

Potent Tiger Warrior Woman

by Sally J

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Wow, what a yoga session that was.

I arrive feeling a bit shakey, under the weather. Choose a card from the oracle deck. Tiger - unstoppable strength, dominance, afraid of nothing, determination. Hmm, seems unlikely.

The warm-ups are quite shoulder-intense. The neck and shoulders are where I carry all my emotional tension. I feel the pain pushing itself into my mind-space, bringing up familiar fears and thought habits. "I feel so weak. This is going to be hard. I don't know if I can do this. I think I might be sick, or collapse, or cry" At one point, my arms turn into a fire of pins and needles, the blood leaves my head and I have to kneel down low into the mat.

A few minutes later, we begin the 'kriya' (the central set of poses/moves/stretches/mantras for the class). This one is called, 'Complete Workout for the Elementary Being'. Together, we must repeat the sound "Har" (with a rolled 'r') from the belly, eight times in each moving pose. As we go through the poses for the first time, all expressing this powerful mantra together, I feel my body clearing out the old energy of the fears and doubts and exhaustion, and a fresh, vibrant power comes through me instead. By the end of the first set, I am buzzing with confidence and exhilaration.

It feels like conviction:

There is work to be done here.

We have to build a better world.

I am here for a purpose; I have an important job to do.

I feel my power; we are powerful together.

This kriya, for me, came through as a story of the journey of humanity from this point onward. A story of our evolution as a species.

First, there is the calling to attention. We call our higher selves to return by stretching and clapping above our heads - "Where are you? Come back to us! Look around and notice what is happening!"

Then, we reach down to hit the ground and wake up our lower selves - "This is not good enough! See what you are doing. This is not ok! Wake up!"

And we lift and lower our arms at our sides to re-activate our hearts and guts - "Switch back on now. You've been numb too long. We need you!"

With all that awakening, there is turbulence, there is unrest. We jump, criss-crossing our arms and legs side to side. We feel the disturbance. At least we are awake to feel it!

Then comes the warrior pose. The return of the proud warrior woman, to lead us in a new direction. The bow and arrows of the warrior woman are not for killing, for shooting things down. No, they indicate a steadying of the gaze, the sense of potential release energy in the taught string, the straight and true direction of travel, the focus and speed of moving in that direction once chosen.

Of course, the rising of the sacred feminine to lead humanity brings about more turbulence. More criss-cross jumping. What, we didn't expect the patriarchal world to just release power into the collective without unrest... did we?!

We turn our attention to the infinite intelligence and consciousness of life. We lift our hands high and open ourselves up and back to receive insight and wisdom.

Ah, more steps out of our cultural comfort zone? More challenging truths to integrate? Well, of course then, more turbulence!

And, finally, the bringing together, the healing of division, the balancing of the polarities - masculine and feminine, light and dark, right and left, activity and rest, body and spirit. For this, we stretch and lean first right, then left, each time bringing the energy from the edge into unity at the centre.

I truly could feel the great unfolding told to me through my body, amplified by the awesome collective power of all beings in the room (both seen and unseen!)

I emerge ready and confident to do the work. Like Tiger, I am "aware of many unseen things and can sense the extraordinary opportunities around me".

Credit to Kundalini, and credit to Kristina. What a potent combination.