



# Integrative Yoga for your Spiritual Awakening:

*The pathway to self-knowledge, healing,  
transformation & divine embodiment*

~ CANDICESTONE.LOVE ~





## *Activation of Remembrance*

*From the beginning of time, the Source of all being separated into infinite individual energy expressions in order to know and experience itself fully in a third dimensional reality. For the evolution of consciousness in physical form.*

*To taste, touch, feel, see, hear & create limitless possibilities and infinite expansion, making for one heck of an experiment, with the ultimate challenge of forgetfulness. Once in the playing field, of the game called life, we forget who we are, why we're here and how it all works through a veil of illusion, created by the mind.*

*Thus, the human journey began. A journey of Source finding its way back home. For the joy of remembrance and of the ever-unfolding back to union, back to ONE.*

*A healing journey, to remember and to reconnect. With many twists and turns, ebbs and flows, lessons, challenges, pain, joy, initiations, breakthroughs, grief, suffering, laughter and love.*

*Without polarity, we cannot create. Expansion follows constriction. Love is revealed through the transformation of suffering. Unity comes from the integration of masculine and feminine. Without darkness, we would not know light. This is the human journey. To lift the veil and awaken to the truth of who we really are. A multi-dimensional, eternal being. A unique, one-of-a-kind, energetic expression of source consciousness.*

*Integrative Yoga is a doorway in. A pathway home. Through the five bodies or layers of being, we can peel back the veils of illusion, which give us a false lens of separation, where if we look deep within, we will discover that we have been whole and connected the entire time. By working with our multi-dimensionality, we heal, transform, integrate & embody our true essence, living in harmony, peace & flow with nature & the cosmos.*

*Dancing in union once again with Source.*

# Our Spiritual Evolution

## *-Stages of Healing, Change, Transformation & Awakening-*

*The spiritual journey is different for all. Some awaken spontaneously through traumatic or near death experiences, for some it's a slow and steady journey. Many are now coming in already awake. The energy is moving faster and we are going through waves of change more palpable than ever before, which is a direct reflection of the level of consciousness on our planet.*

*However you awaken, know that it is a continual journey, like peeling back the layers of an onion. The deeper we look within, the more we are willing to see and feel, the more we can expand and grow.*

*It is an inward journey with many cycles of change within larger cycles of evolution. It is personal, ancestral and collective.*

*The process is not linear, but does tend to follow some of the stages below:*

- \*Feeling bored, depressed, uninspired, a lack of connection and fulfillment, restless, or anxious*
- \*Soul searching, the inner call/quest or crisis (spontaneous)*
  - \*Resistance to the call, escapism*
- \*Awakening - finding guidance / starting the journey*
  - \*Bliss - moments of ecstasy, grace, connectedness*
- \*Spiritual depression / dark nights of the soul, ego dissolution, grief*
  - \*Turning inwards / facing the darkness*
  - \*Illumination / awareness of ego and of the observer*
  - \*Void, emptiness, waiting for guidance & inspiration*
    - \*Traps and pitfalls - the ego clinging*
    - \*Transformation & rebirth*
- \*Integration, embodiment and sharing/serving humanity*

*You choose the spiritual path or it chooses you as your soul came here to awaken and to evolve into higher states of consciousness.*



## *11 Positive Qualities for Personal Transformation & Enlightenment*

- ☐ Loving Kindness
- ☐ Compassion
- ☐ Integrity
- ☐ Honesty
- ☐ Presence
- ☐ Ahimsa (do no harm)
- ☐ Humility
- ☐ Forgiveness
- ☐ Patience
- ☐ Gratitude
- ☐ Awareness





# *The 4 Yogic Pathways to Liberation*

## *\*Devotion (Heart Expansion)*

- *Music*
- *Moving Meditation / Sacred Dance*
- *Prayer / Ritual / Ceremony / Offerings*
- *Community Gathering & Celebration*

## *\*Spiritual Practice (Union with Source)*

- *Meditation*
- *Breathwork*
- *Sacred Movement*
- *Positive Qualities / Virtues*

## *\*Self-Knowledge & Study (Cosmic Intelligence)*

- *Self-Reflection / Healing / Inner Work*
- *Studying higher knowledge, reading, courses, scriptures, etc.*
- *Learning & understanding different perspectives*
- *Contemplation / Insight Meditation / Intuition*

## *\*Service (Aligned Action)*

- *Volunteering your time*
- *Serving Humanity / Our Planet*
- *Contribution / Participation in Community*
- *Generosity*

# The Multi-Dimensional Self

## ~ THE 5 YOGA BODIES ~

*All are interconnected, interdependent and affecting each other.  
Energy flows from subtle to physical for creative manifestation.  
All bodies need to be in harmony & balance in order to flow.*





# The Physical Body 'Earth'

The physical body or dimension is that of the earthly realm. This includes your body and everything tangible, material, external & temporary.

