

INNER MARRIAGE

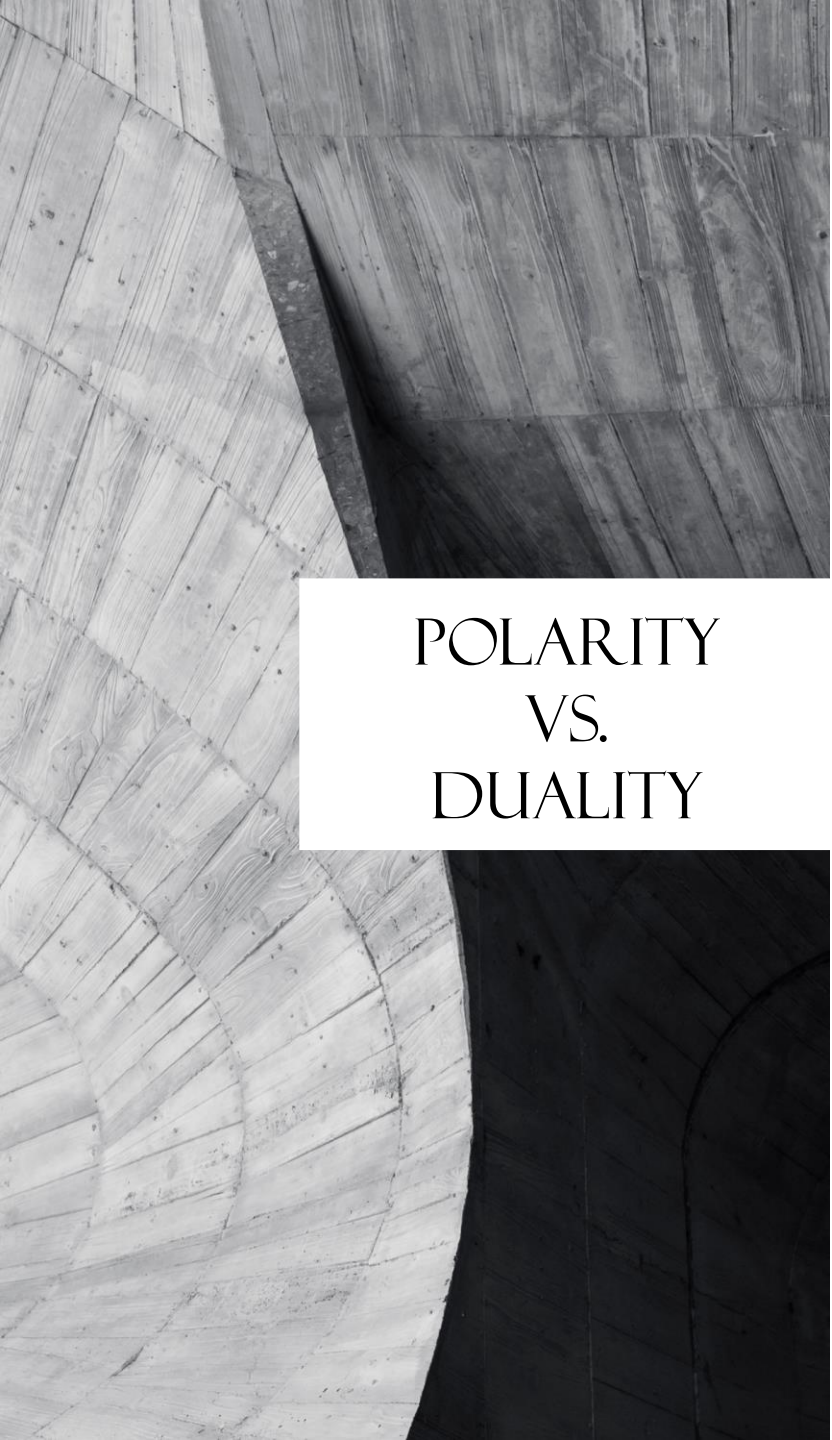


PRACTICE

ALTERNATE NOSTRIL BREATHING



- In Sanskrit: Nadi Shodhana
- The nadis are channels for the flow of consciousness.
- prana shako (vital force) and manas shako (mental force) flow through every part of our body via these nadis.
- prana (active) circulates inside Pingala, while apana (passive) circulates inside Ida.
- Pingala nadi (also known as surya nadi) is the “tawny energy channel.” It is the masculine, active, yang energy channel
- Ida nadi (also known as chandra nadi) means “comfort energy channel.” It is the passive, feminine, yin energy channel



POLARITY
VS.
DUALITY

Polarity is a universal law.

