

The White-Hot Yoga of the Heart, Waking Down, and You

*a mini-course preview of
The White-Hot Yoga of the Heart Virtual Seminar*

presented by Sanial Bonder
with assistance from Linda Groves-Bonder
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Saniel: I'm Sanial Bonder, and my wife, Linda Groves-Bonder, often called Linda Ma by many of us, is also on the line. And I will be doing most of the presenting this evening. Linda Ma may pipe in here and there and she definitely has a few words to say at the end.

On the subject of our call, "The White-Hot Yoga of the Heart, Waking Down, and You": originally we were going to call it "The White-Hot Yoga of the Heart and You," and we realized since nearly everyone, if not everyone, who is joining us tonight certainly knows something about Waking Down and has been exposed to the teachings that I originated that's known by that name, it will be important to clarify some things about the similarities and the differences and the relationship between what really are two pathways and cultures of practice. Hopefully that will become more clear through the evening.

Let me begin, or go a little more deeply into this, by reading you a couple of quotes. First about the Heart. Linda Ma and I put this out in a newsletter recently. A number of people appreciated it. You may have read it, if you did access the key points, the logos and key points, of the 12 Mysterious Gateways to Advanced Evolutionary Emergence that are the kind of charter to this teaching. This quote is at the top of the cover page there.

It says, "The Heart is both the essence and totality of what we are. Each and all. It's also both the source-engine and the emergent expression of what and who we are each and all becoming. It is our humanness and our Godness all at once. The infinite yet concrete singularity of all that is, that which and the one who really mean the most to us, regardless of our thoughts and beliefs. The mystery of all mysteries. The love that holds it all together, even when it's all falling apart."

And a little bit about this work, from the very first essay that I wrote and published called, "Celebrate Your Own Heart's Freedom -- To Love." This is from the introduction to the book *The White-Hot Yoga of the Heart*, which I first brought out in 1995:

"Please permit me a moment to speak my own heart's freedom and love, to sing it to you, heart to heart. My freedom is yours and yours mine. There is no fundamental separation or distinction between us in Being itself. The truth of who we are is the seamless Onliness, as in Only-ness of what is and all that is. I am That. So are You. And this Mutual Onliness is the essence of real love. We are birthing ourselves individually into the unshakable cellular knowledge that this and only this is so. When I came into this essential cellular confidence in being in early December 1992, it became instantly obvious to me that this was everyone's truth and destiny. I soon saw that it is if an army, indeed a nation of extraordinary beings has come into incarnation at this time, principally here in the west. I feel that we have come for the sake of an inconceivable and heretofore impossible transformation of all life on earth, and indeed all cosmic existence as we presently know it.

"My task, as a number of friends has independently acknowledged to me, is to help us convene here. Thereby to remember who we are and to initiate ourselves into the great work of our each and every present embodiment. I am here to welcome millions of human beings into the fullness of divine embodiment. I am here to help millions of us remember, not just intellectually or even intuitively, but cellularly, physically, emotionally, and altogether, that each and every one of us is none other than the supreme divine reality appearing in and exactly as the very human person that we are.

"And I am alive to help us awaken to the miracle of what I feel is the ultimate sacred relationship or marriage. In that deeper than atomic fusion, we are always mysteriously dancing in communion with the divine beloved whom we find appearing in and exactly as everyone, everything, and the total cosmos, even paradoxically our own bodyminds. Whether millions of us actually enjoy these revelations during my lifetime or yours remains to be seen. Eventually it is inevitable. The Heart will claim each one as being and inflame all things with love. I call this process The White-Hot Yoga of the Heart."

So, The White-Hot Yoga of the Heart is really a simplicity. It's so essential. It's so fundamental. But living it in our real, everyday lives is a complexity, complete with inevitable complications. It's complicated, but also in its essence, even so, is always very, very simple. And this is something that I hope will become more and more clear to those that take this up. It will be the thread running through the whole 13-session course that will be getting underway shortly. The essence of this process and practice is simply to live in and as this inexhaustible mystery, and allow It to cook and refine you forever, and bring forth all of your potential

greatness. That's a little bit on the White-Hot Yoga of the Heart, the Heart and the White-Hot Yoga of the Heart. And as we go I will clarify more what Waking Down is and how it came to be since my first book was called The White-Hot Yoga of the Heart and my initial name for the work was that.

