

## *Yin Yoga*

### *Philosophy & Chakras*



To truly understand our own personal Yin nature and the Universal properties of Yin energy, we must consider Yang energy, for without Yang, Yin is impossible – the two cannot exist without the other. As the divine Taj Ji (Yin/Yang symbol) depicts, Yin & Yang dance in a holy union of Oneness. As Yin expands in totality, Yang rises and merges to meet it, each plant seeds within the other. As the classical Taoist saying conveys, “Yin creates Yang and Yang activates Yin”. Meditate on this symbol for 1-2 minutes.

With this understanding, when we awaken to our spiritual path in the earnest search for wholeness, we devote our energies to creating a perfect harmony of Yin and Yang. Our wisdom reveals that too much of one will weaken the other, which in turn will destroy the one in excess, leading to destruction of the whole organism. This can occur in a macro-cosmic sense (the world) and a micro-cosmic sense (yourself).

Living in a Patriarchal Age where there is a natural tendency to allow males to dominate in terms of major political and work-place decision making, and to relegate females to the role of nurturer and home-maker, brings dysfunction to the collective consciousness in which we are all a part of. Whilst there has been an incredible shift in consciousness in many parts of the world to allow women to be equal in working opportunities and income, and for men to feel comfortable in the role of stay-at-home fathers, we find ourselves still primarily in a patriarchal

society. In addition, the Western world-view is characterised by Yang or masculine ideologies. Value is assigned to making money and large profits, growth in infrastructure is seen as progress, socialising excessively is viewed as 'cool', being busy is glorified, focus on how we look and even women's obsession with being lean to look like a man, all conveys the pendulum swing in favour of Yang energy.

*“Right now, you are in the last phase of this history of conflict, in which the male energy has played the part of perpetrator for many centuries. The male energy has long been playing a part in which it oppresses, mutilates and destroys the female energy. It was not always like that. There have been times in which the female energy had the upper hand and wrongly manipulated and ruled the male energy. But that time is over. The conflict took a different turn at a certain point and the roles of perpetrator and victim were reversed. The male energy has been in power for a long time now and has misused this power in such a fashion that the female energy has been weakened and does not realize the integrity of her Being anymore. Whenever the masculine and feminine are in conflict, the disintegration of both is inevitable. Where the feminine gets victimized more and more and gets lost in self-denial, the masculine energy loses itself in ruthless violence and the kind of aggression you know from the many wars in your past.”*  
([www.jeshua.net](http://www.jeshua.net))

Men and women alike feel the internal pressure of adhering to this Yang-based society and often create secret lives in order to cope and find a way to bring a feminine balance. For men, not only are they expected to work hard and long hours, they also have the pressure to be inventive in their working life as leaders in their chosen field which is often viewed as a way to earn more money and be in a position of authority and status. For some men this comes naturally, however, for others their true nature may be that of a dreamer and would prefer to explore their creative side, using work as just a means to make money for survival. Fuelling the pressure for men is the lack of emotional outlets. Being depressed, anxious, sad or vulnerable is frowned upon by society (in a generalised sense) and men adopt a 'soldier on' attitude in order to 'measure up'. Men often seek relief from these intense pressures through excess

alcohol consumption, drug taking, addiction to pornography and technology, and other hidden or extreme behaviours that invoke a temporary sense of escape.

Women respond to the demands of a Yang-based society by acting like men. In the workplace, they may become ruthless in their dealings with clients and fellow work-mates and may believe they are well-intentioned. Women also try to rise to the standards within a patriarchal society by being overly social, free with their sexuality and over-train their bodies to fit into society's image of fit, in control, sexy and empowered. They may fail to uphold the Yin essence of Goddess beauty which views all shapes and sizes as unique and glorious. They may also feel guilty when there is a need to rest deeply, perhaps ignoring their physical or the emotional request to sleep all day or lie on the couch reading or watching movies. These acts can be meditative and can often shift stuck emotions. Crying will invariably accompany this 'time out' and peace and authentic higher energy will be restored. Women who have bought into the Yang systems will deny themselves this down time and can suffer adrenal fatigue, competitiveness with self and others and an overall sense that they are not enough but if they just keep pushing and trying harder, they will succeed. The 'monkey on the back' syndrome descends with full force and life internally is miserable whilst the ego constantly seeks ways to prove that they are happy and 'on top of things' (masculine energy).

Trying harder to fit into a Yang dominated society for both men and women ultimately leads to feelings of inadequacy, depression or anxiety and a denial of our spiritual wisdom. If we can learn to trust our feelings and surrender our ego, which needs to be seen by others in a certain light, we can create rituals and behaviours in our life that honour both our Yin and Yang qualities and bring deep connection to our heart and soul. Paradoxically when we stop grasping for success in a masculine-only sense, we will experience the most profound success which will not only *feel good*, it will be beyond of our wildest dreams of what we thought was possible. Literally harnessing the full power of the Universe through our devotion to our inner feminine and inner masculine, we become conduits of Higher Energy and can manifest goodness and success in all areas of our life, without attachment to outcomes. Peace becomes our primary goal and when this is experienced, all other achievements are by-products of our peace. We understand that *we can never fail*.

