

# MEN UNDERSTANDING WOMEN'S MOON CENTERS:



## Seminar Series

THE SECRET TO WOMEN AND HER CHANGING ESSENCE.

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Men, getting the inner secrets on women's emotional stakes and the best news is what you can do about them. I have to tell you that I really admire you as men that you want to know these things about your women. (this will work for all the women in your life your daughters, your wife, partners workers etc) The reason that I am doing this is because I really want you to get that number one you showed up for this and you are willing to learn about it, so that really means that all of these things that I am going to give you these little tools that hopefully you will use them but the fact that you did the first two things, you showed up and you are willing to do the work, oh my god, how fabulous and you have to remember don't be attached to the results. Have you ever felt like oh my god she is more emotional today than yesterday what the hell do I do? I know a lot of men just try to like block it out, ignore it and other men try to deal with it. I had somebody tell me very sweetly that her partner has a list of five things that he tries to do with her, first he tries to like joke and if that doesn't work or it makes her weirder he will say do you want me to run you a bath, then he will give her a shoulder massage checking to see if any of it is working. He has his list. She loves it that he has this list that he runs through. She knows that he is really trying. I want you to be able to hit the target as opposed to just trying.

What is this all about it's about revealing something that was a science long ago that men and women both knew about. I have to tell you in case you didn't get it when women are crazy they don't like being around themselves do you understand that? It's not a fun place to be. As a women we sometimes feel like oh my god you are up, the next day you are on the floor two minutes later you feel really great and then like woosh crashed. It doesn't seem to be based on anything that happens externally although that can acerbate it. It's really this whole internal hormonal moon flux. We can use PMS for everything from bitchy to murder but it's really much different than that. I'm going to reveal woman's inner workings to you if you stay with me. Truly this is the secret code you have been waiting for.

I have to ask you to do one thing. This may sound or seem weird so please clear your mind and stay with me. If you want more sex, if you want more peace, if you want more easy connections on hard topics then stay with me. When you hear

about this you may feel your partner, your wife, your daughter is permanently stuck in the negative aspect of one of these centers. Don't worry she isn't and we have cures for them all.

The first thing we are going to do is we are going to go through each center. I am going to describe a little bit about them to you, so hang in there because the outcome of this is that you will actually come out with tools to get what you really want from your relationship and help your partner at the same time a true saving grace. Women especially when they are and they are really in a bitchy, challenged state, we are not going to say negative, we are going to say challenged. This is not the time for discussions unless you love fights. When she is in this state on any of the cycles you will feel like you may want to run away or start feeling like you have your hands over your ear and you are going na na na na na I am not listening to you. You may feel like oh my god shut up, stop it. She would like to stop it too, so there is a whole series for her that you can buy for her. The most important thing I want you to understand is this every women is not the same if you haven't guessed that already ha ha ha but also whit these centers we are calling moon centers You will have a little work to do with her to figure this out. You have to chart how this works for her. Another reason you don't want more than one wife (why if) or partner. I'm going to tell you about the centers first then will tell you how to chart them.

There are 11 moon centers they each affect a certain point in a woman's body and have their way with her unless you and she know how to shift the energy. Each center gets the reflection of the moon for about two-and-a-half days, come on, you know that the moon creates the tides in the ocean, right, so you don't think that moon can create little tides in us women? You get to help her make those tides like little ripples instead of 20 foot waves. 20 foot waves you can surf, 20 foot emotional waves just crush you. I want to have the tools to work with these centers. It's an ancient science. I want you to have it, so you have tools to deal with these waves and tame them. I am going to tell you the points first then we are going to go back to the points and we are going to talk about what each one does. These may sound really weird and some of them you are okay I like I like that point. Don't have to worry about any of these things because we are

going to go over the mechanics of them first what they can do in their different aspects then we will have the cures or adjustments.

First one, **brow line, hair, hairline**, Next thing is eyebrows, then cheeks, lips, back of the neck, earlobes, nipples, navel, inner thighs, clitoris, and the membranes of your vagina. Now we are going to go over each one of them and I am going to talk to you about the assets and the challenges of each one.

**Hairline** what does that even mean? In the moon centers I will tell you what your brow line means. I want to give you the positive the challenged and the neutral aspect of each center. I am going to give you the goodies first. She is a visionary in this center she gets visions. In the neutral aspect, it means nothing moves her, so you tell her a weird story, you get upset it's not going to upset her nothing is going to happen. Nothing moves her, so craziness won't move her, fabulousness won't move her, nothing she is the essence of neutral not numb. In the challenged aspect of it, it's just the opposite, everything gets to her. In the positive she is very visionary, the negative she feels the challenges, we are going to say challenge right, don't want to say negative especially when a women's in a challenged state, don't ever make the mistake of saying god you are in the negative place woo, ha ha. I am sure you know that by now but you are going to get some things that will really help shift these challenged states. The challenge in this is like, no vision, no connection, just feeling what the f---'s happening with me.

**Eyebrows**, eyebrows are also visionary but they are like dreams, healing dreams. Your eyebrows are the two mountains on the side of your third eye which is the place you really see from, these two eyes you look from. Eyebrows are what connect you and it doesn't mean somebody has a uni brow or they have got their brows completely plucked fabulously, this isn't part of the whole thing. It's just that when the moon goes into the brows for two-and-a-half days women get very dreamy. They get visions so listen to them. We will go into this all in depth but good time to listen, when they are in the challenged state, there is no future, they see nothing. They feel devoid of a dream for their life and they can get very depressed about that. In the neutral state they realize that they can use this

healing energy for all those around them. Women go into fantasy when she can't experience dreams. You may think Yes yes yes I can be part of her fantasy, umm, you may not want to be part of this fantasy okay. We will talk about it more in just a few minutes.

**Cheeks:** When women are in their cheeks, the moon centers is in the cheeks, the positive aspect is she is a PR machine, utilize this okay. When she is in the challenged aspect she can't even bringing a couple of sentences together, can't promote anything. The neutral aspect she is very radiant and beautiful. She doesn't have to say anything, you just look at her you go wow you look great today. She is very pleasant with it. It's not like I had to put on six layers of makeup go to a doctor and get something done to my face it's none of that. She is just very at home in her body, looks gorgeous, radiant. You get to feel I am with her, right, all right.

**Lips:** When her lips are in the positive she is really talkative, really talkative. She will talk about anything these days not subject needed. When she is in the challenged aspect it's just negative talk. When she is in the neutral aspect is that she uses her desire to communicate to actually create deeper connection. It may or may not be verbal but it is connective. It can be nonverbal like kissing you don't usually talk when you kiss, right. It's usually a nonverbal thing, so you want to be able to help her to that state.

**Earlobes:** Earlobes are very sensuous, they are very soft and they are very delicate. Yet in the moon centers your earlobes are about their knowing about values. She wants to evaluate her life oh and yours. What are my values, it's re-assessment time in earlobes. The positive is I want to reassess what the values are in my life and then I want to connect with you about what we are really doing together what is our life based on are we living the life we said we wanted to live? In the challenged state She is going to feel like what does it matter if you have values anyway. Everybody gives up on those values, everybody is for sale, everything is for sale why should you keep your values? It doesn't really matter. In the neutral she feels very empowered to connect and look to those values. She is very serenely asking why would anybody not want to have values, and reassess

them from time to time. It's just that simple. The interesting thing about the neutral is it's really simple. It's not flat lined and dead, it's just very clear and very simple. She has no dog in the race. She has no agenda what has to happen it's relaxed. The neutral of each center is like this very relaxed very simple.

**Nape of the neck:** Nape of the neck is very sensuous, isn't it? I mean just kiss a woman on nape of her neck lightly just brush it with your lips most women dissolve. This moon center is a very sensuous amazing place in the moon centers. The nape of your neck is about the romantic voice. The positive aspect is such a good time to speak romantically, not harshly you will benefit greatly from doing so trust me. In the challenged state, she feels really unable to communicate and will say just leave me alone, I can't talk, I don't know what you are saying. She can't hear you and she can't speak. The neutral aspect nape of the neck is speaking from the heart. It's not like she is putting on a show you really get that what's she says is how she really feels. She will speak to you from the heart, it may be about your children, it may be about a project, it may be about something in the community but just know that what she speaks about at this point in time is really important, really heartfelt.

**Nipples:** Are you with me? Nipples, great thing about nipples is we are all glad we have them, right. They are very sensuous. The nipples are also the protectors, the protectors of the heart and your heart is about compassion. When women are in their nipples in the positive aspect they tend to be over-giving get in the pathway and you will be given to. This sounds really good except sometimes at the end of the day she lands up really exhausted from over giving. The challenge aspect of the nipples is the heart closes down. Feeling is miserly not capable of giving it at all. The neutral aspect is compassion, really deep compassion. Compassion doesn't mean I have to do something about this. Compassion means I get the over arching big plan.

**Navel.** Navel is power, physical strength this center connects her to the earth. Your navel used to connect you into your mother now this navel connects you to the earth. Navels are so interesting, they are very sensitive little places, when you touch the navel its like woo. There is a whole nerve ganglia around the navel and

that's more than you need to know right now. When she is in the positive aspect it's let's go do this let's yes, yes come on. The challenged aspect zippo, flat line, no energy, doesn't want to do anything. She can hardly be roused out of bed, much less off the couch. If you have allot to do this day and she is in the challenged you may want to do it yourself. In the neutral aspect of the navel it's not only she has energy but she knows how to use it well, how to spread it around with ease. It's like umm I know how to actually regulate my energy so that I have enough energy to go around. I don't just give it all at the office or all to the children or all... I know how to actually be able to allocate it well.

**Inner thighs:** Inner thighs are one of the places in our body that are so wonderful. They are very strong but very concealed places. They are not that open to everything. Her inner thighs are about strength and connection. We will talk about that a whole lot more. When a woman is in her inner thighs we say she is very confirmative. The positive aspect is this is the way it needs to be period end of discussion. This is the way it needs to be because I really see this is the way it needs to be. The neutral aspect is this is the way it needs to be because it is, not because either one of us want this because it is. The positive is this is the way it needs to be because I see this it makes sense to me. There is negotiating capacity in the positive. In the neutral, it's just you need to get in the fact that she is tuning into a bigger channel. The real Clear Channel The challenged aspect is I have no idea how it needs to be. I am left, I am right, I am up, I am down. Confused not fused with precision. It's the time if you say which movie do you want to go to and she is like hmmm that's a nice one no conviction, I am just giving you an easy one, right, but if she can't decide, decide for her she is not going to decide when she is in this state.

**Clitoris:** aren't you interested what happens when the moon is in the clitoris, it's not going to be what you think, I can tell you that much. When she is in the in the positive aspect she is really social. She wants to be out entertaining, she wants to be with people, wants to go out dancing, let's go to a party, let's go to an opening, let's be with people. In the challenged aspect, she only wants to be with her people. She wants to be with the people that make her feel safe and connected and that's what she wants her clan her friends. The neutral aspect is take me

anywhere and I can connect, I can connect, we can be totally social or I can be totally connected and social with the entire universe. Make it as small as you and me or as big as the entire universe it all works.

The last one is the **Membranes of the vagina**: For membranes of the vagina, it sounds really yummy, right. The membranes of the vagina are very connective, very energetic. That makes sense right? In the positive aspect it is connective and energetic. In the challenged it's feeling like an empty or zero, just feeling like the last thing you want to do is connect with anything because you have nothing to connect with, all of your receptors are dead. It's like momentary depression, all right. It's like somebody just pulled the plug on a woman's energy and she just feels like no I have no idea who I am.. The beautiful thing about the neutral in this aspect is this that you really get to see not the hard immovable aspect of the feminine but that fluid aspect that nothing gets to her. She is not flat lined just vast in this aspect. You can ask what she really thinks it's fine. It's not like "What you want to do?" and She responds, "Why are you asking me that again?" There is none of that. it's just like I can see it all and nothing is going to move me. This person died, this person was born, it's good, it's all good not because of numbness, but because of She gets it. She is in that total "I get it" state. She will get you and she will get everyone around you.