Eventually it morphed into Waking Down. I started my work, as it said there, in the early, going into the mid-1990s, and in those early years, one of the things that became evident to me was that I was very intent, from the beginning on democratizing, making available to everyone I could, potentially millions, who could know? Who knows now? To bring this, to make this marvel of essentially realized and truly sane human life available to anyone who could aspire to it. But fairly quickly it became obvious to me as I began my work that I was beginning my work in a time when a lot had gone through very difficult trials as the eastern dharmas, the eastern teachings and other esoteric and mystical schools began to flourish in the west and pop up everywhere.

Many people, by the early to mid-1990s, had gone through very harrowing and difficult challenges in trying to adapt to these teachings, and there was a lot of reactivity around gurus and around any indication that people would have to do anything special. Of course my orientation was in as much of a scientific mode as possible, I was working to see, well, what can I do to make it so this is as available to everyone as possible, including, what can I do to make sure not to lay anything on the process that is really not necessary. Because any cultural artifacts that I'm bringing over from my long time seeking in eastern based traditions and schools, people don't need that. I don't want to lay it on them. People don't need to be necessarily practicing disciplines. I was never good at that, I don't want to lay that on anyone else. I was only good at really doing the stuff that really appealed to me and everything else, I mean, I had a very hard time manifesting steadiness and consistency of practice.

So I needed to exercise diligent observation, and did so. And began to do so in association with others who not only awakened with my help, sure enough. It was kind of amazing to all of us in those early years that awakenings could actually happen and they were happening. But also then become co-teachers with me. Part of the mystery and the miracle to me, the phrase I use a lot these days, undeservable grace, I was not only able to help these people awaken, I was able to help them turn around and become transmitters themselves and help other people awaken.

So, I and more and more of us, including Linda Ma eventually, in later 1996 and into '97 -- we were continually repositioning the work itself and eventually it became clear: The White-Hot Yoga. Well, back in those days yoga wasn't popular. We wanted to make this available to people who didn't have a connection to that

word. White-Hot of course was, what the hell does that mean? Sounds kind of highfalutin, poetic, who knows what that means. And the Heart, you know, people didn't understand what I was meaning in that greater sense of the Heart. They tended to think of the Heart as somehow different from the mind and the body.

So we wound up using the phrase Waking Down more and more over time. And, we did things like, for example, we almost never used the word “guru.” I used to joke and still do that it became a four-letter word in the English language, which is only acceptable in polite company if you preface it by something like money-guru, or fitness-guru. If you just say guru it becomes very suspicious. At some point, those of you who have read my book Waking Down, you may remember that I actually referred to the transmitters and communicators of Waking Down as adepts. But we were getting a lot of blowback from people. It sounded highfalutin, inflated, and grandiose so we just changed it to teachers, which is what it's been ever since. And there are various other reactions that people had that we did our best to adapt to.

In addition to that, this is really important to add, I had to go through my own changes over time that in some ways have taken the better part of twenty-plus years, in fact have taken that. In *The White-Hot Yoga of the Heart* if you've read through some of the material or read any of our communications about it in these Gateways, the final three Gateways are the Three Stages of the Journey. And really I'm coming to see this more and more clearly in myself and also more and more especially in Linda Ma, who is really very closely kind of coordinated with me in this journey. And also evidence for this showing up in other people.

It's become very clear that there was a long preliminary stage of my own work as an activator, a convener of this process that I had to go through, and which, in my Awakened Personhood, there is an enormous process of continual tempering, refinement, clarification, evolution, healing, and development that occupied most of this time, and, in some ways, made it not possible to really bring out a teaching of The White-Hot Yoga of the Heart... or necessary, until the last few years, and especially now.

And I had to allow this experiment of democratization to go into the fullness of having other people take over whole chunks of the Waking Down work. So for instance when we democratized the organizational structures, just about ten years ago. 2004 is when we started, got underway formally in 2005. New organizations, the Waking Down Teachers Association and the Institute for Awakened Mutuality were, I believe, formally, structurally established and registered in 2006. And it's always been part of the agreement that I would not be an officer or a director of either of those organizations because mutuality needed

to become structured at the foundation of Waking Down. And we were all committed to that.

And that's what's taken place. It's only now as my relationship to the Waking Down work has changed. In this last year I've resigned from the Waking Down Teachers Association. And while there have certainly been plenty of difficulties around that, we're not exactly done working things out, it's always been obvious to everybody that something deeper was going on than any of the issues that came up between the personalities. And I deeply believe that, and I see it more and more clearly. And that change is allowing now, for me to become. while continuing to support be a part of the Waking Down work in general. And for Linda Ma and me to continue to teach what are specifically the Waking Down teachings. It's also become possible to me and necessary. It's a calling in my being to bring forth a different orientation, a different framework of practice, which we're calling in general here, The White-Hot Yoga of the Heart.

