

## 11 Moon Centers for Every Woman With Shama Kaur

*Kundalini Yoga as taught by Yogi Bhajan*

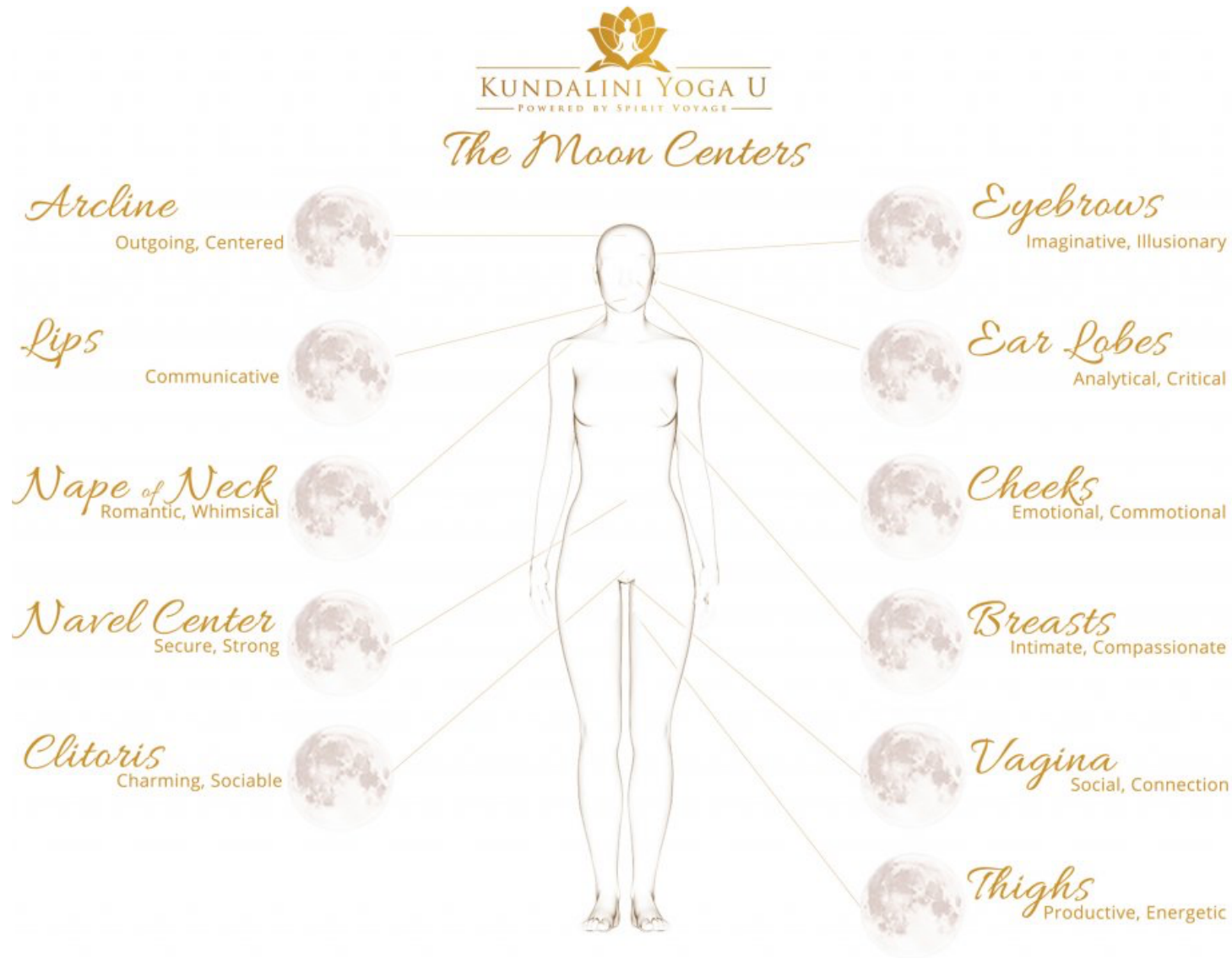
- Use this is an ancient teaching to understand how women work.
- If a woman is sensitive to her body and emotional tendencies, she can be aware of and predict her own Moon Center cycle.
- Women 16 times more emotional than men → This can be channelled into being 16 times more sensitive
- One of the tools YB gave us is the sense the **11 moon centers**
- We change **every 2 ½ days from one point to another in a 28 day cycle,**
- Same sequence for her entire life → unless there is emotional shock
- Does not coincide with her menstrual cycle or zodiacal mood cycle.
- Woman's emotions will fluctuate as the Moon Centers change
- Every woman can track those points, to gain insight into her mood
- Buy a pendulum and start using it -----→