Understanding the inherent need for a balance between our Yin and Yang nature, we may be tempted to believe we must diminish our Yang qualities in order for our Yin qualities to be experienced. This is not the case. Most of us have highly developed Yang qualities due to being raised in a patriarchal society and this is not negative. We do not necessarily need to 'tone down' our masculine energy, however, we do need to raise our feminine or yin energy to meet our powerful Yang energy in a holy union. Yin based practices such as Yin Yoga can assist us greatly to activate and empower our 'Inner Goddess'.

Whilst for some people there is a need to amplify their Yang nature to gain balance, for the interest of our Yin Yoga Teacher Training Philosophy module, we will explore how to increase our Yin power.

*Universal Energies of Yin & Yang:*

Yang	Yin
Heaven	Earth
Sun	Moon
Light	Darkness
Fire	Water
Time	Space
Physical	Emotional
Activity	Rest
Generates	Grows

Expansion	Contraction
Rigidity	Fluidity
Right	Left
Male	Female
Structure	Creativity
Force	Allow
Hard	Soft
Pressure	Ease
Extroverted	Introspective
Logical	Intuitive
Provider	Nurturer
Action	Being
Functional	Beautiful

If we take some of the key words to describe Yin energy such as ‘rest, creativity, allow, ease, intuitive, nurturer, being and beautiful’, we can gain tremendous insight into how to connect to, and develop our Yin nature. For the sake of story-telling, let’s call our Yin nature our ‘Inner Goddess’. Whether we are male or female, we all possess an inner feminine energy (as well as an inner masculine energy). As spiritual seekers, it is our responsibility to create a holy union,

or marriage of equality between our Inner Goddess and our Inner God. Our Inner Goddess shines best when she is given freedom to do things in her own time. She does not respond well to scheduling, instead she finds solace in creating according to her own rhythm. She deeply trusts in the present moment to bring her all she needs to experience deep love, joy, peace and prosperity. She will rebel against societal rules in order to adhere to her own truth and understands that at times it may be important to disappoint others so that she may support her own needs. She rests when needed *without guilt*, wisely knowing that in rest she not only recuperates from past activities but also prepares for future creations. Our Inner Goddess clothes and adorns herself with beauty and is not afraid to be seen as magnificent in her appearance. She practices self-love rituals which involve deep pleasure and makes no apology for feeling good. The food she ingests is wholesome, tasty and nourishing. She is not concerned with rules about eating, however, is naturally aligned to eating food that cause least harm to animals and Mother Earth (her ultimate Goddess). She feasts and fasts according to her natural rhythms without fearing weight gain or loss, but rather to support her soul wishes. She is a fierce protector of those she loves and is willing to show 'tough love' where and when required to support herself and her tribe (family, friends, colleagues). In the role of nurturer, she has an incredible ability to provide a feeling of unconditional love, safety and deep contentment to those who come into her loving gaze and embrace. Her wisdom knows no barriers as she can tap into Universal Consciousness at will and deliver profound insight for any issue or problem that needs resolving. She allows others to be themselves and whilst she is not judgmental, she is unwaveringly discerning and trusts her feelings as her definitive guide on which path to take or who to surround herself with. Her intuitive abilities are sharp and she wastes no time trying to logically decode what her Higher Knowing tells her. Rather she trusts her feelings and acts upon her internal Divine Guidance without question. Success always follows her respect for her psychic powers. Our Inner Goddess spends many hours indulging her creative passions. She immerses deeply in the present moment when in her creative joy and is a master of her chosen creative outlet. Even if no-one witnesses this mastery, she is unconcerned for she knows her creative expression is for her and her alone - her soul is free and in deep peace when aligned to her creativity. She may cook exotically, dance naked under the moonlight, create music that soothes the soul, design art that can make others cry or any

other myriad ways she expresses her natural Goddess-given talents. She is the kindest, most compassionate, empathetic and caring being that any human could wish for as their Mother. She is a Goddess.

How can you support the needs of your Inner Goddess more?

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What rituals can you create everyday to nurture your Inner Goddess?

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What do you feel will happen if you favour your Yang (masculine) energy over your Yin energy?

