



soul on fire

monica mesa dasi

"Love Yourself & You Love The World!"

Soul on Fire

Sacred Sadhana

LoveBook

Dear One,

Thank you so much for your desire to deepen your practice & self-love journey, joining me, and becoming part of my Satsang!

I truly believe that one of the greatest gifts that you can give to humanity is dedicating yourself to your spiritual path, and that's exactly what you are doing now.

All of the practices, prayers, and techniques you will be learning here are going to give you the tools to heal, transform, empower, and raise your frequency so that you are truly a light in the world.

"When you love yourself, you love the world!"

Take this time to look over the booklet, reach out if you have any questions, and start to familiarize yourself with everything so that you are ready to rock when we meet!

I'm here to hold you, love you, and be your spiritual friend along this precious human life.

Ram Ram!

All my love & blessings,



Monica

"The Power is Practice. Practice is the Path. The Path is Love!"

~mmd

♥ Table of Contents ♥

Bodhicitta Prayers	1
Morning Prayers	2-3
Closing Prayers	4
Pranayama	5-11
Daily Sadhana Tracker	12-17
Monica's Teachers	18
Gratitude	19

Bodhicitta Prayers

Knowing the heart essence of my being and that of all beings to be primordially awake and manifesting as ceaseless compassion, I commit myself to recognizing innate wisdom for the benefit of all beings.



Recognizing our own suffering, we develop the intention to practice for the purpose of relieving suffering. We extend to those here this intention to practice for their benefit. Extending further to all living beings, animals of the earth, insects, birds, and unseen beings as well as human beings, we generate the motivation to practice in order to relieve suffering for all beings everywhere without one exception.

Morning Prayers

Aarti Altar Blessing

Sri Ram, Jaya Ram, Jaya Jaya, Ramo.

Honoring God (Ram), the God of your understanding, as well as Your own Divine Self.

Mantra to Ganesh

Om Gam Ganapataye Namaha

May all inner and outer obstacles be removed from my path. Invoked at new beginnings for a clear path, to overcome challenges, for health and well being, good relations, good fortune, and abundance.

Guru Invocation

Guru Brahma, Guru Vishnu, Guru Devo Maheshvara

Guru Sakshat Param Brahma

Tasmai Shri Gurave Namaha (last line 3X)

Guru is the Creator; Brahma. Guru is the preserver/sustaining power; Vishnu. Guru is the destroyer; Shiva.

Calling in and all your Gurus, Teachers, Spirit Guides, as well as Your own Divine Self and the qualities of creation, sustaining power, and dissolution.

Gayatri Mantra

Om Bhur Bhuvah Svaha

Tat Savitur Varenyam

Bhargo Devasya Dhee Mahi

Dhiyo Yo Nah Prachodayat

Om, I adore the Divine Self who illuminates all the worlds. I offer my prayers to God who shines like the sun. May it enlighten our body, mind and Spirit.

Twameva Prayer

Twameva Mata Cha Pita Twameva

Twameva Bandhus Cha Sakha Twameva

Twameva Vidya Dravinam Twameva

Twameva Sarvam Mama Deva Deva (last line 3X)

You are my mother and my father, you are my relative and friend, you are my knowledge and my wealth, You are my everything, my All, and you are ME.

Mrityunjaya Mantra

***Om Tryambakam Yajamahe
Sugandhim Pushtivardhanam
Urvarukamiva Bandhanan
Mrityor Mukshiya Maamritat***

*We worship the three-eyed One, who is fragrant and who nourishes
all.*

*Like the fruit falls off from the bondage of the stem, may we be
liberated from death, from mortality.*

This mantra calls upon Shiva in the form of Tryambaka, "The Three Eyed One". It's the most powerful Shiva mantra and is said to heal fears, restore health, comfort grief, and holistically rest our physical and energetic bodies. Not only is this a powerful prayer for ourselves, but for the greater world as a whole during such times of upheaval and suffering. Its most beneficial to chant as part of your morning prayers!

Closing Prayers

**Om Asatoma Sadgmaya
Tamasoma Jyotirgamaya
Mrityorma Amritam Gamaya
Om Shanti Shanti Shanti**

Om lead us from untruth to Truth, from darkness, to Light, from death to Immortality.
Om peace, peace, peace.