I had somebody tell me that when she is really upset her husband will hug her. She said, "I don't tell him until about a week later how grateful I was for that hug because I was still going to be mad." Sometimes the gratitude for some of the techniques I'm going to give you may not be instantaneous. You are going to get a lot of techniques and you have to understand that sometimes you won't reap immediate rewards but the rewards will always be there because one thing about women is we are incredibly grateful especially when their men show up for them, especially emotionally. If you lived in a woman's body with all these things going on every day, I am telling you would look for fixes or escapes. There are way more men in extreme sports we don't have to search out wild rides they happen right inside us. When you understand these moon centers and you really get the pattern her patter you will have a road map into her inner life then I will give your ways to work with them.

For about three months, you get to chart these centers and figure the flow out. How each of these centers flows through her, your woman. I suggest that you download a really great picture that you like of the female form not a personal pic of her. I want you to put it on your fridge or in your bedroom somewhere that you can see it. You are going to get three different color markers each. One for each month. Every two-and-a-half days (2-3), you are going to mark Which center you think she is in. She gets to mark which one she thinks she is in. Done deal. The great thing is you may feel she is in her eyebrows and she may feel it is her inner thighs no problem. You've got your marker, you get to mark she has hers she gets her vote. At the end of three months you are going to see a pattern emerge or you have to do it longer if not. Then it is always going to move in this pattern each month so no more marking but lots of notice to see the gifts and the challenged aspects. This will hold unless something hugely dramatic/traumatic happens in your lives. So that's a good news, you only have to do it for three months and then after that you are home free.

I want you to understand two things, each center has gift, a huge gift, and if you utilise the gift and you get your partner, your wife, to utilise her gifts in that area, my god, it will benefit her, it will benefit you, it will benefit the world. Not to mention your family and her business and all this other things because you will know what gifts are coming up and you will go haa this is the perfect day to do this, this is the perfect time to take this vacation, this is the perfect time to do this. Once you get it you will start living your life in a cycle of gifts not a fear of what can come apart. We will have tools to help her get from a really challenged state into a powerful state. That is the point of this series. When you hear about these moon centers the first time they are going to be like really this is like too crazy. Too woo woo. It's too stupid. Then the more that you get it and more you listen to this and the more you play with this, the more you are going to go, yes, yes, and the more you apply it will be a great inner map to the emotional world of your woman. Look at your partner and watch her. Not watch her paranoid watcher but watch her and see how the moods change. I am going to give you little stories as we go through this and you are going to get to see yes that's what she does with me, wow I've seen this before, she does that all the time.

Let's talk about the hairline first this beautiful part where face and hair meet. You are going to understand that when she is in the hairline aspect it's about being the visionary. When she is in the positive, you want to allow you want to do more than that, you want to give her environments that help her with her visions, really encourage her to do something that helps to clear her mind before she goes to sleep on that night, okay, because she can get visions and dreams, encourage her to meditate, meditate with her. I am going to give you super simple meditations, don't freak out anyone can meditate. Don't think I can't meditate. I am going to give you ones that actually have sounds with them or breaths so you have something to do inside the meditation. Read on they will be revealed. Sat Nam

And it will be so much easier than thinking oh my god I just have to sit here in silence. I can't sit here in silence. We say all this stuff to ourselves meanwhile our mind is going I can't do this your mind is going really yeah, because I am doing this to you I have you going 24x7. Visions come to calm minds the calmer the mind the greater the visionary capacity. They say all great men have two great qualities they can calm their mind at any time and they know how to be totally present with whoever they are with. You want to do that with her super, super simple thing that you can do. I will tell you that if you tell a woman, if a woman already meditates and you suggest wow this will be a really great time to meditate, that's one thing. If she has never meditated before you and you go you should really learn meditation. This is the perfect time, you should learn meditation. Do you think it's going to be really effective? So you want to SUGGEST Would you like to do a really simple meditation I just learned together? I heard this one is really good and you are in this visionary state so I thought you may want to try it. You know, so many old tribes used to send their women out to places where all they would do is be in that visionary state. They had nothing else to do, they took away all their responsibilities, put them out in whatever the structure was a moon lodge, a red tent, vision quest was for men women just need peace and quiet. People could say oh it was during their cycles. I think women cheated sometimes and said I just need to go out there for a few days, just to get my head back on straight. When women's heads are on properly they feel like they can go into that vastness. In other words, when the mind is not so cluttered they can really go in with that vastness and the great thing for you is they like to bring that down, bring it home and share it. They are very willing in a safe environment to share their visions because their visions are usually not about themselves. Their visions are usually about the world, about people that are in their lives they love, those are usually the visions that we attract.

So super-super-super simple thing that you can do is: I am going to give you two things First you can sit forward, just facing each other. You can sit on chairs, have your knees touch if you are going to sit on chairs, you can sit on the floor on your heels or what we call easy sitting position which for some people is not that easy but it means a crossed leg position. If you are going to sit on the floor, get a

pillow, get a cushion, sit on that so that it rotates your hips so that not so much pressure is on your knees. What you are going to do is this

1. Sit in your chosen position
2. Hold each other's hands. The woman is going to have her hands facing upwards and the man is going to have his hands facing down. So she is receptive and you are projective.
3. You are going to inhale with the sound **hooo** exhale with the sound **la**,

This is about the heart expansion from the heart. You are going to feel you get to suck the entire universe in with hoooo with fishy lips your mouth in a kind of an O and then you are going just do huuuuu and then exhale laaaaa, okay, close your eyes, focus, right between your two eyes. huuuu laaaaa, come on do it with me for a couple of minutes, just so that you get it because if you just listen to me, do it. You are never going to get it, this is not going to be yours, do it with me, huuuu laaaaa, huuuu laaaaa, huuuu laaaaa, huuuu laaaaa, huuuu laaaaa, huuuu laaaaa, huuuu laaaaa, huuuu laaaaa, huuuu laaaaa, huuuu laaaaa and inhale huuuu laaaaa, watch your download and do it with me. Now I am going to suggest you do this, this may not seem like nothing, do it together for 11 minutes. Why 11 because 11 is that magic number of the two ones, right, side by side, so you get those parallel lines, you get that connection of we are in this together. So 11 minutes is really good for that not only to mention it does always amazing wonderful things for you it neutralizes your blood, it helps relax the brain cells, connects the blood brain chemistry. It does all these other wonderful things but 11 minutes. You can only do it for 3 minutes, do 3 but go for 11, 11 is really amazing, You will create a really great connection between you so that it will mean that her visions will serve the relationships. This creates a circular connection between the two of you and the breath, so it will serve you really-really well in terms of her harvesting all of those wonderful visions..

Remember when she is in the challenged state of this moon center and not feeling visionary at all, feeling totally blocked with has no idea what's going on. .

She is going to feel paranoid. What does that mean, it does not mean that she sees the little green people following her but it means that she thinks everything is against her, things that happen at the office absolutely are back up systems to the fact that she is going to be fired. Things that you do she sees as going after her and it will make your life pure and simple hell for two and a half days. You want to get her back from that place soon as possible. She feels like look at what this is doing to me, look what these people are doing to me, look what you are doing to me, look at everybody is out to get her. So how do you deal with that? Sweetly. You don't point at the board and say look you are missing your time for visions. You want to do something that will melt her because paranoia is a very rigid tight state. You want to do things that open her up and relax her and get her out of that space. Movies, movie is good, certain kind of movies, not the time for action movies guys, really not the time for action movies, it's not going to relax her. Ha ha ha ha, I am not saying you have to take her to a chick flick, I am saying what about something that makes you laugh? What about something that can make her laugh because what happens with laughter is it frees up your diaphragm. We all have three diaphragms one in your throat, she has a diaphragm vaginally and you have one at the point between the rectum and sex organs, we all have the one aching across the rib cage. Three diaphragms in the body, when these three get loose as they do with laughter, it clears your head. Have you ever walked out of a movie that really, really made you laugh it's like you don't care if the world is still there for at least 5 minutes. Laughter changes the state of mind. You want to lead her into a better state of mind. To just get out of the state she has been in, to realize I can get out of this. So you are not going to take her to a funny movie, get a really funny movie on Netflix or the internet something you saved on your TV whatever just makes her laugh. Tell her jokes if you are good at that. That is the thing you want to do here, make her laugh, it will free up her rigid state. Once she has laughed then you can meditate with her. Then you can you say would you like a bath? Feed her something that she really loves do other things but the first thing you have to do in this state of paranoia, make her laugh, make a fun.

If you are really funny then go for it, get her to laugh, go take her for a walk and just tell her everything that's happened to you that day from a really funny point of view. The great thing about women is we can seem so rigid and so tight and so whatever, so wound and we get that way easily sometimes I know but once we get unwound then we are receptive, then we are fun, then we are delightful. So when this happens you want to make sure that you know, how to go bah and make her laugh. What happen, the walls fall down, it's the wall thing and sometimes women have to put these walls up or they feel like they do to protect themselves against things that are coming at them, at work, at the children school, whatever public transportation, in the community, in their bigger family whatever. All the things that are creating that feeling of I have to shutdown to survive. If you get her to laugh all of a sudden those shutdown things will float away and you get the good things. We are not here to make each others life hideous. We say we are just trying to get through this alive but really not, we are just trying to understand all of these things so we can stand under(understand) each other. Who doesn't love to have somebody understand you, who doesn't love to have that compassion where you feel like this person gets me, you are with this person because at one point in time you felt that about each other. I get you, you get me, okay, oh how happy life could be, right and then somewhere along the way all of these other things started going oh my god we don't even know if we can make it through this together. Look at each of these centers, this energy I am telling you about and pay attention to the ways to reverse them.

In the neutral state, she is immovable but immovable in a really delightful way. It's like she doesn't get rigid, she gets like oh hmmm no we really need to do this. If you ask her really calmly "Why do we need to do it like that?" She will tell you because I had this vision because I saw what this is going to look like in four years down the line or 50 years down the line. I saw how this would play out. I think that if we talk about this, you are going to get that this will be a much better choice because look how that's going to work in the future. She get how to move lineage into legacy. So trust it that she knows and she will share it with you, but sometimes you have to ask. Sometimes she won't share unless you ask. Like the

Army slogan don't ask don't tell she won't tell unless you ask but totally willing to share if asked.

**Eyebrows**, yes eyebrows are interesting things. If you as men most of you have probably not studied this but there is a whole history of eyebrows in the culture and eyebrows have gone from being completely tweezed out and penciled in to bushy. There has been every kind of variation that you can possibly think of in women's eyebrows. So eyebrows are not just these great things that move up and down or people that can move one eyebrow up or one down. The moon centers in the eyebrows are real really an incredibly sensitive place. We spoke about a little bit about the whole consciousness here that it's about healing. It's about the dreaming. If you look at our face as if it was a landscape you realize that these are like little mountains, right, little mountain peaks and what are they connecting you have a unibrow it goes right in, if you don't most don't then it comes right to your pituitary or your third eye which is that which really sees. It's not mystery that this center when aspected by the moon gives women healing visions. In the neutral aspect she wants to share those healing visions with you, with society. She understands that she can be a healer and it's not like she has to go to school and get a massage license or Reiki or anything. It's really about her presence can heal, her hands can heal and she know this.

Have you ever felt that sometimes your partner's hands feel so loving? What happens when children get hurt, what do they want. They want their mom to hold them preferably to the heart put her hands because it's this whole healing extension from the heart. Her dreams are about healing, so she might get very, touchy at this time, good, allow that. She will get in touch with her capacity to heal and encourage her to do things to get into those healing dreams. She can heal you as well. We are going to talk about that in a second what you can do to encourage her to have these healing dreams or visions. I will tell you one thing, the more time that you can give her during these two-and-a-half days to have some quiet time. What she chooses to do with that is up to her, you can encourage her. I will tell you what you can encourage her to do, but you know, if it's on a weekend or a day off take the kids do something with the kids if you have children or go off by yourself and give her some really alone quiet time. There

will be big pay back. When she has that alone quiet time she will have time to allow the moon to reveal it's mysteries which she will share with you in forms you will appreciate. She will allow those mysteries to come through her and you will benefit, the world will benefit, many things will benefit. She will benefit, her health will benefit by having that alone time. This is not time to go up and be with her friends or family whatever else, just be by herself. Take a walk in the woods, in the beach, in the park it doesn't matter but quiet receptive time. These two lips don't have to be part of it. Time she can allow the whole universe to cycle through her. That's best thing that you can do, give her quiet alone space, what she does with that is up to her. Say I want to give you this gift. The challenged aspect of this Moon center is Fantasy land. No not the kind you want to share with her. Anybody can build a fantasy and she will move into it. A fake job, a fake anything so if you don't give her this alone quiet time she is going to be out finding somebody who has got a fantasy show business that they are trying to start and she will walk into it, move into with them and own it. All of a sudden you will have this complete crazy situation that is useless.

