

INVOCATIONS



THE COMPLETE PRACTICE
THE PROGRAM
with LAUREN ECKSTROM

THRESHOLD

You stand on the threshold of awe.

This threshold leads not to a perfect life,
perfect body,
or perfect soul but,
to a life in which you are an instrument for wholeness.

No promises will be made.

The greatest measure of your harvest
will arise from the willingness of your spirit
to learn the lessons that are yours, and yours alone.

You will be asked to acknowledge
the territory of your limiting beliefs
the stories you have used to justify your holding back
and your myth of insufficiency.

You will be asked to stay with
what is uncomfortable,
to discern if it limits or empowers.

And from that place you will know,
without doubt or question,
what is essential for your soul to awaken.

When all is said and done,
it will not be the poses you do or do not do,
the days you show up beautiful or messy
that determine the outcome of this journey
because you will know,
with the whole of your being,
through the resolve of your dedication,
that your presence is your greatest contribution.

It has always been enough.
You have always been enough.
And, there is room for improvement.

So call on your highest commitments.
It is a requirement.
You are here to step over the threshold
and into the dawn of possibility.

FREEDOM

We arrive ready to bear witness to Truth.
With trust in the breath,
we navigate the body
as a catalyst for spirit.

Truth cannot be undone.
And darkness is a gift that cannot be hidden.

Bringing the light of awareness to each moment,
we unravel the unreal knots of the past,
fully embodied, we enter the present
and willingly we release the future.

This is surrender.

This is trust.

This
is what freedom feels like.

COME AS YOU ARE

Come.
Come as you are.
Broken. Lost. Imperfect. Strong. Joyful. Ready.
However you are.
Whatever you feel.
No matter your shape, the color of your skin, the
ability of your body, your history or story.
You belong.
You have always belonged.
Here.
On this mat.
In this body.
Within this community.
Loved eternally, without question, beyond conditions.

Come as you are
and together, as we hold this being human,
we will reconnect with all that sacred and holy.

REST IN LOVE

We step on to our mats
and we enter a holy relationship between
body and mind
breath and spirit
ritual and community.

We offer each bead of sweat like the pouring of libations
where effort meets intention
where challenge meets possibility
where we transmute limiting beliefs to enter the space of transformation.

We offer our practice, from our hearts,
and set the intention that no matter what arises
we will hold it as an opportunity to inhabit our whole hearts.

With this we say to ourselves,
“rest in love.”

Each time we leave our bodies,
each time distraction wins,
each time the insidious voice of self-doubt creeps in
we repeat,
“rest in love.”

And with this, we begin.

STRONGER TOGETHER

We come here today to re-root
to rise up and reclaim our roles as caretakers
of ourselves, our communities and our planet.

With agency of purpose,
in sacred contract,
and with the support of ancient wisdom
we nurture and prepare for a revolution -
a revolution of belonging,
not just to ourselves but to each other.

As we take each breath,
as we navigate each movement wisely and consciously,
with an openness and understanding
that what is true for one might not be true for another.
And, it's not in spite of but because of those differences that we are
stronger together.

AWAKENING

As we close our eyes we are present to the ready seed of awakening.
We welcome an experience of suffering as we reconnect
with forgotten inner resources.
These resources can never be commoditized or monetized.
They lead us in a direction of true revelation,
toward true assets,
so that we may live in meaningful relationship,
aligning to our right relationship with life and spirit.
In the end, we will see,
there are many paths to wholeness but
we are one, single system -
a true ecosystem -
connected by breath, belief and body.

THIS IS KNOWING



Listen closely,
there is a space inside of you that knows.

Do not worry if you cannot hear it.

You are are not alone.

We've been raised not to listen but instead
to diminish this inner knowing.

We've been taught to distrust
and to proceed without integrating.

Slow down.

Drop deep within yourself.

This will feel counter intuitive to your longing.

Stay anyway.

This discomfort is pointing toward your knowing.

And one day,
when courage conquers habit,
when self love overrides self abandonment,
you will hear it.

Now is the time.

Carry on with the torch of your breath.
Enter your body.
Listen closely.
I promise, if you stay,
if build the strength of heart to keep coming back,
you will hear it.

WHEN WE ANSWER THE CALL

We have forgotten.
We have forgotten how a life is made.
Seeded in the soil, sown in the dark.

We have lost our way.
Chasing the light,
through the altar of attainment,
refusing to slow down long enough to remember:
it is actually in the dark when we most awaken.

You are not lost.
Although your eyes
are open and you cannot see what lies ahead
do not be afraid
for this is the territory of awakening.

So answer the call.

Heal the wound.

The time is now.

Together, we commit to staying on course,
and we celebrate that through is the only way out,
the only path home.

We honor the full spectrum of our experience:
the light and the dark
the joy and the sorrow
the beauty and the pain.

And we answer the call
for when we do,
we heal ourselves
we heal the collective.

LIVING PRACTICE

The power to live...to actually live,
arises from your willingness to practice.

Not when it's easy.