Om Lokah Samasta Sukhino Bhavantu

May all beings in all the worlds be happy and free. May my thoughts, words, and actions contribute to the happiness and freedom of all beings.

Om Shanti, Shanti, Shanti

May there be peace, in all levels and planes of existence, may there be peace, and let it begin with ME.

Om Shri Gurubhyo Namaha

Om, reverence to the auspicious Gurus, Teachers, and Guides, including YOU.

Hari Om

“The remover, or the one who takes away.”

A mantra believed to erase all suffering and connect practitioners with universal consciousness.

Prayer for Peace/Prayer of St. Francis of Assisi

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love.

Where there is injury, pardon;

Where there is doubt, faith,

Where there is despair, hope,

Where there is darkness, light,

And where there is sadness, joy.

Oh Divine Master, grant that I may not so much seek to be consoled, as to console;

To be understood, as to understand;

To be loved, as to love;

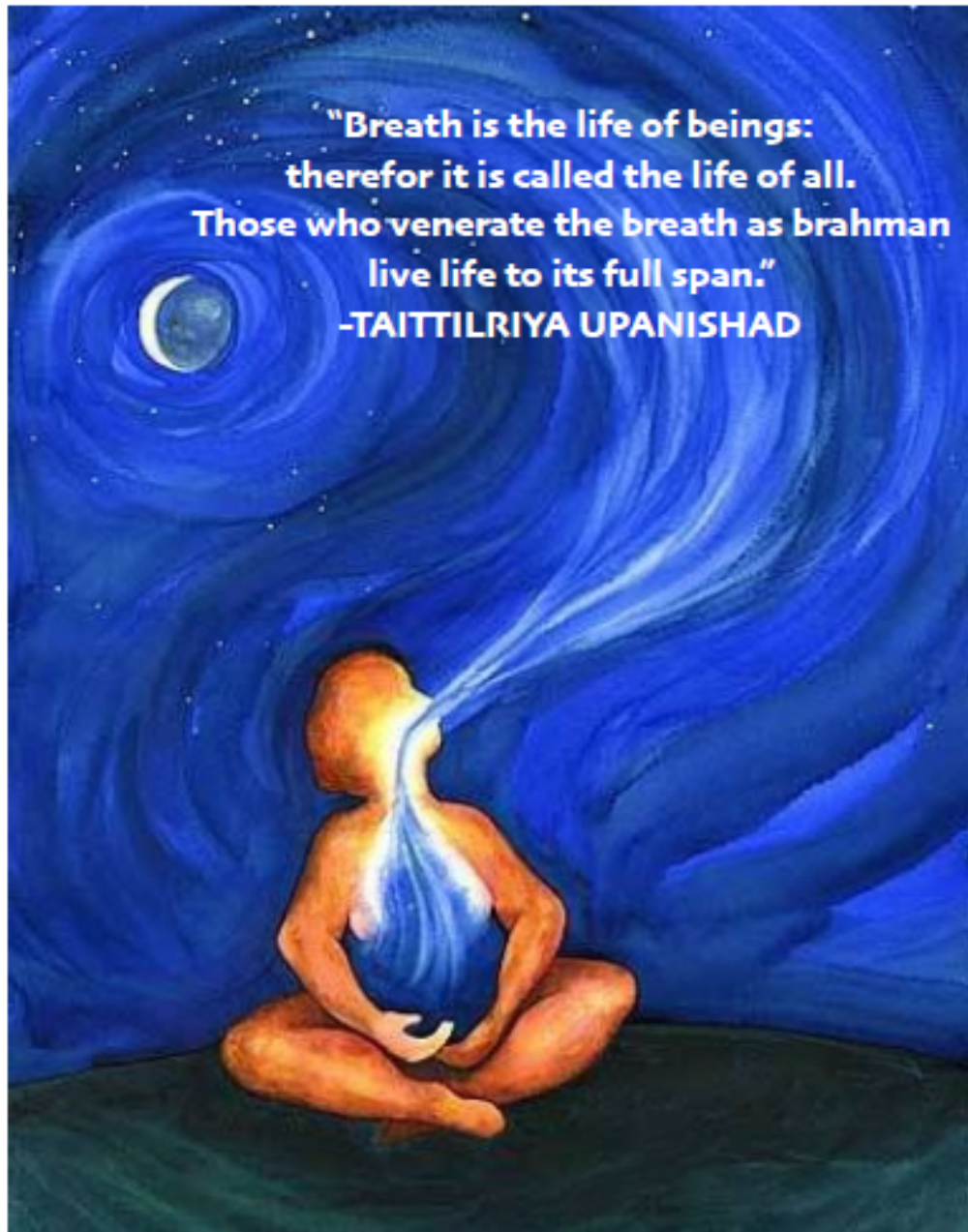
For it is in giving that we receive,

It is in pardoning that we are pardoned;

And it is in dying that we are born to eternal life.

PRANAYAMA

DISCOVERING THE POWER OF BREATH



Pranayama

(prana = energy + ayama = extension)

“Breathing becomes a puja, a sacred ritual prayer, that can bring you awareness and change your life. Your whole life will change when you do this internal puja.”

— Dr. Vasant Lad

Breathing is one of the most important life functions and the way we breathe is the clearest indication of our state of mind and wellbeing. Daily breath awareness and practice will guide us to the proper way to dial into whatever energy level is required for our daily activities. This includes building up energy as well as calming the unpleasant energies of stress, anxiety and fear.

Pranayama is one of the 8 limbs of yoga that deals with using the breath to teach us to manage our prana or life force energy. It is the conscious awareness of breath; the life force that both energizes and relaxes the body.

Before you begin: Pranayama is best performed early in the morning before meditation but can be practiced at any time of the day when you need to call in the specific benefits of these breath techniques. Always practice pranayama on an empty stomach and do not eat or drink during your pranayama practice. It can be helpful to have a timer nearby to time your pranayama if you don't want to count repetitions in your head. Have a tissue handy in case excess mucus is loosened.