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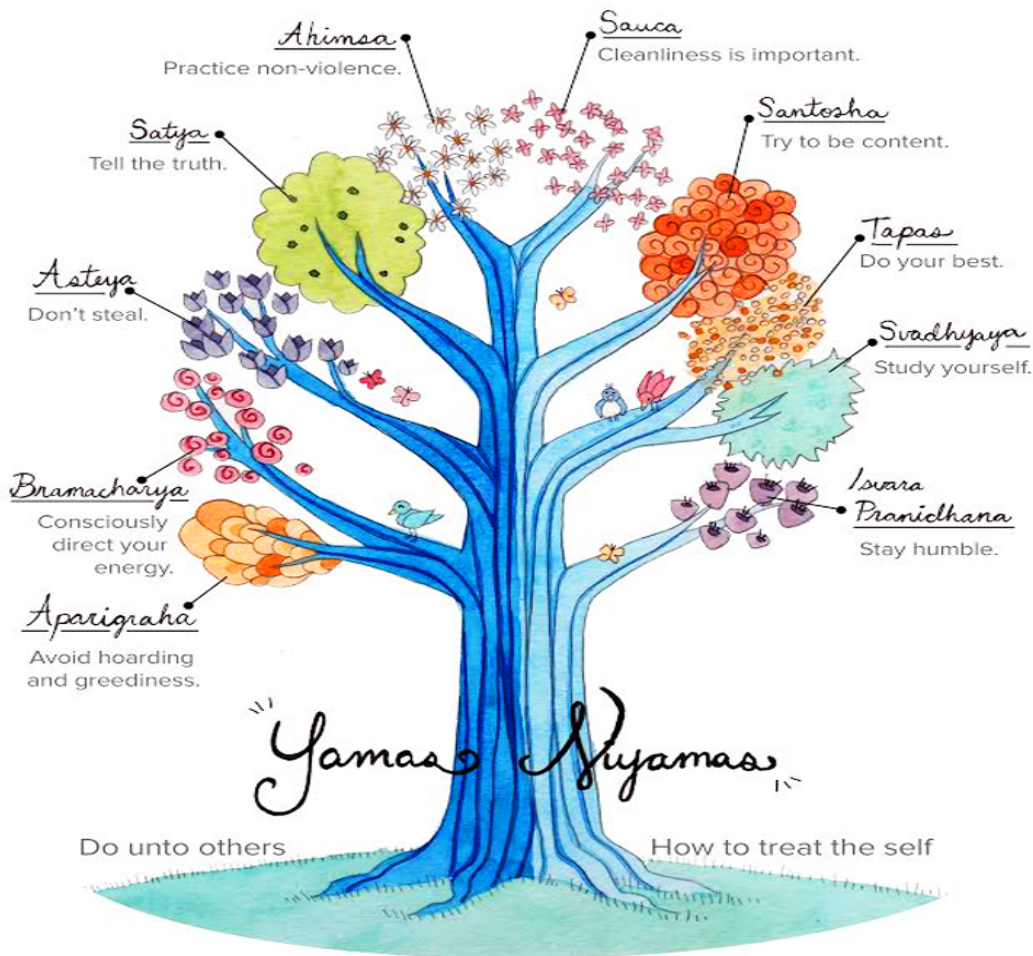
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## Yin Yoga and Yamas & Niyamas



**Yamas** speak to us of how to treat others and with a powerfully developed Yin nature, we can become a peaceful force in the world.

Ahimsa (non-harm) is very meaningful to our Inner Goddess. Our feminine principle is naturally more aligned to the pain of others and through this experience of our inherent Oneness, it is nearly impossible to cause harm to others in a conscious manner. A highly developed Yin energy means you are extremely mindful of how you speak to others and about others. There is a need to purchase eco and organic products - food, cleaning products, clothes, house



materials etc. Eating animals and animal products (dairy) is either avoided or minimised. There is a understanding of natural laws and acceptance that at times animals may be ingested for health purposes or other rituals, however, it is done mindfully (sourcing only free-range and well-cared for animals) and not on a regular basis.

Satya (truth) is an interesting concept to our Inner Goddess. Whilst she values telling the truth, she will choose at times to protect others by keeping secrets if it means the outcome is more loving. She is also vitally aware that if she doesn't live her own truth she negatively impacts her own life and in turn the lives of those around her. Aware that feelings of resentment will arise rapidly if she doesn't honour her own truth, sees our Inner Goddess willing to take risks, stand alone, let others down, go 'against the pack' in order to respect her deepest needs.

Asteya (non-stealing) is synonymous with Goddess energy. Masculine energy in contrast is capable of taking from others for one's own glory. For the Yin balanced individual, integrity is one of the highest goals. Therefore it would not even be a thought to steal someone's property and in a refined sense, includes not taking someone else's ideas and passing them off as your own. The Inner Goddess encourages giving credit to others and will go out of her way to compliment others both privately and publicly. Social media is a wonderful opportunity for a public acknowledgement of someone else's beauty and success. The Goddess knows that taking the time to give love and empowerment to others is of utmost importance and leads to feelings of connection, wholeness and a belief in the goodness of humanity.

Bramacharya (appropriate use of sexual energy) is an area where the Goddess can become confused. The confusion lays in knowing the difference between love from the heart and sexuality. Whilst not immediately obvious, Goddesses and Prostitutes are not far removed from each other. Whilst it may sound paradoxical, prostitutes provide physical love, often (unknowingly yet energetically) as a service to men and to keep other women safe from rape. Goddesses also know their main responsibility in life is to be a source of love. A highly evolved individual will protect their sexual energy and connect their heart with their potential partner first. If the energies align, sex will be explored. It is seen as a flowering or blooming of the sacral (sexual) chakra into the heart chakra. Remember as we explore Yin energy, this applies to both men and women and as such, men are also capable of misusing their sexual energy. They may

be conditioned that being overly sexual means they have power and prowess, yet, when they develop their Yin nature, they will also seek the entwining of love, soul and sex. The term 'making love' is appropriate here.

