINING MOTIVATION CAN BE CHALLENGING. SIMILAR TO A WORKOUT PLAN, PROGRESS IS ACHIEVED THROUGH CONSISTENT SMALL STEPS, EVEN IF NOT ALWAYS VISIBLE. EVENTUALLY, YOU'LL LOOK IN THE MIRROR AND SEE A CHANGED REFLECTION STARING BACK AT YOU.

AFTER YEARS OF PRACTICE, EXPERIMENTATION, OVERCOMING LIFE'S OBSTACLES, AND RESEARCH, I HAVE FOUND WAYS TO SIMPLIFY MEDITATION AND MAKE IT MORE ATTAINABLE. BY FOLLOWING THESE STEPS, YOU CAN SET YOURSELF UP FOR SUCCESS AND REMOVE MOST OBSTACLES. IT IS ADVISED TO TRY OUT EACH MEDITATION TECHNIQUE MULTIPLE TIMES BEFORE SELECTING THE ONE THAT RESONATES MOST WITH YOU FOR OUR CHALLENGE. WITH THESE TOOLS, YOU WILL BE READY TO BEGIN A REWARDING JOURNEY AND UNCOVER YOUR INNER ESSENCE. LET'S BEGIN.



COURSE

TIMELINE

WEEK 1

- BEGIN BY LOOKING THROUGH THE WORKBOOK AND FAMILIARIZING YOURSELF WITH THE SECTIONS AND OBJECTIVES.
- COMPLETE SELF- ASSESSMENT.
- IN COURSE LIBRARY, WATCH “TUNE IN” “BHANDAS” “BASIC WARM UPS” “TIPS AND TRICKS” AND BEGIN PRACTICING “BREATH OF FIRE” DAILY.
- BEGIN TRACKER.

WEEK 2

- FILL OUT GOALS SECTION OF WORKBOOK.
- IN LIBRARY, BEGIN BY TUNING IN, DOING BASIC WARM UPS AND BREATH OF FIRE AND THEN PRACTICE ONE MEDITATION DAILY. CHOOSE FROM:

MEDITATION FOR EMOTIONAL BALANCE, MEDITATION FOR OVERWHELM AND MEDITATION FOR MENTAL CONTROL. REPEAT THESE 3 MEDITATIONS THROUGHOUT THE WEEK.

- USE JOURNAL PAGES WHEN FINISHED WITH EACH MEDITATION. .

WEEK 3

- READ THE ART OF MEDITATION, PHYSICAL SECTION.
- IN LIBRARY, TUNE IN, DO BASIC WARM UPS, BREATH OF FIRE, THEN CHOOSE FROM:

MEDITATION TO ELIMINATE KARMA, MEDITATION TO CONQUER INNER ANGER, MEDITATION TO CREATE CALIBER, AND KARANI KRIYA. CHOOSE ONE MEDITATION DAILY.

- USE JOURNAL PAGES TO REFLECT WHEN FINISHED.

COURSE TIMELINE

WEEK 4

- READ THE ART OF MEDITATION, EMOTIONAL SECTION.
- IN COURSE LIBRARY, FIRST TUNE IN, DO BASIC WARM UPS, BREATH OF FIRE, THEN CHOOSE FROM:

DIVINE SHIELD MEDITATION, KIRTAN KRIYA, AND BHANDU DYA KRIYA. ONE MEDITATION PER DAY.

- USE JOURNAL PAGES TO REFLECT AFTER.

WEEK 5

- READ THE ART OF MEDITATION, ENERGETIC SECTION IN WORKBOOK.
- IN COURSE LIBRARY, TUNE IN, DO BASIC WARM UPS, BREATH OF FIRE, THEN MEDITATE WITH RA MA DA SA, ANTAR NAAD, AND MEDITATION FOR PROSPERITY. CHOOSE ONE DAILY.
- USE JOURNAL PAGES TO WRITE REFLECTIONS AFTERWARD.

WEEK 6

- FILL OUT REFLECTIONS PAGE IN WORKBOOK.
- IN COURSE LIBRARY, REVIEW MEDITATIONS. REVIEW JOURNAL PAGES AND CHOOSE A FEW THAT REALLY RESONATED WITH YOU. PRACTICE THEM AGAIN THROUGHOUT THE WEEK.
- READ CHALLENGE AND CHALLENGE GOALS SECTIONS IN WORKBOOK. FILL OUT GOALS.
- CHOOSE ONE MEDITATION. CHOOSE AMOUNT OF TIME. BEGIN YOUR CHALLENGE.