Between each pranayama exercise, return to a seated meditation for 1 or 2 minutes to pause and notice the effects on your energetic body and mind. Take a moment to observe how you are feeling. Notice your thoughts and your state of mind. Take note of how you feel physically. Are you warmer or cooler than when you started? More energetic or relaxed? Where do you feel the effects of this practice?

Contraindications: women who are pregnant or on their menses should practice deep rhythmic breathing but avoid these pranayama techniques. It is also recommended you refrain from practicing pranayama while you are experiencing respiratory illness, and wait until your symptoms clear up before you resume your pranayama practice. Other contraindications are listed below each pranayama description.

Bhastrika Pranayama

“Bellows Breath”

Opens and balances anahata and manipura chakras which brings grace, confidence, compassion and unconditional love

Definition and Benefits: The Sanskrit word Bhastrika means “bellows” therefore this pranayama is known as bellows breath. This is a heating breathing practice that cleanses the nasal passages and lungs. Air is moved forcefully in and out of the lungs which expels residual, stagnant air in the lungs (alveoli) and brings fresh new air to the reservoir of air in the lungs. This pranayama increases the inner fire of the abdomen and mind. Dries up excess mucus in the head and body, especially the nasal passages. Increases heat in the body. Clears excess doshas from the head. Increases and stimulates gaseous exchange in the body to flush out toxins. Activates and invigorates the liver, pancreas, spleen and abdominal muscles. Improves digestion and circulation. Decreases body fat. Helps with depression. Does cardio pulmonary flushing, enhancing the vital capacity of the lungs and increasing systemic circulation. Helps to balance the neurochemistry of the body and stimulate the thyroid and thymus glands.

Instructions: This breathing practice sounds like an “asthmatic attack”

1. Sit in a comfortable position so that the spine and torso are aligned
2. Begin to breathe in and out of the nose emphasizing the forceful exhalation
3. Inhale to fill the lungs and open the chest. Forcefully exhale the air out by actively compressing the lungs and pushing the air out through the nose and gently rounding the torso forward to help contract the chest to expel as much air out as possible.