Aparigraha (non-greediness) is also another area where the Goddess may be challenged. The feminine energy seeks comfort and assurance to take care of the needs of themselves and their tribe. As such, hoarding can be linked to Yin energy. It is a natural feminine instinct to store an abundance of food and other items that can ensure survival. Whilst the intention is not to be greedy, it is certainly an area that can be addressed so that the Yin energy does not go into excess. Trust there will 'always be enough' needs to be developed which will lead to only taking enough for what's needed in the present moment, hence freeing up more spiritual energy.

**Niyamas** are lessons in self-love and with a balanced Yin/Yang energy we can restore personal health and happiness to optimal levels.

Sauca (cleanliness) comes naturally to the Goddess. She is content 'playing house' and caring for homely possessions. She also has a deep love for self-care and commits to clean eating, ritual bathing with oils and lotions. She takes pride in herself and her environment and enjoys tasks such as cleaning out drawers and closets, knowing this act represents cleaning out the mind and emotions.

Santosha (contentment) is perhaps the most powerful Niyama for the Goddess. She oozes contentment and revels in the perfection of 'what is'. Her ability to say 'yes' to what is leads to deep feelings of peace. Yin energy has an uncanny ability to see the beauty in every situation. Like a mother who can soothe your pain, the Inner Goddess understands that every soul challenge is chosen and welcome in order to bring spiritual growth. Trusting in the life process and in a benevolent Higher Power gives rise to Santosha. Holding this consciousness is truly liberating and means life can be free from resistance and misery.

Tapas (discipline) is an area where the Goddess can struggle. Discipline is often associated with masculine energy and may signify to the Goddess that she is not free to things in her own time. *Intention* is the best way to support our Goddess to commit to practices that will support our higher good. Rigid rules often evokes the Inner Rebel, the ally of the Goddess who cannot

abide strict regimes and structure. The rebel when left to run amok invokes the Inner Saboteur and our deepest needs go uncared for. We are left sad and frustrated with feelings of being a failure. Depression can take hold and Yin excess of inertia, laziness and passivity can emerge. Setting an intention rather than a rule can support the ways the Goddess likes to operate. A great tip can be to achieve something within a week rather than a daily 'grind'. When a natural high abounds from committing to the chosen intention, it becomes easier to be disciplined.

Svadhya (self-study) delights our Inner Goddess. She is naturally introspective and has no issues with feeling and observing emotions and internal energy shifts. Mindfulness (viewing the thoughts) is fairly effortless, so long as enough space is created for meditation, reflection and contemplation. Yin energy, being highly intuitive, is drawn towards ancient self-study rituals such as tarot and Pagan practices like pendulum testing. The downside can appear as becoming overly analytical and looking for 'signs' in everything. Kept in balance, Svadhya is of utmost importance to continue to grow in consciousness. Without serious commitment to self-inquiry, we have no way of checking our ego and its motivations.

Ishvara-Pranidhana (surrender) is both a natural and unnatural way for our Inner Goddess. She can be more inclined to 'hold on' than to 'let go' when it comes to her physical survival needs, however, when she is aligned to her spirit, she can easily 'let go and let God', trusting she will be looked after by a benevolent Divine power. Her instinct is for protectiveness and keeping the status quo which provides a feeling of safety for self and her tribe. Associated with strong maternal instincts, our Inner Goddess may lean towards being clingy and controlling outcomes to ensure her tribe's needs are attended to. Being clingy also shows up as attachment to romantic relationships and a fear that without romantic union there is emptiness. To energetically surrender appeals to the Goddess however, as it aligns to her spiritual wisdom. She must learn Ishvara-Pranidhana, a way for the ego control to surrender and manifest Universal support. Yang energy manifests easily, Yin energy *allows* this gift of manifestation through receptivity.

## *Yin Yoga & Chakras*

There are seven main vortices of energy that conduct Universal energy, or prana, into our physical and metaphysical (emotional/mental/spiritual) bodies - our chakras. Our chakras reside in the etheric body (electrically charged sheath surrounding the physical body) and are located at the:

- perineum - **Maladhara**/base chakra;
- lower back/belly - **Swatisthana**/sacral chakra,
- middle back/solar plexus - **Manipura**/solar plexus chakra;
- upper back/centre of chest - **Anahata**/heart chakra;
- neck/throat - **Visshuda**/throat chakra;
- back of head/forehead - **Ajna**/third eye chakra; and
- top of head - **Sahasrara**/crown chakra

Based on the location of each chakra, list appropriate Yin Yoga Asanas to open each chakra:

Base Chakra

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Sacral Chakra

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Solar Plexus Chakra

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Heart Chakra

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Throat Chakra

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Third-Eye Chakra

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Crown Chakra

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As we utilise Yin Yoga Asanas to support our chakra health, we can philosophically understand how the Inner Goddess is nurtured.