Not when it's convenient.

Not when the environment is settled, quiet and conducive.

But now, when the moment seems most precarious.

Life will not wait until you are ready.

Practice will not wait until your mat is unfolded and your cushion is
in position.

When you need your practice the most, you will not be in this
place.

Because life, all of life, is the primary ground of practice.

And you are practicing to live.

You think meditating, seated with eyes closed is the path.

You've been told yoga is the key.

But practice is calling you forward when no one is looking,
when the cushion has been pushed to the side
and the mat is hidden away.

It calls when the dishes are begging to be washed and you are
exhausted,

the baby is crying and there is no one but you she needs,

and the homeless man is crossing the street so slowly and you are
already so late.

Do not be convinced that it is in some other moment when practice
begins.

Do not be late to the practice life is gifting you. Right here. Right
now. So simple. So challenging.

Do not wait another day,
another breath,
another moment or
for yet another crisis.

Start here.

Right here.

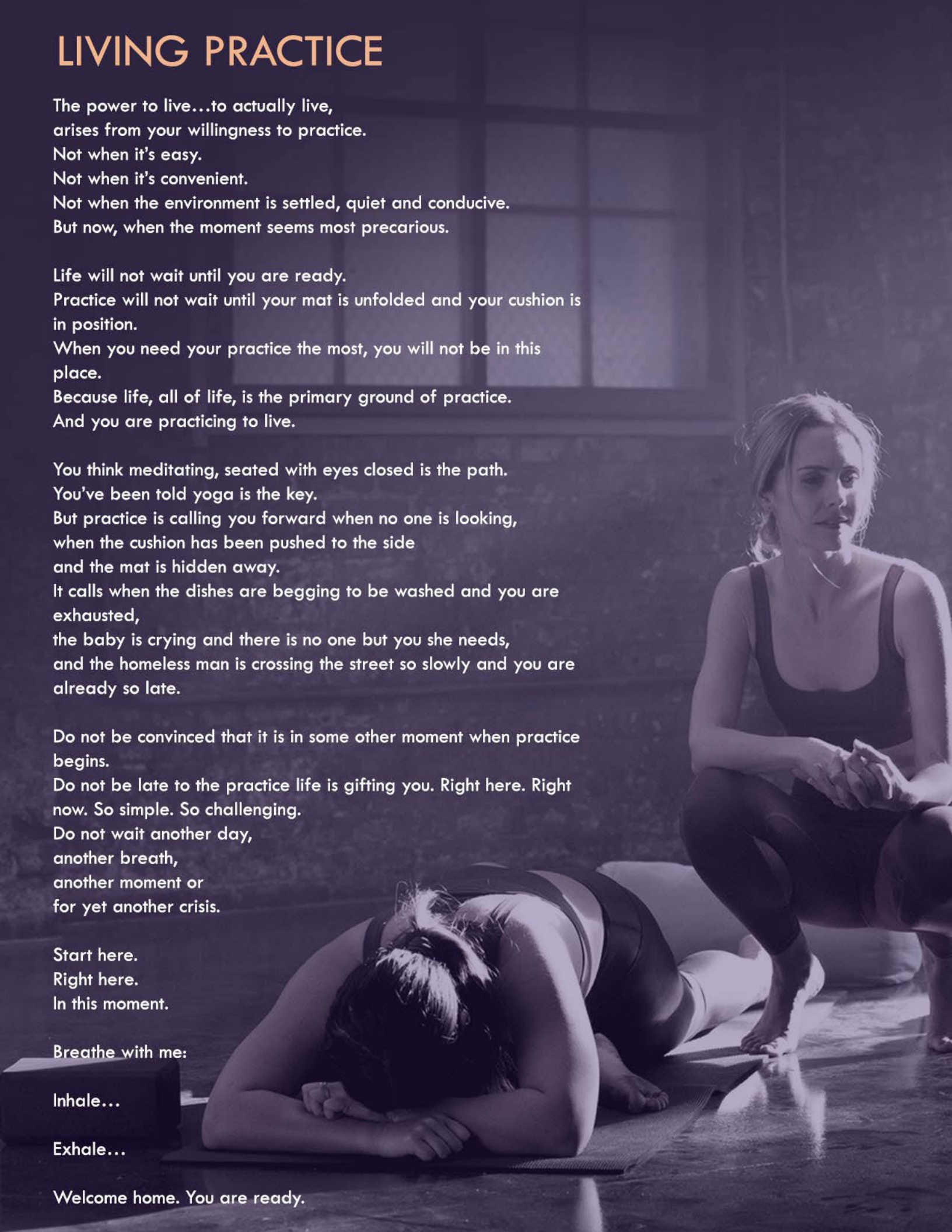
In this moment.

Breathe with me:

Inhale...

Exhale...

Welcome home. You are ready.



YOU ARE THE LIGHT YOU SEEK

What if I told you nothing is missing?
What if I told you, you are already enlightened?

You have been told, sold, a story that something is lost, needing to be found, uncovered, discovered.
And it keeps you seeking
looking outside yourself for the one thing you will never find
because
you are the light you seek.