COURSE SECTIONS

WELCOME

INTRODUCTION

SELF-AWARENESS ASSESSMENT

GOALS

MASTERING THE ART OF MEDITATION

TOOLS LIST

MEDITATION JOURNAL

REFLECTIONS

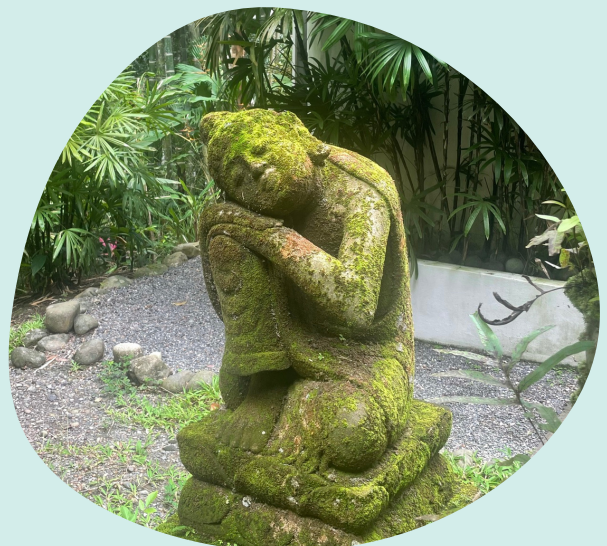
WEEKLY TRACKER

CHALLENGE

CHALLENGE GOALS

CONTINUED EDUCATION

CONTACT



LETS GET REAL

SELF-AWARENESS ASSESSMENT

TO KNOW WHAT WE WANT IS TO KNOW WHO WE ARE AND WHAT WE NEED TO GET WHERE WE WANT. WE CAN DO THIS BY FIRST ASSESSING OUR SELF AWARENESS. ANSWER THESE QUESTIONS HONESTLY AND USE THIS EXERCISE PERIODICALLY TO SEE HOW THINGS ARE MOVING AND CHANGING (OR NOT). BE AS SPECIFIC AS POSSIBLE.

● WHAT DOES THE HIGHEST VERSION OF MYSELF LOOK LIKE?

● IN THIS VERSION, HOW DO I ACT AND CARRY MYSELF?

● IN THIS VERSION, HOW DO I FEEL AND PROCESS EMOTIONS?

● IN THIS VERSION, HOW DO I TALK TO MYSELF?

● IN THIS VERSION, HOW DO I COMMUNICATE AND INTERACT WITH OTHERS?



LET'S GET REAL

SELF-AWARENESS ASSESSMENT

● HOW DO I TALK TO MYSELF?

● HOW DO I CARE FOR MYSELF?



NOW, LET'S LOOK AT THE PRESENT MOMENT.
AGAIN, BE AS SPECIFIC AS POSSIBLE.



● WHO AM I AT THIS STAGE IN MY LIFE?

● AM I BEING THE SAME PERSON ON THE OUTSIDE THAT I AM IN THE
INSIDE?



LETS GET REAL

SELF-AWARENESS ASSESSMENT

- WHICH NEGATIVE HABITS OR TRAITS DO I FREQUENTLY DISPLAY OR DEFAULT TO?
- WHAT WAYS CAN CHANGE THIS? (EXAMPLE: NOTICE REACTIONS IN REAL TIME, PAUSE AND MAKE A DECISION OUT OF AWARENESS INSTEAD).
- WHAT WOULD I LIKE TO IMPROVE?
- HOW CAN PRACTICING MEDITATION ASSIST IN DISCOVERING THE BEST VERSION OF MYSELF?



UNDERSTANDING

GOALS

ACHIEVING SUCCESS HINGES ON TAKING ACTION AND UNCOVERING OUR INNERMOST ASPIRATIONS. IF YOU HAVE NUMEROUS GOALS, SIMPLY PRINT ADDITIONAL PAGES. UTILIZE THE TABLE TO UNCOVER YOUR GENUINE DESIRES AND HELP YOU TO UNDERSTAND AND VISUALIZE YOUR GOALS WITH A MEDITATION PRACTICE OR OTHERWISE. .
WE NEED TO KNOW WHAT WE REALLY WANT AND WHY.

GOAL: I'D LIKE TO HEAL MY BROKEN HEART FROM UNPROCESSED GRIEF AND FROM A BREAKUP

WHAT WILL THIS GIVE YOU?

FREEDOM FROM THE WEIGHT AND PAIN, FROM NOT BEING ABLE TO TRUST.



AND WHAT WILL THIS GIVE YOU?

IF I HEAL MY HEART IT WILL GIVE ME THE STRENGTH TO MOVE ON.



AND WHAT WILL THIS GIVE YOU?

THE ABILITY TO OPEN MY HEART AND LOVE AGAIN,,
TO FIND MYSELF AGAIN.