Base Chakra (Yang chakra) healing for our Yin energy begins with acceptance that we are having a physical experience. Whilst it is true that Mother Earth is the Divine Feminine, it can be a shock to the feminine aspect of our soul to find ourselves once again incarnate and having another round of Earthly human life. The Goddess energy is free flowing, uninhibited and liberated and the rude shock of the drudgery of human life is enough to cause excess Yin energy in terms of chronic fatigue, refusal to participate in life, disassociation from others and ongoing health issues. There is an internal denial of life as the Goddess is highly sensitive and can feel that they cannot cope with another lifetime full of challenges and lessons. Unbalanced base chakra energy can manifest as high levels of fear, anxiety or stress (often seen as panic attacks), addictions, depression, obsessive/compulsive disorders or an extreme need for control. Resistance to life negatively affects the base chakra energy and can manifest in our external life as problems with abundance and prosperity, anti-social behaviour, feeling isolated

and alone, frustrated by an inability to find life purpose and an overall sense that you are not at home anywhere in the world or even in your own body.

We must learn to 'be here' in this life. For we have, at a soul level, chosen this life experience in order to grow in consciousness so that ultimately we can return to spirit in a permanent state of enlightenment. Meditation on the feeling within the base chakra can help you feel safe, secure, grounded and stable as you navigate the life journey. When you are fully 'Earthed', you feel fully alive, joyful, curious and able to trust. There is a sense of wonderment for life and a knowing that we are all one.

Base chakra healing also involves healing the past – matters to do with your conception, time in the womb, birth, early, middle and late childhood. Inner child meditations (see our online classes for our Inner Child Meditation) are key here to uncover feelings, suppression and sabotage patterns from your past. It is also worth investigating the relationship between your Mother and Father at the time of conception and the energy around at the time you were in the womb. You may have unknowingly 'Earthed' (being born) with your parents feelings, attitudes, morals and judgments – many of which no longer serve your higher good.

When the base chakra is balanced between our Yin and Yang energy, we are able to be in the world manifesting success in our lives but also giving back to others. Finances relate to base chakra and by creating *your* perfect balance between yin and yang, you can prosper greatly yet never take from society - rather you will move into an abundant cycle and at the same time supports the collective consciousness to move towards a more loving and peaceful existence. There is also a deep connection to the Earth realm and a trust in the 'whispers of nature' (messages/wisdom revealed from observing nature, animals and the natural order of Earthly life).

Your insights for how you can heal your base chakra:

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Sacral Chakra (Yin Chakra) healing for our Yin energy is powerful. Sacral chakra relates to our sensuality and sexuality and the feminine aspect of ourselves is the receptive (receiving) energy. In sexual matters, this means we take on the energy of our partners. Both men and women can choose to be more 'feminine' in sexual encounters. If this energy is unbalanced, it can lead to feelings of being sexually used, violated and in extreme cases, raped. Many people, both men and women, carry rape consciousness within their emotional bodies. This may have arisen from devastating experiences in this life or past lives (where the distress of these experiences is still unresolved). Fear, anxiety and an inability to feel worthy of pleasure can appear in the lives of those who carry this sacral chakra imbalance. Problems in the reproductive organs, kidney meridian issues, as well as behaviours such as sexual frigidity or sexual addiction, being overly emotional, unable to set appropriate boundaries and finding ways to be needed in order to be liked, can manifest. When we discover we need healing in one or a few chakras, there is never any shame associated with it (this is worth mentioning here as people with sacral chakra issues carry shame). Rather we rejoice in coming to know ourselves more intimately and await internal divine guidance of how to best heal. Inner and outer messages will always arrive at the right time to support our healing and breakthrough.

To heal our sacral chakra and care for our Inner Goddess, we must learn to feel worthy of pleasure. We must commit to giving quality time to ourselves so that we fill our own cup. Imagine your body is a sacred divine chalice and you must fill it with divine golden nectar until it overflows. How can you fill your chalice until you are running over with joy, love and passion? Create rituals that make you feel pampered, luxurious, Goddess-like, sensual and beautiful. Commit to practice these rituals every week, without fail. These rituals are to be done alone.

For those who carry rape consciousness, find a Healer you can trust so you can safely work through this deeply held trauma. If you choose to heal this alone, give yourself permission to take a lot of time off from normal activities so you have the space to feel, grieve, cry and purge the horror of what has happened.

Sacral chakra carries the symbolic energy of the marriage between the Inner Feminine and the Inner Masculine. Allow deep healing to occur so your Goddess and God can worship each

other and dance together in equality forever more.

When the sacral chakra is balanced between Yin and Yang energy, you are able to enjoy sensual pleasures such as feasting without guilt, dancing, bathing, long connected love-making, time for dreaming and enjoyment of your body.

