

DAILY *Nirvana*TM TEMPLE

Full Year

New Moon Activation

The new moon is a time to empty whatever occurred the month before that is not useful, to process and digest what you want to keep and to clear the way for new intentions for the coming month.

Decide if you want to stay with the Shakthi Power you've been working with, or if you'd like to work with a different one. Then, design a new moon ritual and daily practice for yourself based on the information below, or go back to the information about the Chakra you worked with last month and either continue with the practice you designed previously, or augment it.

Ideas for new moon ritual:

1. Add some sacred objects to your altar for the Shakthi Power you are working with
2. Pull a card for the month and journal on what you receive from it
3. Journal about what you wish to leave behind in the past month and what you want energies and targets you want to bring into this month
4. Incorporate some of the journal inquiries from the Shakthi Power below into your journaling.
5. Do some of the physical practices or other practices suggested below
6. Do some of the breathwork and meditation suggested below
7. Perhaps journal again about what you received from the physical practices, meditation and/or breathwork

Shakthi Power: Intuition

This Shakthi Power comes from the sixth chakra, also known as the Third Eye Chakra or the Ajna, which means to perceive, to command, to know, and to control. The third eye is located between the eyebrows and is the vortex of intuition, imagination, visualization, clairvoyance and vision. It is connected with the pineal gland and is the "seat of the soul", it vibrates at a higher frequency than sound and its vibration is that of light. It is also known as the seat of

manifestation and the center of intuition and foresight. Its function is driven by the principle of openness and imagination.

We see the physical world through our eyes. In contrast, the third-eye allows us see things for which there is no tangible evidence - the psychic, intuitive world. From here, we envision our reality, and manifest our world. The third eye is key for manifesting our desires into tangible reality. It holds the filters through which we view the world.

Those little niggling feelings that we sometimes choose to ignore, those come in through the third eye, as do breakthroughs in our mental and psychic selves. Your native intelligence and distilled wisdom from the challenges and happy times in your life develops the third eye over the course of your lifetime.

When it is open and functioning well, we are connected to profound awareness and intuition and able to act for your highest good. The third eye seeks meaning, truth, and freedom. In summary, it:

1. Raises our consciousness and awareness of self to help us understand our own interpretations and thoughts.
2. Is the center of our inner vision, allowing us to obtain good insight and intuition by seeing beyond the obvious.
3. Uses symbols and pictures through dreams, daydreams, imagination, meditation....etc, to give us messages.
4. Helps us obtain knowledge and moderate and balance intellectual knowledge with the intuitive, psychic, and spiritual side and not let either one reign supreme to assure good judgment.
5. Is where the control center of the mind is located.
6. Helps us find more holistic solutions to conflict.
7. Carries the energy of pure vision and perception.
8. Opens the multidimensional door in our senses, allowing us to escape the limitations of our materialistic world.

The majority of people don't have access to their Third Eye because they fall into traps of the shadow ego which is focused on the material and physical aspects of life. In using mainly or exclusively the physical senses, they are blocked from their intuitive connection to the true world.

If you don't use your third eye, you will end up trapped in irrational fears separating you from others and their worlds. You will end up trapped in your closed mind.

When the third eye opens, it allows you to transcend your ego and elevate out of limited ways of thinking to the highest levels of existence, in communication with spirit guides and overcoming the limitations of time and space. Before we were under the illusion that all things were separate and disconnected; in

contrast, now we can see how everything is interconnected, that we are all truly one.

To access the third eye, face your fears and work on escaping the illusions of the material world allowing your spiritual energy to rise to the seventh chakra, your crown chakra, which expands spiritual abilities further.

The Third Eye Chakra transcends time and its gift is seeing - both inner and outer worlds. It allows us to experience clear thought and gives us the gifts of spiritual contemplation and self-reflection. The energy of Ajna allows us to access our inner guidance that comes from the depths of our being. It allows us to cut through illusion and to access deeper truths - to see beyond the mind, beyond the words.

The "way of the third eye" is seeing everything as it is from a point of "witness" or "observer", or from simply being mindful - moment-by-moment. It means seeing and helping others to see the deeper meanings of the situations in their lives.

In yogic metaphysics, the Ajna chakra is where we transcend the duality of a personal "I" separate from the rest of the world, of a personality that exists independently from everything else, and reach union and connection with the universal self or consciousness.

