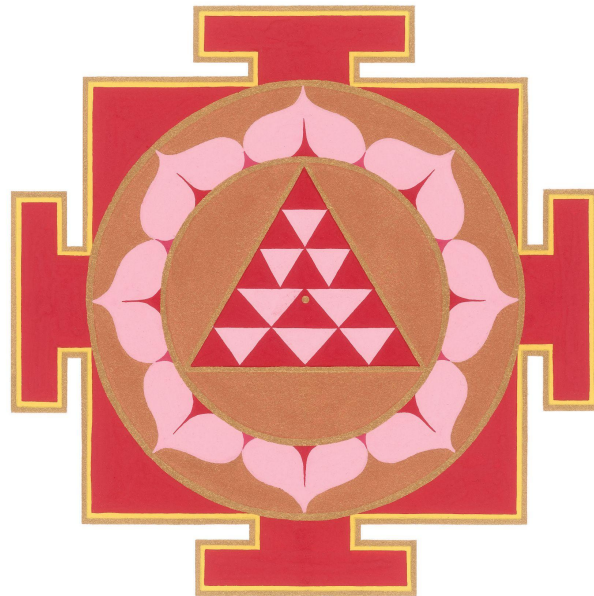




SARAH TOMLINSON  
Harnessing The Power Of The Planets

# Kundalini Yoga



Om Koom Kujaya Namaha



Mars rules the path of Kundalini Yoga. This is the path of the warrior. There is great nobility reigning from belonging to the warrior tribe and both feeling and emitting it. A sense of purpose and justice inspires the warrior.

When the energy of the Martian is focused it can conquer any challenge, in fact it likes a challenge especially if aligned with the Divine. (thy will and not my will is a good thing for the Mars person to remember). The drive and focus of Mars when in the zone is unparalleled. Think of the martial artist's ability to cut through bricks. There is an intensity to Mars. Mars can be direct, passionate and dynamic. A challenge for challenge's sake can be incredibly centering. If the 'sake' or cause is heartfelt then it will have even more zeal. If the Martian has too many balls in the air it becomes dissatisfying as the laser beam-like attention he does best with is dispersed. If many projects are indeed happening at once, treat each one with undivided attention.

Mars loves to move at their own pace. It is an independent energy. Definitely a social creature but not one to accommodate the pace of others for too long. Like a lightning bolt it can move in and out of situations with speed. A trapped Mars, one at another's mercy, would feel frustrated and it would feel hard for them to access the full range of their power. Mars is the initiator, great at beginning projects and inviting others to join them in the cause. Mars is practical and is a doer, impulsive and convicted on the tasks he applies himself too. Their passion is contagious.

Mars taps into the cosmic mind through vibration. Energy work, bodywork, sound, color, dance and movement will all be helpful. A dance party. A music concert: vibration heaven. Kundalini Yoga here refers to energy focus that works with the kundalini energy and the chakras. It can also easily attune to the work of the Kundalini Yogis (like Yogi Bhajan) but is not limited to this form of Hatha Yoga.





Here Kundalini Yoga refers to the broader subject of the life force and the Will.

Mars is the energy of sex. The sexual drive, masculine whether in a woman or man. Mars is the planet warriors and soldiers bow down to. Justice. Protection. Mars can refer to metal, shiny objects, weapons, needles, anything sharp.

A great energy to be respected, befriended and harnessed for the greater good.

Meditations for this person will be in some way dynamic. This could be an outer dynamism like martial arts, martial arts with weapons even, kundalini yoga, or an inner dynamism brought about by sound and color vibrations; chakra meditations. Working with Yantras and Fire Rituals will have positive results.

Meditations can feel very direct in their effect on the Kundalini Yogi, transmission received giving a jolt to the energy body perhaps.





# MARS INVOCATION

Using your Yantra and Mantra

Sit with them each day for a period of time.

Om Koom Kujaya Namaha

Asana for the planets

Explore how each posture makes you feel during and afterwards, just beginning (yes even thinking about) the asana is enough.

Triangle, Fish, Crow

Jewels

Wear Coral, Rose Gold, Copper

Color of clothes and in surroundings, notice how it makes you feel

Wear Burgundy, Deep Pink, Coral, Burnt Orange





# PAY ATTENTION

Do you feel anywhere in your life you have TOO much or TOO little of this Martian Energy?

Cooking foods with this color.

Red Peppers, Azuki Beans, Red Grapes, Radishes, Watermelon

These rituals invoke the planetary energy in your own body and balance it within you. You will start to see changes in your outer life. What do you notice?