The next time you sense longing
the inevitable rise of comparison
or the pain of lack,
resist the urge to look for a solution.

Call on your greatest courage.
Call on your deep trust in the unfolding of life.
Call on your ancestors, the great universal intelligence
And know, you can be with this.
This discomfort,
this vulnerability,
this unknowing.

Do not run to fill the space,
rush away from boredom,
push away the stillness,
or cover the emptiness.

Sit here and know one thing for sure:
this vulnerability is asking for your full attention,
and though it feels counterintuitive, staying here is the solution.

You are the light.
You are the way.
There has never been anything to seek.

The light of your consciousness is the only transformation that is needed

ARRIVE IN LOVE

We are here today to care for our lives
to be aware
to consciously arrive in the center of here and now.

We invoke our collective ability to be here in kindness
and we ask for guidance and support
as we remember:
kindness is as necessary as breath.

There is no doubt, we will come face to face with obstacles.
In those moments, help us to ground,
lift us up and let us remember how inwardly reliable we have always been.

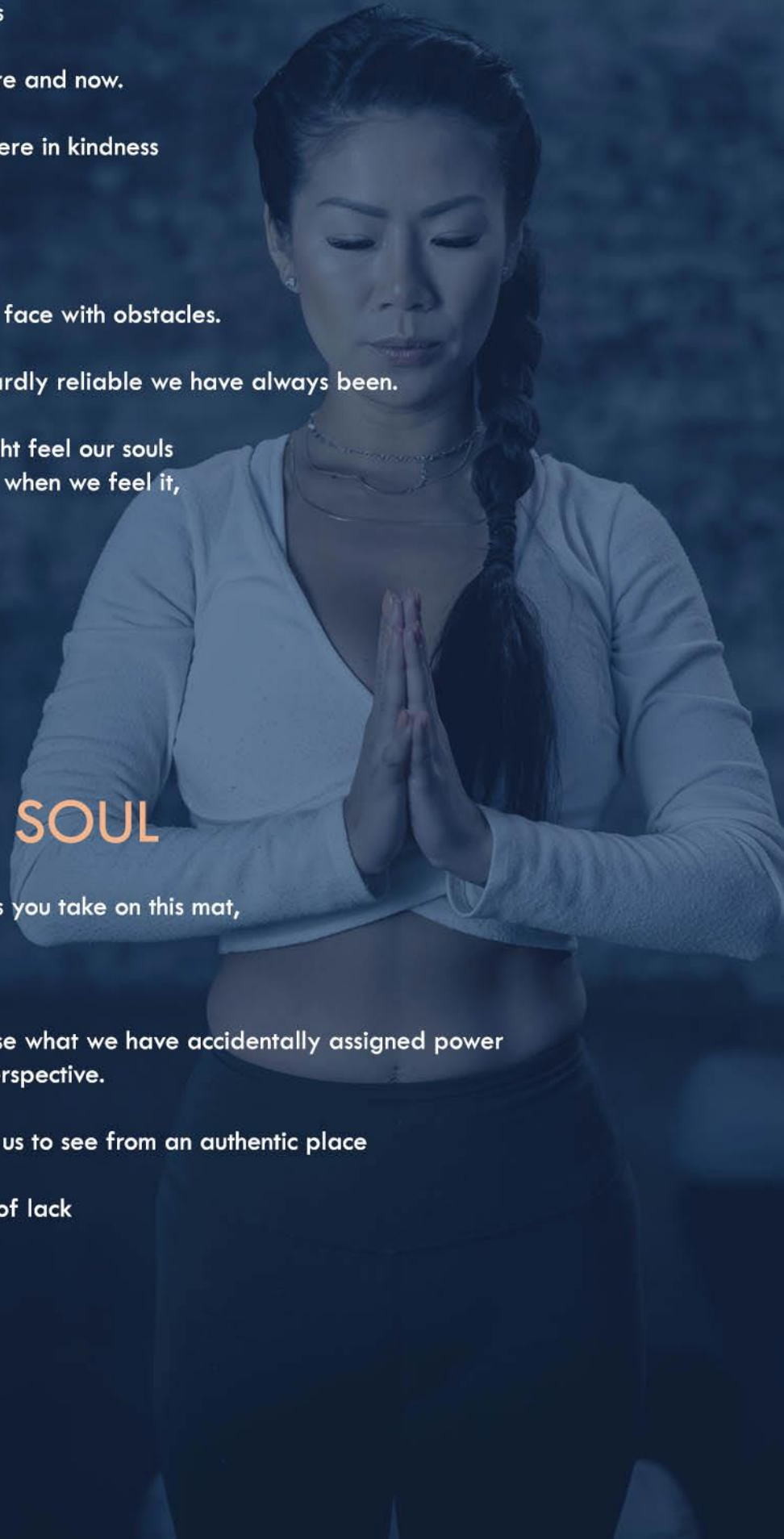
Help us to become quiet so that we might feel our souls
and in that preciousness we will know it when we feel it,
like a loving hand over our hearts.