Now, guys I am going to tell you when a woman is in this state how it affects you, okay. When she is in the positive aspect of the state where she has the time and space to connect with these healing dreams she will be incredibly loving and lovely with you. What does that mean. It means that she sees how things can happen that can heal old trips, all the grudges that had been held, she will see how those can be easily dissolved not by talking about them. She will see things that she can do, she will let you know things that you can do for her that will just erase those things. So giving her this time precious because it will erase the sins of the past is a really smart thing to do. Disease is caused by storing things up inside and carrying grudges. Disease in your relationship can be shifted to health. It's about that healing let that happen. Now, when she is in her challenged state this she will talk in fantasy or she will move into yours with you. IE we should build this house, we should invest in this, we should move to this state, All the things you are speculating about with no foundations. She will be right there with you. She will not have any grounding. I am not saying that you can't have visions together, you need those but in this state when she is in her challenged, it's like

you can build a fantasy castle and she will move into it. Sounds great but she will hate you for taking her there when she comes out of this state. The great thing about this state is that if you bring her some little present little present doesn't have to be a big present, bring her a flower, she will be amazingly appreciative. Give her gifts in this state. The gift of time to herself the gift of something that will inspire her.

This is the place where men go okay I gave her this and she was so happy I'll try that again. Men you wait a few days and if she is in inner thighs and you give her some other little thing thinking she is going to fall all over you again think again. She will be like huh okay where is the rest of the bouquet? Eyebrows fabulous time for gifts however lovely and small you will reap rewards are you understanding me? Fabulous time. When you allow her and help her to have this time in the state she gets to utilize her visions.. She gets to not only share these healing dreams and visions with you but she can possibly share them with the world not just the visions themselves but what it is that comes out of them. Have you ever noticed that when women are in unhealthy, unhealing situations whether it's work or with their family or with you that they start getting sick and they start getting very weird diseases? What it's telling you is I can't do this anymore. They are not using the words but their body is telling you I can't do this anymore. I can't do this, listen to those things, otherwise your partner, your love is going to start losing body parts. She is going to start losing energy, she is going to start losing everything because she is giving it somewhere that she can't put her visions and dreams into. It's like putting it into a deep dark hole and she is not seeing, she is looking in there, all that she can see is black, there is no life force in there and that situation just keep sucking it out of her life so pay attention, it really matters.

Women are very, very sensitive and where they are in their day and what they have to do to pull that together is really important. So when they are in this center use it as a time to pay attention and see. If she is in that fantasy place and she is there every time just going off into a fantasy land what it's telling you is this that she is not happy. She really is fantasizing about things in her life. The great thing is you can help her to get to that place where she actually has the dreams

and the visions that can create healing because women don't need you to fix it but they do need you to help them to have the space to be able to open those visionary tracks. So that they can see, how to get out of a hole, how to get out of the box, how to get out of this painful situation. It doesn't mean that you have to sit down and talk to them. Just give her the gift of time to herself. Look on your chart it says healing dreams and visions. I want you to utilize that. I want you to have that because that's going to help both of you. It was really interesting because my son right now is helping somebody build a straw-bale house and he is doing this six days a week. The weather is just changing and they had to get the roof on before it started to rain. They did it three hours before it started pouring. If you know anything about straw-bale you really know that it is bales of straw in the wall and that if they get wet oohh oohh bad right so he has been working. He leaves the house at 8:45 in the morning, gets home about 8:45 at night because it's far away from where they are. It's a friend of theirs. Three of them are doing this whole thing, so he did that for six days and then my daughter in love was really sick with the cold, so he took the kids all day Sunday so that she can have some downtime. Was that good for him, no, but it was good for them and he got it she didn't have time to recover from this cold she was going to have drag through another week with these kids with them having a cold and her having a cold. If you have had a cold recently you know it sounds like nothing but it is really something that is not fun unless people just take all the stuff to suppress it. Try feeling funky and not having a lot of energy and taking care of kids not fun. He really got that. She told me this. He didn't tell me this, she told me this, so what she was telling me is oh my god I adore him for doing this for me. He gave me this time that I really needed to have to heal to try to get on top of my week, my time, your woman will so deeply appreciate of you for giving them this time and space you have no idea of the gifts that will follow. You may not hear about it, but they will tell the whole universe how amazing you are that you did this and you may never hear about it except someone will tell you and she will show it in other way<sup>3</sup> you may appreciate more. More health more sex. Sick and sex don't go together for women I know they do for men. One of my son's friends, he had wanted to be with this woman for a long time but she was in a relationship. Once she wans't they got together and he wrote her poems, he brought her flowers

and he did all this stuff out of complete adoration. The rest of his friends were saying you know you make it us all look bad, you make it us all look bad by doing this. His partner was really, really grateful and she told all the other women right. He upped the ante of the whole group. Even though the other guys were like going hmmm making us look bad they saw that what he did worked. Giving in a relationship is different in every relationship, I absolutely understand this. Somebody may give poems and flowers, somebody may give their partner space, somebody may give them a massage give from your strengths. In her eyebrows giving her some time and space and encouraging her to utilize that to de-stress herself so her distress is less and her visions and healing is more. It will be so good for you, she will be so much more calm, so much more receptive and really when you get home she will be there in a real way that you wish that she would be like that all the time. I will let that up to you what you do with that, but truly she is going to be present and be around to benefit, bless you, Satnam. I look forward to having you back and going for the next one which is cheeks PR oh my god wait till you find out how much that one can help you.

**Cheeks**, okay we are glad we have cheeks. It was funny, my partner was saying he didn't like this one picture of me that I have on my website, he said because your cheeks look really fat. I was like okay, I don't care I know my cheeks aren't fat. Our cheeks are that thing you can tell if people have smiled a lot by are there cheeks developed. A lot of the Asian countries people feel like they can come up and pinch children's cheeks. That would be really cute if they just pinched them a little bit like this, but they pinch really hard and children who go to visit those countries and have great cheeks, after about the first day they walk around with their hands over their cheeks. No pinching of cheeks in this moon center. The moon centers are a little different. I want to talk about what happens to a woman when the moon centers are in her cheeks, how that affects you and what you can do to help her so that the affect doesn't effect you. Are you up for that? The cheeks, the absolute greatness is that she is a PR machine when it's in her cheeks. Meaning that she can promote anything, so if you have something that you are working on right now that needs promotion schedule a party, she will promote you. Give it to her let her run with it. This is a good reason to do your chart so you can plan ahead for this one. In this one she has great skills that she, you and many others can benefit from. Talk to her about your projects, explain what it is that you are working on and get her ideas. Priceless. Doesn't matter what it is consult with her let her promote. If she has something that she is working on remind her that this is a really good time to talk it up, put it out there, get people excited about what that is. Now, if you are working on a project together same thing when she is in this in the positive aspect you want to look around ahead of time for conduits that will actually be worthwhile that you can start targeting because this will be the time. If you ever want to start a promotional campaign on anything and you want her to be a part of it or even want her to talk with the PR people that you are using this is the time to do that. She will be creative in this capacity and think totally outside the box when in the positive aspect of this moon center.

The interesting thing is in the challenged aspect of the cheeks is out of control flirting. What does that mean? It doesn't mean she is going to go onto a bar and start doing striptease acts or flirting with everybody in the bar. What it means is that she is going to flirt with everything that's available. She is going to be oh I

really love this, oh this dress. I mean if you take her shopping it's all over. She is going to love this and that and this and that because flirting really means a little here, a little there, a little flip, flop nothing deep or focused just flitting. She needs to be told she is beautiful and loved and worthy. She wants something externally to make her feel better about herself internally, So pretty dress, a pair of shoes, earrings, makeup so that she can feel better about herself. She wants to be told I am beautiful. If you are smart and she is in a challenged aspect of this, you will, you will tell her she is beautiful, you will tell her she is amazing, you will tell her how much you appreciate how incredible she really is, even if she is just being like ah, ah, ah, the next bright shiny object. She is not being focused just look at her, hold her and just say I want you to know, how amazing you really are I really, love you. Ground her bring her back to herself with your support.

I have to tell you that I know when my partner does this to me. I know it's not what he is really thinking. I just say to him okay what is this about? You are not really wanting to say that to me. He doesn't use those words and he hasn't listened to or watched this whole series, he doesn't know this, but he does know this. I appreciate that he is talking to the essence of me when I may not be quite as connected to that part of me for a moment. When women are in their challenged places they will eat it up. They sooo want your support. See through the momentary insanity and it will bring them back to sanity. When you are telling them about their amazingness you are not lying to them, you are telling them I know that you are amazing deep down. Right now, you are acting like you have got the capacity to focus like tweety bird. If you tell them how beautiful they are how amazing they will often not always go there because they want to be there not just the flittly flirt who is never satisfied. Do it, do it, you won't fill her up, but you can help her to relax so that she can really feel those aspects of herself instead of the insecurity that makes her want to fill her life up with trinkets. I am more beautiful than I am told, I am more amazing than anybody is telling me, I don't need you tell me that, I don't need any of this, but when she is in the challenged state she needs it, feed it, you are not feeding the monster , you are feeding her essence ( for most women if they are a narcissist this won't have

this effect), Drop those things really deeply in and there will come a time she will look at you and laugh and go I know what you are doing, what you really want to tell me is I'm being a nut case. Contain her, relax her that is the key to all women all the time. I'm just giving your different approaches to get in. in the windows and doors that these moon center provide..

When she is in the neutral aspect of this center what happens is she actually is able to promote and connect with everything. So everything is about connect and promote. She sees this possibility in everything. She sees the possibilities in everything and you can help her take that and narrow it down to what really needs to be focused on. One specific thing, but its very-very good for you in this when she is in this promotional state because she feels very, very generous in her capacity to see how things can really be promoted and uplifted and projected out. She sees the underlying connections to things. Because PR is really how the things connect, public relations. It really means how things connect up. That something can happen on a bigger level. That's what this is about. Good news is she is really able to connect with you as well because it's like how do things connect in your relationship, how do we weave together in the deeper levels of your relationship? How have you worked together as a couple? She is not introspective about it's very functional it is the getting of it. I get it, I get how connected and how we can work those connections. Great time to do things together. Great time go on a vacation together and see what can come of your future projects. It's great time to take a walk, it's great time to have a dinner together, it's great time whatever being connected looks like to you as a couple, do that. It will build exponentially because that relationship the publicness of that relationship not necessarily the privateness of it but the publicness of it, the capacity of the seen moving together not the unseen. This is the seen, this is the known. This is not a time to say okay I need to watch my games with the guys, this is really a time that you are going to want to see what can we do together. It's very much about being with her and utilizing that together it's very important. I can tell you things that you can do, I can say great time to do a yoga class together, great time to mediate together. If you meditate or you do yoga or you do some kind of exercise together before you make love, I can tell you it will be 10 times as good because you have connected

up on all these other levels. What in god's name am I talking about. I am talking about that we are all beings and you know we say we are body, mind and soul now. Some people say maybe not soul, but you know body, mind and you have a spirit, no matter what you call it, but there are so many other realms and they are all available for connecting. There are so many other realms of our being. We have got all of these bodies, your soul body, you have got your pranic body, your life force you take in, magnetic field like all the products we talk about you have one too. When all of these bodies start connecting up, actually you have 10 bodies which is whole another thing, but when they are all connected oh my god everything is much better because when you are making love. You can go from good to great from found to profound. It is absolutely profound, you can find the pro in it. The difference between fucking and making love is miles apart. I am not saying that one is not fun, but one is you get to feel that you have had this unbelievable meditation and time to go into nothingness together with your bodies, pro found. All this in the PR of the Cheeks.

**Lips.** Are you ready for lips. Lips have more meridians that run through them, more nerve endings than any other place in your body. Isn't that amazing? Anybody want to kiss? Kissing is a really interesting and amazing thing. It requires that you be present and the more present you are the better kisser you are and the better kisser you are the more connected you are, so kissing is really fabulous. I am just telling you this because we are on lips, so the moon centers in the lips, what does that mean not only do you have all these nerve endings in your lips and not only can you make all these different shapes and sounds with your lips. You can stick your tongue out of your lips or do some breathing things to help adjust the frequency of the lips. I am giving you things that help to adjust the frequency, of the hairline, of the eyebrows, of the cheeks, so that you actually can adjust them. So that you can get the gifts of each center and not be plastered against the wall by the challenges. The beauty of the lips is this that they are the gates, the outer gates of this really beautiful cave that we call the mouth. They are the covers for the teeth. We have teeth, everybody has different teeth. We have great teeth and we have people that have lived through braces and retainers and people that have never done that, but your lips are the heart gates of this cave.

