Goddess Essence Meditation

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5:17
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5:06
5:03
5:07
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10:03
5:00

www.prafulmusic.com
www.tantra-essence.com

Go ddess Essence Meditation

MA ANANDA SARITA
PRAFUL MYSTIK

www.tantra-essence.com

Goddess Essence Meditation is available as a download with this link: store.cdbaby.com
One day I realized that there is really an urgency to bring the Goddess Essence Transmission to as many women as possible, as soon as possible. It is a recipe that offers dramatic and positive results for women’s awakening in a very short time. Then and there, I created a one-hour meditation which encapsulates the essential components for woman’s empowerment and activation as the divine feminine. I then began introducing this meditation in groups, trainings and festivals. Women have been giving me very positive feedback and also entreating me to create a CD they can buy so they can continue the meditation at home or in women’s gatherings of all kinds.

When considering which musician to work with who would be able to musically interpret the various and very different phases of the meditation, only one name came to mind, Praful. His talent is multi-dimensional, multi-instrumental and with universal appeal. Having been friends for many years, we have collaborated in many Tantra Festivals and Live music events. I am a great fan of his ever-evolving musical genius.

When he had almost completed the creation of the tracks for this CD, we found ourselves at a Tantra Festival in Latvia. I decided to debut the new CD in my women’s group there. I asked the women if they would agree to Praful sitting in the corner to witness and to hear the effect of his music while these 60 women plunged into the experience of the meditation together. All the women kindly agreed to his presence in the room, a very unusual situation because normally women’s groups are a sacred space for women only. His music on the CD was deeply appreciated by the women and Praful received lots of inspiration on how to tweak the music and make it even better.

I am sure you will love the result!
Testimonials about the Goddess Essence Training

“In security and simplicity, I could receive a teaching that is precious for me as a woman, precious for each woman in this world wherever she may be from, and precious for humanity. It is urgent that more and more women start such ‘work’ on consciousness. Without women, the world would head for disaster. There is still time for women to wake up, and make contact in joy, aliveness and light, the wisdom and the power that inhabit us. Let us dare to be who we are.” *Blake*

“All women should dare to meet their deep nature, should know that such a possibility exists, and should heal, so as to care for the world. Thank you! A step towards happiness for oneself, a step towards happiness for the whole humanity.” *Marie*

GODDESS ESSENCE MEDITATION

Phases and Instructions

In this meditation we are opening the three positive polarities of woman’s chakra system; 2nd chakra (lower belly), 4th Chakra (center of chest between the two nipples) and 6th Chakra (3rd eye, in-between the two eyebrows in the center of the head.) We are then integrating these aspects of Goddess Activation with attuning ourselves to the heartbeat of nature and of the universe.

It is recommended to use the music on this CD only for this meditation. In this way, over time, the music will link profoundly with your journey of flowering into your Goddess Essence. Each time you play it and dive into the meditation your experience will be greatly enhanced.

(60 minutes in total)
1. Womb Yoga Dance
Enjoy Belly Dance, awakening the Goddess within through your womb-oriented femininity. Belly Dance is a feminine form of Yoga, having been created originally as a way for women to tone muscles and organs after giving birth.

5 minutes

2. Birthing Spirals
Go onto hands and knees and allow spiraling movement of the whole body, emanating from the womb, the womb of life. These spiraling movements are the same as the movements experienced by women going into ecstatic birth. Attune yourself to the cosmic spiral. Be fluid, moving in oceanic waves of ever expanding presence. As the spirals are happening, allow deep breathing with the movements.

5 minutes

3. Birthing Spirals with Emotional Fluidity
Continue the spiraling movements and let these waves carry you into various forms of emotional expression, similar to the sounds of a woman during ecstatic birthing. You find yourself howling, screaming, laughing, singing. Give birth to yourself as a Goddess.

