BE HERE NOW

Today the sun rose at 6:20; low tide, steady waves billow and break, cloudy rocks, sea lions and seagulls. Barnacles, crabs, sea shells, abronia and beach-bur, beetles and mollusks, coyote bush and moths in the dunes. Coastal cypress shaped by the wind lines the highway. The camera obscura and windmills; sea salt and seaweed mix with ions and minerals; sutro heights, lion's gate and ghost statues; all the Pacific and creatures that live inside. I am a creature of stardust, soil and water. I am held to earth by gravity and have moved through time by my ancestors. I chose to be here now. I am the art of sacred geometry in my atoms. I am rhythm and resonance, tuned to 7.83hz. Everyday flowers grow in spiraling synchrony; lush gifts, grasses, clouds, waterfalls, springs, mist, rainbows, halos, twilight; seasons, sun, moon; the sweet song of joy.

Be here now.
Breath deep, and remember that you know yourself.
Wake every morning to your spectrum of sensory.
Breath deep and trust knowing. Not the noisy monkey mind, but second mind, gut instinct.
Strong mind-body connection.
Breath and listen; explore and listen.
Go within, with eyes open.

Sensitivity varies from person to person, from moment to moment, in different environments, on the subject matter or sensation. It also depends on one's health, clarity, and experience. Sensitivity renders reality subjective, and yet there are universal truths. We are all part of the one, but we all have a unique vantage point with which we experience reality.

We experience the world with our five main senses, sight, sound, scent, taste, and touch, but, these are not our only senses. There is balance, timing, loyalty, adventure and joy, to name a few. We draw on physical perception, and finer intuitive qualities.

Let's focus on sensitivity inward. It is of great benefit. Setting aside time, allowing yourself to navigate your internal environment produces wonderful results, including insights, creative inspiration, emotional clarity, improved health, improved communication with those around us, spiritual expansion, and much more.

I've been doing a lot of work on the solar plexus this semester. By focusing inward on my 3rd chakra and heightening sensitivity, I've learned a lot.
Let's all focus on the 3rd chakra.
Take three deep breaths, slowly.
Now we will take three power breaths. I'll explain: Inhale, then exhale slowly with contained force, making the sound of wind, pushing your dominant hand slowly forward. Inhale, and bring your hand to the side of your chest; repeat three times.
Now soften your breath and center.
Eyes closed.
Feel the universe within, lungs soft, heartbeat strong but soft, blood flowing, nerves like webs of sensory signals, a million neural connections like the stars, billions of microorganisms -- more non-human cells than human, working in concert inside the 3rd chakra region, the 2nd brain, a wondrous ecosystem.

It is commonly thought the soul is housed in the heart chakra, but personally, when I use mind body connection to listen carefully, when I feel for inner core responding or resonating, it comes from between the heart and solar plexus. This makes sense to me, that it would rest between downward earthbound life force, will, manifestation and solar ray joy; and rising to emotive, gentle yet powerful, multi-petal heart medicine.

Let's listen to 3rd chakra's voice with sympathetic resonance.
Many times gone unheard, though you shouted soul's will, your true desire, ignored by the self, suppressed or ridiculed by outside forces. Breath in from the heart lungs downward with love and sympathy to 3rd chakra. Shhhh, be heard, felt, understood; the resonate impulses returned, warmth, gratitude, peace, glowing.

Confidence in self.
Decisions made with the wisdom of your instinctual mind.

High on a mountain plateau, a lake of melted ice water nearby. Snow top cascades surround, high altitude sun shining clear and bright in a cloudless sky. The air is thinner, but you have all the oxygen you need, cool and soothing in your lungs.
Just in front of you, your priest/priestess self. See how they are dressed, looking like a reflection of your true self. Staff in hand, eyes clear and bright. A small crystal floats steady in front of their third eye, and an ankh above the crown. Your shaman self looks at you and smiles, communicating knowing, showing you you. They reach their hand toward you slowly, entering below your ribs, into the soft center, slowly pulling out a shining yellow orb, covered in flares of brilliance. They raise it higher for you to regard, to understand.
Grinning, depth, wisdom.
Always your 3rd chakra is pristine and vibrant in spirit form.
Your true self.
Your shaman self replaces 3rd chakra inside you.
You are harmonious. Your spirit self gives health from where it sits at your core, with luminosity stretching to all of your body and beyond.

Breath, three deep breaths slowly, sharing your abundance.
Be here now, with eyes open, content.

The sun will set at 7:56 today. There will be a new moon, the 5th of the year, lasting till May 24th. It is good to set new intention with each moon. As our class ends, we have a lot of new knowledge, insight and guidance to assimilate and integrate. Some of us will be moving on, some will stay, and we are all in the process of deciding what our next step will be -- a big decision, broken down to lots of small decisions, one, and then another, and another. Our lives are shaped by decisions, our will made manifest, 3rd chakra energy. May we all go forward with clarity and wisdom equal to that which brought us here.

Be here now.
Breath, slowly, softly.
Tomorrow you will be guided by your power and wisdom.
For tonight, be still, hold time in your hand.
Imprint on your soul the fog on your skin, the city, this neighborhood, the darkening outside, the multicolor lights inside, the art, the instruments, this circle of converging like-minds, the familiar feeling of this particular harmonic.

There will be a few times in your life, years from now, when you experience an echo of this harmonic, maybe walking down an old European side street, in a market in Bali, a forest in South America, or turning a corner in a cab in SF. A bolt of exhilaration from vivid sensory memory will flow through you. This is the vibration of connected time,
and it is only possible by true presence.