Your insights for how you can heal your sacral chakra:

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Solar Plexus Chakra (Yang Chakra) healing for our Yin energy involves making peace with being seen as a creative, successful, powerful being. Feminine energy is hidden so to 'shine like the sun', as our Solar Plexus chakra does, can be confronting. Our sacred feminine energy fears being seen as overly confident and arrogant. A balance must be brought between being humble (feminine) and shining in our success and worldly glory (masculine). If the feminine energy becomes deficient in the solar plexus chakra, we can become timid and overly-shy, literally drawing inward (closing the solar plexus region of the body down) which in turn shuts off the throat chakra so that we cannot speak up for ourselves. To counter this sense of unworthiness, we may act our way through dealings with others, and pretend we are confident and in control. This appears as contrived and people may find you untrustworthy or simply difficult to be with. It also leads to fatigue due to the crazy pendulum swing between having one public face and another private face.

To heal our solar plexus chakra we must work on our sense of worthiness. Claiming your 'I AM' presence is vital. The two words in 'I AM', carry the yin and yang energies equally: 'I' is masculine – the part of us that wants to be individuated and seen as different from the whole; and the 'AM' is feminine – all-encompassing, a part of the ocean of wholeness where we all come from. "I AM ENOUGH"; "I AM WORTHY"; "I AM PERFECT JUST THE WAY I WAS CREATED", and similar affirmations can be helpful to balance the energy of the solar plexus chakra. When we fail to shine our light, we are rejecting our Divinity. Playing small does not indicate you are free of ego. In fact it is the opposite. It is your divine responsibility to become



emotionally-independent – meaning, you must find a way to fulfill yourself with sustainable Universal love and energy. If you shut down your light, you enter victim-consciousness and you will need to seek a boost from others. It is not the job of others to lift you up. Move into wisdom that knows it is up to you to shine without embarrassment. Observe how nature shines in beauty and power for all the world to view her gloriousness. We delight in this! Allow others to delight in you! Be an inspiration! As you shine, you give permission to other to shine. If you hide your talents, you silently add thoughts to the collective consciousness that we all must play small, hide our God-given gifts and simply blend in.

When the solar plexus chakra is balanced between Yin and Yang energy, there is freedom in revealing to the world that you are successful, naturally confident, joyous about your own creations. You are equally joyous about others' success and do not feel threatened when someone else is recognised for their talents (even if they do the same work as you). Nothing can affect your sense of self as you accept you are here to create and shine in your own unique way and what you have to offer is needed in this world.

Your insights for how you can heal your solar plexus chakra:

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Heart Chakra (Yin Chakra) healing for our Yin energy relates to healing the heart-break of many relationships. Relationships with our parents (even if they were not present, eg. adoption), relationships with our siblings, relationships with other family members, relationships with lovers and romantic partners (past and present), relationships with friends, relationships with co-workers and of course healing the relationship with ourselves and the disappointment of when we have let ourselves down.

To heal our heart chakra, we must bring love and acceptance to all our relationship experiences. We can accept that Life and Universal Grace delivered the lessons we needed at a higher level to bring awakening, understanding and transformation. Without the challenges that relationships bring, we simply cannot grow in consciousness and would literally be 'marking

time'. Making peace with the pain the heart suffers when rejected, neglected, abandoned, overlooked, betrayed and so forth can literally unlock the flood-gates surrounding the heart. Learning to 'sit in' the hurt instead of resisting can 'break us open' to a powerful new way of being and insight. Forgiveness techniques are integral to heal the heart chakra (see our online classes for our Forgiveness Meditation). Purging out of the heart *how you really feel* is vitally important. Healing the heart chakra is not about forcing yourself to be loving when you don't authentically feel it – rather it is about being real with how you actually feel. Be prepared to authentically (internally) experience your anger, fear and hurt. Feel the 'rawness' of these feelings without guilt or expectation that you should be 'better than this'.

When the heart chakra is balanced between Yin and Yang energy, you can love without fear, you can be open to receiving deep abiding love from yourself and others, you can trust that even if someone walks away, you will still be whole and complete. You can rejoice and celebrate your vulnerability and you can ask for your heart needs to be met. You will find there is no shame in being open-hearted with a deep need to be loved. You will also be able to express the energy of the 3 lower chakras and the 3 higher chakras through the heart – the heart chakra sits in the middle of the chakras as a divine gateway for loving expression from the Earthly and Heavenly realms.

Your insights for how you can heal your heart chakra:

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Throat Chakra (Yang Chakra) healing for our Yin energy involves getting comfortable with speaking up, being heard, saying what you really mean and not fearing that others' will dislike you for speaking your truth. It also involves being confident in sharing what's in your heart and being free to speak about love and other areas that make you feel vulnerable and exposed for your tenderness. In terms of our Yin deficiency, we may have (in this and past lives), been overruled by others to 'be seen and not heard', laughed at for our opinions, humiliated for speaking about love, persecuted for being a leader in spiritual matters and generally made to feel we don't matter. If you have been relegated into the feminine role (as a man or a woman),

you may have been made to feel your value lay in your looks, not in your intellect and thus you may have shut down your throat chakra. The Yin principle within us shudders when there are violent outbursts, yelling and excessive cursing. Our Inner Goddess is more comfortable with crying as a means of releasing pent up energy.