DOMAIN OF THE SOUL

There are no requirements for the shapes you take on this mat,
in this room,
and throughout your practice.

Together, as we consciously cease to chase what we have accidentally assigned power
we will experience an upgrade in our perspective.

Breath and quality of attention will lead us to see from an authentic place
that how we measure our worth
will no longer arise from the fabrication of lack
but from the domain of the soul.



TO BE SEEN



We are gathered here today to see.
To see that what we once held so dear,
while forever changed,
has not disappeared.

This is the gift we give each other
with our courage
and our presence.

We see.
We listen.
We acknowledge.

With each breath we quietly say to each other,
"I see you."

And in being seen once again,
and at long last,
we are returned to ourselves
and to each other.

WHO WILL YOU BE?

When your back is against the wall, who will be there?
What part of you will rise to meet the moment?

Will you trust life enough to give yourself over?
Or will you fight against the flow of what has never been, and never will be, in your control?

To heal the wound of separation takes practice
for we have been conditioned to believe we do not belong to each other,
or the intelligence so deeply woven into every fiber of our being.

Instead, we aim to hold power over
rather than power with.
We aim to do better
be better
look better
live better
and so much is lost in the attempt.

So,
when the time comes,
when push comes to pull,
when faced with fight or flight,
practice diligently, wholeheartedly so in the moment of reckoning
you do not fall back asleep
and defend what never needed defending
or explain what never needed justification.

When you heal yourself
you heal the collective.

When you remember we belong to each other
you unearth a boundlessness that is the balm for peace and reconciliation.

HOMECOMING

Draw your palms to connect at your heart.

May the connection of these two hands be a small but significant example of the connection that is possible in our bodies, in our hearts and in our world.

We enter today's practice as an offering.

May this time be an act of healing.
One that extends off of our mats and to all people everywhere.

We practice today for
peace,
trust,
process,
and the reawakening to that place which we were always already connected to.

For that which was never lost cannot be found.
No effort is needed beyond the willingness of our shared heart.

The time is now.
You are here.
This is all that was ever needed.

BROKEN OPEN

A woman with long blonde hair in a ponytail is standing in a yoga studio, her right arm raised high. In the foreground, another person is in a downward dog pose, their right arm also raised high, mirroring the woman's pose. The background shows a brick wall and a window.

How will it feel when you finally choose to let go of what has never been yours to carry?
The stories you choose to believe shape your behavior
and have adaptive consequences.

Whatever you have been given,
gift or detriment,
is meant to be given away again.
It was never yours to hold or shoulder.

So give it away.
Because you can.
You have a choice.

A burden is only a burden when the mind is caught in story.

So let it go.
Because you can.
Even when you feel as if letting go will break you.

Sometimes being broken is exactly what is needed.

Remember what is said,
there is a crack in everything, that is how the light gets in.

Be broken, and broken again
as you re-learn who you are beyond distorted perception
and align with the authenticity of your soul which knows only this moment.

Your one and only role is be here now, open-eyed and present.

THE RESPONSIBILITY OF A LIFETIME

To awaken once, in a fleeting moment, with rare insight is natural, a welcome reprieve that comes like a flash of cool rain on a thick summer day.

But to awaken again, continually, takes practice.

A level of diligence, discipline and discomfort.

Radical responsibility demands the burning out of distorted conditioning.

Leave behind that which you find comforting, familiar despite ramifications.

Because comfort is not the space of transformation.

And easy isn't the place of growth.

You were born to expand, to test the boundaries of what you first believed was possible.

Think of a child's first steps, the passage of birth, humanity's flight to the moon.

You were born to do the impossible.

It may come as a surprise to you but there are not just two choices.

You are not limited to this outcome or that.

The possibilities are infinite, as boundless as the likelihood of your birth.