This is...

The health of your body, your DNA expression & ancestry, cellular health, blood flow, joint care, immune system & natural defences, your self-care, skincare, womb care, sleep habits, lifestyle habits, diet, nutrition, exercise, somatic practices/bodywork, daily routine (dinacharya) & work-life balance.

Your basic survival needs such as food, shelter, water, finances, work, etc.

Your physical doshic balance (prakruti) or imbalances (vikruti).

Your connection with nature, the seasons, cycles and rhythms such as the circadian rhythm of the body.

Your home environment. Your sacred space where you feel safe.

Earth consciousness, environmental sustainability, the preservations of wildlife and animal welfare.



## *Tools & Practices for the Physical Body*

- ☐ Body Scanning & Check-in
- ☐ Holistic Nutrition / Intermittent Fasting / Natural Cleansing with Tonics & Herbs - Know Your Unique Body Type & Any Imbalances (Ayurveda)
- ☐ Salt Baths / Sea Baths
- ☐ Grounding Meditation
- ☐ Living in Balance & Harmony with Nature
- ☐ Bodywork / Asanas / Exercise
- ☐ Environmental Sustainability / Recycling / Upcycling / Lowering Carbon Footprint
- ☐ Mirror Work for Positive Body Image / Body Love & Acceptance
- ☐ Dinacharya - Morning & Evening Routine for Balance & Health
- ☐ Self-Massage with Oils
- ☐ Seasonal Cleansing/Purification/Detox



# The Energy Body

## 'Prana / Air'

The energy body or dimension is that of the energetic or subtle realm. This includes your prana, life force energy, everything subtle, energetic and unseen.

This is...

The chakra system. Purifying/clearing, balancing & activating your subtle energy channels. This is awakening your kundalini.

Working with crystals, aromatherapy & energy healing practices.

Shielding practices, working with energetic boundaries, for safety and protection.

Connection to your central nervous system, stress response and hormones.

The movement of energy, water, blood, lymph & toxins throughout your body and any blockages creating dis-ease.

Your respiratory system, the in and out of oxygen and carbon dioxide.

Your past life imprints in your energetic field, fragmented energy, vows and cords connected to the akashic records and other lifetimes.

The balance of energetic polarities such as the right side, left side, masculine or feminine.



## *Tools & Practices for the Energy Body*

- ☐ Chakra Balancing Meditation
- ☐ Breathwork
- ☐ Working with Astrology / Understanding Your Unique Energy Signature & Soul's Journey
- ☐ Balancing Masculine & Feminine Energies
- ☐ Grounding & Earthing with Breathwork, Nature & Animals
- ☐ Movement Meditation / Shaking Medicine
- ☐ Work with Crystals & Essential Oils
- ☐ Energy Healing Session / Acupuncture / Meridien Work
- ☐ Moon Rituals / Attuning with our Planetary Guides
- ☐ Mantras, Mudras & Locks
- ☐ Singing Bowl Meditation / Sound Healing Journeys / Singing / Chanting



# The Mental/Emotional Body 'Water'

The mental/emotional body or dimension is that of the mental & emotional realms. This includes your thought processes, ego, subconscious mind, unconscious mind, automatic responses/reactions/impulses, conscious mind, conditioning, programming, mental & emotional habits & behaviours.

This is...

Our mental & emotional health, traumas, addictions (dopamine hits), coping skills, emotional maturity/intelligence, mental/emotional doshic balance (prakruti) or imbalances (vikruti), mental/emotional ancestral trauma, collective trauma, self-worth & self-love.

Our relationships & trauma bonds.

Our mental & emotional triggers and reactivity.

Self-talk and our inner narratives.

Our inner environment and all the stuff that we hold onto from the past.

Our fears and our blindspots.