- two sides, two aspects, two poles, a pair of opposites of the Absolute Unity with manifold degrees between the two extremes.
- Hermetic Principle of Polarity → “As above, so below; as below, so above.”

**Duality teaches us that there are two things:
heaven and hell**

- the universe is a battleground between good and evil

Mythology and ancient traditions state the belief of the human being as an androgynous.

Book of Genesis → human being created in His image

Persian and Talmudic mythologies → reflection of the other sex

Plato's Symposium → two severed parts of the original human striving to reunite

Andean shamanism → tutelary spirit



THE ANDROGYNOUS

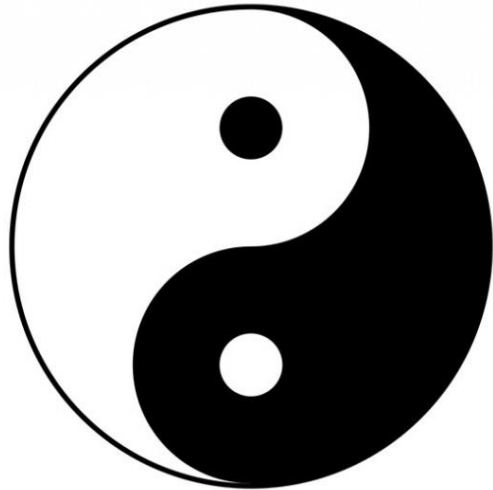




JUNG: ANIMA AND ANIMUS

- Jung called the opposites in man and woman the *anima* and the *animus*, respectively.
- The anima and animus are the Invisible Partners in every human relationship
 - *archetypes*

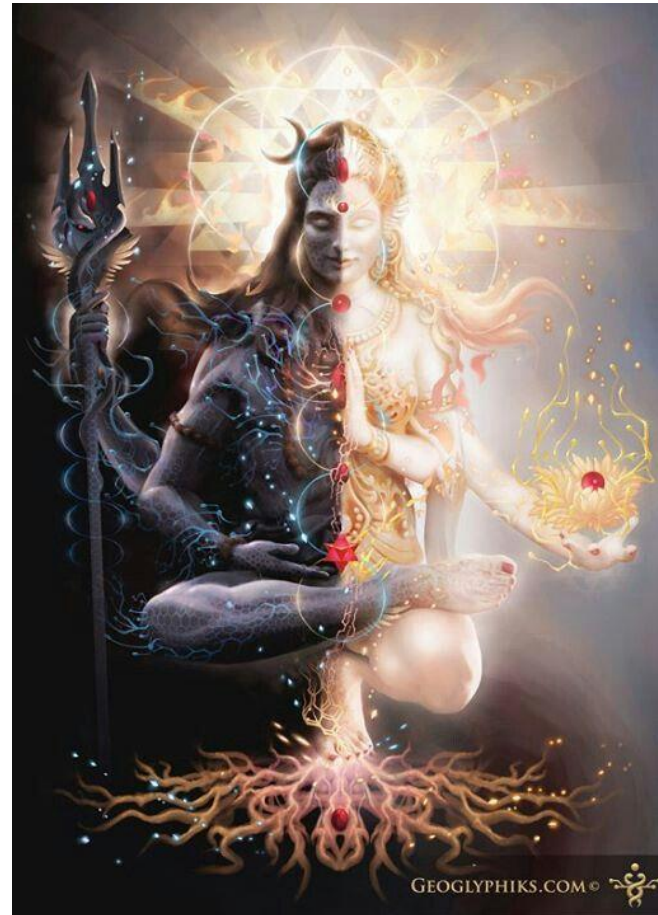
EASTERN PHILOSOPHY: YIN AND YANG



Yang and Yin are not defined in terms of role, or even in terms of psychological qualities, but by means of images

- Yang is designated by heaven, the sky, the bright, the south side of the mountain (where the sun shines) and the north side of the river (which also receives the sunlight)
- Yin is designated by the earth, the dark, the moist, the receptive, the north side of the mountain and the south side of the river
- Yang and Yin represent the two spiritual poles along which all life flows.

ARDHANARISHVARA



PROJECTIONS

To create inner balance, heal the “wounds” of the masculine and feminine within.

When something is projected, we see it outside of us, as though it belongs to someone else and has nothing to do with us.

What can you learn about your inner feminine or inner masculine from your projections?



inner  camp

THANK YOU