



IGNITE THE SACRED FIRE

TEACHINGS ON KUNDALINI

KEY MESSAGES

Provided below are a collection of key points, including course themes and main topics covered for each course. Please read through the info, feel free to cut and paste it exactly as it is, or communicate the essence of message in your own authentic way. Whatever you feel will have the greatest impact with your audience.

If you have any questions about any of the content, please reach out for clarification.

SACRED FIRE MASTER TRAINING

1. At the core of all Tantric practice is the Sacred Fire, who is none other than Kundalini Shakti herself, the source of all life and light.
2. Kundalini is not a myth, nor is living a truly sacred and extraordinary life, full of stability, resilience, joy and prosperity. It simply requires practice, and more specifically, knowing how to precisely and appropriately access and summon the auspicious powers held within the Sacred Fire.



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3. Based on the ancient science of Tantric, together we will explore how to access, stabilize and embody Kundalini as Rudra - the most vibrant, dynamic and empowered expression of the life force.

TOPICS COVERED:

- Activating Kundalini at the navel center using Asana, Bandha and Mudra, including Master Kundalini Mudras of the Himalayan Tradition.
- Understanding Kundalini Shakti as Rudra, our dynamic power of will and determination and as Jatavedas, the inherent 'fire of intelligence' within all things.
- INNER RUDRA YAGA: Constructing and executing the INTERNAL Fire ritual, including appropriate Mantras and protocols.
- MISRA STYLE RUDRA YAGA: Constructing and executing a combined INTERNAL and EXTERNAL Fire ritual using Havan Kund (fire pit), including appropriate Mantras and protocols.
- Understanding Tantric Rituals and their function and purpose in our daily lives.
- Activating the Ajna Chakra to increase Pranic awareness and gain access to the inner world.