### MOON CENTER CHART

Month:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	25	27	28
Arcline																												
Brow																												
Ear Lobs																												
Cheeks																												
Lips																												
Back Neck																												
Nipples																												
Navel																												
Thighs																												
Vagina																												
Clitoris																												

## Characteristics of the 11 Moon Centers



### Generally:

- Any time is a good time to build your navel center
- So that you can build intuition – can I trust this person? Is there someone I need to watch out for?
- We as women have been taught to base our identity on men/on fashion/on tv/on songs so we get a really bad view about what we are supposed to be as women
- Key manage mind/energy – oh I can't help it – it just happened – affairs happen because of that attitude
- Careful of order –if navel then cheeks – be extra careful, if cheeks fall along time of menstrual cycle/PMS – extra careful

### Journaling

- What are the sensations you get when you are in this moon center?
- What are your behaviors? What are your feelings?
- Does the tendency get stronger, the more you get into it? Does that happen the next month?
- Write in your journal every day – you need to commit to this process – because you are not getting much out of it if you only look at it once a week/once a month
- One woman's experience is not the same as other so as a group can compare similarities and differences

### Pendulum

- Is my moon center in my arcline today? Say yes or no
- And then I will say is this number 2?, is this number 3? Is this number 4?
- Once you get the order, go back to number 1 and find out am I in the first day? 2<sup>nd</sup> day? Half days?
- Use a calendar and slash the ½ days

	Balanced	Too Strong/Too Weak
<b>Arcline</b>	<ul style="list-style-type: none"> <li>• Outgoing, centered, authoritative, sensitive, all knowing, and neutral in your communication.</li> <li>• Confident and self-assured.</li> <li>• Steadiness, stability, divine clarity, reality</li> <li>• Things seem to flow and fall into place perfectly.</li> </ul>	<ul style="list-style-type: none"> <li>• Insensitive, shy, Unable to speak truthfully, overly pessimistic or overly optimistic. Feel blocked/stuck, chasing after things</li> </ul> <p><b>Tip: Meditation for Effective Communication</b>  <b>Kriya to Remove Energy Blocks</b>  <b>Mantra to Open up Blockages Ad Sach Jugad Sach</b></p>
<b>Brow</b>	<ul style="list-style-type: none"> <li>• Imaginative and Illusionary.</li> <li>• A time of expansion, sowing seeds to sprout</li> <li>• Imagine a new business or plan of action.</li> <li>• Good time to write a poem, play with a child, and brainstorm new ideas.</li> </ul>	<ul style="list-style-type: none"> <li>• Overly optimistic, obsessed with future plans/goals/visions,</li> <li>• Overly focused on plan/vision without taking in new information about changes/risks in the environment/situation</li> </ul> <p><b>TIP: Meditation for Neutral Mind, Pituitary Gland Series, Meditations for building intuition and sensitivity</b></p>
<b>Ear Lobs</b>	<ul style="list-style-type: none"> <li>• Most analytical.</li> <li>• Discuss values and what is important to you.</li> <li>• Good time to work for a cause or discuss what values you want to employ at work or at home.</li> </ul>	<ul style="list-style-type: none"> <li>• Overly critical of both yourself and others.</li> </ul> <p><b>Practice:</b>  <b>Meditation to Conquer Self Animosity</b>  <b>Meditation for Self Assessment</b>  <b>Kriya for Total Balance</b></p>
<b>Cheeks</b>	<ul style="list-style-type: none"> <li>• Experience emotions and use them to take action responsibly</li> <li>• Confident to deal with uncertainty and the unknown</li> </ul>	<ul style="list-style-type: none"> <li>• Unpredictability, emotional instability</li> <li>• Tendency to be emotional, commotional, and out of control.</li> <li>• Say things that are hurtful/harmful, Impulsive actions/decisions</li> </ul> <p><b>TIP: eat well, do yoga, meditate, and pray, do sadhana</b></p> <p><b>Practice:</b>  <b>Meditation for Emotional Balance &amp; Perspective</b>  <b>Meditation or Kriya to build trust in the unknown</b></p>
<b>Lips</b>	<ul style="list-style-type: none"> <li>• Communication very effective</li> <li>• Your words may uplift and inspire</li> <li>• You can determine if it is a good time to speak up</li> </ul>	<ul style="list-style-type: none"> <li>• Communication very ineffective</li> <li>• Your words can alienate and destroy</li> </ul>