So tired as you may be

sad as you may feel

hopeless as it may seem

we are fundamentally bound together

and to achieve the greatest return on investment in this lifetime

you are being called to use joy as a resource

and celebrate the opportunity in front of you today

so that together we may live lives of meaning

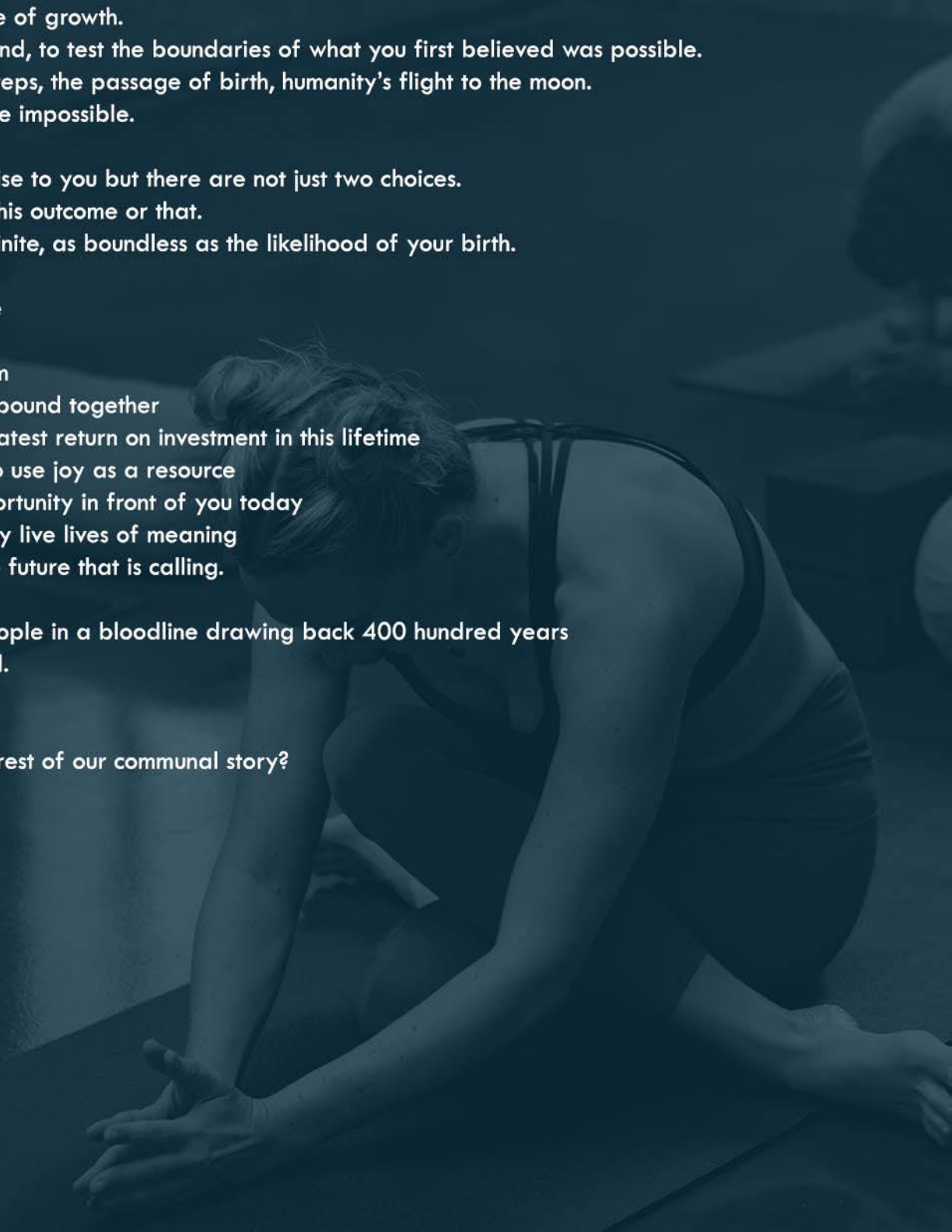
and plant seeds for the future that is calling.

You are 1 of 4,094 people in a bloodline drawing back 400 hundred years

but you are not the end.

You are the beginning.

How will you write the rest of our communal story?



FIERCE COMPASSION

In one hand you hold a flower.
In the other a sword.

