

RADIANT INNER POWER SESSIONS

## *Lunar Eclipse x Full Moon exercises, January '19*

to Activate, Create & Manifest your Vision for 2019!

A human being is divine; meant to do more and achieve more than just survive. We all seek material security and happiness, but our spirit, soul or essence longs for something greater than what temporal pleasure and mere survival can provide.

Your long-term happiness and fulfillment depend of your ability to fulfill your personal purpose and fill the place in the world that only you can fill.

You are what your deep driving desire is. When your deepest driving desire is in harmony with your soul's purpose, it guides you to fulfilling the promise of who you are meant to be.

You are responsible for your life. The destiny you have achieved up to now has been shaped by all the choices you have made in the past. This means that you have the power to actually make new choices and change your destiny. It's your choices not your circumstances that determine who and what you are.

You don't have to do this all alone. There is a Higher Power that is always supporting you, and you have the power to command the cosmic powers to use them as you wish.

So make the choice to live your ideal future and use the powerful Lunar Eclipse + Blood Full Moon of 20-21<sup>st</sup> January 2019 to activate, create & manifest your Vision for 2019!

Love, *Emmely*

**Exercise 1**

***This period is all about endings and new beginnings, so let's start with evaluating our current situation so you can move forward aligned with your vision.***

a) You can do this "Current Life Energy Evaluation" with 1 area of your life, or for other areas as well like personal life, work/business, health, love, friends/family, spirituality, financial, etc.

<b>List of things that are depleting my energy</b>	<b>List of things that are giving me energy</b>

b) Now make a list of all the things that you THINK that will spark more joy in your life, but you're not doing these things yet.

## **Exercise 2**

***Take a moment to meditate. Sit comfortably or lay flat on your back. Close your eyes and relax your body. Connect to your breath, breathing in and out of the nose.***

***When you start feeling more relaxed, mentally explore how your ideal life would look like, as if time/money/space were no object. To make it more specific, explore your ideal day.***

***Allow yourself to explore your imagination and go to places you didn't even know before.***

Now write down in "free flow writing" style (writing down without stopping) everything that has come up for you. Write down as many details as you can remember, and any feelings, sensations, thoughts, other observations. Go!

## **Exercise 3**

***Let's start making a step towards your ideal life. What do you need to stop doing, and what do you need to start doing? Take a look at your lists of Exercise 1.***

- a) Write down 3 things from the "List of things that are depleting my energy" that you will choose to stop doing or find a solution for, within the upcoming 3 months.
- b) Write down 3 things from the "List of things that are giving me energy" that you will choose to continue doing actively within the upcoming 3 months.
- c) Write down 3 things from the "List of things that you THINK that will spark more joy in your life" that you will start doing within the upcoming 3 months.

## **Exercise 4**

***Write a clear intention for this period (in 1 sentence) so you can use it to focus on when you're not in your neutral self.***

Keep this intention + your lists of things close to you, so you can read it every morning upon waking up.

## **Resources to support you**

### **> Kundalini Yoga Video (40 min practice): Nabhi Kriya**

*This set focuses on developing the strength of the navel point and the power of the Third Chakra – the center of will power, command, and control. It is the reserve energy center. Without a strong Third Chakra, you may have many ideas and good intentions but they may not come to fruition. With a strong Third Chakra, even your slightest intentions begin to manifest. When the navel energy flows properly, the energy to support your actions is gathered, and the will to project that energy to support your actions is maintained. The times indicated for each exercise are for advanced students. To begin the practice, start with 3 - 5 minutes on the longer exercises.*

Click here for the practice video: [https://www.youtube.com/watch?v=PEvip\\_IVMus](https://www.youtube.com/watch?v=PEvip_IVMus)

### **> Tapa Yog Karam Kriya: Deliver Your Intentions**

*This kriya develops willpower and gives you the capacity to understand the elements of your personality. You can know what you are thinking and regulate the flow of those thoughts. It is perfect to overcome difficulty in completing projects and doing what you intend.*

Click here for the kriya: <https://www.3ho.org/tapa-yog-karam-kriya-deliver-your-intentions>

### **> The Healthy, Happy, Holy Breath Meditation**

*This meditation uses the power of the breath to enhance the depth of the effects of the mantra “Healthy am I, Happy am I, Holy am I”, and to carry out your intentions.*

Click here for the meditation: <https://www.3ho.org/articles/kundalini-yoga-healthy-happy-holy-breath>

### **> Supportive Mantra songs**

*These mantras stimulate your activation, your creativity, clarity of mind, carry out your intentions, helps programming the things you want to manifest in your aura / electromagnetic field. You can use it during your exercises or to listen to it during the day. Search online for your favorite version of the song!*

Har Har Har Har Gobinday | Aap Sahaaee Hoaa | Eka Mai | Ajai Alai | Ardas Bhaee | Sa Ta Na Ma