So, what then is this White-Hot Yoga of the Heart in a little more detail? And, I think more importantly at the moment, where do I come about naming something I'm doing with such a name? I mean in some ways it could be conceived to be grandiose. Who the hell says such a thing? Who proclaims that they're qualified to offer such a thing? Well, in some ways, I think back in my younger days, I think I was a lot more sort of marching right on out there with it all, in the fervor of the early excitement that I had. And even then, I knew that I was no saint. I knew that I was no holy man in the traditional sense of someone who apparently doesn't have a speck of negativity in their psyche and soul and seems to show up perfectly for everyone all the time. I've long ago reached the conclusion that nobody really is like that exactly.

But I knew from what had happened in my life -- I can summarize very briefly and simply -- I had been catapulted into this ultimate... words, what do you call it? This, on one level apparently boundless expanse of utter mystery in which there was no self, there was no mind, there was no me, there was no world. And yet it felt to be the ultimate condition and source of everything. And early in my adventure of awakening, 1970, I was shot into that space above body-mind and world. And later I fell into somehow in my heart of hearts, and that was precipitated by coming upon the teachings of Ramana Maharshi, a great sage of India. And having what felt to me to be white-hot infinitesimal immensity suddenly come alive in this place in my chest that I didn't even know existed until then, and it never left me.

If you could summarize all of the kind of great transcendental moments of my life since, they have been the process of that infinitesimal immensity consuming more and more of my whole mind and body and life, and relationships and world.

Not in such a way that made me not human. On the contrary, in a way that is consistently, and sometimes with me kicking and screaming, not knowing I was resisting. It's dragged me into greater humanness all throughout.

So, the Heart became more and more prominent. And in recent years I've begun writing what as many of you know I think will be a book. Right now, it started out as some reading of essays on Youtube videos and commenting on them, doing gazing videos with them, called "The Sun in Your Heart is Rising." It's probably my most essential message to the world if I had to do it in a really fast elevator, that's it. The sun in your heart, the sun in my heart, the sun in our heart, singular, our one and only great all-pervading, all-living heart, is rising, coming alive and awake.

It's inevitable, like I wrote way back in 1995, in what I read you. And my job as a teacher, or an adept, is to take that process further and it's become evident to me that there's room for more to be done and for a different approach to be manifested. And what's happened in my own process is, a shift has taken place into, it's like the default nature or essence of my psyche is grounded in a personification of that infinite totality. The God-ness if you could say, except not in any way separate from the humanness, divinely human that much more.

So I feel it's important to take a little while here and especially talk tonight about the relationship between Waking Down and The White-Hot Yoga of the Heart. To do so, we've published some things on our website and you may or may not have seen them yet, but I want to comment on those things and Linda Ma I know you'll jump in if you've got something to say so feel free ok?

The first thing that I want to really reassure people about is that my -- and with me Linda Ma -- my bringing out The White-Hot Yoga of the Heart does not imply that there's anything missing or wrong with Waking Down. We say here, it's a simple reality, no single approach can be all things to all people. Of course Waking Down has ways it can change and grow, so does every living thing. So does every speck of cosmic existence. The whole thing is evolving and emergent.

But Waking Down is, really I'm so proud of it. And I'm proud of what it's become. I'm proud of what it's become in part by my letting go of trying to control it some time ago and still continuing to teach it in my ways and to promote with Linda Ma. We've been ardent in trying to promote Waking Down even as we've started to bring out our other teachings. It's an amazing breakthrough path that in unique ways democratizes embodied awakens and profoundly engaged mutuality like no other path or teaching we are aware of.

It's not to say we are the only thing that's doing great work. There's also all kinds of other wonderful experiments going on. But Waking Down is unique in so many ways. And The White-Hot Yoga of the Heart is actually a more specialized path and we expect it will likely attract fewer people, at least initially, maybe also over time. But the main point is there's ample room for both in the greater community of our shared work.

