

Katonah Yoga Magic Square

LEFT

RIGHT

<p>4:</p> <p>Left Eye – 4 is a frame, where I refine and define my vision. It is where I look out into my day and see the dawning of my potential in the horizon and developing foresight.</p>	<p>9:</p> <p>Third Eye – I engage my imagination with a narrative thread that moves through all rooms in my house without breaking circuit. It is the pinnacle of achievement to the nth degree. My pineal glands open me to the integrated vision of my whole being.</p>	<p>2:</p> <p>Right Eye – What was I thinking? I reflect, react on the goals in the back of my mind from my experiences turning into memories. I am goal setting for good fortune. It is the line of communication of each side, playing opposition and reconciliation.</p>
<p>3:</p> <p>Left Hand – Handles home, family, personal emotions, the hand of marriage and friendships. Thyroid. It is the hand of the heart and my ability to articulate and ventilate my feelings.</p>	<p>5:</p> <p>Third Hand – The center of my circumference and the crossroads of my consciousness. I mediate, modulate and meditate all my polarities. I vibrate out in radiance and concentrate in towards my center, as circumstances require. Thymus. It is the implicit subtle body accessed by the explicit eyes, hands and feet.</p>	<p>7:</p> <p>Right Hand – The virtue of handling the world and becoming competent by developing skills and techniques. Pituitary.</p>
<p>8:</p> <p>Left Foot – The nature of form in the container. To achieve my goals, I must have the willpower to pursue them. Earth. Maternal. I work with what I have inherited. For instance, it is not my first nature to fly. Having a form, I can be informed, malformed, deformed, transformed or conformed. In a universe of forms, I can become formidable. Pancreas. Thinking, pondering and exercising good judgment.</p>	<p>1:</p> <p>Third Foot – Entry into FORM. The seed awakened. Coming from universal consciousness into the personal, I get to live in this body. Endocrine. Fire ascending from its depth.</p>	<p>6:</p> <p>Right Foot – risk taking, virility, male root. I put my best foot forward to substantiate my vision. Paternal. Adrenals. Balancing fear, safety and hearing.</p>