

January 21, 2006

**WF DHARMASPEAK: Five Questions To Coach**



**Question #1:**

Overall, my equanimity has been balanced this week due to my steadiness of Practice. However, I have been feeling a bit of heaviness yesterday and today. My TAF is that it's the collective cloud of fear that has been stirred up in NYC due to renewed terrorist threats.

**COACH:**

Pay attention to  
and work  
Within.

Be ready to die at any Moment and the "terrorists" (another form of Shiva Dancing) will only add to your Appreciation of the Preciousness of Practice. This will help fire your Tapas (Burning Desire For Enlightenment).

**Question #2:**

Practices have continued to gain strength this week. Today was the third day in a row that I got out of bed before 7 am. How important is it for me to actually keep training myself to rise up early? It's kinda of a scary thought...

**COACH:**

"Conquest of Sleep" (Nidra-Jaya) is vital to a Hatha Yogin. it is in fact, mentioned as a Yama (a moral discipline) in the Siddha-Siddhanta-Paddhati (2:32).

A Yogin cannot Awake - in the spiritual sense - if he or she chooses to sleep during the Brahmanic Hour (Brahma-Muhurta). This Brahmanic Hour is pre-dawn into Sunrise. Twilight into Sunset is another, albeit less potent, Brahmanic Hour. The Pranic Flow is strongest during these times and the Maya Veil (The Sheath of Illusion) is at its thinnest.

As Swami Sivananda teaches, "When you regularly enter into deep meditation, the system derives considerable rest and automatically sleep can then be reduced. That will not affect your health. Sleep should be reduced gradually and cautiously. Now, for a month go to bed at 9-30 p.m. and get up at 4 a.m. After a month, go to bed at 10 p.m. and get up at 3-30 a.m. Again, after a month go to bed at 10-30 p.m. and get up at 3 a.m. Thus, by gradual means you can reduce your sleep. Sleeping in day-time must be avoided."

**Question #3:**

Not too much to report from my Early Morning Rituals except that they are steady. What should i be looking for?

**COACH:**

Trust in yourself.  
Look for that Trust in yourself.  
For through your Steadiness of Practice you will soon be able to draw more details from your EMR as your Inner Listening

Skills mature.

Soon, there will be TOO MUCH to report because each Conscious Breath during EMR will give birth to an ever deepening inJoyment of learning how to Release that which is stuck. you will experience an Opening Into Your Natural State Of Quiet, Sacred Joy.

Question #4:

Who will win the Australian Open?

COACH:

"Fed Ex" for the guys (sorry, Andy!) and

Lindsay Davenport will make the best use of the heated, slow courts and thump all the Russian Women into submission (sorry Martina..personally, i dig you and Federer ...beautiful, stylish, and elegant. zen tennis baby).

Question #5:

What two Renunciations should i do as 'mandatory' to become Awake to the Inner Work?

COACH:

1) fight your Addiction To Comfort wherever you can Find It. here are some of the major BattleGrounds: Addiction to Furniture, Addiction to Dominant Hand, Addiction to cars, Addiction to input, Addiction to worry, and Addiction to specificity.

and

2) Speak less, Listen more.

thank you for reading,



Heya!  
coach ilg

founder & Chief Tribal Elder/Wholistic Fitness® Clan

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