I'm thrilled that not everybody in Waking Down or anything like a majority of the people might be very interested in The White-Hot Yoga of the Heart, I'm totally okay with that. And there are some people who have already indicated they are mostly into The White-Hot Yoga of the Heart. Well, both of those are minorities, significant minorities: those who are only into Waking Down and those who are only into The White-Hot Yoga of the Heart -- or not so much into The White-Hot Yoga of the Heart, those who are only into working into the general network of Waking Down and aren't so much interested in what I'm doing.

Linda Ma continues to be a Waking Down Teachers Association Senior Teacher, member in good standing. So it's like those who only want to work with me and Linda Ma in this particular thing that we're doing, it's very few. Those who only want to have contact with other teachers and aren't really interested in any contact, particularly with me, that's relatively few. Most people have an interest to some degree in both, and we want to continue to serve that. So another thing that we want to really emphasize that the White-Hot Yoga approach actually requires of its participants a substantial knowledge and significant grounding in the practice of Waking Down or Waking Down in Mutuality, which are really the same thing by different names.

And this should become clear to anyone who makes a significant study of both teachings in any detail. The White-Hot Yoga of the Heart doesn't supplant Waking Down and it's not offering aspirants an alternative approach to awakening. Linda Ma and I everyday are teaching aspects of Waking Down, including on our White-Hot Yoga Heart Team, people who I've led through White-Hot evocations of unfolding of their evolution. The White-Hot Yoga of the Heart relies on the basic principles, teachings, and practices that are enshrined in Waking Down but it also builds upon them and reframes one's orientation to life and practice in specific ways.

It celebrates Waking Down, honors Waking Down, and it doesn't try to duplicate Waking Down in different forms. It rather presents and will be, I expect, building more and more over time, a different culture of practice that I feel I already know and so does Linda Ma, it's very clear to us that for some people that different culture of practice is really, really necessary. Their needs were not being met until we began to bring this forward and it doesn't make the somewhat different

aspects of culture and practice in the general Waking Down framework wrong or insufficient or only preliminary. I mean you can go very, very far and very, very deep in Waking Down. More and more of the Waking Down teachers are bringing out all kinds of advanced expressions of the process and teaching about that.

But here are some of the distinctions that I thought would be worth bringing out tonight on this kind of orientation call and hopefully will give you more detail. If you've looked through the key points, the logos and mandalas, which you should have gotten access to by registering for this call. You would have received a .pdf that you could download. And if you haven't please write to us at <mailto:info@humansuninstitute.com> and we will certainly get a copy of this off to you. Or send you the link again.

But in these key points, which emerged fairly recently. I've been kind of mulling them over for a long time and they burst out of me in at 12-hour period overnight. It was really delightful after, feels like a summation or consummation of 40 years-plus of work, plus in whatever previous existences. So there are 12 Mysterious Gateways to Advanced Evolutionary Emergence and arranged in the format of four triads, much like our Human Sun teachings on Waking Down. Linda's and my teachings on Waking Down. The format or structure is the same, four triads with four overlapping triangular logo mandalas, triads, three gateways each. So just going into a few of these distinctions that I hope will be helpful.

In the first triad called Three Foundations of the Way. This is The White-Hot Yoga of the Heart, and the three foundations are The Heart, White Heat, and Activation. And the color of this triad is orange, which kind of pays homage to the great traditions of renunciation and enlightenment that have preceded us, especially coming out of India, which has been a primary root-source of what made me possible, made my work possible. The Heart then is the most fundamental of these three foundational gateways, it's the source of what becomes the White Heat, and it's the source of what becomes Activation, which is not only transmission but education about the Way and evocation. The activation process includes evocation by a competent adept. And interestingly as part of my scientific experiment, I'll put scientific in quotes so the real scientists among you won't be offended, those who actually became professional scientists. But in the sense of as rigorously as I could, not interfering in any way I didn't have to with the experiment and seeing what it would become.

Interestingly enough, as the Waking Down work evolved very democratically over the last two decades, this principle of the Heart, which to me is utterly primary, the sun in your heart is rising, this principle of my original teachings never really became a significant factor in the general, shared expression of Waking Down teachings. And again, I find that interesting. I'm not actually upset about it. For

one thing, it gives me a way to further clarify my own work, and I'm struck that that's the case because I would have thought if any principle, if you'd asked me back in '92, "What aspects of your teaching will catch on as you democratize this?", I would have thought the Heart would. Consciousness did, the principle of consciousness did, Onlyness, even the White Heat has a little bit more mention but the Heart didn't come through in the way I mean it.

