



Blossoms Energy Center

Honoring the Abundance of Self Wisdom and Self Knowledge

The ultimate aim and purpose of yoga practice is to cultivate self wisdom. When you are fully blossomed, you see yourself clearly and have insight on your actions, reactions, and thoughts. You understand why you make certain choices and you are able to honor your own body wisdom. Yoga is union, that is union with your higher self, the self that is less concerned with the ego and pride. We recognize our oneness with the Earth and with all sentient beings, we remember that we are one living organism.

Mantras

Chant om, Om Hreem, Om Purnam Adah

1 minute meditation with silence

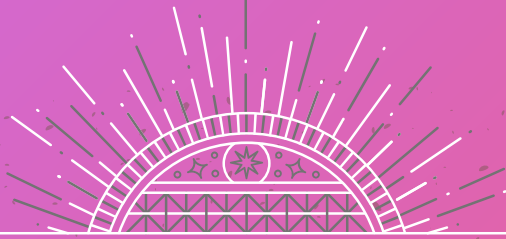
Nadi Shodhana with retentions

Color—White

Meditation on oneness. Visualize a lake, vast and filled with life. All is perfect within the ocean. Visualize a lotus flower floating on the surface. From the deep layers of mud, the lotus arises and blossoms as a full expression of self knowledge.

Oils and Herbs--Frankincense, Myrrh, Neroli, Rose, Spikenard, Sandalwood and Vetiver.

Mudras: Padme Mudra, Sahasrara Mudra (palms out, make triangle with first and thumb)



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I honor the Divine within me.

I am open to new ideas.

Information I need comes to me easily.

The world is my teacher.

Asana—neck rolls, neck stretches, palm stretches, Sasangasana (Rabbit Stand), child's pose (resting head), Makarasana (Crocodile Pose), Adho Mukha (down dog), moon or sun flow, Sirsasana and Sirsasana prep, Ardha Ustrasana (Half Camel Pose), Prasarita Padotanasana, Vrksasana (tree), Gomukhasana arms and shoulders seated, Sarvangasana (shoulderstand) variations and prep with block, Viparita Karani, Sa-ta-na-ma meditation, silent meditation (5-10 minutes)

Blossoms Meditation:

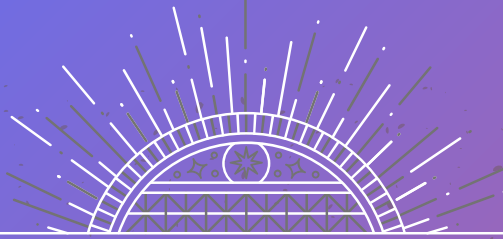
I am guided by a higher power and inner wisdom.

I am worthy of love from divine energy. I fully express my creative self.

“Enlightenment is blossoming the thousand petaled lotus flower on the top of the head.”— Amit Ray, Enlightenment Step by Step

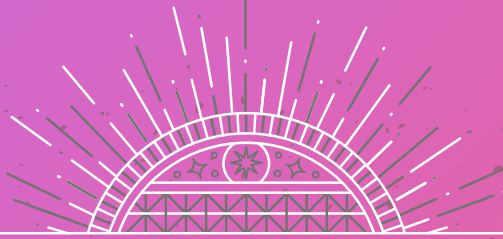
“Envision your consciousness as a wondrous garden. Now allow yourself to see all thoughts, descriptions, theories, or beliefs about this garden simply as invasive unneeded weeds. Now gently and completely remove these many unnecessary weeds and observe in absolute silence openness as they are effortlessly replaced by the flowers of enlightenment. Blooming freely, endlessly, and eternally. Such is Wu Wei...There is nothing right or wrong with the weeds I suppose, but for this garden I choose these magnificent flowers...”

— Leland Lewis, Random Molecular Mirroring



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Weekly Yoga Plans and Notes



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Journal Prompts

In what ways does fear hold you back from your fullest expression?

In what ways do you try to control life? In what ways do you fully trust without control?

Do you feel a calling or a higher purpose? Are you actively working with that purpose?

When was a moment when you felt complete peace and oneness with your life? In nature? With people? other? Describe...