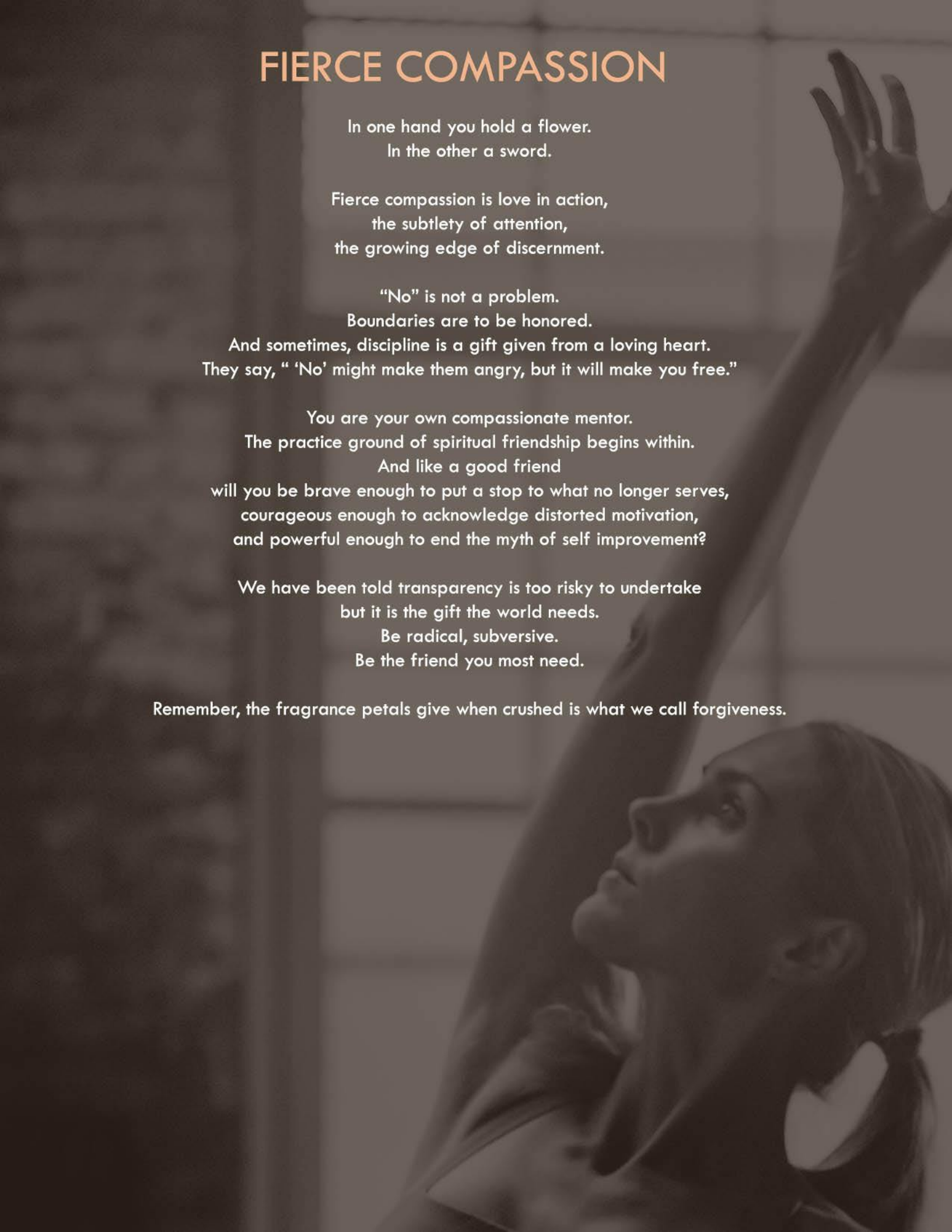
Fierce compassion is love in action,
the subtlety of attention,
the growing edge of discernment.

“No” is not a problem.
Boundaries are to be honored.
And sometimes, discipline is a gift given from a loving heart.
They say, “ ‘No’ might make them angry, but it will make you free.”

You are your own compassionate mentor.
The practice ground of spiritual friendship begins within.
And like a good friend
will you be brave enough to put a stop to what no longer serves,
courageous enough to acknowledge distorted motivation,
and powerful enough to end the myth of self improvement?

We have been told transparency is too risky to undertake
but it is the gift the world needs.
Be radical, subversive.
Be the friend you most need.

Remember, the fragrance petals give when crushed is what we call forgiveness.



A BEAUTIFUL LIFE

A beautiful life is made of beautiful choices.

Resolve to see grace, hope and love amidst the inevitable challenges.

For as it is said, life is suffering
but the end of suffering is possible in this lifetime, for all.

It is a practice and a call to action
for if life weren't inherently beautiful and precious,
pain, loss and grief would hold no meaning.

It is because life is so beautiful that you feel your pain so deeply.

It is because you are willing to live a life of wholeness
that you are willing to feel everything.

So share your love, your goodness, your joy.

The more something is shared
the more valuable it becomes.

Your refusal to participate in what is good and therefore holy is a moral decision.

It is your perception that makes this life a gift. Give it freely.

TO SEE YOURSELF

I see you.

I see the ways you are trying, even when you can't.

The ways you are showing up, even when you want to run away.

I see you.

I see the pauses you are taking in the moments you once rushed.

The listening you are undertaking.

I see you.

Sitting with uncertainty, wrestling with discomfort and embracing the territory of new growth.

But when was the last time you saw yourself?

Turn now,

to the one inside of you who is aching, yearning for love,

which can only ever be given through the subtlety of your own divine attention.

Place a hand over your heart, close your eyes and repeat after me,

"I see you. I love you. I am listening."

The next time you doubt,

the next time you question,

the next time you diminish yourself

remember these words.

And remember, there is a great spirit within you.

An ally.

A friend.

You do not have to walk this path by yourself

but you are the only one who can walk it.

It is the whole human being who walks the path and makes it beautiful.

THE ART OF LISTENING

A woman in a white leotard is captured in a graceful ballet pose, with her arms extended horizontally and one leg lifted. She is in a dance studio with large windows in the background. Other dancers are visible in the background, also in white leotards, performing similar poses. The overall atmosphere is serene and focused.

You've come here today to listen.
Not to a voice outside of yourself
but to a voice greater than yourself.
A voice you have always known but forgotten.

To learn you must listen.

To learn again you must hear the familiar in new ways.

The voice you will hear is wordless.

You will know it when you feel it because it was your first language.

This voice points you to a deeper truth.

Have the courage to listen
to sit in the vastness of solitude
the complete emptiness of silence
and trust the energetic reciprocity that will only arise from the totality of your surrendered state.

See the rigorous separation our world has taught you.
Then seek the threads of connection within you.

