



Mantra ~ Carlos Aya Rosas – transcript of setting the focus and stepping in....

Mantra is a word or phrase, used to say/repeat on a constant basis to reach a place of enlightenment.

A lady came to class and asked why do you repeat your movement so much

Carlos shared “that’s the point...”

She replied “oh now I understand, it’s a mantra”

When she said that it made sense to her, she repeated over and over and went places.

A mantra and consciousness eventually become one, we become one with

That is what we want in class to become one – that is the enlightenment

If there is a movement to feel

It becomes one

What that place feels like is the enlightenment

We could say this is about a movement mantra

From that

I bring the notion every one of my cells is connected to the movement

3 elements of the cell

1. ability to be elastic,
2. ability to contract back into shape
3. and the substance that forms the cell

As I visualize (this concept) I sense connective tissue in places I consider to be subtle (like muscle). When I sense this I can translate it to (other) places in my body like bones (as they also have connective tissue too), blood, fascia, tendons, organs, that’s the mantra – the object of this mantra. Every where these 3 substances exist, every where we sense this and call the Mantra.

And that is the objective of this Movement Mantra

This week I’ve brought every thing together to say the belly is the mother cell

When in doubt come right here, in to the belly, it’s ability to be strong & firm, also ability to be fully elastic, all at the same time it allows and it resists, and the substance is what we call the belly.

1. we have the belly (your archetype for all 700...)
2. then think about the belly of every muscle
3. then the fibre of every muscle, every bone, every substance
4. find the center of every part of substance, the tissue
5. when in doubt return to the belly – our archetype “Moma” Cell
6. Belly – of every cell – we are a belly one, and at the same time 600, 6000, 6 million, all of them breathing. Once we start moving we never stop – move into the stillness of what is not moving. Connected to substance.

As you hear the song notice it is one substance, tap into the musical substance of the song. Feet close together and move into the belly, then out from the belly, then into the belly, then from the belly, and continue. Breathing notice how belly welcomes breath...., belly projects breath, that sensation is translated to every cell in the body, into and from the belly, musical substance, moving, connecting mentally