5 minutes
4. Breast Aura
Sit in meditation and place your hands gently over your breasts with the center of your palms on your two nipples. Feel the warmth and the energy in your breasts. Then, slowly move your hands into your auric field in front of your breasts and discover how far the aura of your breasts extends in front of you. Go to the ultimate extent of this aura with your arms, and then make a gesture outward to either side, of sharing this with the whole world. When this gesture is complete, bring your hands to your breasts again and tune in. Discover the ever-increasing aliveness of your nectar-filled breasts and again, discover how far into your auric field this emanation goes, and then share with the world. Continue these rounds.

10 minutes

5. Lasya Dance
Move into Lasya movements, Stand up and raise your arms towards the sky. Allow yourself to become a conduit for universal energy to move through you; you are not the one moving; you are being moved, like a seaweed in the sea, or a reed in the wind. Allow your body to take mysterious shapes, shifting moment to moment into new ways of movement as meditation, never knowing what the next dance move will be.

5 minutes

About Lasya: The word Lasya means happiness, grace and beauty. It describes the dance offered by Paravati in devotion to Lord Shiva.

6. Lasya Contact Dance
Continue Lasya, and if you are in a group of women, join with another woman and move in Lasya together. In Contact Lasya, at least one part of your body is always in contact with your partner’s body as you flow into the dance.

(Note: If you are doing this meditation alone, simply continue the Lasya dance on your own for this phase.)

5 minutes

Opening the 6th Chakra (3rd eye)
7. Unveiling the Goddess with a Partner
Sit in front of your partner and endeavor to see her Goddess nature. Both partners are doing this simultaneously. If there is a veil obscuring her Goddess nature, gently remove the veil from the auric field in front of her face. Your gesture is similar to that of delicately removing cobwebs. Then continue looking at her face and into her eyes, perceiving the radiant Goddess. If there is another veil, delicately remove it. Continue in this way.

(Note: if you are doing this meditation alone, simply skip to phase 8 instructions and, using the same music as 7 and 8, do it for 10 minutes instead of 5 minutes)

5 minutes

8. Unveiling the Goddess Alone
Back to back with a partner, close your eyes and discover your own original Goddess face. Gently remove the veils, like removing cobwebs from the aura. The veils may take the form of thoughts, or internal judgements. Remove these and keep dropping deeper till you can really sense your original Goddess essence.

(Note: If you are doing this meditation alone, you can do this phase in a sitting position, gently removing the veils from the auric field in front of your face and continue dropping deeper till you are able to experience your inner Goddess nature.)

5 minutes

9. Shakti Pulse in Spooning Position
If in a group of women, make a spooning line, each woman on her left side, with left arm creating a pillow for the woman in front. Hold the belly of the woman in front with your right hand. The whole line of women can undulate simultaneously in the pulsing rhythm of the heartbeat in the music. Sense this pulsing, undulating Shakti energy moving through all the women of the world.

(Note: If doing this meditation alone, lay down on your left side, head on a pillow and gently undulate and rock in tune with the cosmic heartbeat. In your imagination, sense that all the women of the world are linked together through this pulsing heart beat.)

10 minutes

10. Integration
If you are in a group continue laying on your left side, sensing the integration of your Goddess nature with your everyday reality, in deep silence.

(If you are doing this meditation alone, lay down on your back, legs and arms wide open. Sense the integration of your Goddess nature with your everyday reality, in deep silence.)

5 minutes

3 gongs at the end
The Positive Polarities of the Chakra System:

There are seven main chakras located all along the nave of the spine. Their life lessons, colours, elements and polarity are:

1) Sex Center (Muladhara) encompassing the whole pelvic area
   Colour: Red; Element: Earth
   Life Lesson: Survival instinct, Procreation, Animalistic tendencies, security, sexuality and orgasm
   Polarity: Male body - positive polarity / Female body - receptive polarity

2) Lower Belly (Swadhistana)
   Colour: Orange; Element: Water
   Life Lesson: Birth and death, fluidity of emotions which arise between these two polarities
   Polarity: Female body - positive polarity / Male body - receptive polarity