The yogic name of this cave is Gyan Gufa. The cave has both the male and female organs in it, you have both right? We were made to communicate by speaking and the beautiful thing about these lips is that's what they want to do. They are also protectors. When to keep the mouth shut and when to speak that is the question. So What about the moon in the lips what is that about? When this center is balanced it's about being talkative. In the positive, it's talkative, very talkative, give me a subject I will talk to you on it. I love to talk to you, you know, oh yes. These days she can be on the phone, so if you need things followed up on, if there is something that you are working with together or you know that she has follow up work now is that time. She is in her lips make those the days that she returns phone calls, that she gives lectures that whatever it is that requires communion and utilizing the talkativity in a projective sort of way, fabulous. But in this center she wants to talk, she is going to talk, so when you are around her in these times, I am going to suggest a few things. Do a meditation that requires speaking.

There is really great one that you lay down side-by-side and you talk to each other in superlatives. You are going to utilizing her talking to really do something great. You look at her and you say you are the best lover and she looks back at you and she says you are the best listener you keep exchanging these wonderful things about each other. Give yourself at least 31 minutes of lying down and doing this even if you have to repeat things you will find that you will laugh, you will communicate, you will actually understand how the other person sees you in a very best, best way. It's fun it's deep and it utilizes her desire to talk. Get playful, lay really close facing each other and start saying these things to each other. The great thing is that you don't want to suppress these aspects, you want to know how to work with them. Because suppressing them just makes it come bursting out somewhere else, so utilize it. She is talkative, do a talking meditation, all right. Why not, right, why not make it something yummy or if you are having a very challenging time with her because it's just like talking nonstop, nonstop, nonstop, nonstop and you are done with that, you just can't listen anymore, I mean you could put on your earphones and just walk around the house with your music on that's not really subtle and probably not that effective. You can also

send her out with her friends. Say this might be the perfect time for you to just have a girls day out or a spa day or something that she could be talking to someone other than you. But don't say I am going mad don't say I am sending you out of the house because I can't listen to you anymore. She will not come home happy and she will bitch about you she has gone. That will affect your relationship so in order not to do that just act like it's a gift. Don't be surprised by this you can see it coming up that's why you are charting these so you know ahead of the time. When she is feeling challenged in this area she is going to come at you, or come at anybody who is in her track with a really sharp cutting tongue. Everything is going to be about why didn't this happen, how come this is like this, ah I can see you are doing this again. You are going to be like oh my god shut it off. How to shut it off? Doing that meditation we described above is a great solution for the sharpened tongue state. Another really great meditation to do together when she is in that really sharp tongue state is utilize tongues. Rolling the tongue, you are going to inhale through a rolled tongue (do something positive with the instrument of the talkativeness) do this together and then on the exhale, you are going to exhale in a whisper, waheguru. (listen to tape) Waheguru means wow wisdom, so you are using that sound current to create the wow in your life, the ultimate wow in your life so do this with me a few times, you can do this sitting face-to-face, you can do this sitting back-to-back. Because the wonderful thing when you do a back-to-back meditation with each other is you get to feel the breathing in each other's back, you get to feel the sound current in each other's spine and it's really pretty great. Just relax with this one and wa he guru, close your eyes, wa he guru, wa he guru, wa he guru, wa he guru and inhale, that is when you do the rolled tongue like that if you can't roll your tongue just stick it out, make a O out of your lips and stick the tongue out through the O. This breath allows you to breath about breathe three times as long as a regular breath. When you breath three times as long it creates space, okay grace space and sharp tongue comes from no grace space. Everything is tight and tried she will slice you and dice you. If you don't want to be sliced and diced, do the meditation, lying down on the bed or the couch and do the superlatives. Who doesn't want to live the superlative life? What we do love, attraction, always talks about getting the most out of things, thinking the most positively, talking in the most positive way,

attracting the most to you, so superlatives is about acknowledging, talking to each other's superlatives. You get to acknowledge the most in each other and while she is acknowledging the most in you and you are acknowledging the most in her. It's really hard to be sharp tongue and bitchy when someone is speaking to you about the best of the best of you. Isn't sharp tongue just another name for bitchy? So who wants that? I can tell you there are things that make women bitchy. I could tell you a whole list of actions that are going to make her bitchy, but those you have to figure out yourself. Not listening to her would top the list though and be applicable here. Ask yourself what irritates her and makes her want to take you out in the backyard then do bad things to you but not the kind of bad things you want done trust me. You got to know what those are. Ask her for a list of what you do that really irritates her? You can exchange lists and then do the superlative meditation so you can feed the things you love. I can make a whole list of them for you but it won't make any difference, you have to know what irritates her, but the thing that we haven't mentioned here before is foods,

I am going to give you a little bylines of things to do it to everybody. I got to go up and be with my grandkids for Halloween. It is my daughter-in-law's birthday, her favorite day of the year. She makes fabulous costumes for the kids and they live in the Ashland Oregon where they have a humongous Halloween parade. People come dressed in all these fabulous-fabulous costumes. My grandchildren do not eat sugar, processed sugar. My granddaughter had two or three pieces of candy, not big not whole candy bars just like little pieces the next day she was such a mess, I can't even tell you what a mess. Somebody told me today that in Canada she read this thing saying that doctors have said there is no correlation between sugar and mood swings in children. I would like to put those doctors in a room full of kids feed them candy and then let them see if they still feel the same way or was some shall be unnamed candy company paying for the research. If you have been around my granddaughter the day after she went from being this lovely child to, we were going to a petting zoo and it wasn't opened and you would have thought somebody had just killed her best friend. It was really, it was off the charts insane. I am going to tell you if you want your women to be sane and fabulous do not feed them caffeine and do not feed them sugar. You think you

are doing a fabulous thing for them by bringing them a sugary breakfast in the morning with a cup of coffee, you are not, and it will come back on you. I will tell you that different people are more susceptible to caffeine and sugar. The thinner they are the more susceptible to both caffeine and sugar I mean the ill-effects of caffeine and sugar. Not the fabulous ones, we know the fabulous ones well caffeine woo I have got energy, I can do whatever, you know, a little sugar I feel really good for about 20 minutes and then you get that whoosh you go down, you get the dead drop zone. Know that and know and know it makes your body acid which means you , she everyone is more susceptible to disease. Disease need acid bodies to live in. What creates acid, Stress, food, dairy, meat, alcohol, sugar, caffeine and alcohol. I mean come on Bill Clinton has gone on a plant based diet. Bill Clinton, why did he do it because he wants to see his grandchildren and he has a bad heart from being the junk food king of the universe. This guy would live at burger and rib joints not the best food for the whole body. He was powering himself on very inferior food, so he has taken a challenge to him and he is doing it you can to if you love your wife/partner and family.. Yes plant based diets are the best diets for our beings, alkaline diet, the best thing you can do to not have disease. That doesn't just mean cancer you know Alzheimer's, diabetes and so much more are acid based disease. Food controlled and our emotional states get so much more balanced. Try it .You know, ups and downs of your life, so I am not going to tell you what to eat, I am just going to give you guidelines and say be smart.

If you look at your women's chart and you say she has had three months of challenges in this moon center, not a good time to take her out and give her wine and dessert and coffee. You are going to make her crazier great time to say let's go out and have a great salad or let's go to a vegan restaurant or let's try out this, new thing so treat her in ways that really treat. She will treat you better and that will be a treat. You don't want the after math do the math.You are going to get the fallout. Understand what it is that really treats her whole being, so that she can treat you well. This whole thing about the moon centers is not just about telling you something that's really cute and really cool, it's about how to build better relationships because women are more aware of this relationship with the

moon with themselves. I have done a whole series for Women that you can buy for them. It gives them things that they can do for themselves to stay in the positive and neutral aspects or get themselves back there so everyone profits from women feeling sane, clear, connected.

This is about things that you can do to really support your woman by understanding the whole cycle of how the moon moves through her body points. I want you to feel if I did this life could probably be a whole lot easier. She could feel so much more connected to herself, to what's really feeds her and she will pass this on to you in being more present, more available. Think about what a big deal food is in our whole daily life. Most people eat at least three meals a day, some people eat six or seven meals a day, smaller ones hopefully there are a lot of people who live to eat but we need to eat to live. We need to know what real food is not just the things that try to impersonate food. Let me state one thing for the record if things are packaged, you have to read the labels. If they have words that you don't know, if they have high fructose corn syrup, if they have additives and preservatives it's not food. Read Michael Pollan's book in defense of food. He is a science writer for the NY times. It is a constructed mimic to make it have a really long shelf life. Just because it says whole grains it doesn't mean it really is. If it says organic I still want you to read the labels. At least if it has organic there is a chance that it's got some life force in it that you want. You either get life force or a forced life your choice. Women's systems are much more delicate than men's and these things have a much more profound effect on them and they add to the crazies, it's true. When women's systems are challenged they don't often get sick, they get nasty because when they feel funky inside. It affects our hormonal balance and you know what that means because you have experienced it. So put great fuel in the tank of your love, your wife, your partner and you will be fueled in return.

Because when we feel funky inside it affects all of our hormonal balance because it messes with the hormonal secretions. What does that mean for you? Trouble. You are the one that's going to feel the full throttle of the out of wack syndrome. I want to give you a couple of sugar antidotes. I will tell you a couple of sugar antidotes and you can utilize these B vitamins. B and C vitamins really good antidotes for sugar. Good dose of minerals, there are so many liquid minerals out now, I can recommend some kinds I love that I think are the best: Sunwarrior my favorite. I will do it because Sunwarrior makes great minerals. How do you get this down her with love. She and you need extra minerals daily. It means go to your blender, take fruit you can use a banana, you can use berries, you can use anything, put milk or milk substitute, I like almond milk the best because it's the most alkaline, and then a good protein powder with some minerals in there, Sunwarrior makes the best protein powder that I have found. Sunwarrior, it's fermented rice protein, you can get it online [www.sunwarrior.com](http://www.sunwarrior.com) I should be getting a commission but I'm not Yet, and put that and some minerals in there. Make her a shake and I am telling you, not only does it taste good, but it will make her whole body kind of go ahhhhhhh. Protein is a great antidote for sugar. Often when we want to eat, we are hungry or we need a energy boost we go for things that are easy to grab really fast, caffeine and sugar to give us that energy boost. What really gives you the long, sustained energy boost is protein so a good assimilable protein source is just wonderful and that's why this rice powder, it's a fermented rice powder, and it's got like an 80% assimilability works so well. That's a really good thing. Use it when you are feeling like, oh my god, she has the lost sweetness. Lips are for kissing and there is no chance of that kissing lips sweetness. No chance of speak in a way that's uplifting. Give her that drink. What goes in her mouth helps or hinders what comes out her mouth. You get to choose which you are supporting. The holy concept being in control with all the holes of your body. This is one of the bigger holies we think that we can put things in here that doesn't affect what comes out wrong. For women it really affects it. If you want to be on top of it guys make the most of really yummy things cook once in a while. My daughter-in-luv was saying she never cooked, she didn't cook at all. When she met my son, he used to do all the cooking, he would make all these great things and now she does all the cooking, he doesn't cook at all because she

got to learn how to cook through him. ( I didn't even know he could cook) He is bringing in the money so she can be home with the kids. She realizes wow this was a trade off and trade off that's worth to me, so she wanted to cook, but you can cook for her sometimes as a treat. Treats always come back to you in other ways you may not expect.