AND WHAT WILL THIS GIVE YOU?

THE ABILITY TO TRUST AND FIND PEACE.



SO, WHY IS THIS GOAL IMPORTANT?

I NEED TO FIND PEACE WITHIN MYSELF IN ORDER TO LOVE AGAIN.

EXAMPLE PAGE



UNDERSTANDING

GOALS

NOW YOUR TURN:

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



SO, WHY IS THIS GOAL IMPORTANT?



MASTERING THE ART OF MEDITATION

EXPLORE PROVEN TOOLS THAT CAN TRANSFORM YOUR MEDITATION PRACTICE INTO A MEANINGFUL RITUAL IN YOUR DAILY LIFE. FEEL FREE TO UTILIZE AS MANY OR AS FEW TOOLS AS YOU FIND SUITABLE.



SECTION 1- PHYSICAL

- A. SPACE
- B. BODY
- C. SENSES
- D. CONNECTION



SECTION 2- EMOTIONAL

- B. BREATH
- C. CENTERING
- D. ALLOWING AND RELEASING



SECTION 3- ENERGETIC

- A. SMOKE CLEARING
- B. SOUND HEALING
- C. CONNECTING TO NATURE
- D. MOVEMENT



MASTERING MEDITATION

PHYSICAL

AS WE EMBARK ON THIS JOURNEY, UNDERSTANDING THE BEST PRACTICES AND PROVEN TECHNIQUES IS CRUCIAL FOR A SUCCESSFUL START. THIS GUIDE IS DESIGNED TO SUPPORT YOU, BUT FEEL EMPOWERED TO DISCOVER WHAT WORKS BEST FOR YOU BY TRUSTING YOUR INTUITION AND BODY. EMBRACE EXPERIMENTATION TO GRASP THE EFFECTS OF THESE TECHNIQUES ON YOUR BODY.

CREATING THE IDEAL MEDITATION ENVIRONMENT CAN GREATLY ENHANCE YOUR PRACTICE, SO LET'S FOCUS ON ESTABLISHING THE PROPER PHYSICAL SPACE AND ATTENDING TO OUR BODIES:

1.
 - TO ENHANCE YOUR PRACTICE, DESIGNATE A SPECIFIC SPACE OR TWO WITHIN YOUR HOME (ONE INDOORS AND ONE OUTDOORS PERHAPS). THIS HELPS ESTABLISH THE RIGHT AMBIANCE AND ENERGY FOR YOUR PRACTICE.
 - KEEP THE SPACE CLEAN, TIDY, AND FREE OF CLUTTER, ENSURING THERE IS NO DEBRIS. INCLUDE A COZY CUSHION, MEDITATION SEAT, PILLOW, BLANKET, OR EVEN A CHAIR IF SITTING ON THE GROUND IS NOT COMFORTABLE FOR YOU.
 - AIM FOR A PEACEFUL ATMOSPHERE IN YOUR SPACE AND CONSIDER ADDING ITEMS THAT BRING YOU JOY.

MAINTAINING POSTURE:

2.
 - IT IS ESSENTIAL TO SIT WITH A STRAIGHT SPINE WITHOUT LEANING ON ANY SURFACE.
 - AVOID SLOUCHING AGAINST A WALL OR THE CHAIR BACK.
 - VARIOUS MEDITATIONS CAN BE DONE IN DIFFERENT LOCATIONS OR POSTURES:
 - FOR EXAMPLE, CERTAIN MEDITATIONS CAN BE PRACTICED IN WATER, LYING ON YOUR BACK OR STOMACH, WITH LEGS IN DIFFERENT POSITIONS, OR IN SPECIFIC YOGA POSES. YOU WILL SEE A VARIETY OF THESE IN THIS COURSE.





MASTERING MEDITATION

PHYSICAL

3.

PLANTS ARE A FANTASTIC ADDITION TO YOUR MEDITATION AREA. THEY NOT ONLY PURIFY THE AIR, MAKING BREATHING EXERCISES EASIER, BUT ALSO CREATE A CALM ATMOSPHERE. CONSIDER INCORPORATING SNAKE PLANTS, ENGLISH IVY, RUBBER PLANTS, PHILODENDRONS, BOSTON FERNS, DIFFERENT TYPES OF PALMS, AND CHINESE EVERGREENS FOR OPTIMAL BENEFITS.

4.

THE BODY ALSO REQUIRES PREPARATION. SIMILAR TO HOLDING TOXINS AND WASTE, OUR BODY RETAINS STAGNANT ENERGY THAT NEEDS TO BE ELIMINATED BEFORE MEDITATION. THIS CAN BE ACHIEVED THROUGH YOGA ASANAS, OR POSES. CHECK OUT "BASIC WARMUPS" IN THE LIBRARY FOR A SELECTION OF POSES THAT AID IN RELEASING ENERGY FROM THE SPINE BEFORE MEDITATION.