As Harish Johari says, "a yogi who has passed through the Vishuddha Chakra at the throat to the Ajna Chakra transcends the five elements and becomes freed (*mukta*) from the bondage of time-bound consciousness. This is where the I-consciousness is absorbed into super-consciousness." (Harish Johari: *Chakras: Energy Centres of Transformation*).

The third eye chakra is associated with the following psychological and behavioral characteristics:

- Vision
- Intuition
- Perception of subtle dimensions and movements of energy
- Psychic abilities related to clairvoyance and clairaudience especially
- Access to mystical states, illumination
- Connection to wisdom, insight
- Motivates inspiration and creativity

Images received through this chakra are often hard to describe verbally and are often more subtle than regular visions: They may appear a bit "blurry", ghost-like, cloudy, or dream-like or clear like a movie.

Sustaining awareness of third eye chakra energy requires focus and relaxing into a different way of seeing. It is associated with the archetypal dimensions, as well as the realm of spirits.

As Yogi Bhanan said, "Going through life without intuition is like driving a car which has no side mirror and no rearview mirror. All you can see is just straight ahead."

A person with a strong Ajna Chakra has greater intuition, a strong sense of identity, and the ability to self-reflect. When this chakra is clear you gain the ability to see yourself and others as spiritually interconnected beings.

When this chakra is fully activated, both hemispheres of the brain function in harmony. The right hemisphere's creativity is integrated and balanced with left hemisphere's logical thinking.

The Third Eye is also a seat of conscience where you not only see what is going on, but you also know what it means, and it is where your sense of justice and your ethics originate. When your third eye is open, you not only see but you also understand.

If you want to know your true nature, you must have yourself in mind all the time, until the secret of your being stands revealed. ~ Nisargadatta Maharaj

It gives you a more rounded, richer, and purposeful view of yourself and your relationship with Source, which allows you to maintain the appropriate objectivity about all that is outside of you. This provides you with an understanding of your place in the universe and access to cosmic harmony.

It is the access point for seeing beyond the surface and into the truer reality beyond space and time, opening access to other dimensions of yourself and to the other half of your existence in the eternal, unseen realm of Source, the place all life flows from and where all life returns.

Sanskrit name: Ajna - To perceive, to command

Element: All elements combined, light

Color: Indigo

Symbol: Five pointed star with two lotus petals

Seed sound: Aum (Om)

Vowel sound: Mmmm

Rights: To see

Endocrine gland: Pituitary gland, pineal gland

Location: Eyes, base of skull, brow

Psychological function: Intuition, imagination

Challenge: Illusion

Planets: Saturn, moon

Deity: Hakini Shakti, Shiva

Mythological Animal: Hawk

Incense: Mugwort

Herb: Almond blossom

Essential oils: *Marjoram, Frankincense, Juniper, Clary Sage, Rosemary, Sandalwood*

Crystals:

Amethyst — Purple (varying shades from light to dark) — Precious — Used to open, stimulate, and balance. Amethyst is a healing stone that offers wisdom, healing, and protection from harm.

Moldavite — Dark green — Semi-precious — Used to cleanse, stimulate, and balance. Not only can Moldavite clear negativity it can restore balance to the entire chakra system. It is good for promoting a new perspective and enhancing dreams and dream recall.

Purple Fluorite — Purple — Semi-precious — Used to stimulate and balance. This stone dispels negativity while promoting intuition and mental clarity and focus.

Black Obsidian — Black — Semi-precious — Used to stimulate and balance. Obsidian is good for expelling negativity and chakra blockages while helping enhance emotional control.

Self-diagnose Whether This Chakra is Balanced, Too Open or Blocked

Chakras are constantly opening and closing. It's the way they work. If something negative occurs, one or more of your chakras will likely close. And, as you release the negativity, it can open again. However, if a Chakra is chronically blocked, it can create dis-ease, disease, and general disruptions in your physical, emotional, or spiritual body.

Someone who is balanced in the third eye chakra is charismatic, highly intuitive, not attached to material things and may experience unusual phenomena. You see everything clearly and accurately. You function and make decisions with neutrality, meaning you are concerned, but not attached, to any single outcome.

Highly focused, you can make the distinction between reality and dreams (or imagination). You know what you want in life and how you plan to get there. You have heightened intuition that you've learned to trust.