**On to earlobes,** earlobes it's really amazing if you pull down on your earlobes powerfully and just hold them. Just do this with me its pull your earlobes, pull on them, close your eyes, just hold your earlobes and pull on them. There are allot of nerve endings in your earlobes. Acupuncturists would often times go to the earlobes, pull, pull, pull, pull, breathe and pull and pull and breathe and just pull, come on few more seconds. What it does is that it clears your head, it clears your mind, and inhale, okay, fabulous. I will tell you something else about earlobes that you are really not going to want to hear but its true women love to wear earrings. Love, love, love to wear earrings and they wear them in the same acupuncture point. What does that mean? Than this one point or the many are getting stimulated always the rest of them aren't so it tends to make that point over stimulated which then kind of puts it to sleep. The only thing that remedies that is full carat diamond in each ear. I told you, you don't want to hear it. The good news is that you can work with her earlobes in other ways. The good thing about turbans, one of the great things about turbans is you don't have to worry about earrings no earlobes showing, so you could eliminate the entire earring factor with turbans.It's also great, you don't have to worry about your hair. I have a lot of hair, but I don't have to worry about having a bad hair day, the bad turban day, yes, the bad hair day, no. The bad turban days pretty easy to rectify these are not just little pop ons just so that you know that. The TSA at the airport they do not know this. They used to want us to take our turbans off we had to actually get a law passed through congress that we didn't have to take them off they could just pad them down. No problem getting patted down. Back to earlobes, these wonderful things are about values, the values in your life, what we listen to, what we hear what we obey and believe that's what creates our values. You can't talk about a value in your life if you have never heard about it. What we have listened to our whole life helps to create our values. If you don't like the values that you

have then you have to start listening to other things that expand your values and give you the capacity to understand a whole different set of values. We sometimes think that we have to carry on our family values maybe, maybe not. The truth is you are not meant to carry on your family values, you are meant to shift the lineage of your family values into a legacy factor. To carry them on and make them bigger. So it's not just the same damn thing that got passed down to you will all the of its convulsions and evolutions and insanities and sanities generation to generation, lifetime to lifetime. It's about expanding, it's about choosing. If your values don't serve you, they are not making you happy, they are not making her happy because she is going to talk to you about them at this point it may be time to get some new ones that do serve you NOW.

This is the time when she wants to discuss values. What are we doing together, what are we doing with our lives, why am I in this job, why are you in that job, what are the good things in our lives. As men you may want to take a gun to your head. If this makes you feel like just shoot me, please don't talk to me about this. I have remedies. She is going to want to talk about the values so you have all sorts of options of what you could do with this.

It's great when you are in the earlobes you have prior notification because you have your chart. I have a golf tournament on that day, I am going to run a marathon, I am going watching sports games whatever it is. You don't have to be present or you can be ready to speak to the issue directly and succinctly she isn't chatty in this center just very determined to know where you stand and where she stands and where you stand in your lives together. She is going to want to talk about it, she might send you an email or a text about we need to talk about this, So, what I can tell you perfect time to get her a massage, perfect time to send her to the spa, perfect time to make it so that you are out in social situations that you are not doing this full time. It's going to happen, but you can regulate that it happens in a very small doses. You want to go out to a dinner, don't go out to dinner by yourself, go out to dinner with another couple. You are smart figure it out. Start the evaluation and direct where it goes. I would rather be drug around by the hairs on my legs than talk about this stuff, okay. It's so interesting women love to talk and we love to talk about all sorts of things and for some reason we

think that men love to listen to it. Most men could hold up a sign saying please do not talk to me about this. The other thing that you can suggest is you can suggest that this is a great time that she is with her book club or her flock of girls or her family who love to talk about these things and are much better at talking with her about these than you are. Priceless time for meditation. Because you will be connecting with her in a really deep way that will let her know that you do have values that are similar. Do some things you love to do together just make sure she still loves to do these things wrong time to drag her to something YOU love to do.. So, that's the good news I will give you another really super simple meditation, it's **Ma** : that which gives you another chance over and over and over again that **Ma** that rebirth sound. Sit back-to-back for this meditation. Bring your knees up and hold on to them so that you are actually sitting with your feet on the floor and your knees up to your chest, your arms around your knees. Inhale and then exhale you just chant **Ma**. You can inhale through a sipping breath because it helps to calm everything down internally, pacify the central nervous system and the parasympathetic nervous system. Inhale (breathing sound) then just hold the maa in so it's mmmmmmmmmmmaaaaaaaa, (breathing sound) mmmmmmmmmmmaaaaaaaa Check the video if in doubt

The reason you want to do **ma** is because **maa** is a rebirth sound, maa is the expansion and if you hold it so mmmmmm its like saying yummmmmmmaaaa you let it expand it will also be that connective thing because that infinite mother is the one that gives you more chances, you get another chance, another chance, another chance, another chance. It's really simple, it's great and it wipes the slate clean of grudges at the same time. How good is that, you get to clear the grudges, you get to come together on a connective point, so instead of talking about values you get to experience values. This is a great weekend if family is really important to you as a couple be with the family, so if she wants to start talking about values say we are doing that what we love to do, we are with our family. If that's not your biggest priority, do the things that are your priority in terms of the things you value. If you show that you are living to your values serving the community, running a marathon together do what is really of value to you both. If she gets that you are doing the things you value then there is not going to be a discussion

on values. When she is in the challenged aspect of this moon center, the earlobes, she gets very self deprecating, she will put herself down internally or externally or both. You will start seeing her do things that she is continuously apologizing for what she is doing or she is just generally messing up. I recommend patience instead of getting on her case and going what are you doing, you are justly completely screwing up everything you touched today use another tact suggest this might be a really good day for you to have a massage. As opposed to just because she needs something to get her out of that and criticizing her not going to make it happen. It's not going to just blow up and go away. This is time if you criticize her she will hold onto it hold it against you. You didn't get that she needed to be taken care of at this moment. This is not violent and nasty towards you, it's self deprecating, so she is down on herself. It's how could I have done this how could I be so dumb? You want to give her something that helps expand her something uplifting, inspiring movie, good idea. It's really great at this time to sit down and just connect with each other about what movies really inspire you, what movies really crack you up, what books do these things, plays etc. Keep this list so when she in these states you can go what movies did she think was really inspiring. These are important, but you want to do these things when she or you are not in a state because if you ask her when she is in self deprecating state what movie is really inspiring to you she is not going to remember. She is not in that state of mind until she is not in that state and make those lists, so that you have them, you are smart, you are smart, make lists, keep them, use them.

God, we make lists in our heads about so many things we keep track of just crap, we keep track of stuff our partners have done and then we hold it against them. We keep track of things that have happened at work, we have all these tracking devices and yet the ones that we really need to track we forget about them. Track the things that are necessary to uplift each other. If women could just say to men this will be a 10 minute talk and stick to it right? If you listen to women really listen it cuts the time vastly. Ask any women. A short talk for guys is about five minutes maybe we know so listen and it can be. Don't try to fake us out listen. You can't just disregard the fact that this is about values, you got to utilize that this is about values. Values become exponentially important to her, empirically

important to her at this time, so show her you get that and then you don't have to listen for a really long time. Gift, that's the gift. What you are aware of ahead of time you can plan for that's why you are doing this whole course because once you plan for it you get to see it charted out ahead. Want a plan do the charting. Just think of your business need charts need a plan. If you did your business or you showed up at work without any kind of plan would you still have your job? Your job as a partner, a husband a lover is the same look ahead see the plan. Men don't have the same intuition that women do, but you have great charting skills, chart it, be aware of it, utilize it. You can come back to these and go what I was supposed to do with this and then listen to it again, look at it again and do it. See if it's work, connect with me I want to know if it works or not. Remember this is an ancient science that's just being brought back to life, so you are on cutting edge of this. You get to try this, pretty cool.

**Nape of the neck**, so this is a very sensual sensuous center and your voice super important at this point in time. If you want to make this one juicy and alive, you are going to speak to her romantically, you are going to tell her amazingly romantic stories, you are going to take her romantic places and speak, it's the romance in your voice that she is looking for in this center. She wants to be wooed here. She wants the subtlety of your lips brushing the back of her neck. She wants your voice whispering in her ear. She wants romance, that's the deal. If you can be romantic, if you create a romantic getaway or even a romantic dinner, if you create a romantic bedroom, bring home candles to light that have wonderful smells do it. Buy expensive ones for two reasons, one is you don't want them polluting your bedroom use ones that have essential oils in them. They are usually more expensive, but the great thing about them is they won't get to your lungs and make you sick. The really good ones can be made out of shea butter and you can actually drip the warm wax on each other because it never gets burning hot just luxuriously warm.

That's a really good deal especially in this center because if you bring little gifts that make things beautiful for your bedroom or bath salts for her to take a bath before, you guaranteed a very romantic time in this center. Play this well because true romance means you are talking into the heart and soul of the other. You are

not telling her things that aren't true. You are telling of things that are intrinsically deeply true. Showing that you know the doorways and windows are paths into the infinite of you. You are so grateful for their hearts and how amazing they are it makes you speak at a very deep level because they are going to hear you at a very deep level. Enjoy this. She is longing for the romantic voice.

The challenged aspect of this is unable to communicate, can't hear you, can't speak to you blocked. A great thing to do in this situation is run her a bath with yummy bath salts in it. This is the time where you want to give her some experience that she has been longing for it. If you know what her top five things she would love you to do for her that show you love her (if you don't find out) use them now. Ask her this question, Not now but when she can communicate, if I was going to do five things for you what would be your top five things be to she that I love you. When she tells you remember them write them down look at them. You may be surprised, they may not be really expensive things, they may be things that just require awareness or a little time. My top thing would be if you could massaged my shoulders and neck. My next top thing maybe that you send me out for a massage, my next top thing might be that you give me time away from the kids so that I could actually feel myself again, next thing would be give me a gift certificate who knows what they are. They are going to be different for every woman in every relationship, but you need to know what her top five things are and you need to check in regularly to make sure that they are still the same. Then when she gets in these places of being unable to communicate you can give or do one of these top five things for her and it will mean a lot in a long run. Every man needs to know every woman's top five things that he could do for her and vice versa. She should know the top five things that she could do for you, but you are not going to ask her when she is in the challenged earobes what those are nor tell her yours. Kind Silence, okay. Doing things in silence, running her a bath, letting her listen to music that she loves, sitting down and doing a meditation with her if she is available for it, she may not even be available for that meditation. Be the meditation yourself. If she is, just sit down and hold her hands and breath together. Getting her to sync up to your breath because your breath is probably a lot better than hers at that time will calm her down and make her feel better. Go

watch a sunset and sun gaze from your heart in silence. Powerful. When she is feeling like she can't communicate, it's a very tight space you want to get her out of that dungeon. I tell you a really fun that you can do with each other it's called dragon breath. Okay, but what it does is that it helps you to breath more and it helps you to get rid of the blocks, of anger frustration. You inhale in 4 parts starting from your lowest point of your diaphragm. Then for the exhale open your eyes wide and stick your tongue out with a very loud haaaaa. No one looks good doing this it is funny. Do it facing each other. Watch the video and get it. I promise you, it's four part inhale with eyes closed then exhale you are going to look at each other and you are going to open your eyes really wide and you are going to stick your tongue. I don't know, three to ten times, you are going to be laughing like crazy. You look so ridiculous doing it, nobody looks groovy doing this but you will enjoy it's rewards. let's just do it together three times. You are going to close your eyes and inhale so (breathing sound), open your eyes really wide to get your tongues out be the dragon, and (breathing sound) inhale (breathing sound) press your tongue to the roof of your mouth, hold the breath, and exhale, okay.

It opens you up, it gives you a whole lot of energy it lets you get rid of frustration and you will laugh. Teach your children. I am serious if you do it looking at another person and you don't laugh, you are dead. There is nobody looks good doing this and you see somebody with their tongue hanging up, you really want to make the other person laugh. Drink some chlorophyll or suck on a red sucker do something that colors your tongue and then all of a sudden stick your tongue out its colored not only you do have this tongue coming out of your mouth but it's colored that's very fun. Bringing fun into this one knowing that when there is no listening happening that you can't feel very connected to yourself, so just do all of these things we talked about in this center. Realize that this is the one that little gifts mean a lot and that you are her gift and she is yours. Treat her like a gift and giving her the gift are the best. We sometimes think that gifts have to be expensive that gifts have to cost a certain amount of money to be worth something and that maybe true in certain moon centers not this one. Little tiny gift and in this one back of the neck it doesn't have to be a big gift but it has to be come from a really generous heart, all right.

Her neutral mind in this is the very generous, generous open hearted space. What she wants from you is the same thing generous, vast. She wants you to encompass her and then just drop something in her lap. It's not like you just go by and say here this should help you and walk away. It's not that kind of day. It's ooh I really wanted to give this to you and I thought this might be a really good time, that kind of a thing. You guys are so smart, you are so ahead of the game just being here showing up and doing this and wanting to know this. I know that you are going to take all these things and you are going to apply them. I can't do this with every single one of you in your until we get to private courses and coaching and then we can right. (which is now available if you want private sessions) I can only give you parameters that what you can work with if you want specifics for your situation go to my site [www.gurutej.com](http://www.gurutej.com) and book a session.