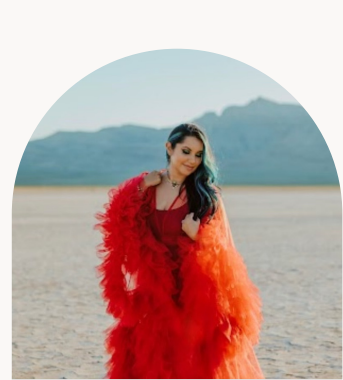
5.

WHEN PREPARING FOR MEDITATION, IT IS GENERALLY RECOMMENDED TO AVOID CONSUMING FOOD AND DRINKS, ESPECIALLY CAFFEINE AND ALCOHOL. ALCOHOL IS KNOWN TO HINDER MEDITATION PROGRESS, SO IT'S BEST TO ABSTAIN FROM LIQUOR 24 HOURS BEFORE YOUR PRACTICE. STAYING HYDRATED IS CRUCIAL, SO FEEL FREE TO DRINK WATER AS IT HELPS IN MAINTAINING CLEAR CONNECTIONS WITH THE FREQUENCIES DURING MEDITATION.

6.

OUR MASTER MERIDIAN POINT IS LOCATED ON THE ROOF OF OUR MOUTH BEHIND OUR TEETH. WHEN YOU'RE NOT IN A MEDITATION THAT INVOLVES USING YOUR TONGUE, PLACE YOUR TONGUE ON THIS SPOT.





MASTERING MEDITATION

EMOTIONAL

OUR UNDERSTANDING OF OUR EMOTIONAL STATE IS AS CRUCIAL AS BEING AWARE OF OUR PHYSICAL WELL-BEING BEFORE MEDITATION. YES, WE CAN MEDITATE WHEN FEELING DOWN OR LOW ON ENERGY; THERE ARE SPECIFIC MEDITATIONS FOR JUST THAT. HOWEVER, LET'S FOCUS ON MAKING IT AS EFFORTLESS AS POSSIBLE TO TRANSITION INTO OUR PRACTICE.

1. BREATH - THE MOST POWERFUL METHOD TO MANAGE OUR EMOTIONS BOTH ON AND OFF THE MAT IS BY BEING MINDFUL OF OUR BREATH AND KNOWING HOW TO LEVERAGE IT EFFECTIVELY. PRIOR TO STARTING ANY PRACTICE, WE CALM OUR ENERGY THROUGH CONTROLLED BREATHING. BY CLOSING OUR EYES AND TAKING SEVERAL DEEP BREATHS IN AND OUT, WE ANCHOR OUR THOUGHTS IN THE CURRENT MOMENT. THE VIDEO MODULES WILL INTRODUCE YOU TO A BENEFICIAL BREATHING EXERCISE CALLED "BREATH OF FIRE." UTILIZE THIS TECHNIQUE TO FOCUS AND GATHER YOUR ENERGY BEFORE EACH SESSION OR AS REQUIRED.

2. GROUNDING INVOLVES FOCUSING ON THE PRESENT MOMENT, CONNECTING WITH THE PHYSICAL WORLD BY FEELING THE EARTH BELOW AND THE AIR AROUND YOU. START BY CENTERING YOURSELF WITH YOUR BREATH AND THEN ENGAGE YOUR SENSES OF TOUCH, SMELL, TASTE, VISION, AND HEARING TO ANCHOR YOU IN THE PRESENT. REMEMBER THE SAYING, "THE KEY TO HEALTH AND HAPPINESS IS LIVING WISELY AND EARNESTLY IN THE PRESENT, WITHOUT DWELLING ON THE PAST OR WORRYING ABOUT THE FUTURE." BEFORE STARTING ANY PRACTICE, IT'S ESSENTIAL TO ESTABLISH THIS MINDFLOW.

3. DURING YOUR PRACTICE, ALLOW THOUGHTS TO COME WITHOUT JUDGMENT. USE YOUR BREATH, AWARENESS, (AND WHEN APPLICABLE, MANTRAS) TO GUIDE YOU BACK TO THE PRESENT MOMENT. THINK OF MEDITATION LIKE AN EXERCISE FOR YOUR BRAIN, WITH EACH TIME YOU BRING THE AWARENESS BACK, YOU ARE TRAINING YOUR MIND TO FIND THE PRESENT. JUST LIKE TRAINING A MUSCLE, IT MAY BE DIFFICUT AT FIRST , BUT AS YOU BUILD WITH CONSISTENCY, IT GETS EASIER OVER TIME.