Physical Impact of the Third Eye Chakra

- Regulates dreams, and our imaginations
- Because it is situated next to the pineal gland, it is associated with melatonin production connecting it to our sleep patterns and our ability to regulate stress
- Migraine
- Dizziness
- Sinus issues

- Eye problems
- Headaches
- Insomnia
- Nightmares
- High blood pressure
- Depression
- Anxiety
- Poor vision
- Seizures
- Sciatica
- Delusions
- Paranoia
- Vivid dreams
- Governs the pituitary gland and neurological function

This energy center is traditionally associated with the pituitary gland, as well as the pineal gland. The pituitary gland is considered to be the “master gland” because it controls most of the other glands and their hormone production.

The pineal gland is located in the middle of the brain, at the same level as the eyes. It’s a source for mystical experiences and extrasensory perception or psychic abilities and is in charge of producing melatonin and regulating our sleep cycle and our sexual maturation. The ways it functions is closely connected to the cycles of light and darkness.

The third eye chakra affects body’s ability to fight infection and maintain balanced metabolic function, so you may find you are frequently sick, suffer with insomnia, or develop high blood pressure. Sometimes there is risk for serious complications, such as stroke and blindness.

Key effects of an underactive or Third Eye chakra

- Lack imagination and intuition resulting in poor decision-making and self-deception
- Heightened skepticism
- Feeling a disconnect from your inner vision
- An inability to see the bigger picture
- Issues with the left eye
- Inability to remember your dreams
- Feeling stuck in the daily grind without being able to look beyond your problems and set a guiding vision for yourself
- Not being able to establish a vision for oneself and realize it
- Rejection of everything spiritual or beyond the usual
- Not being able to see the greater picture
- Lack of clarity
- Indecisive
- Procrastination

- Becoming fearful of the unknown.
- Hinder your ability to focus
- Keep a cool head under pressure
- Dream and recall your dreams
- Lack of daily vision
- Rejecting spiritual
- Indulgence in psychic fantasies
- Not being able to see big picture
- Undisciplined
- Fears success
- Tendency toward schizophrenia
- Sets sights too low
- Lose your sense of direction in life and become stagnant
- Start to distrust that inner voice
- Perception about life and where you're headed can become negatively skewed and nearly unrecognizable
- Unable to let go of the past and a fear of what the future holds makes you very dogmatic in your beliefs, daily routine, and how you view others.

Key effects of an overactive Third Eye chakra

- Highly logical
- Dogmatic
- Authoritarian
- Arrogant
- Mind can go into overdrive
- Difficult to concentrate and, in some cases, can induce hallucinations.
- Overindulging in a fantasy world while losing touch with reality
- Being overly concerned or fearful about the phantasmagorical visions passing before your mind's eye
- Constant flow of thoughts
- Feel intimidated by having to make decisions that would normally be quite simple
- Indecisiveness is oftentimes influenced by clouded judgment, lack of focus, and an inability to distinguish what is real
- Hallucinations
- Being judgmental
- Anxiety
- Mental fog
- Feeling overwhelmed
- Paranoia and/or delusions

Overactive third chakra without support from the rest of the chakra system may manifest as fantasies that appear more real than reality, indulgence in psychic fantasies and illusions

Daily Nirvana Practices to Activate this Shakthi Power

A main focus of the sixth chakra is about letting go of the ego through healing provided by compassion and forgiveness.

Design Your Healing Mantra or Chant

Based on what you discovered about your Third Eye Chakra, create phrases for yourself that help you heal it, or borrow from some of these I've compiled. If the ones below don't quite resonate, modify them as you desire.

1. I am in touch with my inner guidance.
2. I listen to my deepest wisdom.
3. I seek to understand and to learn from my life experiences.
4. I am wise, intuitive, and connected with my inner guide.
5. I nurture my spirit.
6. I listen to the wisdom of elders.
7. I trust my intuition.
8. I forgive the past and learn what was there for me to learn.
9. I forgive myself.
10. I love and accept myself.
11. I know that all is well in my world.
12. I am connected with the wisdom of the universe.
13. I am open to inspiration and bliss.
14. My life moves effortlessly.
15. I am at peace.
16. I am the source of my truth and my love.

For some people, saying affirmations like this just isn't compelling or effective. In that case, try chanting.

A chant to open intuition is Wah Yantee

Wah Yantee

Wah yantee kar yantee, jag dut patee,
aadak it waha, brahmaday trayshaa guroo, it wahay guroo
Chanting daily will change your inner vibration!

Chant it for 3-11 minutes.