I trust your capacities to utilize on these things if you need more support you know where to find me. I am just going to talk about these first few that we have done here altogether and just go over a few key points.

We have done hairline, eyebrows, cheeks, lips, earlobes and nape of the neck. The one theme that's the same in all of these is they all have a positive aspect, the challenged aspect and a neutral aspect. The grace of charting these means that you are on to top of it and that you become the visionary, you get to see, you know, what's coming and so does she. It's like riding the train that's coming doing the track not standing in front of it. If we just look at all the challenged ones, it's paranoid, fantasy, illusions, out of control flirting, bitchy talk, do you want any of these? I mean earlobes talk to you about values until you want to die or they can't talk except in self deprecating terms. If you don't want these things you know what to do? It's like to keep the train of emotions that we have as woman because everything affects our hormonal balance and everything is inside of us. You guys have your reproductive systems outside of you it's much more rugged Less effected by every emotion except lust I know. Women everything is inside and when the endocrine system is off in her body, when the emotions and the devotions collided and the hormones are crazy it puts pressure on all of her reproductive system and she often blows. Everything becomes a loose cannon, so you have learnt all sorts of techniques in here from food, to you know finding out

what it is that's really important to her, to finding out what she would love to have you give to her, do for her. This is really priceless. Great tools to find out the things that are really important to her in her life and utilizing those things. Tonight I'm going to take her to a movie and when to make her laugh. To understanding there is a good meditation for everyone of these there is a great meditation and should you choose do it with her then that means that you are willing to be in the same place at the same time. Being present is the most important present that we can give each other because truly that's all that we want and if you give her five minutes of your total presence in a way that I suggested to you, you will save yourself a lot of unnecessary talking. I know one of your favourite phrases every men in the world love to hear is We really need to talk about this.

I think most men would rather spend a year in prison than hear that phrase. Close if not true (laughing) I understand. I am thinking about which is worst prison or the conversation that we are going to have that who knows how long it's going to be. Being intelligent you are going to check the chart and you are going to know the possibilities of what it could look like if she lands up in the challenged area. You are going to look at your ammunition what you have to get her out of this. I know what her top five things are, I know what she loves, I know the things that she loves, I know the things that she would love to get from me, I know the things that she values because we value those things together and it's going to make your life a piece of cake. What do most men want, more ease in your life, right, more ease to be able to do the things that you want to do, whether it's watch your TV or go out and be in triathlon whether it's be on the internet or be texting or meditating or golfing with your buddies or go to a game, whatever it is. You want time and space to do those things and you don't need all the extra static because what you love about your partner or your wife is remembering those things that you love about her because that's why you are with her and doing things to build those things back again. I will tell you this is going to take you a whole lot less time then digging yourself out of the dungeon right do men get put in dungeons you bet. Women put you in dungeons we do you know we put you in dungeons you are in are in doghouse, you are in the

whatever it is you get put in dungeon. It takes a lot of time and energy to get of those dungeons doesn't it? Paying attention to this chart you get to not to go to dungeon and you get to have your life being much more in alignment of how you would like it. You get your you time to do the things that you want to be doing as well. It's a good deal for all concerned. I just summed this up so that you would remember that you have a lot of new tools and they are really, really easily tools, they are not time consuming tools. What you want to do is you want to talk to your woman when she is in a place of relaxation and ask her these questions not when she is agitated. Because when she is agitated she is not going to give you the real answers. Moon centers use this and I will see you back in next series and we will start the next series with the nipples that should aid you coming back, bless you, satnam.

Welcome back. This is the part you have been waiting for we are going to encapsulate so it's very quick and concise for you. Everything you want to know about women's moon centers. **Nipples**, they play a very powerful role and navel, you may not be as interested in navel but really you will be plus inner thighs. What the heck are inner thighs, what does that mean, you are going to find out. Let's first talk about the nipples which are usually much more exciting anyway, When women's moon is in her nipples, she will be over giving in the positive. In the challenged state, she will really be the victim. Not the paranoid but just this is just too much, I can't stand it. Why is this happening to me. When women are in the victim state you just want to run away from them, right? In the neutral state, it's unconditional love. The great thing about this center is stand in line, you will receive. When she is in the nipples, it's like she wants to do everything for everyone. The challenge in this is that by the time she gets home she maybe completely wiped out because she has just given, given, given, given, given. That's what over giving means. You want to help her when she is in the positive of this to regulate her energy these days so that she doesn't just over do it. It is a great time for the two of you to do any kind of projects that you have, for your community, your charities whatever you want to focus on. It's a perfect, perfect time to organize events to actually go out and do those events for whatever it is that your pet project is. The thing that you love together or that she loves support her in that. Because that's what she wants to be doing. She wants to be giving at this point in time. She wants to take care of the sick, the homeless, the disenfranchised in some arena. When she is in the challenged aspect of this moon center you don't want to suggest serving others. She can't even serve herself. How you are going to know whether she is or not because you are going to do this chart for three months three months, four, five, six however many you have to do so you get her pattern. You are going to find out which ones she tends to be challenged in over and over. Then ahead of time you are going to start working with things so that she doesn't fell down into the hole of being the victim in this case.

Now, the great thing about the victim thing is when you see it ahead of time you don't get blinded by it. You can get ready to help her feel more loving more

empowered. She tends to get into the like oh my god why, why, why. Ever notice that the only time Why is effective is if you are reporting something. It's just not an effective question when you are feeling like a victim because she doesn't really want to know why she is just upset that she feels like it is this way and she hates it and feels it is unfair. Why are you doing this to me, why is this happening. The thing about victim is they always want somebody to blame. If you are in the line of fire, you are going to be blamed when she is in the victim state. You can do things ahead of time so she does not fall into the victim pit that's the smartest plan. The smartest plan is get her into a really stable amazing place, so there is no reason for her to go into victimhood. If she does go there what can you do if she is in that place of like this isn't fair, how come, why, you know, the blame game, the victim, what you can do about that? I can tell you a whole lot of things that you can do about it but one of the great things is that you can meditate with her and if you say I don't meditate, that's just not me. What can I do maybe this is a really good time to learn how to meditate. The first thing that you want her to do is stop talking because it is sinking her. The second thing you want her to do without having tape her mouth shut is to get this program that's spinning in her head to shut up to change the hard drive. **YOU CANNOT TALK HER OUT OF THIS STATE.** I don't think you can massage her out of the state, I don't think you can sex her out of the state, I don't think you can bathe her out of the state, but you can do a meditation. Now, if you really think there is no way I can do meditation, do a walking meditation. Say we are just going to take a walk in silence and I will tell you something that's really fun that you can do as a couple, go out and take a blind walk together. One of you ( in this state you go first leading ) closes their eyes and other one leads. You don't open your eyes get a blind fold, you don't speak, your just trust each other. Then you switch sides and do this for hour, 31 minutes each one, no talking. This is the rule that you cannot talk, this is the rule, no talking, all you do is breathe together. Make it wondrous. Smell wonderful things bring them up to her nose allow her to touch different textures. Get innocent, get inquisitive like oh my god when your eyes are closed, your other senses will pick up and you start to think and feel differently about everything. You will hear more profoundly, you will be able to smell more profoundly plus it's really cool. It connects the two of you, but you get out of your head because all of

a sudden you have to be very present about where you are walking and how to lead her carefully. The person who has her eyes closed has to pay attention to everything in their body and trust. The person leading them has to be cautious of we are going to go into a street, I have to look for both of us, I have to be able to help them over places like stairs or curbs. You have to think in a totally different way when you are leading them of what an obstacle is because you are going to find out really quickly it is very different when your eyes are closed. A no big obstacle when your eyes are open can be when they are closed. It gets you very present, Both of you. You get to really pay attention to the other person, you get to pay attention to this expansiveness. You get to pay attention to your other senses so it's a great way of shutting off the chaotic mind. I am saying do this for 31 minutes each sounds long but it becomes very enjoyable maybe not in the winter in Wisconsin but go to a mall and do it there. Remember when you switch if not in your neighborhood to tell your partner which direction you have gone from the car or house. I have had couples get a little lost they always find their way back but you don't need to go there. You can say I walked northeast, so you going want to go back southwest. You just go we don't have an hour ask yourself if you really want to sit around and listen to her be a victim for the next two days up to you. Try it both ways and then tell me which was best. Then tell me if you can't do something that will rectify that state and bring a calmness, a connection back into your lives. All of a sudden she feels connected to herself and you then she can't feel like a victim.

Victim is the separation state, victim is I am here all by myself, nobody loves me I am going to eat some worms. It's really terrible and I would like to drag you down into the pit with me not consciously, but every victim wants company. Company in victimhood is not a connected company. If you do this exercise I am telling you, you are going to feel like wow this is amazing. Do it and then get back to me. I could tell you a million other ones but just having the movement will really help you and her and you are not going to get her to go out and exercise when she is feeling like a victim. You are not going to say hey let's go play a game of tennis or hey let's go running or anything just make this magical Just say I heard about something and I thought this might be the perfect time to do this with you whom

I love. It just sounded like something really interesting and I have never done it before I wanted to do it with you. Take her on a journey. Say I just want to take you this little journey, just you know give me an hour, let's go on this journey together. I am telling you miracles can happen in that hour, it will save you two and half days of hell..

Now, when she is in the neutral aspect its unconditional love who doesn't want unconditional love? The beautiful thing about the neutral mind is when you are in the neutral mind you realize you are not the doer. You just allow yourself to be a conduit. Unconditional love just means I am connected to everything, I am connected to you, I am connected to these pillows, the floor, the breath that I am breathing I am aware of it. You are connected to everyone, so unconditional love means that I am not putting conditions, it's not a bartering thing, I will love you or I will act in the way that I know you want to me act. There is none of that, it's I see you, I know you, I am a part of you. I am so grateful that you are with me in this. You are bringing this aspect of me out, so unconditional love has maximum gratitude. It's even like gratitude on steroids because it's not grateful for you or anyone thing, it's just being in the grace state of gratitude that allows you to flow. That's what unconditional love is. It's my heart and your heart are connected, my heart and the heart of the entire universe are connected. You might think oh my god the danger of this is that she could fall in love with everybody. Yes, but it's not a danger because in that state you do love everyone and that's what we are really going for. The Oh my god how can we get to love everyone, so in this state the only thing that can happen that will challenge this is you closing down to her. When you are closed down to her in this state she will go and be unconditionally loving with whomever is available for their unconditional love. So this one is up to you, are you available or you are not available because someone is going to be the recipient of this, why not you? So nipples in terms of your sex life, nipples in the positive or the neutral fabulous time to connect. It's not a fabulous time for up against the wall sex, it's a fabulous time for really caring, deeply making love setting an environment. It's a great time to send her love notes to let her know that you just really care about her. It's all great now for love texts, I chats whatever it is, just send little messages on every level that

you can. Know that will be reciprocated because you are building bridges of connectivity. So that when you are actually physically get to make love it's a whole different thing, it's really deep and connective because you have connected mentally, spiritually first. So, nipples loving, compassion, connected or victim. You now have a great tool of what you can do with that. I can give you 20 tools but the truth of it is this one tool is the most effective thing so use it.