There is nothing to give, nothing to offer because nothing is lacking.
What else could you give to an inner world that is so complete except something of yourself?
Your most precious resource, the one that can never be renewed, your time.
Time and listening are intimate partners.
Sit now and let them hold hands.

CEREMONY

This is a ceremony. It makes your life your home.
This is a rite of passage. It makes your heart a space to live.
But rituals are only made meaningful through repetition and intention.

So today, is it mundane or is it sacred?

Are you going through the motions or are you here?

Beautiful.

Messy.

Broken.

Open.

Even though you know true presence is an intense experience
Intensity is what makes life beautiful,
a heart breakable,
a wound worthy.

YOU are a ceremony of life,
A ritual created over eons of the previously living
who gave each moment, took each breath so that you could be here today.

Do not take time for granted.
Your ancestors are watching.
The future is waiting.

So today, is it mundane or is it sacred?
Marry them with your presence
For it is what determines if the ground you walk is hollow or holy.

THE WAIT IS OVER



No more.

No more waiting.

If you wait until you are ready, the time will never come -
for you to act,
to take that risk,
to make that choice.

You know it.

Yes.

That one.

The one that scares you,
the one that excites you.

If it doesn't scare you a little, your vision still has room to grow.

Being a little bit scared, you rest at your growing edge.
It's a sign you are exactly where you are supposed to be.

So jump.

The net is already here.
You've laid the groundwork,
done the inner work
and captivated possibility.

The wait is over.

The time is now.

Your life is calling.

THE GENEROSITY OF NO

What if your “no” could be as powerful as your “yes?”

What if your boundaries were an act of generosity?

How long have you been wearing the mask of helpful, available, not “too” busy?

And what has been sacrificed along the way?

What parts of you have been ignored, pushed down, silenced or even banished?

A clear “no” can be spoken, honored with clarity, kindness and compassion.

Don't just respect what's in you.

Respect another's strength to handle it.

Remember, clear is kind

and honest integrity is the heart of true connection.

What could be greater than your truth and our collective willingness to hold it?

Say “no” today. Not to be grim, resistant or defensive.

Say “no” today because you care, because your heart is longing for the subtlety of your divine attention.

A woman in a dark, long-sleeved top and leggings is performing a yoga pose on a mat. She is standing on a black rectangular block with her right foot, leaning forward with her right arm extended and hand flat on the floor. Her left leg is bent and tucked under her. The background shows a blurred figure of another person in a similar pose. The entire image has a dark, monochromatic purple tint.

AUTHENTIC POWER

What does power mean to you?

You have been taught that power is the status you hold over another
Your ability to leverage or control.
A power that privileges only one.

But what if true power arose from your ability not to stand ahead of someone
but to stand beside them?

You know this is true power because you feel it each time you step onto your mat
and arrive fully in your body.
It is a power that arises from connection
that comes from your breath
that surfaces when your body, mind and heart move as one.

This is not power over. This is power with.

Communion with your soul
and therefore, communion with the collective.

Erase the language of power that divides.
Step into the ancient wisdom of power that connects.
You to yourself,
Me to you,
Us to each other, the world.

What was lost in translation can be reclaimed in how you step not only onto but off of your mat.

Today you are called to know, once again, the felt sense of true power.

THE TRANSCENDENT

You were born with an innate spiritual longing.
As natural to you as your physical sensations,
as human as your emotions.

You may not feel it now,
you may even deny it.

It may have never been supported or
may have even been discouraged.

But it is within you, asking to be acknowledged.

So close your eyes and listen.

Integrate your inner and outer world to experience this wholeness.

It is exquisite.

And your heart knows it.

You are an instrument for an intelligence that sets the world to spinning,
flowers to blooming, light rays dancing.

Rest in awe as you witness this sanctuary of presence.

Let yourSelf receive it.

Because that chronic absence you have been feeling is a false narrative.
When you turn to this place, a place within you and all around you,
you uncover a life of meaning.

This is your spirit.

As we move, honor it.

WHAT IS REQUIRED OF YOU

You are the final authority of your life
but you have given away your power.
You have come to believe it is someone else's fault,
you believe an unreal story which permeates your life with "I am not enough"
and it is exhausting.

It strips away your responsibility
and eliminates your courage.

You were put on this earth to do great things
and great things are small acts done with love and presence.

Your influence is not determined by an outside metric
but by an inner arc of willingness.

So today is the day you drop the charades
and leave behind the voices which eclipse your soul.

With a higher purpose, in alignment with your highest commitments we say,
"I am the final authority of my life,
I am enough,
I have enough,
I choose love."

It is a requirement.

NO TIME TO WASTE

Why do you keep looking outside of yourself for confirmation, validation and approval?

Who have you unconsciously given the keys to your joy?

These things feel like connection but they are fleeting and pull you away from a Truth that can only be known from within

Rest now in this place, begin to deepen your breath, and remember one thing: this breath is as precious as the first you took upon your birth and is as precious as the last one you will take.

Do not take one ounce of your presence for granted, one moment of your time as trivial.

There is no time to waste.