Create an Altar

An altar is your own sacred space where you can create a celebration or ritual for the chakra you are working on. It's great to have the altar in a place that is visible as you do your other Daily Nirvana practices as well.

Choose sacred items to place on a table or in a sacred area of your home where you can create a place for you to go inward. If you already have such a place, awesome! If not, create one. If you are in a small space, a little table or section of a table or dresser will do.

Here are some things you might place on the altar for this month.

- Items representing the moon or Saturn
- Crystals
- Scented oils
- Any other sacred items of significance to you. These do not have to relate to the Shakti Power of the month. These items can change as your energy changes, or they can stay the same. That's up to your Soul!

Breath-work & Meditation

Here are a few practices you might try. Do just one of the, or do more if you feel like it:

Meditate while using visualization.

Close your eyes and look up. You will find your mind shifting away from the carnal and into the ethereal more pronouncedly. It is a very simple yet effective way to access the abilities we all carry within ourselves to connect with the Source beyond our physicality.

A Powerful Visualization Meditation

We use colors that correlate with and stimulate the Third Eye Chakra and perform this meditation. Indigo, purple, and white are most associated colors with this chakra.

Indigo – the auric color of the Ajna.

Purple – the color of Amethyst which is a go to crystal for stimulating and cleansing the Third Eye Chakra.

White – is good for meditating on and putting to use with objects such as candles, clothing, flowers, and moonstone or quartz crystals used in meditation as white is the color of pure life force energy straight from the source and a healthy opened brow chakra allows in that powerful light.

Deep Theta Binaural beats

Binaural beats are specially designed to help you achieve a deeper state of trance or meditation for the purpose of stimulating various energy centers in the body. A binaural track set at 936 or 10000 hertz is recommended as these frequencies tend to stimulate the pineal gland and thus can help you access your

Third Eye energy more easily. These are best played with headphones on as the frequency has maximum effect when played directly into each ear canal.

Trataka or Candle Gazing

How to: This fixed gazing or Trataka is a method of meditation which involves concentrating on a single point such as a candle flame. Sit in a low lit room and place a candle in front of you.

The flame should be at the level of the eyes so that it can be seen straight without being uncomfortable. Now take a deep breath and bring your awareness to the flame of the candle. Keep gazing at it.

If thoughts arise, do not fight them just simply let them be. Gradually they will disappear. Your eyes will water from time to time, blink and even close. When they close, concentrate on the after image, and hold it for as long as possible. Open your eyes and follow the process again. Continue as long as you can and gradually increase the time.

Why to: Trataka helps to improve the function of the eyes, increases awareness, focus and concentration. It activates the third eye chakra, develop psychic abilities and stimulates the pineal gland.

Ajna Chakra Meditation:

Shambhavi Mudra (gazing at the space between the eyebrows)

While meditating, visualize a luminous ball of warm indigo energy spinning slowly at the center of your forehead. Imagine it shooting powerful bands of light down and through the lower chakras, filling your entire being with divine light.

Seed Mantra Meditation

Seed Mantra Meditation

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How to: AUM is the seed or the beej mantra of the Third Eye Chakra. Sit comfortably in an easy pose, preferably away from any support. Start by taking deep breaths and bring all the attention to the eyebrow centre. Chant 'AUM' loudly, and feel the chakra opening and the energy flowing in a horizontal direction, merging with infinity.

Then Chant 'OM' loudly, with the energy vibrating vertically from head to toe and into the earth. Repeat the verbal chant two more times. Now, repeat the set of alternate chant of AUM and OM mentally three times. Continue to chant first verbally then mentally as long as you wish.

Why to: The seed invocation is a form of a charged mantra. The sound when chanted resonates and reaches directly to the centre of the third eye chakra and immediately activates it. The beej meditation will increase the circumference of the chakra and balance it.

Physical Practices

Here are some poses that are often used for Third Eye Chakra work:

Child's Pose

Ardha Uttanasana – Half standing forward bend

Uttanasana or Standing Forward Bend

Adho Mukha Svanasana – Downward Dog

Sun salutations – with your eyes closed

Virabhadrasana III – Warrior III

Lotus Position

Downward-Facing Dog

Supported Shoulderstand (Salamba Sarvangasana)

Pincha Mayurasana or Elbow Stand

Hand stand

Garudasana or Eagle pose

Ek Pada Galvasana or Flying pigeon

Yog Nidra

Here are some poses with descriptions.