Progression: Two rounds, resting 2 to 3 minutes in between each set. Progress on a weekly basis or as best as you can. 10/10 – 20/20 – 30/30 – 40/40 – 50/50. A total of 100 is enough. **Indications:** Nasal congestion, asthma, poor digestion, poor circulation, depression, weight gain, low lung capacity

Caution & Contraindication: Use caution for the following conditions: detached retina, glaucoma, high or low blood pressure, heart problems (i.e. heart disease), nose bleeds, hernia, ulcers, recent history of epilepsy, recent abdominal surgery. Those suffering from asthma or chronic bronchitis should practice bhastrika only under the guidance of an experienced teacher.

Signs and Symptoms of Improper Bhastrika: Dizziness, headache, upper back tension.

Kapalabhati Pranayama

“Skull Shining Breath”

Balances muladhara and swadhisthana chakras with each stroke

Definition: Kapalabhati is a dynamic and energizing purification breath that is life promoting and helps clear and move out stagnant energy. Kapala means “head”, bhati means “shining”. This pranayama tones the digestive organs, thereby improving agni (digestive fire) and appetite. Keeps the forehead cool. Brings alertness, lightness and consciousness to the body. Removes sensory distractions from the mind. Cleanses the blood. Clears the pranic channels without creating heat. Not incredibly drying and heating (like Bhastrika). Supports immunity (any time the abdomen is engaged, the immune system is supported). Energizes the body and brain. Massages the heart, therefore has a cardiovascular benefit. Is equivalent to running without the impact stress on the joints.

Instructions: You will feel like you are throwing/pushing air out from the belly similar to the action of coughing.

1. Begin from a comfortable seated position to align the spine over the pelvis.
2. During this practice, the focus is on the exhalation; the inhalation happens naturally, without effort.
3. Expel and push the breath out through the nose by forcefully contracting the abdominal muscles in and up – pushing the diaphragm into the lungs to expel the air out.
4. Allow the inhalation to fill the lungs naturally, without effort. The inhalation is spontaneous and involves no effort while the exhalation is strong and active.
5. After your round is complete. Sit comfortably and breathe normally.

Progression: Start with two rounds. Slowly increase 10 repetitions per week. Start at 50/50 and can work up to 500/500. This will take quite a few months to accomplish. Indications: Low immunity, inability to focus, poor digestion, poor circulation, thyroid conditions, cardiovascular conditions which involve high cholesterol, diabetes (helps pancreas release insulin), stimulates the liver and gallbladder.

Caution & Contraindication: Use caution for the following conditions: detached retina, glaucoma, very high or very low blood pressure, heart problems, nose bleeds, hernia, ulcers, recent history of epilepsy, recent abdominal surgery.

Signs and Symptoms of Improper Kapalabhati: Headaches, overactive upward moving circulation (udana vayu), sensations of being overheated.

Anuloma Viloma Pranayama

Forceful Alternate Nostril Breathing

Balances all seven chakras

Definition and Benefits: Anuloma Viloma, or forceful alternate nostril breathing, translates in Sanskrit to: up, down, alternate or reversed. This is a breathing practice that balances and cleanses all 72,000 nadis (energy channels in the body). It is like a pranic bath. Anuloma Viloma reduces depression and eliminates migraines. Clears the sinuses and brings high levels of vitality to visceral organs. Regulates agni (the digestive fire). Decreases cholesterol levels.

Strengthens the immune system. Brings clarity to the mind and induces contentment and serenity.

Instructions: This practice is best done on an empty stomach. Sit in a comfortable position. In this practice, only the right hand is used to alternately close off the nostrils. The breath moves with vigor and strength through each nostril. Exaggerate the inhalation and exhalation.

1. Take the right arm out to side and bend the elbow out to the side so the hands come toward the nose. Keep your elbow lifted to encourage a long tall spine.
2. Place the thumb on the ridge of the right nostril and place ring and pinky finger over the left nostril.
3. Connect to the breath in and out through both nostrils.
4. Begin the first round by closing the right nostril with the thumb and forcefully inhaling through the left nostril. Switch fingers at the top of the breath.
5. Breathe out strongly through the right side. Empty all the breath, then inhale up the right nostril. Switch the fingers at the top of the inhale.
6. Exhale out the left nostril. This is ONE complete round.
7. The pattern is: IN left – OUT right – IN right – OUT left. Only switch on the exhale (at the top of the inhale).