To heal our throat chakra, chanting, singing and laughing are divine ways to bring immediate energy to our communication centre. Laughter yoga and of course bhakti chants are enchanting ways to restore balance. From here we may find we have become accustomed to expressing ourselves and can find the impetus to have courageous conversations and loving confrontations when required. Coupled with the worthiness of the healed solar plexus chakra, a confidence develops to 'speak up' and there is also a deeper wisdom to know that if you don't find a way to make your inner life known to others through your expression, then you have robbed your soul of sharing it's magnificence.

When the throat chakra is balanced between Yin and Yang energy, communication with all people becomes a pleasure. Fear no longer exists in stating your truth and there is a removal of the old passive/aggressive way of dealing with resentments. Being nice is no longer your measure for spirituality – being *authentic* is. You are willing to have loving confrontations even if in the short-term it causes discomfort, for you sagely know that if you don't clear the energy, you will play the pattern out multiple times over. It feels wonderful to be your authentic self and the art of your creative expression goes to higher levels.

Your insights for how you can heal your throat chakra:

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Third-Eye Chakra (Yin Chakra) healing for our Yin energy requires deep *trust* in what we *know*. The Goddess energy within ourselves has been suppressed and denied to the degree that we are unsure if our natural psychic powers are accurate. We have learnt to replace our intuition with logic. Formulas that have scientific credibility seem to offer a more appropriate way of making decisions and structuring life plans. This shuts the yin energy within ourselves down even further and leads to spiritual disconnection, apathy, depression and despair. We lose our

connection with the mysteries of life and our world seems mundane, predictable and robotic. If we are made to feel that the nature deva world of fairies and the celestial world of angels and spirit guides is not real, then we dramatically lose touch with our childlike innocence and natural acceptance that 'unseen' worlds do indeed exist. Those of us who are born with heightened psychic awareness such as clairvoyants and mediums can feel they don't belong in society and are labelled as spooks, crazy and out of touch with reality. The Yang energy of scepticism has ruled for long enough. In fact, if there is any insanity in the world, it is the excess of masculine energy that is destroying the Earth and ultimately all who dwell here.

To heal our third-eye chakra, we must turn the trust metre up significantly. Everyone possesses intuition – it comes as the first knowing, feeling, hunch, insight, or awareness – after that comes logic. So if we pay attention to that first instinct and take action we will be rewarded time and time again with confirmation our intuition was right. This saves huge amounts of time and exhausting analytical processes.

When the third-eye chakra is balanced between Yin and Yang energy, you will be able to connect with others energetically and telepathically. You will also have a sense of future events. You will delight in the feeling that you are never alone as you experience oneness with other humans and also with your increased communication with your spirit helpers (nature devas, angels, guides, ascended masters, loved ones who have crossed over). You will also know it is not your job to make others understand how you know things or why you choose to live your life the way you do. This is ultimate freedom. No longer do formulas and logic clutter your mind, rather, you live your life joyously according to Divine Synchronicity and awareness that what you need to know will be revealed to you in the right time and space. Your job is to stay open, receptive and ready to take action.

Your insights for how you can heal your third-eye chakra:

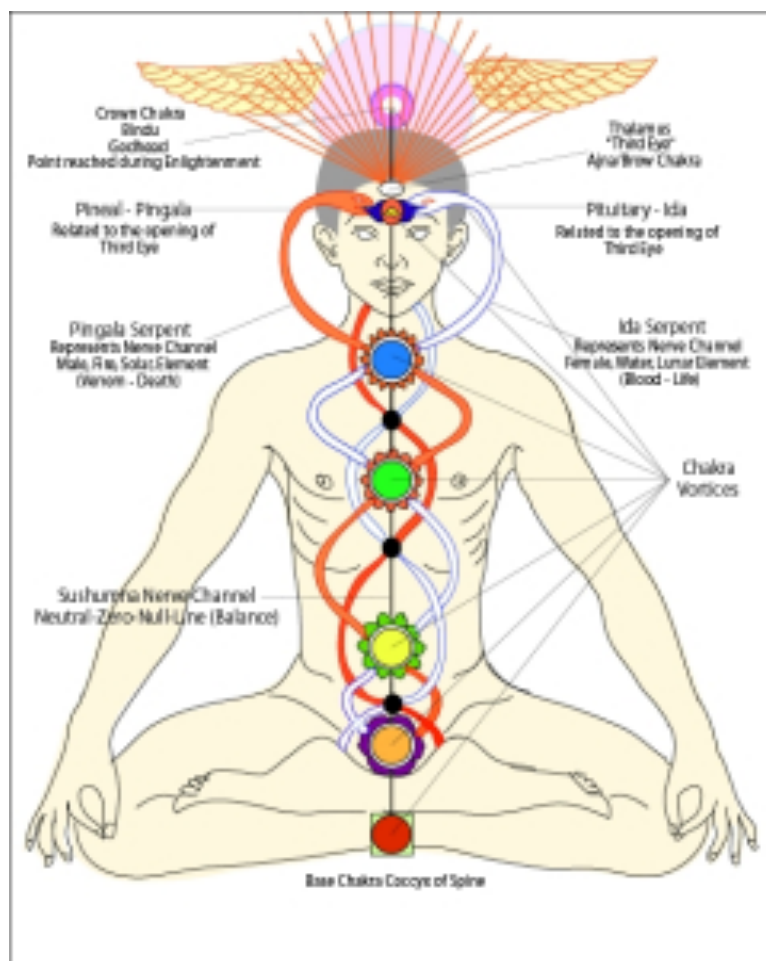
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Crown Chakra (both Yin & Yang Chakra) healing for our Yin energy means committing to the practice of our spirituality with earnest devotion, accepting there is no quick way to achieve