Uttanasana or Standing Forward Bend

How to: Stand in Mountain pose (Tadasana), inhale and raise your arms upwards. As you exhale, bent forward from the hips, bring hands to the sides and palms facing the floor. Keep lowering the torso and back flat, to gain extra length in the spine. Aim to touch the forehead on the shins, it is okay if in the beginning you are unable to reach there, but the intention should be clear from the outset. Bending forward, grasp the back of the ankles and interlace your fingers for stability. Try to straighten the knee as much as possible. The head would rest on the knee or shin. Take a deep breath and slowly come back up.

Why to: Again, the tapping of the third eye, awakens the energy stored in the vortex and cleanses it. The pose further accentuates the feeling of relaxation, works deeply on the hamstring and works on the spine as well. The flow of blood is directed towards third eye chakra in this pose.

Janu Sirsasana or Head-to-Knee Pose

How to: Be seated in Dandasana (Staff pose), now separate the legs wide. Bend the right knee, draw the feet towards the groin and place the right heel to the perineum. Rest your right foot sole lightly against your inner left thigh. Inhale and raise your hands up to gain length in the spine. Exhale forward towards the left foot, with an intention to place the forehead on the shin. The foot is flexed, pointing towards the ceiling and left thigh muscle contracted while you are going down. If you can reach the foot, grab it/ interlock the fingers behind the foot/ just hold the shin initially. Without hunching the back, stay here for 5 to 7 breaths and release gently.

Why to: The Ajna chakra is highly stimulated by the forward bending movement and tapping of the eyebrow centre. This pose offers the same benefit of increasing flow of the blood to the face, relaxing and activating the third eye. Other advantages are stretching the spine, hamstring, stimulating the digestion and cutting the flab on the waist.

Makarasana or Dolphin pose

How to: Start with the downward facing dog pose. Now, rest the elbow and the whole forearm area down on the floor. The elbow should be in line with the shoulders. Feet should be about hip-width apart. Firm your shoulder blades into the ribs and lift the shoulders away from the ears to free your neck. Press the pelvis down, so that you can fix the heels on the floor. Keep your gaze either at your feet, or in between your arms. Spend 5 to 7 breaths here bringing all of your attention to the third eye chakra.

Why to: Stretching the hamstrings, back, shoulders and arms, this is a restorative pose. Dolphin pose creates a sense of balance, as it partially reverses the flow of the blood, thereby increasing circulation to the face and brain. Relieving headache, eyesight issues, hearing issues, it is a great stress busting pose.

Balasana or Child's pose

How to: Be Seated in Vajrasana or Thunderbolt pose or simply kneel down. Bring the hips to touch the heels in Vajrasana, inhale and lift your arms straight up. Gaining length from the raised arms, exhale and with a straight back, go down. The hips must be pressed on the heels at all times. The palm and forehead rests on the floor. Stay here for 5 to 7 breaths and release. Let the gentle pressure on the third eye sink you deeper into a meditative state. This pose can be practiced in the middle of a session and at the end, to relax and catch your breath.

Why to: The movement of touching the forehead on the floor is the key. When we touch the eyebrow centre on the floor, we ground all negativity from this chakra and tap into the positivity. This semi-inverted pose increases the flow of the blood in the brain, and restores balance in the sixth chakra.

Additional Practices

1. Cultivate silence - Foster the silence of the mind, whether it's through meditation, just sitting calmly in nature, or being absorbed in your favorite art or sport practice. Now listen. Third eye's sound is more like a whisper.
2. Hone your intuition through
 - a. Getting acquainted with your dreams and their meanings
 - b. Try lucid dreaming
 - c. Learn how to read a horoscope or tarot cards
 - d. Find new ways to intuit into your daily life activities.
3. Nurture your creativity - Let your creativity flow freely by focusing on specific activities or letting your imagination loose. Let your inspiration run through your hands and be ready to be surprised by the results. Enjoy creative crafts.
4. Ground yourself to better soar - To open our third eye abilities, we need to first land both our feet on the ground. Being grounded and having enough energy allows us to expand into subtle dimensions of perception.
5. Rest under the moon light and reflect; the moon light resembles the quality of light of your intuitive center
6. Strengthen the energy of your first chakra, as well as your throat chakra; both are useful anchors for unlocking the energy of your third eye in powerful and balanced ways
7. Divination practices
8. Visualizations
9. Let your imagination loose
10. See, focus on the space "in between" things
11. Be curious about symbolic meanings, symbols around you in different cultures and time periods
12. Commune with nature and the energy of the elements
13. Free flow
14. Working with inner guidance, spirit guides
15. Practice contemplation
16. Cultivate your psychic abilities
17. Go outside and get lots of natural light.
18. Eat foods or supplements like iodine, chlorella, apple cider, Tamarind fruit, celastus seed, holy basil, and blue lotus (as it helps remove excess of fluoride involved in decreased pineal activity). To heal and maintain a healthy Ajna chakra, think purple. Naturally dark blue and purple-colored foods can boost Third Eye chakra function including:
 - a. Eggplant
 - b. Plums
 - c. Blueberries
 - d. Purple peppers, cabbage, and kale
19. Spend time in complete darkness, as it stimulates a healthy activity in the gland and production of its associated hormones.
20. Reiki Therapy