Let's go down to the **navel or the belly button**. This magical little thing that children love. They love nothing better than to stick their fingers in it and explore it. It's just a funny little part of our body but also your power center. It's very, very powerful. In this moon center women can be really energized and empowered. She is empowered. She wants to exercise, she wants to move, she wants to exercise her power in the world. What happens in this center when it is in a challenged position? What's the opposite of empowered? Disempowered really unstable. Unstable means that my ground doesn't feel like it's solid I feel like I am like toddling and twittering back and forth. Ungrounded, lethargic not a fun place to be. The unconditional, the neutral of this aspect is really creative, but very precise. This energetic state causes us to feel more stabilized. You know when you mix chemicals together, some chemicals really help each other be more stable and some totally destabilize each other that's what this is about. Think of it as a chemical reaction and in the navel center, which is the connection into the earth, it is a very-very much about her physical energy, her physical power. Exercise is good but also the physicality of power in the world. The great news and the gift of this is center she is in the state she can absolutely do anything. Give her something that has to do with the connection to the earth and she will be like just do this, this, this and this and this is how you need to do it bang done. The best thing is because she has a lot of energy when she in this center, physical energy, this is not a tremendously mental time but her physical energy, so she can get things done in your place. You could come home and find out that all the furniture in the house has been moved. She has already cleaned out the entire garage you will just find that things get moved and changed and done because all of a sudden there is this burst of what wow. I can do this whatever it is unless you have got her in the unstable aspect. Remind her of all the things she has wanted

to do or things you want to do together this is the perfect time to move worlds.. Wouldn't it be great to do this, wouldn't it be great to do that project that we have been putting off for a long time that requires a lot of physical energy, do it at that time. If you have a holiday that you are thinking of or you are planning a ski trip or whatever physically oriented vacation include these days in that. These will be the days when you will get out and want more skiing or do whatever it is that you want to be doing. These will be those days, so plan your vacation so it includes this moon center. Great time for very fun delightful physical making love. This is that time. This is also the antidote to when she gets in the unstable place of just can't find the ground feels totally ungrounded by whatever. I am going to give you a couple of other things too. When women get unstable, the worst, worst thing that you can do in any of these challenged situations is to treat them with sugar and caffeine and all the things that will stabilize them more. Great stabilizers in the food realm are root vegetables, think about it, down in the ground, rooting you need stability, root vegetables. You can say what about root beer not really just kidding because of the sugar and the caffeine. Root vegetables really a good thing the beets, carrots, potatoes, anything that grows and we eat their roots. Grains, beans hearty kind of soups and that sort of thing that's what you want. That's what will help her. If you are a good cook make those for her. Make a root casserole with all those and parsnips just drizzle olive oil salt and pepper and your fav herbs or add tomato sauce. If you are not that's not your thing then go to your local health food store pickup some really hearty soup and serve that to her. What really helps when you are feeling unstable is meditation, specific meditations. I am going to give you a really simple meditation that's really fabulous on stabilizing because it gets you down into that center. It's one word **Har**, but you are going to do it really, really powerfully. Maybe you can even get her to do this at this time if not walk around doing it yourself. Watch the video, do it with me get over feeling weird **hara, hara, hara, hara, hara, hara, hara, hara, hara, hara**. It means where the finite and infinite connect, but I am telling if you can sit down and hold hands you can hold hands really sweetly. One persons hand are up and the other persons are down in bear grip with curled fingers easy not hard and tight. You can sit in a chair, or you can sit on your couch and sit on the floor and just chant that together just **hara, hara, hara, hara, hara, hara, hara, hara, hara,**



ever you wanted her to like join a gym get going on some physical exercise that she chooses to do, perfect time. Start doing it with her, it's so wonderful to be able to exercise. You say we have children, both of us can't be gone at the same time, set up a partner for her, do a DVD or play with your Wii. Let her go with her best friend to exercise. Why not suggest she take Cathy and go do this class together especially if Cathy is physical. Because it's having somebody she is accountable to and like being with to do this with you are not the bad cop. It will take the pressure off you.

Now the neutral of this is really the power to show up. It means that she will show up for whatever she need to, whatever you need her to show up for, whatever her job needs her to show up for, whatever the kids need her to show up for, whatever the you know all the arenas of her life this is a great show-up time. If you have something for work that you need her to show up for great time if you can manage to make it coincide with this center. When she in that neutral mind it's no problem to show up. She has got the power to do it. She may come on other day, she would be totally exhausted this day she is not going to be alive , powerful ready. It's not a problem to show up after she has done a whole day of work. It's a really great show up time. Isn't it interesting that sometimes it's like you want this and she wants that or you need this and she needs that, it's a negotiation process this will NOT be that time. She is ready to move. If she decides what she will show up for first then you may have to stand in line otherwise if you have planed it out you will also get her to show up for what you would like. if you pay attention to these moon centers and you look at them ahead you will be able to see the gifts of each one of them. You will want to do whatever it takes to keep her in the positive and the neutral aspect of these, because it's keeps her connected to her power and then she wants to empower all around her. You are manipulating her, you are helping her to be the best of who she is and then you get the treats. Be smart guys I mean really truly do the work so that you get to reap the rewards. You want the rewards right. So that's the essence of the navel. You have several things to do, feed her, great wonderful grounding food, hara meditation, sitting with each other and exercise together perfect time to do that. We are making it simple so that it's something you can

utilize. It's not as big massive thing unless you leave the challenged areas untreated. It's the little tiny things that if you do that make such a difference. Your life will go from disease to ease.

Ready **inner thighs**, are you ready for the **inner thighs**. Do you know what these are? Inner thighs are such amazing body parts. I mean we use them to squeeze and when you really squeeze with your inner thighs it helps you to stand up straighter, it gets you to use mulbhandha (when you pull up on your rectum and sex organs to the navel great for sex, for life and for your prostrate). Her inner thighs as a moon centers what is that about? It's organization, disorganization and creativity, positive, challenged and neutral. Let take a look at each of these aspects. How many do you are opting for disorganization? The inner thighs, the beauty of the inner thighs is when a women is there it's like you are not going to pull anything over on her and she will let you know this. It's like if you do think this is time to lie, oh my god never a good time but this one is you will lose your head. She knows, she is very confirmed in what she is doing. Get out of her way, She knows what has to happen. She will attack her desk, she will attack your desk, it doesn't make any difference whatever feels like it's disorganized on a physical or mental or spiritual level she will go after it. If you are mentally going through a disorganized time in what you are doing she is going to come after you, she will reorganize you. Could be a great blessings if you don't get intimidated. This is a really good time to know what's going on in your life because this time in her life is about organize it. I will organize you, I will organize you, I will organize the environment, I will organize me, so expect that she will tune into the exactly where you are disorganized on what level you are disorganized whether it's your desk or your mind or your heart or your intentions or your future. She is going to want to reorganize it and put it in a way that it can actually serve you. If you are fearless, you will do this with her, you will let her at this because her intuition is all about ah I see how this can be organized well. Do you ever have anybody clean up your hard drive on your computer and then they reorganize everything in very efficient files. Afterwards you are grateful like wow look at this, this is so good do the same with her now if she is in the positive. We are missing things in our life and sometimes we just feel like I don't have the time to organize this, I

don't have the time to do this. Let her help you with this or someone will benefit. She is an organization maverick at this time. Warning: If you avoid it and you run away from it, you are going to miss a great boon. If you feel like you don't want her looking at a part of you that needs to be organized give her a project and then next time have the courage to let her work on and with you. Because she will see things that will give you great clarity about things that need to happen. If you are looking for a new job you can talk to her and she will get where the loopholes are, where the disorganization is, where the lies are, where the truths are, she will get it. She will get not in a visionary kind of a way, in a very practical organizational kind of way, give her your resume, give her this to look at and see how it needs to be organized. It's a good deal, right. Think of what needs reorganization in your life and ask for her expert advice.

The neutral in this center is really great because there is creativity to it. It's not la la arts for art sake it is very organized creativity. It turn out to be a very magical and yet have a very practical element. Those two don't often come together really well but in this center they do, the visionary and the earth knowingness. So when she is in her neutral let her add that magic creative ingredient to whatever it is in your life that needs to be organized. Come to her, give it to her, say would you look at this report, can I talk to you about this person and my boss and how would you approach this situation. If she is in neutral mind, she will listen to you, and she will give you amazing earth wisdom back in a very organized way that you can utilize. The navel and inner thighs are the times when women get closest to the male psyche so make the most of it. I think sometimes men really wish that women were men with vaginas and breasts. You really want us to think like you and we don't, but navel and inner thighs sort of we do. There is much more organization, there is much more physicality, there is much more linear organization. Now, when in the challenged aspect disorganization reigns supreme. It's really not that fun, have you ever noticed that being around somebody who is like totally disorganized, can't find anything, you are going to lose everything, going to lose things, misplace things, not know where they are, forget the kids at school whatever it is. It's almost contagious. So watch yourself you may feel that you have got too much going on, it's blowing your fuses, she

will just feel like that like at this. Remedy: get her a massage, put her in the bath tub, hold her, and just tell her how wonderful she is because when something is disorganized and scattered that's need to be brought together. She needs consolidation. Structural stability is what is needed.

Meditation, that's really good for this aspect is just hold her whisper in her ear Love is love. Great one is just to sit there and put your third eyes together, she can sit in your lap facing you or you can both sit your knees, you can sit easy sitting pose, lean in, put your third eyes together and then just chant just chant this chant **wa he gu ru** (watch your video) it means wow wisdom. So that you both find that wisdom point that makes everything get reorganized in a much better way. I am going to do it with you a few times so that you get it. If you are scared of this or think it is dumb or any other form of resistance, do it in a whisper, it doesn't matter but what **wa he guru** does is that it gives you that wow back in your life. When you are scattered all over the place the wow is not part of it. She feels if she does one more thing it's going to blow her apart. Yet when you hold each other and you do this the wow is really amazing. When you touch third eyes to each other it's very empowering. So it's just **wa he guru, wa he guru, wa he guru**, now we will do it in a whisper a few times just so that you can see what it does wa he guru, wa he guru, wa he guru, wa he guru and inhale and exhale. That will do it. it will reorganize you and her in a completely different way. It will give you back the capacity to be organized together. It gets your all of your Atoms organized in the proper combination. When a woman is feeling disorganized, she does not feel stable, she does not feel good about anything because she feels like totally dispersed. It's like those cartoons where your hairs is like you get plugged into a live socket, your hairs stand out like this, that's what a woman feels like when she feels disorganized. You want to take that and bring it down, so what to hug because the masculine is the grounding element, it's that the rod in the ground, it's the sun, it's the projective, the woman is receptive, the woman is a visionary, the woman, the female is the, the accepting the allowing. When she gets dispersed a container that helps her to feel her content again is really important your hug can do that. It's the difference between being possessed and being connected to your possessions. If your are possessed by your possessions

that's not fabulous either. When women get possessed we don't know what possesses us. We get whacky and when you understand these moon centers you are going to get feel a lot more compassion and a lot more capability to act powerfully. Now that you have the tools to redirect the energy women are like waterfalls and we are like rivers and when the banks get too full we just overflow on whatever is around. We don't just get faster we flood the banks. So the floods in these challenged states nobody wants to be around for the flood. You know you are sandbagging the hole all along the river so that it doesn't keep flooding. You can watch women, go to that place with her spiraling out of control and that disorganized thing create an organized container and then work with the content. You are being the wise man so you can actually work with women to get back into their wisdom. Then they can feed you again because when women are in these challenged areas they are not feeding you, they are not feeding themselves, they are not feeding your relationship, they are not feeding their business, they are not feeding anything. Getting them back to the place of connected to themselves you get feed. It's the new hunger project. When women are starving they tend to get negative. Sometimes they know why they are starving and sometimes not. They will be grateful, may be not in a moment but I will promise you in the next couple of days they will say that was so good that you did that. There is an invisible banking system, an internal banking system that we remember really accurately the great things that were done for us and to us. The thing that women do is they put those things in their internal bank of their heart and they grow. So great investment. You know your interest grows exponentially and she will be there for you in ways that you have not even fathomed. Women are great, so I am not telling you to do this for selfish, self-serving reasons. I am telling you to do it so you have more peace and connection in your relationship. That this woman you love there are simple ways that you can help her back into herself and it has a great reward plan. If you take the time to utilize all these techniques you have been given, you are taking the time to listen to this, to watch this, now take the time to utilize it, that's the preciousness of it. I look really forward to coming back with you, to you, for you for the last two moon centers. I am going to really recommend something, go back over these, listen to these again, watch them. It's not that you really you have to watch me, it's not that I am that fabulous but

really listen and utilize these tools because they are that fabulous. Once they get more ingrained into your psyche then they become natural to you, you are going to find that you have got all these tools at your disposal. I could actually try XYZ, it's very organized, put it in your computer in a really organized way, so that you can utilize it. It's going to make you even more intuitive because you are going to notice your chart and you are going to notice how her moods sync up to that chart and you will adjust it fearless if necessary. Saying we were so off on that center. You are not in this center, you are actually in this center and then change it. Don't think at the first month that when you go through there you are getting them you are not. Within three to six months you have to pay attention and that's the pricelessness of the system. You are being given insight into the inner workings of a women's emotional self. Something that has been a secret science for all these years. I am hoping you really utilize this and you treasure and value this. Could you imagine if you started teaching your children and the children that you care about in your life these techniques when they are little? This is what every teenager should know, right, so as you grow older they are just second nature. We could just move into them with ease and that's my prayer for you. Bless you for being here for doing this because when men uplift women on this planet the whole planet will shift and it will be a much more caring, compassionate, connected place to be. Satnam

