



Voice Energy Center

Honoring the element of space

Voice: a path to honoring our unique creative passions and speaking our own truths.

Envision all the space between your cells. Notice the space between the in breath and the out breath. There is a world of infinite space within your body.

Chant om with your voice, loud and clear.

Become aware of the space and silence after the sound. Become aware of the empty space above your head and below your body, to your left and to your right. Keep the awareness of the space and fill the space with the intention of your voice. Let the spaces inside and outside of you merge into one infinite ocean of intention, soul, and love. Let all separation fall away release into oneness.

1 minute meditation with So-Hum breath.

Color—Blue

Mantra—Ham, Om, So Hum

Meditation: Inhale through each pore of your body. Exhale into the vast ocean of consciousness.

Oils: peppermint, clary-sage,

Herbs: sage, chamomile, kelp, dulse, nori, spirulina, and other sea veggies,

Vissudha Mudra—interlocking fingers inside palm, thumbs touch

Akash Mudra—thumb to touch middle finger, space element

Pranayama: Kevali Kumbhaka, Simhasana breath (lion's breath)



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Visualizations

**Visualize earth merging with water, water to fire, fire to air, air to ether.
Visualness the oneness of all space. Om into each chakra center.**

***Simhasana—Lions' Breath.* Sit in either vajrasana or any comfortable position. Inhale and exhale fully. Then, take a deep breath in and open the mouth, stick out the tongue, gaze upwards, and roar the breath out on exhale. Repeat 3 times.**

Asana for Space

Shoulder focus, strap shoulder openers, Gomukhasana arms, neck rolls, neck stretches, palm stretches, bridge pumps, leg lifts with arms tucked, stretch pose (kundalini style), table top shoulder stretches, lunges with twists, Parsvokonasana, Parsvotanasana with reverse prayer, inversion preps, use wall, walk up wall, pincha mayurasana (forearm stand prep), Sarvangasana (shoulderstand) variations and prep with block, viparita Karani, Also review through other centers

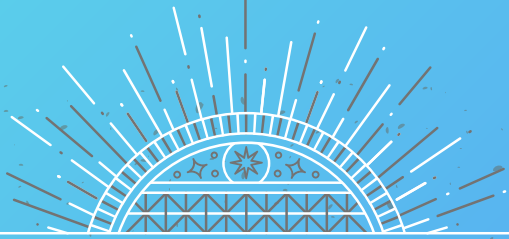
Voice Meditation: *I speak with clarity and truth, my words guide my reality.*

Quotes:

"Where I create, there I am true..." Rilke

"Don't search for the answers which could not be given to you now, because you would not be able to live them. The point is to live everything." Rilke

"I could give you no advice but this: to go into yourself and explore the depths where your life wells forth." Rilke



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Weekly Yoga Plans and Notes



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Journal Prompts

In what ways do your words shape your reality?

What is one thing you wish to manifest in the next month? Write it down and verbally repeat it to yourself for 21 days.

Is there something you need to tell someone that you have resisted? How can you be more truthful with that person?

Try singing every day for 3 minutes. If you can't think of a song, just chant om. Notice what changes.