3) Solar Plexus (Manipura)
   Colour: Yellow; Element: Fire
   Life Lesson: Becoming vast enough to contain the contradictions posed by life, which automatically gives rise to genius. Where two contradictions meet is the ultimate truth. In the third chakra, we are also challenged to throw off conditioned belief given by others and live our individual soul calling
   Polarity: Male body - positive polarity / Female body - receptive polarity

4) Center of Chest (Heart Chakra / Anahata)
   Colour: Green or Rose; Element: Air
   Life Lesson: Love, Nurturing and Compassion, opening into oneness with the universal heart
   Polarity: Female body - positive polarity / Male body - receptive polarity

5) Throat (Vishuddha)
   Colour: Turquoise; Element: Ether
   Life Lesson: Becoming a Co-creator with God, expression of your soul calling through creativity, learning to speak from a place of truth
   Polarity: Male body - positive polarity / Female body - receptive polarity

6) Forehead, between the eyebrows in the center of the brain (Ajna)
   Colour: Blue; Element: mental cognition linked to universal consciousness
   Life Lesson: Expanding intuition, clairvoyant vision, surrendering of the ego to the wisdom of the soul.
   Polarity: Female body - positive polarity / Male body - receptive polarity

7) Crown of the Head (Sahasrara)
   Colour: Violet, merging into white light
   Life Lesson: Opening into universal consciousness, beyond duality, becoming one with all that is, orgasm with the universe. Here male and female and all elements merge into Oneness.

Goddess Activation

Goddess activation is achieved and stabilized when women are able to open up their positive polarities in the chakra system. When the positive polarities are open, the receptive chakras will come into balance easily and naturally.
Fulfilment in all aspects of life happens through an open and flowing chakra system.
Praful is a master sound healer, singer, multi-instrumentalist, composer and producer. He embraces Jazz, Soul, Dance, Indian and New World Fusion with grace and passion. His heart-centered music takes the listener into deep states of inner silence.

Praful’s 10 solo albums and many musical collaborations garnered international success. He also plays for talks and retreats of bestselling author Eckhart Tolle and composes and produces for the Mantra singer Deva Premal. Praful shares his sound magic at concerts and conscious festivals throughout the world.

For information and to order Praful’s music: www.prafulmusic.com

Produced, recorded and mixed by Praful @ Skywalker Studio, DE
Additional recordings by Gil Lopez, Afra Mussawisade and Gong Muse
Mastered by Tom Meyer @ Master & Servant, Hamburg, DE
Cover Design by Vimal G. Gabrielsen
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Thanks to all the women in the Goddess Essence Training and Teacher Training.

Ma Ananda Sarita is a world-renowned Tantra Teacher. She met Osho in India in 1973 and remained in his community for 26 years, receiving much personal guidance from him on the subject of Meditation and Tantra. She has been teaching since 1990. Sarita is author of two books on Tantra, which are translated into many languages. She has also produced two online courses and several meditation CDs. She teaches a wide range of groups and trainings, including a Goddess Essence Teacher Training, a 7-level Soul Mate Training for couples, the Tantra Essence Teacher Training, the Vigyan Bhairav Tantra Retreat and the Mystic Tantra Massage Training. Sarita also shares how to maximize our potential for spiritual awakening using Tachyonized Tantra tools. Her monthly newsletter on a wide range of subjects is a great resource for people on the path of integrative spirituality.

Ma Ananda Sarita

Praful – Bansuri (Indian Bamboo Flutes), Silver Flute, Saxes, Overtone singing, Keys, Swarmandel, Xalam, Harp, Cello, PanArt Hang, Fender Rhodes, Percussion, Bass, Ukulele, Nylon Guitar, Gongs, Bells, Chimes, ambient recordings

Dana Devi – Voice (tracks 2,8,10)
Peruquois – Voice (track 6)
Vimal G. Gabrielsen – Voice (track 5) and Breath (tracks 2,6)
GongMuse – Voice OM (track 10)
Gil Lopez – Oud (track 1)
Afra Mussawisade – Darbuka (track 1)

Goddess Essence Meditation concept by Ma Ananda Sarita
Music composed by Praful
Executive producer: Ma Ananda Sarita