You have been walking toward death's door since the day you were born, do not forget.

Be reverent, delighted, astonished.
You are a gift.
Your life is a gift.

Today is a testament.

Own it
with the glory of your presence,
the bravery of your boundaries,
and the liberation of your soul.

Let's begin.

THE HEART OF HOPE

A great longing is upon us.
You are not alone.
What you yearn to feel,
all you long to see,
is not as far away as it may seem.

You must participate in your pain to know your joy.
You must engage heartache to know healing.

These years have shown us
isolation is not medicine
but solitude can be revealing.

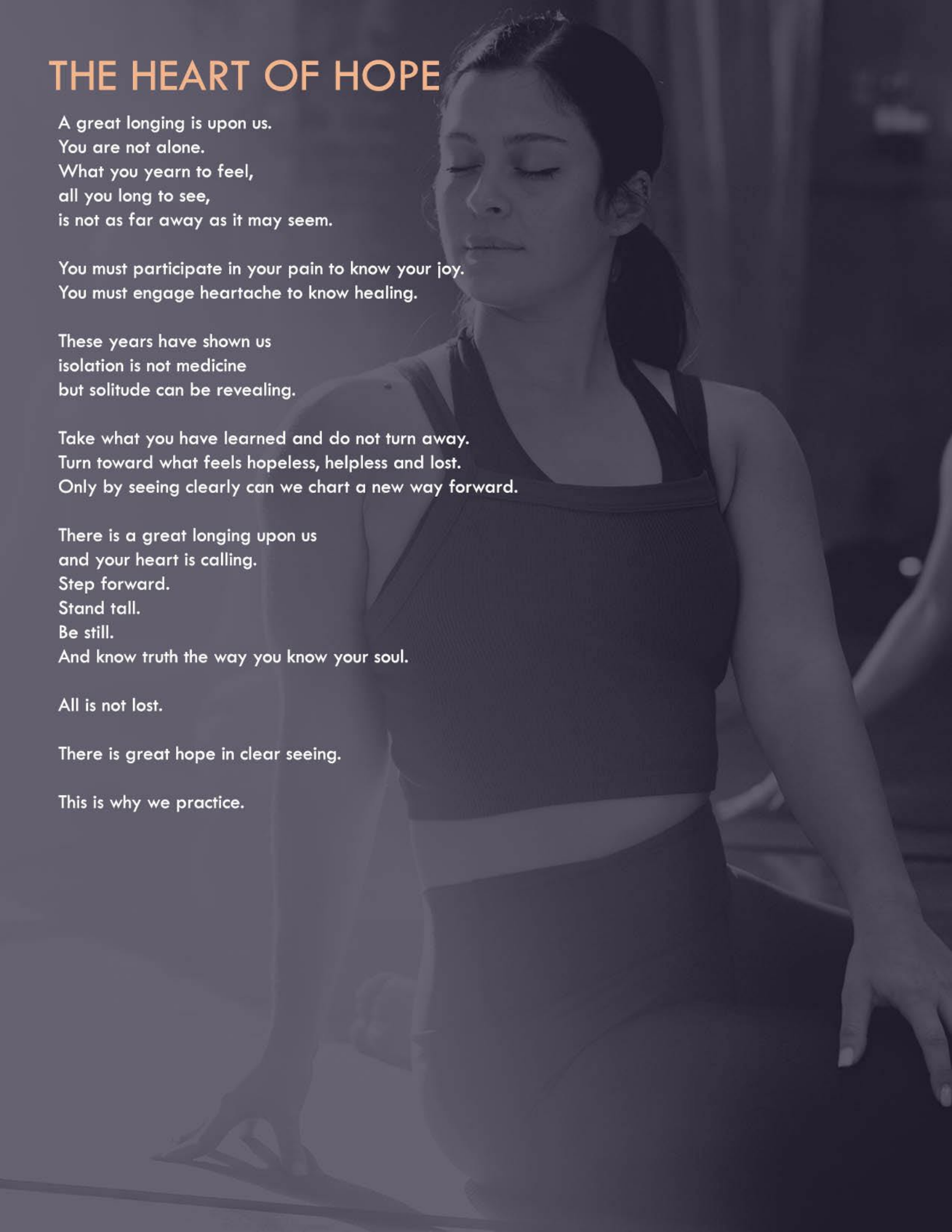
Take what you have learned and do not turn away.
Turn toward what feels hopeless, helpless and lost.
Only by seeing clearly can we chart a new way forward.

There is a great longing upon us
and your heart is calling.
Step forward.
Stand tall.
Be still.
And know truth the way you know your soul.

All is not lost.

There is great hope in clear seeing.

This is why we practice.



CELEBRATE

Today is a day to celebrate.

Acknowledge your breath.

Honor your body.

Bless your intentions.

Rejoice in what's working.

Relish what is still, and may always be, in progress.

Beat the drum of achievement for you have already overcome the hardest part:
showing up.

Whatever happens from here

however it unfolds

cherish each moment.

You are alive

and there is so much for be grateful for.