	<p>or to keep silent.</p> <ul style="list-style-type: none"> <li>• Verbal, interactive, communicative</li> </ul>	<p><b>TIP: If you feel insecure, angry, or resentful, better keep silent. If in doubt, be silent and meditate on more before speaking.</b></p> <p><b>TIP: Do you feel expansive and heart-centered? Then you can communicate safely.</b></p> <p><b>TIP: Your diet and spiritual practice are important.</b></p> <p><b><u>Practice: Meditation for Effective Communication</u></b> <b><u>Kriya to Open the Heart &amp; Magnetic Field</u></b></p>
<b>Back Neck</b>	<ul style="list-style-type: none"> <li>• Sensitivity</li> <li>• Very romantic, easy going and playful -- One flower can make you go crazy.</li> <li>• Good time to try out new things /embark on adventures.</li> </ul>	<ul style="list-style-type: none"> <li>• You will take risks, be flirtatious and whimsical.</li> <li>• You decisions will be based on a fantasy rather than reality,</li> <li>• Taking risks without measuring the consequences, leaping into the unknown without checking what is aligned with you true self.</li> </ul>
<b>Nipples</b>	<ul style="list-style-type: none"> <li>• Compassionate, heart-centered, intimate.</li> <li>• Good time to throw a party, visit an ill friend or help those in need.</li> </ul>	<ul style="list-style-type: none"> <li>• Overly mothering, and giving to the extent of foolishness.</li> <li>• Watch out for boundary issues, because you will have a harder time saying “no.”</li> </ul> <p><b><u>Practice: Meditation Heart Shield Meditation</u></b></p>
<b>Navel</b>	<ul style="list-style-type: none"> <li>• You feel secure, safe and confident.</li> <li>• Good time to keep a diary, go to a funny movie, or keep silence.</li> <li>• Insecure, exposed, vulnerable</li> </ul>	<ul style="list-style-type: none"> <li>• If Navel Center is weak, you will be insecure and very vulnerable to criticism. If your Navel Center is overly strong, you could be intimidating, alienating, or aggressive.</li> <li>• Caution: Be careful of having serious discussions at the time.</li> </ul> <p><b><u>Practice: Sahibi Kriya or Nabhi Kriya to strengthen your Navel Center with Sat Kriya or Breath of Fire</u></b></p>