MASTERING MEDITATION

ENERGETIC

OF THE THREE THINGS WE ARE FOCUSING ON, THIS IS THE MOST DIFFICULT TO GRASP... AT FIRST. LET'S LOOK AT DIFFERENT WAYS TO UNDERSTAND AND WORK WITH OUR ENERGY BEFORE, DURING AND AFTER MEDITATION.

YOUR ENERGY/ELECTROMAGNETIC FIELD/AURA IS ALL DETERMINED BY THE SUM OF ITS PARTS- YOU. YOUR MIND. YOUR EMOTIONS. YOUR STRESS LEVEL. YOUR BODY. YOUR HEALTH. YOUR CAFFEINE INTAKE. YOUR WATER INTAKE. YOUR BREATH PATTERNS. ALLERGIES. YOUR RELATIONSHIPS. YOUR SECURITY. ETC ETC ETC. THERE ARE SO MANY THINGS THAT FACTOR INTO YOUR ENERGY ON A MOMENT TO MOMENT BASIS, THAT IT IS ALMOST IMPOSSIBLE TO NAME THEM ALL. WHAT WE CAN DO THOUGH, IS USE TRIED AND TRUE WAYS TO CLEANSE IT AND SETTLE IT BEFORE MEDITATION.

1.

SMOKE CLEARING-

2.

THIS CAN BE DONE WITH SMOKE- SAGE, PALO SANTO, JUNIPER, INCENSE, COPAL, AND VARIOUS OTHER HERBS AND RESINS CAN BE USED TO SMOKE CLEAR. THIS IS DONE TO PURIFY SPACES, RID OF NEGATIVE ENERGIES, AND PROMOTE HEALING, PROTECTION AND WISDOM. IN TIME, IT HAS BEEN FOUND THAT MANY OF THESE HERBS HAVE ANTIBACTERIAL, ANTIMICROBIAL AND MEASURABLE HEALING PROPERTIES.

* IT IS IMPORTANT TO NOT USE THE WORD "SAGING" AS THAT IS A SACRED INDIGENOUS PRACTICE, ONE THAT INDIGENOUS PEOPLE WERE PERSECUTED FOR DOING. TO HONOR THOSE WHO ORIGINATED THE PRACTICE WITHOUT APPROPRIATING IT, PLEASE USE THE TERM "SMOKE CLEARING."

SOUND HEALING-

3.

SOUND HAS BEEN USED FOR THOUSANDS OF YEARS IN RELIGION AND SPIRITUALITY IN ALL PARTS OF THE GLOBE. MONKS, TRIBES, AND ADVANCED ANCIENT CIVILIZATIONS ALL SEEMED TO UNDERSTAND THE SAME THING - MUSIC HEALS. VIBRATION PERMEATES AND SPEAKS IN A WAY WORDS CAN NOT, AND THERE IS POWER IN THAT. THERE ARE MANY WAYS TO USE SOUND TO HELP CLEAR AND SETTLE THE ENERGY:





MASTERING MEDITATION

ENERGETIC

- **SOUND BOWLS:** RANGING FROM SMALL METAL BOWLS TO LARGE SINGING BOWLS, THESE ARE TUNED TO SPECIFIC FREQUENCIES THAT HELP CLEAR OR ATTRACT CERTAIN ENERGY FREQUENCIES.
- **GONG:** ONE OF THE OLDEST INSTRUMENTS GLOBALLY, THE GONG HAS BEEN FINELY TUNED TO CLEAR ENERGETIC SPACES.
- **SOLFEGGIO FREQUENCIES:** INITIALLY ATTRIBUTED TO A BENEDICTINE MONK IN THE 10TH CENTURY, THESE FREQUENCIES HAVE BEEN UTILIZED IN SPIRITUAL RITUALS AND ARE NOW STUDIED FOR THEIR HEALING PROPERTIES. THEY INCLUDE:
 - 174 HZ: THE HEALING FREQUENCY THAT SIGNIFICANTLY IMPACTS THE PHYSICAL BODY, REDUCING PAIN, STRESS, AND MUSCLE TENSION.
 - 285 HZ: KNOWN FOR HEALING AND RESTORING TISSUE, ASSOCIATED WITH THE ROOT CHAKRA, AIDING IN HEALING CUTS, TISSUE DAMAGE, AND BOOSTING THE IMMUNE SYSTEM. IT ALSO PROMOTES GROUNDING AND A SENSE OF SECURITY.
 - 396 HZ: RELEASES FEAR AND GUILT, CLOSELY LINKED WITH THE ROOT CHAKRA AND CRUCIAL FOR EMOTIONAL HEALING. BY ELIMINATING FEAR AND NEGATIVITY, THIS FREQUENCY RAISES VIBRATION LEVELS AND IS OFTEN USED IN SOUND HEALING SESSIONS.
 - 417 HZ: RELEASES NEGATIVITY AND HEALS TRAUMA, RELATED TO THE SACRAL CHAKRA. IT HELPS IN RELEASING SHAME, ANGER, EMBRACING CHANGE, AND IMPROVING SLEEP QUALITY, ESPECIALLY AFTER EXPERIENCING TRAUMATIC EVENTS.
 - 432 HZ: KNOWN AS THE EARTH'S HEARTBEAT, THIS FREQUENCY ALIGNS CLOSELY WITH THE SCHUMANN RESONANCE (THE EARTH'S ELECTROMAGNETIC FIELD FREQUENCIES). TUNING INTO THIS FREQUENCY HELPS IN SYNCING WITH THE UNIVERSE'S FLOW AND INTUITION. IT HAS BEEN PROVEN TO LOWER BLOOD PRESSURE, REDUCE ANXIETY, AND RELEASE EMOTIONAL BLOCKAGES.
 - 528 HZ: REFERRED TO AS THE FREQUENCY OF LOVE OR "THE MIRACLE TONE," ASSOCIATED WITH THE SOLAR PLEXUS. IT ENHANCES CREATIVITY, REDUCES STRESS AND HORMONE LEVELS, REPAIRS DAMAGED DNA, PROMOTES POSITIVITY, AND IS UTILIZED FOR HOLISTIC HEALING OF THE MIND AND BODY.