The next triad is Three Treasures of the Life: The Adept, The Teaching, and The Community. And I cheerfully acknowledge, and gratefully so, I derived this from the Buddhist teachings on what's called the Triple Gem. The Buddha, or the awakened one, the Dharma, which is not only the teaching but the truth, the life, the essence of the process, and the Sangha, which is the community, the gathering of those who are stepping themselves in becoming more and more schooled in the great mysteries of the Way.

This triad of gateways explores the mysteries of mastery and lineage. And especially looks to clarify a path and a process which is beyond guru-centrism, which is what the old teachings have tended to wind up being, guru-centric in many cases. Tradition-centric, something outside the aspirant rather than aspirant-centric. Well, in the creation and elaboration of Waking Down it was a great passion for us to make the work fundamentally aspirant-centric and it is more specifically so to this day. And that's very important to so many people, to have the work focused on them, to not feel that it's all about or mostly about a guru or a teaching or a community. And as a result that has tended to be a focus.

So what I saw as I began to reformulate The White-Hot Yoga of the Heart fresh and talk it over with Linda Ma and with others who are already very oriented to it and are coming collaborators in its further development, it's very clear that this refreshed formulation of an understanding of the Triple Gem and a treating of each of these dimensions as a treasure in very explicit ways. But in ways that also, as you'll see later, never are to be permitted to overwhelm the authentic integrity and ongoing individuation and autonomy of each person. But on the other hand, are calling people into a valuation of these principles. The Adept, The Teaching, The Community. To do so in very tangible and practical ways. It's a different kind of cultural orientation that will evolve over time.

Well, I just mentioned individuation that's the very next triad, Three Pillars on the Path: Individuation, Communion, and Appreciation. What we've been trying to get at here and I've been developing this with some of you over quite a few months really, well over a year now. At least as far back as, I think it was last summer when I did the course on Souls Flashing Forward into Joy. I can't remember the subtitle but it was about, oh yeah, the history, the traditions of the master-disciple relationship, teacher-student relationship, the adept-aspirant

relationship, whatever language you want to use,, and how it's shown up differently over time. And comparing and contrasting that with what's showing up in our work in general and in Linda Ma's and my work in *The White-Hot Yoga of the Heart* in particular. And for me it resolved itself into a couple key distinguishing phrases, individuation here is not merely a kind of come what may, it's always about me, the aspirant, kind of autonomy. Or even the realized practitioner in of oneself.

But it's rather a reciprocal autonomy in which everything that we try to do together, everything that we're moved to explore together, we're always bringing it back to an autonomy or an individuation that, as we say in the key points, moves beyond perhaps earlier, less mature phases of relatively self-centered individuation and into this mature reciprocity that is always there for also grounding itself in communion. Which however, isn't communion merely between two separate beings, there are differences certainly and we have to take them into account. But it's also most fundamentally a radical communion.

Radical not meaning rad, edgy, but from the roots, from the very foundation of our existence, where we are, as I say in *The Sun in Your Heart is Rising*, co-arising from and as this great sameness. Where we are not only one, but only. Where we are inter-identified, not merely inter-connected. So the communion is of that radical nature. I use that phrase I noticed in the very first page of the introduction of *The White-Hot Yoga of the Heart*. There's a kind of mutual onliness that we go into. Ted and Hillary I know talk about that as what intimate relationship or marriage becomes. But not so intimately it becomes the nature of our communion, with really everyone and everything.

So the third principle there is how it takes profound appreciation of self and other. We can talk about seven dimensions of this, and as we get into further elaborations in the virtual seminar we'll be working on those forms of appreciation. Not only talking about them and theorizing. But experimenting, and exploring, and practicing. And getting very tangible and practical as well as continuing to evolve the conceptual understanding of what that's about.

And the final triad here. Oh I forgot to mention the colors. The second triad is maroon because the Three Treasures of the Life are derived from Buddhist teachings, I used the classic Buddhist more maroon robes, red to maroon robes as a kind of color source. And the Three Pillars on the Path is teal, and then the Three Stages of the Journey is indigo.

And I haven't tried, by the way for those of you who are Integral fans, there is no indication that indigo is more advanced than teal in this case, but they're both referring to the higher, or better to say more profound levels of total integration

of the whole being and its many lines of development that a truly well-rounded and integrated individual is going to be pursuing over the course of a lifetime to become more and more capable of a truly sane and nuanced and deeply responsive and responsible human life.