<p><b>Thighs</b></p>	<ul style="list-style-type: none"> <li>You will be very confirming, productive, and have a high energy level.</li> <li>Confirmative, verifying, affirming</li> <li>All of the details which may slip during the rest of the month seem like they have to be done in this time.</li> </ul>	<ul style="list-style-type: none"> <li>Perfecting to do lists almost to the point of obsession.</li> <li>You may find yourself making lists of all the projects you dreamed about during the month and not be happy until they are all completed.</li> <li>Stay up late night and try get it all done; then I am a wreck the next day – so its all about balanced</li> </ul> <p><b>TIP: Go for a walk, jog, run, get the energy moving in your body.</b> <b>TIP: Don't fall for the tendency to want to do it all.</b></p> <p><b><u>Practice: Kriya to Releax &amp; Release Fear</u></b> <b><u>Nadi Shodhana Cleansing Pranyam</u></b></p>
<p><b>Vagina-physically internal (closed)</b></p>	<ul style="list-style-type: none"> <li>Tendency to be social.</li> <li>Depth, sharing in personal or cultural cycle</li> <li>Good time to meditate, go within, and feel the Shuniya or zero-point.</li> <li>Good time to take a 'time out,' a break in the action, realizing that endings and beginnings are the same. Good time for new beginnings.</li> </ul>	<ul style="list-style-type: none"> <li>You will want to connect in a more intimate way, perhaps with a small group of people or with one other person.</li> <li>Some women don't want to be social at all. You may have feelings of emptiness and want to be alone.</li> </ul> <p><b><u>Meditation: to Invoke the Meditative Mind</u></b></p>
<p><b>Clitoris – external (open)</b></p>	<ul style="list-style-type: none"> <li>Charming, talkative, sociable, and outgoing.</li> <li>Good time to wear a new dress to a party, make new friends, network, make telephone sales, or go to a meeting—anything in a social setting.Social “out there”</li> </ul>	<ul style="list-style-type: none"> <li>Tendency to form or hold exclusive groups and so not welcoming to outsiders.</li> </ul> <p><b>TIP: It is not a good time to balance your checkbook or figure out what is wrong in relationships at home or the workplace.</b></p> <p><b><u>Practice: Kriya for Health &amp; Openness, Meditation on Rama</u></b></p>

## Supplementary Notes:

### Arcline

- \*traumatized/best isn't abt to sine through
- \* block in the navel center or any lower chakras not functioning properly
- \* generally best time to make decisions
- \*meditation will be deeper – focused, easier to sit
- \*schedule things during the hairline – presentation/workshop – in that time – most my true self
- \*someone normally problem with self esteem- clearer picture of themselves when in the hairline – they are the most confident in this time – how you can be and how you are

### Brow Point

- tendency for it- you can become delusional – if you have a mental illness – bioploar, depressed, skitozophrenic
- women keep a journal – daily or 1-2 in the 2.5 days of what your experience is – it will manifest differently every month

### EarLobs

- over analytical / over critical
- most critical of partner/husband – see his faults – feel self righteous—get judgmental
- look at where moon center on a weekly basis if not daily – oh ear lobs is coming up....i need to be watchful of the tendency

### Cheeks

- is the most dangerous time
- if you have a strong sadhana/practice you can minimize it
- you are the most sensitive
- good time to journal emotions, journal what is coming up, go internal
- Hidden agenda- I am insecure/I am not good enough....if you know that you can watch out for it
- Sometimes I get triggered at family events, If I n=know I am going to be at the pinks of the cheek – I prepare myself – stronger sadhana, I don't take sugar...and I keep my mouth shut at family gatherings ...its not the time to act on it....good time to act on it in the hairline....

### Lips

- double egged sword – if in lower chakras/in secure → be silent/ words can destroy BUT if in your higher chakras → words can inspure/impzact--- where are words coming from? Navel or heart?
- Good time for mantra – emotion into how to chant – if you feeling emotional chant to get it out

### Back Neck

- time to be in heart center, compassionate because she is in her heart center
- good time to connect with the sick/or children
- in your heart more open
- dangerous time men who want to take advantage for her ---so you need to be self aware
- esp if you have a tendency for this – need to be appreciated/ to be loved/ or male recognition/
- A time when that tendency comes up even more

### Nipples

- Are you taking care of yourself while you are in this giving state?
- To what extent are you expecting something in return vs. self-less service?
- Sexual/sensual component – either plan love making during this time // if we don't have time //I am careful not to allow myself to get aroused //because it can become distracting
- Could wear a bra to bed – breasts not exposed so that they don't get triggered
- Instead of “oh I couldn't help myself, I couldn't hold myself back” when aware which ones are coming up – I can plan for it positive and the negative
- Time when we are social – careful to overly give/ not have strong boundaries

### Navel

- if too intimidating and get exasperated at navel – work on other chakras like heart center or 3<sup>rd</sup> eye to be more neutral

### Thighs

- tip just wait 2.5 days and see if its still important – see if its that moon center or something really important – or is it mind flying out of control

### Vagina and Clitoris

- watch my reaction, I am very curious about what other women's experience is here
- the locks – where you squeeze the vagina – kegal pumps
- morning calls and sat kriya
- Laya yoga meditation