

February 4, 2006

GETTING STONED



Our Ancient Ones lived among stone for energetic reasons, not just practical ones. rare shot of an Anasazi ruin in remote Secret Canyon near Sedona, Arizona. What's the matter, can't you even see the 5-family unit living space at the bottom of the cliff? Just the point. Compare to our contemporary housing and you tell me which is more harmonious living WITH Mother Earth rather than abusing Her! Photo by Coach Ilg

Dear Sigung -

Went for a light run yesterday and the Achilles is 80-90%. The inhibiting factor though is this sport hernia. Wow what a teacher. Every step it feels like a large stone bouncing up and down on top of my pelvis below the naval. I can hold boat pose forever, do the HP Prop ab engagement, all manner of activity with no pain. Weird.

It is having this effect...my running is even more light and deer like than before...I am trusting that will be the effect down the road.

Begin again and again as someone said. ;-)

all the love,
d



When the Will is strong enough, growth from stone is possible. Cedar growing out of Lower Sonora Sandstone near Sedona. Photo by Coach Ilg.

COACH RESPONDS:

Noble Warrior D:

direct the Ujjayi and Kapalabhati during your Early Morning Rituals into this Pelvic "Stone".

Such "stones" (tumors, cancers, etc) are naught but concentrations of undigested energy; according to yogis, accumulated from past lifetimes of not Facing, Calming, and Walking our Dragons.

Tumors, hernias, slipped disks, are - in essence - brittle (if not 'fossilized') chakras or fragments thereof.

note the chakral region of the affliction and meditate accordingly.

here is what my MahaNidraRishi would say...if it helps...
(and i have had my share of Internal Stones):

"Allow yourself to stop and listen to this (STONE) carefully. There are different varying frequencies within the (STONE). Just stop and listen....Then inquire to the source of this (STONE)....Not just the thought of the (STONE), but the actual source.

The (STONE) is nothing but Joy and Love....You are missing the source...You are pretending to be seperate....This seperation brings you sorrow and pain, and suffering.

The desire to find the (STONE), to find freedom must be the priority of the life. Sometimes all hell breaks loose when this desire arises....Where is your attention??? It is all in the training of the mind. Here is a great technique.....Just STOP!!!! BE STILL!!!! AND LISTEN for the Stoned Sound which is calling you inward..... Courage sweet Warrior, Courage and Diligenceand more Love than you thought possible..."

Love,
Grandfather Teacher ilg

ps; sometimes i TAF i became an expert "rock" climber because of an innate sense of needing to overcome (surmount, summit) my undigested inner work...

ARGHYA FOR TEACHER ILG

Namaste Beloved Coach,



bowing down ...

Om Shanti,

shishya lees