MASTERING MEDITATION

ENERGETIC

- 639 HZ - RESONATES WITH HARMONIOUS RELATIONSHIPS, ASSOCIATED WITH THE HEART CHAKRA, PROMOTING PEACE, CLARITY, TOLERANCE, AND BALANCE IN ONESELF AND RELATIONSHIPS.
 - 741 HZ - CLEARS TOXINS AND NEGATIVITY, LINKED TO THE THROAT CHAKRA, KNOWN AS "TON SOL," ELIMINATING TOXINS, NEGATIVE ENERGY, AND DETOXIFYING THE BODY.
 - 852 HZ - BOOSTS INTUITION, CONNECTED TO THE THIRD EYE CHAKRA, ESTABLISHING A LINK BETWEEN ONESELF AND THE HIGHER SELF, PERFECT FOR MEDITATION, REIKI, AND CEREMONIES.
 - 963 HZ - REFERRED TO AS "THE GOD FREQUENCY," TIED TO THE CROWN CHAKRA, ACTIVATING INTUITION, PINEAL AND PITUITARY GLANDS, RESTORING BALANCE, SERVING AS A GATEWAY TO COSMIC ENERGY, AND RAISING ONE'S VIBRATION. GREAT FOR MEDITATION.
 - BINAURAL BEATS - THESE ARE PRODUCED BY COMBINING TWO DIFFERENT FREQUENCIES, BELIEVED TO INFLUENCE BRAIN WAVES.
 - MANTRA - FROM "MAN" FOR MIND AND "TRA" FOR TOOL, MANTRAS ARE TOOLS FOR THE MIND USING SPECIFIC SOUNDS (VERBAL VIBRATIONS) THAT CONNECT INDIVIDUALS TO SPECIFIC ENERGIES, SIMILAR TO SOLFEGGIO FREQUENCIES.
 - MUSIC - CONSIDERING SOUND HEALING PROPERTIES, IT'S ESSENTIAL TO BE AWARE OF HOW THE MUSIC WE LISTEN TO AFFECTS OUR ENERGY. RESEARCH INDICATES THAT HEAVY METAL MUSIC AND SIMILAR GENRES CAN HAVE NEGATIVE IMPACTS ON EMOTIONS AND DNA. WHILE NOT SUGGESTING A CHANGE IN MUSIC TASTE, RECOGNIZING WHICH MUSIC BRINGS PEACE AND SURRENDER HELPS IDENTIFY THE BEST MUSIC FOR OUR WELL-BEING.
3. CONNECTING TO NATURE- HOW DO YOU FEEL WHEN YOU GO OUTSIDE AND GET SOME FRESH AIR? FEEL THE WARM SUN ON YOUR FACE? WIND IN YOUR HAIR? SUBMERGE YOURSELF INTO WATER? SMELL FRESH FLOWERS? WALK IN THE MOUNTAINS OR BAREFOOT IN THE GRASS? LISTEN TO THE BIRDS SING? TASTE FRESH FRUIT? ALL OF THESE THINGS CONNECT US TO NATURE, WHICH WE ARE SO OFTEN DISCONNECTED FROM. JUST A FEW MINUTES RECONNECTING CAN MAKE YOUR ENERGY CALM, STABLE AND ILLICIT FEELINGS OF PEACE AND JOY. AN EXCELLENT WAY TO CLEAR THE ENERGY IS BY USING YOUR SENSES AND CONNECTING TO NATURE.