Progression: Begin with 2 cycles of 10. Progress one per week to reach 2 sets of 30 cycles.

Indications: Depression, migraines, blocked sinuses, poor digestion, high cholesterol

Caution & Contraindications: Chest pain, extremely high blood pressure, and recent history of epilepsy.

Signs and Symptoms of Improper Anuloma Viloma: Dizziness or lightheadedness.

Agni Sara Fire Purification

Activates manipura chakra

Definitions and Benefits: Agni means fire, which is the elemental quality responsible for digestion. Sara means essence. Agni Sara fuels your inner fire, stokes digestion, promotes elimination, clears your mind and activates prana. This breath strengthens the musculature of the pelvic floor and abdominal wall, tones, activates, and cleanses the digestive and eliminative systems. Strengthens the core muscles. Massages the bladder, improves circulation to the organs of the abdomen (including the reproductive organs). Reduces anxiety, energizes the mind and spirit, encourages steadiness and resolve. Reduces depression, activates prana energy and draws it upward.

Instructions: Agni sara is typically practiced while standing. The upper body leans forward and the hands rest atop the knees with the arms straight supporting the body weight and the chin slightly tucked in. On the exhale the top of the spine rounds as the chin draws in, and on the inhale the spine releases to neutral.

1. As you begin to exhale, contract the pelvic floor and the lowest portion of the abdomen (just above the pubic bone). Pull the lower belly in and up, then contract the upper belly. When the whole abdominal wall is strongly contracted and drawn in and up, and the breath completely emptied out, create Uddiyana Bandha by sucking the diaphragm up under the ribs and hold.
2. Holding the exhale, begin pumping the stomach in an internal churning motion. Do this 10 - 15 times and then relax the belly to release the diaphragm.
3. Begin the inhalation, releasing first the upper abdominal wall above the navel center, then the lower belly, and finally the pelvic floor as you finish the inhalation. Without pause, repeat this process as you connect to your next exhale.

Progression: Start with 3 or 5 repetitions and over time build up to 10 to 20 repetitions, or whatever is comfortable for your current level of strength and control. Slowly build up how many times you pump the belly. Only hold the breath to the point where you can calmly inhale. If you gasp for breath, you've held the breath too long.

Indications: Sluggish digestion, constipation, scattered or overactive mind, depression, low energy, poor circulation, anxiety, depression

Caution & Contraindication: Avoid agni sara if you have a hiatal hernia, if you have ulcers, cardiovascular disease, or high blood pressure. This exercise can be irritating to women with IUDs and should be exercised with caution.

Signs & Symptoms of Improper Agni Sara: Practice should leave you feeling peaceful and rejuvenated, not angry, irritated, or spaced out. It is normal to feel heat. It arises from the deepest center of the body and purifies the organs and the subtle energy channels.

Bhramari Pranayama

“Bee’s Breath”

Opens the Bhakti heart and balances vishuddha, manipura and ajna chakras

Definition and Benefits: Bhramari means bee. The “Bee’s Breath” soothes the nerves and calms the mind. During this practice the breath makes a steady, low pitched ‘hmmm’ sound at the back of the throat on the exhale (like the humming of a bee). Helps calm down the mind and allows one to feel centered. Expands state of consciousness. It helps with throat ailments, relieves stress, anger, reduces blood pressure, soothes the nerves and induces good sleep. Can help in the healing of bodily tissues. Stimulates the pineal and pituitary glands.

Instructions: This practice is best done on an empty stomach.

1. Sit in a comfortable position with an erect spine.
2. Close the lips gently while keeping the teeth from touching.
3. Bring the tip of the tongue to the space behind the upper front teeth.
4. Place hands on the face in Sanmukhi Mudra: fingertips along the inner border of eye and the sides of the nose. Close the ears with the. Place the index fingers above each eyebrow.
5. Keep the spine long and take a deep inhalation through both nostrils. Allow the chin to drop toward the heart.
6. Exhale slowly while making a steady, low-pitch “hmmm” sound at the back of the throat (like a humming bee).
7. Continue until set is finished.
8. Then, release the fingers, lift the head, return to normal breathing and observe any changes that have occurred. Let the vibrations fill your entire head and extend to the body, becoming one with the sound.