Last section moon centers, the secrets of women's emotional states unveiled, **clitoris and the membranes of the vagina**. I know you want to know what happens in these two. You are going to look at them in a totally different way. Let's start out with her. In the positive aspect, she feels extremely social she is going to want to create fundraiser, she is going to want to go out to dinner, she is going to want to go to party, she is going to want to be out. This is not a great time to plan that romantic one-on-one weekend away unless you don't want to spend much time in your hotel room. It's going to be a really good time to have your boss over to dinner, to have dinner with people that you really want to connect with because she is the hostess with the mostess. If you take her to an office party, perfect, she will start talking to everybody and finding out, what everybody does and finding out who she can connect with whom. If you are entrepreneur it's great because this is the time to make sure that you go to a networking meeting something that will expose you, a fundraiser anything with a lot of other people because what she creates and connects at this point in time in her social nature will be really invaluable to you. In the challenged aspect you don't want to be doing that. It's like what we call in yoga the yamas and niyamas, the do's and don'ts. In the challenged aspect of this all she wants to do is be with her people whatever her people are, her close little people. Her family, her family with you, her blood family or her friends or whatever that little close social network her click that what's she wants to be with. She is clickish and clannish. Now, it's a really great time for you to allow her to be that. Take some time to yourself, recharge yourself, so that when she comes home, she may be over this phase or she may have had a really challenged experience inside of it. But let her go be there and do that. Also hold her in that place of the neutral aspect of this. The neutral aspect is that she is that social leader. She can go out and reorganize an entire community. She can organize a school, she can organize a classroom, she can organize your house. Social leadership, the opposite of social leadership is I just need to hide out with my clan, it's in the cave. Give her that cave time when she comes home, create something that makes her feel loved and in a safe clan place at home. It's running a bath for her, putting on her favorite music, it's willing to dance with her. Do that which kind of stretches her a little bit out of that clan state and brings her back into a place where she starts to re-experience

herself as her socialness. Expand the little safe zone or clan so that she can feel safe in the world, in the universe. As always it's great time to meditate with her because what you will help her get back her expansion, her vastness, because to be a social leader she needs her vastness back and that will include you. For you when she in this clan thing it's very protective and closed off you get to open her up again or leave her be. Your choice.

In the challenged state she is not going to be connected to you unless you are her clan. When this is her tendency in this center you are notified and ready. Sometimes you want to be ignored, I understand that sometimes you fell like just let me be with the TV, my sports or whatever it is. The truth is that sometimes when she gets locked in the challenged she wants to be rescued. I do not want to you to assume the role rescuer on a permanent basis. I am just saying that when she is in there and you see that this let her have her people then help expand her. I know a couple fast ways to do this expansion things, make her laugh and meditate with her. Probably make her laugh first because when women are feeling unstable, insecure whatever if we can laugh we can usually vibrate ourselves out of it. If we can move meaning exercise, dance, play even wrestling, even pillow fights really good for shifting that energetic state. When was the last time you had a pillow fight. Have a good old fashioned pillow fight with them. Now, if you tickle her and she slaps you, maybe that's not the best thing to do that night might work another time. Men are so much better than women at remembering jokes, tell her jokes, tell her funny stories. It's very interesting somebody said something to me the other day something about prince charming. I said, Prince charming holds nothing for me, it's the laughing prince now that's the one you want. Women want to be laughed out of their crazies, we do, we don't like being in there with us either. When it's a challenging time, it's a challenging moment, and I am not making light of the fact that it is not challenging, I am just saying that you as the brilliant man you are make her laugh. So that she can use these social skills and these leadership skills for her good, for your good and for the good of the world. I'm trying to get you to make her Mother Teresa I am saying that you can help her to become the social leader that she really wants to be in the world.

Secrets: When a woman gets with her clan what happens, they often eat junk food, they often sit around and eat things that don't make them more sane. The funny things that we do. We feel the food I eat watching TV doesn't count. The food I eat on vacation doesn't count. It's like what you do in Los Vegas stays in Los Vegas. People tell me on vacation it's allowed to have affairs, Really? You are allowed to eat whatever you want because it doesn't put on weight, we have this thing with TV, holidays, vacations and when women get insecure. It all counts our bodies don't know the difference. If you don't believe me watch a couple of chick flicks about women going through hard times what do you see every time women in their pajamas eating ice-cream. Ice-cream is just a metaphor for junk food. You can remedy that by making a good dinner, so that she is not really hungry when she goes to be with her clan, order it in, I don't care what you do, pick it up on the way home, have really good healthy food. When she wants to be really social and go out, make sure that she is nourished so that her perceptions are clear because one thing that we don't talk about but when we eat dumb food, it makes us dumb. When we eat everything full of sugar and cheese and the really heavy greasy fried stuff it makes you kind feel like sluggish and dumb. She feels the same way only more because we have the Rolls Royce unit (more delicate bodies). You must put in subgrade fuel in a Rolls Royces. If you don't want emotional, reactive, crazies don't have that kind of food in the house and don't buy it for her when she is feeling crazy. If it means that you have to do the food shopping for a while, do it. You are a hunter hunt out real food. You know when I became a vegetarian in the late 60s there was no alternatives. I can remember my wedding cake must have weighed about 500 pounds. It took about 6 people to carry it and it tasted, horrible. There were no healthy treats except for fruit. Now, there are so much stuff out there, just read the labels, read the sugar content, make sure it's not high fructose sugar, make sure there is not corn syrup. Even on the really good protein bars you got to look at the sugar content. Do the shopping and make sure that you have really yummy healthy things. I am a big proponent of Trader Joe's, , I am a big proponent of your local health food stores, if you got a co-op go to a co-op, if you like nuts mixed together with the dried fruit buy unsulfured ones have those for treats. Mix your own or buy ones already mixed. A taste of something not an entire bar. That's why the French can eat anything they want because they

don't eat huge quantities of it, they just eat little. If you want to make sure that her engine is clean and that it's fed fuel that actually allows her to have all these gifts, feed her good food. You can have a garden on your balcony, you can have a garden that you can put in your living room, you can have vegetable herb gardens and all those kinds of things right in your house now.

When I go to Oregon to visit my kids and my daughter-in-law made pickles last year and it was so wonderful that open the jar pickle that was fresh. In the middle of the winter and have these like really good pickles. I grew up in a cold climate, I lived in Toronto for 17 years and I know what a treat it is to have something that's so fresh that you remember summer eating it. I know now that we can get all sorts of fruit from whole over the world all winter long, but really it's much better to eat locally. If it was grown locally it is so much better. That's the beauty of her clitoris and what it means, it means if this is the time we are going to make love, realize that she is in a leadership role, let her lead. It's great time to let her lead, let her lead that environment as well.

**Membranes of the vagina**, it's a very intimate place. The moon goes there and you like to go there too, so this is a really important time to. This is not going to sound like what you think, but on one hand it is. She is very energetic and connective in the positive state. Good news isn't that a perfect state to make love? it's about ultimate connection because we are in relationships because we have this amazing longing to belong. We are willing to put up with the crazies and the dysfunctionality and the everything because our longing to belong is so great. What we forget sometimes is this that person is a conduit into the infinite. They are windows, there are the doors, it's not about them, it's about the infinite coming through them. When she is in the membranes of the vagina this is really true. For her it's very positive, very energetic and connective state. She is going to want to connect with you, she is going to want to connect with everything. She is going to want to experience her connection whatever that means to her. This is not necessarily a really talky time unless talking is her main way of connecting. Sometimes talking while making love which is really fun. Meditate together is a very energetic connective. In the challenged state should I say very energetically disconnected. It means that she feels like a zero, she feels very empty, she feels as

used up and she is exhausted. Sleep maybe the very best thing that can happen, , a bath, a foot massage allow her to go to bed, who cares to stay the clock at night. Offer to take care of the kids for that night because when a woman gets completely empty, it's really bad, when she starts running on empty. That means she is running on her nervous system. When a woman runs on her nervous system, the immediate outcome is bitchy because you are not supposed to run on your nervous system especially women. Weak nervous system means you have no grace space everything irritates you. All of your body start disconnecting, your mind is not connected to your physical body, Physical body not connected to, your soul is not connected to, your magnetic field, nothing is connected. The feeling of a zero here is like I am completely empty, I have nothing to give, I can't see anything.

I tell you I know about the immune system and I still was getting sick, but I have done a lot of traveling, I have been under a lot of stress and I haven't gotten sick because I am taking a lot of immune boosters. Know that women need vitamins and minerals. They need to make sure they are taking enough calcium and vitamin C really, really important and if you are a vegetarian or a vegan or raw lots of B complex. These are really important things and liquid minerals are a very easy way of getting enough minerals that are easily soluble. It's amazing what can happen in like three days of doing this so much better. She will start coming back to life. It doesn't mean you stop it means that you need to do more because when a woman gets depleted, it's on a very, very deep level and it takes a while to nourish her back again. 90 days to really get it nourished and re-nourished. So if you don't want an empty, zero partner nourish her support her. Quick fixes are vitamin B injections, she might need a vitamin C drip. This will bring her back more quickly. I know somebody said to me he felt so bad because he was so down on his wife and it turned out that she actually had celiac disease or Epstein Barr, I can't remember and they didn't know it was undiagnosed and so everything he was feeding her was making her sicker and had less and less energy. Have her tested for things if she is really depleted. Not my and MD but by a naturopath or an Oestopath. I can't tell you how many people I have known that have celiac disease now and they went through such unbelievable lack of energy and as soon

as they start eating a celiac diet, oh my god, they were like new people. They were reborn, so I know that friends of mine have a restaurant that's celiac friendly and they have things in the menu that they marked for celiacs that they can have that are absolutely gluten free. There are so many diseases that do that and sometimes we just think okay she is acting out, get a good blood test, run a couple of things and find out because it may not be as simple as just the moon center. You are following this to wake you up to something greater. It is about an awareness factor. As you become more aware of your women and their moods and their emotions and their swings you can become more aware of how they need to be fed so they can feed you. You can even be selfish about it, it's not a big deal, let the cycle come back because as you take care of her that will come back to you. When she is like this it's not your lucky time sexually. If she is really depleted last thing she wants is sex it's really interesting when men are sick they sometimes get hornier right?

Men know that they might get energy making love. Sometimes you would say it's a sign I am coming down or something because I just want to have sex all the time. It's very different for women. The beauty of this center the neutral aspect is what that nothing moves. She is not numb but you can't freak her out not make her crave anything she is balanced, stable, calm clear and not emotional. Sound like heaven? She can find her way into everything and find a way to disperse things which is the woman that you want. She is just in this very neutral state of non-reactive she sees through it all. It's so interesting in relationships, isn't it, when you start understanding each other and you get when she does that it means this and she gets oh when you do that this is what you are really saying to me is this. You can start taking things less personally we get the message underneath the message so much more clearly. We get to work on our patterns in relationships. We have ones built up before we meet and we create ones together then comes a time to really look at which ones serve us and how we can feed those. We just have these patterns that we work on, so when she is in this neutral mind, it's like you can run whatever pattern you want and she is okay. She won't take it personally nor blame you she can come and be really loving to you and kiss you and massage your shoulders then and help you to feel more like the

real you she knows you are. The grace of helping her to be in this neutral place in the membranes of her vagina is that she can be there for you, she can be there for the children, she can be there for the world, she can be there for anything. Her neutral mind in the essence makes everything clear. No attachment outcome. Which is so amazing because 99% of the time we have a definitive outcome we want and we are really attached to it having or making it happen. Here she is really in the essence of the neutral mind see everything is the will of the infinite. The livings and dyings that are happening each moment. She is good with that if you ever noticed that it rubs off on you.

She is sitting in the lap of the infinite and you want to crawl in there with her because it's a really amazing state, it's that Buddha mind mindset, it's the Mother Teresa, it's the Christ, it's the avatar mindset that goes, there is a divine plan. It just looks like things are leaving and things are coming to me and the truth of it is it always all happening. Let this make things happen easily for you both. Blessings