MASTERING MEDITATION

ENERGETIC

4. MOVEMENT- AS PREVIOUSLY MENTIONED, MOVEMENT IS A BEST PRACTICE BEFORE MEDITATION FOR THE PHYSICAL, EMOTIONAL, AND THE ENERGETIC BODIES. NOT TO MENTION A WAY TO HONOR YOUR BODY AND TAKE CARE OF IT FOR ALL THE WAYS IT IS CONSTANTLY TAKING CARE OF YOU! PLEASE DO THE “BASIC WARM UPS’ PRIOR TO YOUR MEDITATION IN ADDITION TO ANY PRACITCES AND RITUALS ABOVE.

THERE ARE NUMEROUS METHODS TO PREPARE YOUR BODY FOR MEDITATION. REVIEW THESE RECOMMENDATIONS AND IDENTIFY THE ONES THAT SUIT YOU BEST. REMEMBER, THIS IS YOUR PERSONAL PRACTICE, SO FEEL FREE TO EXPERIMENT AND DISCOVER WHAT RESONATES MOST WITH YOU.

SEE YOU ON THE MAT.

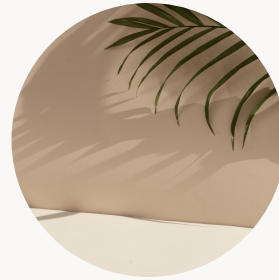


YOUR GO TO TOOLS LIST



TOOL ONE

CREATE A PEACEFUL AND CLEAN ENVIRONMENT DEDICATED TO YOUR PRACTICE.



TOOL TWO

PICK A CONSISTENT TIME OF DAY. PUT IT IN YOUR CALENDAR AND YOUR PHONE ON DND.



TOOL THREE

ADI MANTRA-
TUNE IN TO THE ENERGY IN AND
AROUND YOU
ONG NAMO GURU DEV NAMO



TOOL FOUR

MOVE THE BODY AND RELEASE
STAGNANT ENERGY THROUGH
PHYSICAL POSES
(DEMONSTRATED IN LIBRARY)



TOOL FIVE

PRACTICE BREATHWORK TO
CLEAR ENERGY, MOVE THE
BLOOD, THE LYMPH AND BRING
FRESH PRANA INTO YOUR BODY.



TOOL SIX

FOLLOW BEST TIPS AND TRICKS
TO MAKE YOUR SESSION THE
MOST SUCCESSFUL POSSIBLE.



JOURNAL

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JOURNAL

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JOURNAL

BRAHM KALAA- MEDITATION FOR MENTAL CONTROL

WHAT AM I EXPECTING FOR THIS MEDITATION:

HOW DID IT FEEL? DO I NOTICE A CHANGE IN MY ENERGY?
DID MY ENERGY SETTLE? WHY/WHY NOT?

[illegible]

JOURNAL

MEDITATION TO ELIMINATE KARMA

WHAT AM I EXPECTING FOR THIS MEDITATION:

HOW DID IT FEEL? DO I NOTICE A CHANGE IN MY ENERGY?
DID MY ENERGY SETTLE? WHY/WHY NOT?

[illegible]

JOURNAL

[illegible]

JOURNAL

[illegible]

JOURNAL

KARANI KRIYA- CREATE A STABLE FOUNDATION

WHAT AM I EXPECTING FOR THIS MEDITATION:

HOW DID IT FEEL? DO I NOTICE A CHANGE IN MY ENERGY?
DID MY ENERGY SETTLE? WHY/WHY NOT?

[illegible]

JOURNAL

DIVINE SHIELD MEDITATION

WHAT AM I EXPECTING FOR THIS MEDITATION:

HOW DID IT FEEL? DO I NOTICE A CHANGE IN MY ENERGY?
DID MY ENERGY SETTLE? WHY/WHY NOT?

[illegible]

JOURNAL

KIRTAN KRIYA- MOOD MASTERY

WHAT AM I EXPECTING FOR THIS MEDITATION:

HOW DID IT FEEL? DO I NOTICE A CHANGE IN MY ENERGY?
DID MY ENERGY SETTLE? WHY/WHY NOT?

[illegible]

JOURNAL

BHANDU DYA KRIYA- DEVELOPING YOUR HUMAN KINDNESS

WHAT AM I EXPECTING FOR THIS MEDITATION:

HOW DID IT FEEL? DO I NOTICE A CHANGE IN MY ENERGY?
DID MY ENERGY SETTLE? WHY/WHY NOT?