Progression: Do one set. Begin with 7 repetitions and progress weekly by one to no more than 17 rounds.

Indications: Insomnia, stress, throat ailments, nervousness, anxiety, thyroid conditions, hormonal imbalances, healing after physical injury.

Caution & Contraindication: Not done while lying down, very high or low blood pressure, cardiovascular disorders avoid any breath retentions. Chest pain, extremely high blood pressure, and recent history of epilepsy or ear infection.

Signs and Symptoms of Improper Bhramari: Lightheadedness, dizziness.

Day 1

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 2

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 3

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 4

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 5

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 6

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 7

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 8

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 9

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 10

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 11

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 12

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 13

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 14

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 15

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 16

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 17

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 18

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 19

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 20

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 21

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 22

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 23

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 24

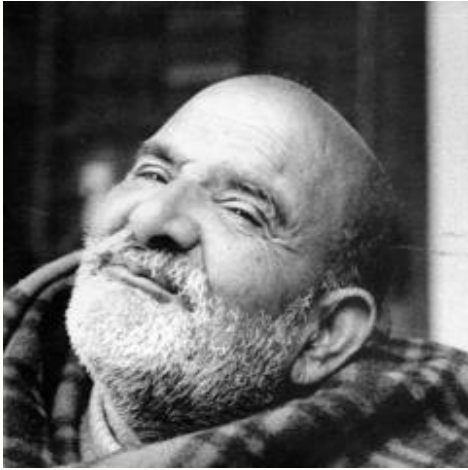
Dinacharya:

Pranayama:

Asana:

Meditation:

My Teachers



Neem Karoli Baba



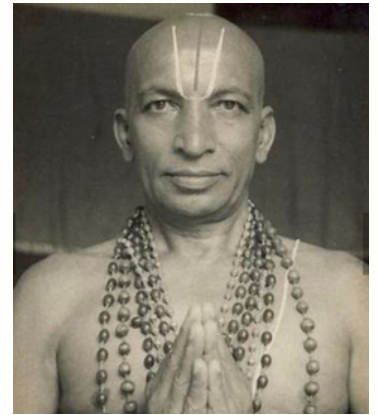
Cheyne



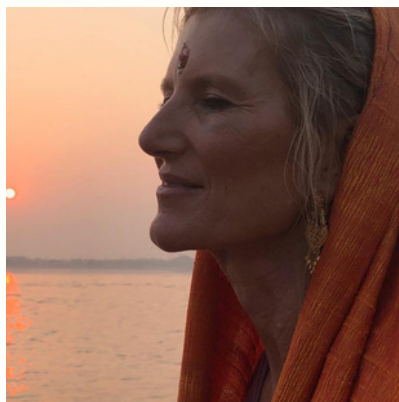
Amma



Lama Tsultrim Allione



Krishnamacharya



Shiva Rea



Govind Das

Infinite Thanks to:

God, the Supreme Being, the Universal Spirit, the One who breathes us all.

Mother India, for whom a proceeds of his course will benefit, for all the wisdom teachings, mahatmas and gurus that have blessed my life.

My parents, who gave me a life and have supported my mystic path.

My son Cheyne, who now lives in the formless reality, but who has never stopped loving me, whispering in my ears, and guiding my way on.

My sons Skye and Ronin, for whom I have gathered my strength to continue living, loving, serving, and transforming their ancestral lineage to a new legacy of love and a healthy family system.

The influential teachers of my yoga path: BKS Iyengar, Brenda Flemming, Shiva Rea, Rod Stryker, Govind Das, and my beloved gurus, Amma and Neem Karoli Baba.

My Lama, Tsultrim Allione, who has taken me under her wing and in her heart, patiently guiding me on my Vajrayana Buddhist path.

Special thanks to my Soul on Fire team, they are the wind beneath my wings and without them none of this would be possible.

All of my student friends, family, colleagues, healers, teachers, coaches, friends, fellow brothers and sisters, all the children of the earth, and Pachamama and all her creatures and life forms.

YOU, for believing in me, and the power of LOVE in action, which begins in the power of practice of loving YOURSELF!

LOVE YOURSELF & YOU LOVE THE WORLD!

I love YOU!