For the indigo, it's Persona, Person, and Personification. And the distinction here for The White-Hot Yoga of the Heart, Linda's Ma's and mine and others as they join us and what generally takes place in Waking Down. I emphasize that word, generally. Waking Down generally addresses issues related to Second Birth awakening, which is the passage from being an unawakened persona into the early life of an awakened person. And so it's mostly focused, so far, on Second Birth awakening and the earlier years beyond that.

The White-Hot Yoga of the Heart introduces and develops a passage of potentially equal significance. Growth beyond awakened personhood into personification of or identification with the awakening cosmos. Even in your deep psyche, and more and more your personal psyche, there's this default identification, 51 percent of you at least. So the predominant identification with the totality identity that is your being and all being. As we made note in these notes here, paradoxically the shift is, if it's real, it's going to be at least as humbling as it is exalting and I would add at least as challenging, as it is delicious and sweet. And it requires years of tempering and refinement in one's awakened personhood, and that's certainly what has proved true for me.

I could say a lot more about that in terms of what that all means, and in fact it's going to take us years to elaborate and refine our understanding of it. And as was the case with Waking Down, that teaching didn't just pop out of me fully formed. I had some initial ideas that went into this big, kind of wild book, The White-Hot Yoga of the Heart, and then the Waking Down work evolved and evolved and evolved over many years and a major source of its evolution was indeed my interaction with others and then more and more some of those others becoming my partners as teachers, and their interactions with yet others.

A good example comes to mind, speaking of the Second Birth. It never would have occurred to me that people could ooze into the Second Birth, but not long after the other teachers got to teaching, Ted and some of the others started saying, "Hey Saniel, not everybody has a moment like you did and many of us did." It seems like any given time, anybody who's awakening there's some significant chance, 20 to 30 percent maybe. We don't have enough of a statistical pool yet, or if we do we certainly haven't done the statistical studies to find out about those things. And I hope those studies happen someday; we need them to happen.

So who knew that oozing was going to be a real possibility that we'd need to really make room for and teach people about. I know in the last year or two a couple of the Waking Down teachers who had oozed into their awakenings, I'm thinking of Leslie Oelsner and Vivian Coles, did some teachings on this to help people who are also oozers, who either had oozed or were oozing, cope with some of the challenges. Because there are some unique challenges as well as some unique benefits. It's got its positives and its negatives. But that's another example.

So what else is to be said about some basic distinctions here? I'm wondering Linda do you have anything you want to add here?

Linda Ma: Not really. I'm just really taking you in Saniel. Thank you so much for explaining all that. If something comes to mind I certainly will jump in.

Saniel: Okay, thank you. Well okay then. You know again, I'm sure people have many questions and we can't do justice to them tonight and I want this call to be principally informative and give you something to base your further exploration of The White-Hot Yoga of the Heart on if you are inclined to go there.

And we will be offering, as you know, coming up fairly soon, January 27 will be the first conversation, but people will be getting access to the first presentation on January 20, so just a week from today, a virtual seminar titled "The White-Hot Yoga of the Heart Virtual Seminar," and it involves 13 sessions, each of which consists of a presentation and a conversation. So the actual sessions, starting on the 27th are the conversations. And the presentations I'll be making -- sometimes Linda Ma may join me, probably most of the time not. It's kind of my job to walk point with bringing these articulations forward.

And I do want to mention here that her adept-partnership with me in bringing forth this yoga is such a profound dance of equality and simultaneous differences that to mistake this yoga as being mine is not something that I want anybody to put in speech. You may think, you can't help but. But the unique contribution and her unique transmission of this White-Hot Heart is altogether so hugely formative and nurturing and creatively elaborating of the whole process along with me. And that, I venture to say, will become more and more obvious over time. But it is my job to bring out the basic articulation here as I did originally for Waking Down when Linda Ma first came to me as a student, and quickly joined me as a teacher.

So these presentations will be pre-recorded discussions of the course material. And there are 13 of them. We will go directly into the first triad, the first gateway. My assumption is that each session I'll be briefly reading the key points related to that particular gateway, but there's going to be a natural confluence and

referencing of gateways we haven't covered yet and ones we've covered before. And roaming around in each triad a bit, we'll see how these things unfold. And I've noticed in my work recently, especially with this audio course called *The Sacred Tremor that Frees Our Hearts to Love*, also with my *Sun in Your Heart is Rising* videos I've been making, there's just a deep, deep release into the... words... the primal yoga for me, the uniting of intuition and speech, the languaging of these mysteries.