## *Tools & Practices for the Mental/Emotional Body*

- ☐ Counselling / Talk Therapy / Supportive Coaching
- ☐ Cognitive Reprogramming of Thought Patterns / Habits & Behaviours
- ☐ Self-Reflection & Journaling
- ☐ Meditation & Breathwork
- ☐ Grounding & Earthing with Breathwork, Nature & Animals
- ☐ Supportive Movement to Help Emotions Move Up and Out
- ☐ Affirmations & Gratitude Work
- ☐ Time in Stillness, Silence & Presence / Away from Computer, Phone and Social Media
- ☐ Shadow Work / Trauma work / Heart Healing / Forgiveness
- ☐ Inner Child Healing / Emotional Freedom Technique
- ☐ Creative Self-Expression



# The Wisdom Body 'Fire'

The wisdom body or dimension is that of the psychic realm. This includes your intuition, psychic gifts, higher mind/cosmic intelligence & creativity.

This is...

Your higher self and your connection to your guides. This is withdrawal from the outer senses and connection with the inner senses.

Self-study, self-knowledge and higher learning.

Your higher level consciousness, manifestation & creativity.

Living your dharma, purpose and mission.

The buddhi/higher intellect.

Shifting your beliefs, evolving your consciousness, transformation and integration.

Breakthrough & expansion.

Your inner spark/inner flame. Your sacred heart fire.



## *Tools & Practices for the Intuitive/Wisdom Body*

- ☐ Practice Presence & Awareness / Mindfulness
- ☐ Tune in and Connect with your Body's Innate Wisdom / Let Your Body Answer Yes or No
- ☐ Self-Reflection & Journaling
- ☐ Meditation / Contemplation
- ☐ Connect to Nature / Align to the Energetics of the Day (Sunrise & Sunset)
- ☐ Intuitive Movement / Let Your Body be the Guide
- ☐ Work with Divination Tools to connect with your Intuition & Higher Self
- ☐ Listen & Follow Your Intuition / Deepen Your Connection & Trust in Source
- ☐ Higher Level Studies for Spiritual Development
- ☐ Work with a Mentor / Coach / Teacher or Guide
- ☐ Work with your Creativity / Connect with your Inner Compass to Express Yourself

# The Flow Body 'Ether / Space'

The flow body or spiritual dimension is that of the divine realm. This includes the quantum field, higher dimensions & the greater cosmos.

This is...

Remembrance, reconnection & reunion.

Spiritual embodiment.

A culmination of all bodies working in harmony and balance together.

Oneness with all.

As above so below, as within so without. The all of everything and nothing.

Kundalini shakti.

Overflowing with abundance, love and grace.

5D consciousness, new earth, divine alignment & miracles.

Divine partnerships & co-creation.

Unique, individual soul journeys integrated with conscious, interdependent community.





## *Tools & Practices for the Spiritual/Flow Body*

- ☐ Sacred Community Gatherings / Celebrations / Co-Creations (Satsang)
- ☐ Creating Sacred Space & A Devotional Altar
- ☐ Sacred Service - Volunteering /Generosity / Offerings
- ☐ Abundance Meditation & I AM affirmations
- ☐ Masculine & Feminine Union Practices
- ☐ Devotional Dance /Moving Meditation & Prayer
- ☐ Sacred Creativity / Creating from Source for the Benefit of Our Planet & Humanity
- ☐ Work with Divination Tools
- ☐ Sacred Rituals and Ceremonies / Prayer
- ☐ Devotional Practices, Mantras, Singing, Playing Instruments
- ☐ Channeling / Allowing Yourself to be an Instrument for Source

# Daily Meditation Activation

Practice this meditation daily to purify, balance & activate your five yoga bodies bringing greater peace, alignment, harmony & flow to your life.



WITH DEEP  
SURRENDER,  
VULNERABILITY AND  
COURAGE, I ALLOW  
MYSELF TO FEEL ALL  
THAT WANTS TO  
RELEASE & FLOW  
THROUGH ME, SO  
THAT I MAY RETURN  
TO MY WHOLENESS  
AND EMBODY THE  
DIVINE  
CONSCIOUSNESS  
THAT I AM.



## *Thank You!*

For showing up for yourself. For loving and honouring the divinity within you. You do not walk this path alone. You are always guided, loved and supported. You are brave, courageous and strong. You always have and always will be whole, loved and worthy. You are a unique expression of divine consciousness and will always have everything you need & more.

Your pure nature is abundance, loving kindness & compassion.

If you would like more support with your journey, I have free resources on my Youtube Channel, Website & Blog (links below).

If you would like to work with me one-to-one you can check out my offerings at:

[WWW.CANDICESTONE.LOVE](http://WWW.CANDICESTONE.LOVE)

*So much love*

