

The Shakti School Presents

Katie Silcox

Spirit Infused

How to Have a Spirit-Filled 2022



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Si cada día
dentro de cada noche,
hay un pozo
donde la claridad está encerrada.
Hay que sentarse a la orilla
del pozo de la sombra
y pescar luz caída
con paciencia.

If each day falls
inside each night,
there exists a well
where clarity is imprisoned.
We need to sit on the rim
of the well of darkness
and fish for fallen light
with patience.

Pablo Neruda

The Sacred Steps



1. **The Miracle Moment** : Stop. Make the choice to practice. Sometimes this is the toughest step. You've got this.
2. **Breathwork and/or Orientation**: Take time to allow your attention to notice the outside world/room. Bring in a breathwork practice optionally (1:1 ratio of long inhale and exhale are recommended as a starting point.)
3. **Energy**: Remember the central premise all of spirit-work - prana (energy) follows mind (attention). I recommend moving your energy in and down your body. We will work with this in our class to have the felt-sense of it. We move energy in and down, and in and back, because modern culture has us moving our energy up, out and in front of ourselves all of the time.
4. **Call in the 4 directions** inside your body (again we will experience this in class).
5. **Call in Divine Support**: This is your personal connection to God, Divinity, Presence, The Great Mystery - whatever you want to call it. Examples include working with a particular god or goddess (Jesus or Kali, for example). Other supports are sacred images, symbols, nature, divine parents, benign spirits, supportive ancestors, angels, or just the sense that You Are Not Alone In The World.

6. Stay in the In and Down, In and Back of your energy.

Continue to channel your awareness through the chakras, in other words, in and down from the crown, down the back and into the earth. Repeat this like a slow river flowing downward. Eventually you will feel it happening on its own. As you do this, continue to call in the support and feel the relationship between you and the support/Divinity. Feel held in that. Feel nourished by that. Feel loved by that. And give love and nourishment back. This is called *surrender* and *worship* in some traditions. Feel the both/and of your humanity and personality with the Infinite Nature of your Mind/Heart. Baby Kitty, Baby Monkey Co-regulation/Co-relationality (explained in class).

7. Rest in this as a state, differentiated from the usual state of thinking self. Repeat steps 5 and 6 if and when you lose your way.





About Katie

Katie Silcox, M.A. is the New York Times Best-Selling author of the book *Healthy, Happy, Sexy - Ayurveda Wisdom for Modern Women*. Holding a Master's Degree in Hinduism and the Ayurveda Sciences, Katie is an internationally-recognized teacher and founder of *The Shakti School* - the world's premier online Ayurveda academy for women.