I'm able to do it from my perspective much more fully and wholeheartedly and juice-fully in the context of doing a pre-recorded presentation and then what we'll do with the sessions is rather than combine presentation and Q+A conversation, people sharing their experience, having both of those occur in a single event. You will have access to the course, you will have access to the presentations in both audio and video form as well as a printed transcript within no less than a week in advance of the conversation date, the actual session, where some of us, hopefully a lot of us will be getting on the phone and talking about these things.

So you will be able to view it video, listen to it audio, download it and have it in your car or wherever. Or read. One of our Heart Team members, Trisha Suppes in particular, and I've heard from others that they would really just love to have it in print. So a whole bunch of people, there are folks who are getting into a more intensive kind of early stages of apprenticeship with me in *The White-Hot Yoga of the Heart*. They are currently working out plans to have all this transcribing done and accurate, easily readable and posted on time.

So I'm very excited about getting things together in all of those formats. And then again they will be followed. You will have had time to look into the material in advance. They will be followed by these scheduled Maestro teleconference calls with everyone taking the course who wants to participate: one for each of the sessions, which again will be each Gateway. The final session, by the way, will be something summary. Who knows what it will be until we get there. That's fun to have that set up in advance.

The first conversation is January 27. It's every Tuesday evening on through into including April 21. And these will be 75 minutes long. We may perhaps include a group Skype or other livestreaming format. I don't want to promise that absolutely but we're working on it. But certainly we will definitely have the Maestro teleconference calls, and on those calls, the whole call will be dedicated to conversation, dialogue, communication. We may or may not break out into small groups for people to talk together. We'll see how that goes.

But it's very much me, Linda Ma sometimes joining me, perhaps sometimes not, and finding out what you have to say about all of this. What you want to ask

about it. And we'll also, by the way, include a private Facebook page [or Google group] for the course, and we will give those who register for the course and we will give those who register for the course the link to that, the name of the Facebook page at the time we set it up.

So, a few other points here”

Prerequisites. We want everybody to have deep understanding of the Waking Down teachings, at least six months of living the Waking Down process, including some mutuality practice with others, if not live, at least on the phone, and some experience of working personally with a Waking Down teacher. That's the minimal level that feels important so that everybody who is going to be communicating and considering these matters with us, The White-Hot Yoga of the Heart, has at least that much of a foundation.

If you don't meet one or another of these criteria but feel you will benefit from the course and feel you should be taking it, please write to us at info@humansuninstitute.com and tell us why.

Fees. This is one of my idiosyncrasies, my eccentricities, and I am owning it more and more. I just don't go for the commercial approach to turning sacred work into a commodity that everybody gets a named fee for and if you can afford, great, and if you can't, too bad. So this is what I did with The White-Hot Yoga of the Heart from very, very early on, I indicated a basic fee that I thought would be workable for me and then encouraged people to offer more if they were so moved. And to propose less if they needed to.

And that's what our Sacred Gift Exchange approach does. It's in essence a sacred honor system. We want, I know Linda Ma agrees with me on this, we want everybody who is interested in and qualified for this course, to have access to it. So we're structuring the fee on a Sacred Gift Exchange basis. Rather than stating a fixed fee that you may not be able to afford this approach allows you to determine the financial offering you can make that is both generous and responsible to you, the prudent stretch that is just right for you. We suggest a lower and a higher level offering for your choice, each of which is in a range for similar offerings for comparable fees for similar course formats offered by other spiritual teachers.

And we wrote this up online, I want again to say a little bit more of it. It's to both your and our advantage, for each of us to complete, you and Linda Ma and me over here in Human Sun Institute, to complete the circle of giving and receiving with one another in a circle of mutual trust and care. That way we are both participating as fully as we can in a cycle of reciprocal support at multiple levels.

By the way, in The White-Hot Yoga of the Heart terms, that has now become the name of a Gateway. It's the tangible and practical practice of Appreciation of Self and Other. So we do appreciate your generosity. If you can offer a higher fee, and you want to put that much more of your available life energy, and life transforming energy into this, by all means do so. Higher fee offerings made by some allow us, Linda Ma and me, to easily be more generous with those who can only give somewhat less. It makes participation in the course really a community process at all levels.

So the Sacred Gift Exchange lower level when you go online you can just click the box on \$298, you can choose that or Sacred Gift Exchange level two is \$398, like I said each of which is definitely comparable to, for instance, Shift Network course, and other courses put out by other people.

