

Important Initiations

Jan 18 - Mental Yoga 101 @ World 6 (Core Beliefs)

https://www.youtube.com/watch?v=vKehr_N1P70

Dec 26: Initiations into WORK @ Level 6 (Core Beliefs) - Mudra work at 2:30:00 and then Sohra Core Believe work starting at 2:56:00ish.

<http://www.youtube.com/watch?v=eAJOhRpwlKE>

Dec 14

I asked Amit to post this video with a label for reference. Sohra covered a lot of messages within her two talks that were embedded in the practices. The first one was a large overview. The second one was her announcing that she was going to initiate a new series of transmissions that will deeply work within the environment of the Mandala Cycle. The purpose is to deeply integrate the "appearance body" with the "light body template" through an energy entering all the cells of the physical body, and through some physical yogas that will be like Hatha Yoga, Tai Chi, Feldenkrais, and Kum Nye. The physical yogas will also be unlike the above methods of physical cultivation in that they will be practiced within the "environment" of the Mandala Cycle.

In terms of the Gurdjieff work, there are seven evolutionary types of sentient beings:

- (1) physically focused
- (2) emotionally focused
- (3) mentally focused
- (4) triadically focused (working on all three together into a living functional harmony from a center of wakeful pure consciousness)
- (5) centered in eternity and luminous presence while living in the world
- (6) living in oneness with all life, serving in love all sentient beings, resting in luminous presence, and aware of the universe as a cosmic playground where sentient beings can grow and develop themselves
- (7) conscious unity with the One Dreamer and co-creating the dream of the empirical universe

There is a difference between those who are evolving at stages 1 to 3 (all on relatively the same level) and using Hatha Yoga and Tai Chi for "physical cultivation", and stage 4 (where it is part of an "integral yoga"), and stage 5 (where our life in the body is purified of "pull downs"), and stage 6 (where our body is transformed into a higher energy conductor for planetary service), and stage 7 (light body yoga).

The light body yoga Sohra is sharing is related to stages 6 and 7, while completing any processes necessary for the other stages to be fulfilled.

<https://youtu.be/Xv6sLFxuO8k>