21. Sound therapy
22. Acupuncture or acupressure.
23. Anoint the forehead at the location of the Ajna chakra using:
 - a. Marjoram
 - b. Frankincense
 - c. Juniper
 - d. Clary Sage
 - e. Rosemary
 - f. Sandalwood
24. Dreamwork: Keep a notebook or your phone (with voice recorder ready) to record your dreams. Pay attention to your dreams in the next 3 weeks. As soon as you wake up, even before moving, try to remember to see if you can recall what you were just dreaming about. Once you have it clear, write it down or record it into the voice memos on your phone.
25. Drawing: Pick a color that shows an emotion, thought or experience you are having. Draw what that feeling “looks” like onto the page. This allows you to start finding different ways to look at the situation. Go to a museum and enjoy the visual stimulation. Don’t read the descriptions, just stand in front of the paintings and see what they communicate to you emotionally, physically or mentally.
26. Tech detox. Facebook, news, etc.
27. Tech detox: Remove external stimulation completely and get off TV, Facebook and social media for as long as you can. Even if just for one day. Only allow your pers

Shakthi Inquiries to support your Shakthi Rising

I suggest putting aside an hour on the New Moon and journal on these inquiries – you don’t need to do these inquiries in the order listed, nor do you need to answer all of them:

1. Self-analysis: Is your chakra blocked or too open? Journal about what you found, what you’d like to amplify and what you’d like to eliminate. If your Chakra is balanced, then journal about how you want to strengthen it.
2. Here are a few Third Eye journaling prompts to get the energy flowing.
 - a. How in touch are you with your intuition?
 - b. How often do you follow it?
 - c. Do you wish to follow it more often?
 - d. What stops you from following it?
 - e. What are you aware of that you can do to open the channel of your intuition?
 - f. What are your beliefs about who you think you are? (I’m a super honest person etc...)

- g. How do you tend to perceive yourself? (If you could draw an image of who you think you are to describe yourself internally and externally to someone who hadn't met you before, what would you describe to them is this person that you are?)
- h. How are the perceptions of "who you are" creating your reality? (For example: If I think of myself as a super practical person, how does that show up in my external world? How does that inform my actions?) Look around at your current reality, what is it reflecting back to you, about your perspective?
- i. What archetypes/identities are you attached to? (I'm a sister, I'm a wife, I'm a mom, I'm an entrepreneur, I'm a genius, I'm a good person, I'm nice etc.)
- j. Who are you really, beyond your beliefs, perceptions and identities named above?
- k. How can you allow your True Self to inform your identity and actions more and more?

Homeplay

1. Create your New Moon ritual to do on or around the New Moon and incorporate some of the practices and suggestions above.
2. Choose some of the Practices I suggested and incorporate them into your daily and weekly Daily Nirvana Practices.
 - a. What will you incorporate into your morning routine?
 - b. How will you strengthen your Third Eye Chakra so you can open and close it as needed?
3. Go the Facebook Group and post the following:
 - a. Insights from the Shakthi Inquiries
 - b. What practices you are working with this month to activate your Shakthi Power of Focus?
 - c. 1-3 targets you are working on this month so that we can support you and hold you accountable. Target setting is covered in the Daily Nirvana Temple 40-day practice. If you haven't completed that content, go and complete it as soon as you can.
 - d. Anything else that arose that you'd like to share about.

During the Full Moon Live Circle, you can share how your practices are going, what your progress is towards your Targets and anywhere you are stuck and needing support or witnessing. You can also feel free to post in the Facebook Group for Support.