If you need to offer less, this is something Linda Ma and I want you to know. If you're a qualified candidate and you want to take this course, you just offer what's prudent and responsible for you. Make it a stretch. Make it generous, as generous as you can responsibly do, and that can be very little money if it has to be. Very little. Let us know. The idea on the other offerings is write to us at info@humansuninstitute.com and let us know what you want to offer. And we're almost certainly going to say, "Okay, thank you and we accept this."

We both know that nobody wants to not be able to pay a full fee, or what's fully asked. If they appreciate it and it's worth it, nobody wants to have to ask for what is in effect a partial gift scholarship. But if you do, the last thing we'd want to find out is that you didn't take the course because you couldn't afford it and you were shy about letting us know. So really take us seriously on that. You might not believe what low levels we've accepted and sometimes how much we've been surprised by what other people offered that was even way more than we asked.

Okay, I think that covers all the details here that I had marked down. Again, you can let us know by writing info@humansuninstitute.com. Even if you don't meet the criteria of the prerequisites, or if you want to offer another amount for the course. We just encourage you to take this course if you're moved to.

One last thing that I'll say before welcoming Linda Ma to offer some closing comments is, it means so much to us to be bringing this forward. We know that some people won't be getting on the session calls, the conversation calls. We encourage you to take the course even if you can't get in on any of those calls. And also feel free to take the course and largely set it aside to really study it later. No problem from our point of view. It's yours to do with as you wish. And I think the last thing I'm going to say here before turning it over to Linda Ma is at this

moment is just simply if you're interested in being part of it we are very, very grateful to have you join us.

So Linda Ma, you want to say anything here?

Linda Ma: Oh, thank you my love. And first of all, your presentation was beautiful and very succinct and clear and I so appreciate that. And thank you so much for the honor and acknowledgement of me and who we are together...

Saniel: I couldn't do it any other way my love

Linda Ma: [laughter] I think that a lot of people know that about us and some don't understand it and maybe some of that will actually be clarified more as we go through this course on The White-Hot Yoga of the Heart and how you and I do our work together and move in the world. So thank you for that. And I really want to just say to everyone on the call tonight and anyone who will be listening to this in the future. I just want to encourage you to consider joining us live on the calls especially because it will be interactive and it will be very juicy.

And as Saniel was pointing out, if you can't be on the calls live then listen to the recordings and do the repetition of listening once and then listening again because there is a lot of material here and a lot of information, not just for the head, but for the whole being. And especially the Heart. And as you listen and as you take in the teaching and as you feel what resonates with you and your own process at any given time, please stay in touch and let us know how all of that is going, whether you're on the live calls or not, it will be wonderful to keep in touch and feel how things are resonating and landing with you.

Another thing I want to say is that we are starting our ten month program in February. Actually our first retreat with our Heart Team is the 6-8 of February. And this course is actually required of participants to listen to or to be on the live calls. So if anyone is considering and still on the fence about Heart Team participation for 2015, we still have some spaces open. We have an amazing group of people who have joined us for this almost year long event. And we are extremely excited and know that everyone is going to bring their unique contributions to the table. So I just wanted to mention that.

I also want to say that no matter where your journey leads you, as Saniel and I always love to say and bless each person, truly, truly blessings on your journey and if you have any questions about this presentation tonight, do reach out. There might be some confusing pieces about The White-Hot Yoga of the Heart and Waking Down and how all of that plays out. So, just be with it, feel free to ask your questions, reach out to us, and we really welcome that. And again, Happy

New Year, blessings on your journey and thank you Saniel for your beautiful presentation and of course your immense heart and how you feel and how you live your awakening, it is such a blessing in the world and especially for me, right up against it. [Laughter]

Saniel: Thank you very much my love, and just a quick clarification: I'll mention again, that if you're on our Heart Team and you're taking the course you don't have to necessarily listen, you can watch the videos and also there will be the printed transcripts, those will be available for everybody.

Just to wrap up here, very simply, whoever you are, wherever you are, the sun in your heart is rising, and The White-Hot Yoga of the Heart is a way for you to work with that remarkable bio-spiritual process and we are extremely grateful to be able to present it, and to find out how it folds in over time with Waking Down and this wonderful community and work that we're all part of.

So much love, thank you very much. As Linda Ma said, blessings on your journey. And we hope a whole lot of you will join us in The White-Hot Yoga of the Heart Virtual Seminar. Much love, take care. Be well. Bye bye.

Linda Ma: Thank you all. Bye bye.