[illegible]

JOURNAL

RAMA DA SA- THE ULTIMATE HEALING MEDITATION

WHAT AM I EXPECTING FOR THIS MEDITATION:

HOW DID IT FEEL? DO I NOTICE A CHANGE IN MY ENERGY?
DID MY ENERGY SETTLE? WHY/WHY NOT?

[illegible]

JOURNAL

ANTAR NAAD- CELESTIAL COMMUNICATION

WHAT AM I EXPECTING FOR THIS MEDITATION:

HOW DID IT FEEL? DO I NOTICE A CHANGE IN MY ENERGY?
DID MY ENERGY SETTLE? WHY/WHY NOT?

[illegible]

JOURNAL

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MEDITATION

[illegible]

WORKSHOP COMPLETION

TRACKER

USE THIS WORKSHEET TO KEEP TRACK OF YOUR PROGRESS
THROUGHOUT MY WORKSHOP. SIMPLY MARK OFF THE MODULES YOU
COMPLETED AT THE END OF EACH SESSION.

	TUNE IN	BASIC WARM UP	BREATH OF FIRE	BHANDAS	TIPS AND TRICKS	EMOTIONAL BALANCE	OVERWHELM	MENTAL CONTROL	ELIMINATE KARMA	CONQUER ANGER
WEEK ONE										
WEEK TWO										
WEEK THREE										
WEEK FOUR										
WEEK FIVE										
WEEK SIX										

REFLECTION NOTES

WORKSHOP COMPLETION

TRACKER

USE THIS WORKSHEET TO MONITOR YOUR PROGRESS. AFTER EACH SESSION, TICK OFF THE MODULES YOU HAVE FINISHED. THE LIST OF VIDEOS IS PROVIDED BELOW:

	CREATE CALIBER	KARANI KRIYA	DIVINE SHIELD	KIRTAN KRIYA	BHANDU DYA KRIYA	HEALING MEDITATION	ANTAR NAAD	PROSPERITY		
WEEK ONE										
WEEK TWO										
WEEK THREE										
WEEK FOUR										
WEEK FIVE										
WEEK SIX										

REFLECTION NOTES



CHOOSE

WHICH MEDITATION TO MASTER



UPON COMPLETING THE INNER BLISS COURSE, IT'S
TIME TO MOVE ON TO THE NEXT STAGE OF OUR
PRACTICE – EMBRACING A NEW CHALLENGE.

IN KUNDALINI YOGA, IT HAS BEEN EMPHASIZED THAT TO FULLY
EXPERIENCE THE EFFECTS OF A KRIYA OR MEDITATION, YOU
MUST DEDICATE A SPECIFIC AMOUNT OF TIME TO IT. WHY?
BECAUSE YOUR HABITS SHAPE WHO YOU ARE, AND CONSISTENCY
IS KEY TO BRINGING ABOUT CHANGE.

TO CHALLENGE OUR HABITS, SELF-DESTRUCTIVE TENDENCIES,
ANXIETIES, AND DISSOCIATIONS, WE MUST PERSIST EVEN ON THE
DAYS WHEN MOTIVATION IS LACKING. THIS IS HOW
TRANSFORMATION OCCURS IN THE PHYSICAL BODY, AS WELL AS
IN THE MIND, EMOTIONS, AND ENERGY.



CHOOSE A MEDITATION. THIS IS WHAT YOU CAN
EXPECT BASED ON THE TIME YOU CHOOSE:



IN 40 DAYS: BREAK NEGATIVE HABITS HINDERING YOUR SELF-
IMPROVEMENT.

IN 90 DAYS: ESTABLISH A NEW HABIT IN YOUR CONSCIOUS AND
SUBCONSCIOUS, LEADING TO PROFOUND CHANGE.

IN 120 DAYS: CEMENT THE NEW HABIT, INTEGRATING IT
PERMANENTLY INTO YOUR PSYCHE.

IN 1000 DAYS: MASTER THE NEW HABIT OR ENERGY, ENABLING
YOU TO OVERCOME ANY CHALLENGE BY HARNESSING THIS
ENERGY.



UNDERSTANDING

GOALS

IT'S TIME TO SELECT OUR MEDITATION FOR THE 40/90/120/1000 DAY CHALLENGE. TAKE A MOMENT TO REFLECT AND ESTABLISH YOUR GOALS. POST THIS SOMEWHERE THAT YOU CAN COME BACK TO AND REFLECT ON DAILY.

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



SO, WHY IS THIS GOAL IMPORTANT?



MEDITATION

[illegible]

WHAT I OFFER

LET'S GO DEEPER



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