sustainable peace or connection. It can be easy to over use alcohol or other substances like drugs and food to get a quick high and experience the bliss of an open crown chakra, however, it is a roller-coaster ride and before long, a deep low is felt. Yin energy is naturally receptive to higher energy and messages as well as being extremely patient with a trust that all things come in their natural time and rhythm. As such it is more the condition of unbalanced yang energy to use quick-fire methods such as hallucinogenics for the opening of the crown and experiencing cosmic connection, yet it is still worth exploring these concepts when focusing on crown chakra healing. It is perhaps more a tendency of the Yin energy in deficiency to be lazy about one's spiritual practice, swapping time in front of the television, or hours on social media as a mindless distraction or oversleeping instead of carrying out daily spiritual rituals which would benefit higher connection and crown portal opening. Whilst television, social media and sleeping are still positive ingredients in daily life, they must be used in balance or inertia can set in, making it increasingly difficult to spend time in meditation or other rituals that bring us closer to enlightenment.

To heal the crown chakra, we must remember it is our divine responsibility to care for all chakras and accept all Universal Life Lessons inherent in each chakra so that ultimately the crown chakra can open and divine union can be experienced. Kundalini energy can become blocked on it's rise through the chakras towards the crown if we fail to do the inner work. Depending on your life theme and which chakra or chakras your soul came to work on will depend where the energy may become trapped or stagnant. Switching off any of the chakras means a the Kundalini cannot meet it's most desired destination, the explosion of bliss out of the crown chakra. Kundalini energy is known as the Divine feminine creative power or Shakti energy. Yogic lore says when the Kundalini Shakti is honoured in her Goddess power, she will rise through the sushumna (energy pathway of the spinal column), crisscrossing through the chakras, to the crown chakra, and unite herself with the Supreme Being, Lord Shiva. The Kundalini energy is symbolised by a rainbow (chakra colours) serpent (or 2 serpents – Ida, feminine and Pingala, masculine nadis) laying sleeping at the base of the spine till the long awaited call for the joining of the masculine and the feminine energies. Shakti energy transforms from a dormant life force to unleashed spiritual power, which the human orgasm gives an insight into the powerful potential of this sleeping energy.



When the crown chakra is balanced between Yin and Yang energy, there is no choice in making your spiritual growth your highest priority. You fully understand the purpose of your human existence and are willing to follow Universal Will no matter what. You realise this could include leaving your partner, job or country etc, yet you know that if you don't follow Divine Knowing you will stall your spiritual progress and will simply repeat patterns in this lifetime of the next until you learn the spiritual lesson. This is often a difficult path to take, yet in the long run it is the easiest and most rewarding, uplifting and joyous path to follow. You accept you were born alone and will die alone and you must follow your own higher guidance without question. You awaken to the knowing you have a blueprint for your life – a soul plan that you came to enact so that you could give yourself the best chance of growing in consciousness. Whilst there is still free will to make your own choices, once the crown chakra opens, you are more easily able to perceive the 'signposts' along your life-path pointing you in a direction that serves your soul. Attaching to others, even a spiritual teacher can be dangerous. Truth and power comes from

within – it is spiritual and sustainable. Living according to Divine Will rewards you with unfathomable peace – the truest and highest gift there is on this Earth.

Allow Yin Yoga to heal you. Practice listening in your Inner Goddess and allow her to meet your Inner God so that you respect the needs of both your inner voices and feelings. Together you inner feminine and inner masculine will create a life of wonderment, deep fulfillment, incredible success and abundance. You will become a powerful force in the world that can add to the collective consciousness of peace and liberty for all.

*“It is all about the cooperation between the energies. Male and female energies have gone down together in a long and painful struggle. They will also rise together, for one cannot be balanced without the other. Now that the female energy is ready to rise from the ashes of humiliation and repression, there is an urgent need for a rebirth of the male energy. This rebirth of the male will become visible on a collective scale eventually, but it will first manifest in each of you separately, man and woman. You all are the keepers of these ancient energies within you, and it is your birthright to make their partnership equal and joyful.” (www.jeshua .net)*