

## Symbols and The Language of Symbols

**The Universe talks in symbols. It does not know language as we know language.** There are universal symbols such as the sun, the cross or the smiley face, cultural symbols such as making eye contact or bowing and there are individual symbols such as a colors or numbers that mean something in particular to you. We communicate between the levels of our consciousness through the language of all symbols. For example: Some people use Eagle as a symbol of Spiritual renewal. So when they see Eagle present in their lives they pay more attention to life looking for spirit to move them. Some people have colors that symbolize different feeling states in their lives. (This might be a good time to share your own experiences.) But our lives have become fragmented, and our conscious mind is separate from our unconscious and subconscious minds. We have lost communication with ourselves and others. Yoga is the joining of our states of consciousness. Yoga is letting the unconscious and subconscious symbols and memories come to light so we can see what drives us. The conscious mind is a small part of our psyche. Most people have no idea what drives them. With this lesson I hope to reconnect you to the language of symbols so that you can communicate with yourself on a conscious, unconscious, subconscious level which will eventually give you access to the super conscious mind or Universal Consciousness.

**Symbols are carriers of energy. Form has power! It is called Shakti!** During the first year of covid, there was a very powerful energy- the heart. Many people, especially with children had their windows filled with hearts. The energy was compassion for those who were ill or losing someone close to them because of covid. When you saw the hearts on peoples windows, you paused for a moment and had compassion. Very powerful!! Ganesha is a symbol of the obstacle remover or the path clearer. When one needs the power of great strength to move through the negativity of life, invoke Ganesha just by bringing Ganesha into your minds eye. Jesus is the symbol of undying compassion. You can call upon Jesus to invoke compassion and unselfish love. The Goddess Saraswati is a Hindu Goddess who represents education, creativity and music. We can use universal symbols such as these to invoke positive energy into your life. But very few people remember that the these energies are available to them. Instead we are bombarded with symbols of guns, sex, violence, and drinking. These symbols have been glorified as what it means to be cool and popular among our peer groups. It is easy to see how powerful these symbols have become in the wake of all the addictions, violence and shootings. No wonder we are where we are as a society.

**Start paying attention to the symbols around you.** Universal and cultural symbols are thrown at you if you watch TV. Pay attention to the news, commercials, and what you are watching. And then once you start to see symbols that do not add positive or loving energy into your being, stop letting them enter your consciousness or your subconsciousness. You do know that commercials are designed to land in your subconscious mind to sway you. Do you know this? Don't let that happen. If you continuously watch violence on TV your subconscious mind has no idea it is on TV and not real. It just sees that you are invoking the energy of violence. Do you know this? Bottom line is that we have a choice!! We have a choice of what we feed our psyche. Choose what symbols you want to bring into your being. If we surround ourselves with positive symbols we will bring joyous and expansive energies into our lives. Look around your living space. Everything is a symbol. What symbols are you seeing everyday. If they are not serving you, how can you get rid of them or if they have to stay, how can you change your relationship with them?

**You can use symbols to transform your state of consciousness.** If you wake up kind of crabby because of negative dream symbols or maybe because you went to bed kind of crabby, you can change that state of consciousness by bringing in a symbol of peace or beauty, depending on what energy you want for the day. (It is important to let go of any negativity or stress before you go into the dream state.) That is Kriya Yoga. If you have a negative attitude, change it. You are not repressing the negative symbol, you are replacing it, and then the negative symbol no longer exists. If you are feeling anger about something, sit with it and turn it into a feeling stare (remember the full presence awareness practice) and then let it go. And then bring in a symbol for shanti! So what if a symbol keeps showing up in your life. If it is a positive symbol enjoy the energy. If it is a negative symbol, neutralize it by bringing in positive symbols. Lets say martian symbols keep cropping up in your consciousness. Bring in Venetian symbols to neutralize the martian symbols. For example, a martian symbol may be guns. Unless you are a hunter, guns are probably a symbol of violence. It is actually pretty easy to bring in guns as a symbol that is popping up for everyone right now with the gun violence going on in the world. It fuels a lot of anger in the world right now (martian energy). Violence begets violence. That is not a good thing. To neutralize this energy, symbols of beauty and creativity could neutralize the energy of the martian symbols. Om Shanti. Free me and free others. Would it work in the universal realm? How

can it work in your psychological realm? There is a time delay called the Saturn delay of the symbol and the event. Use that delay to neutralize the symbol. Use the delay to neutralize karma!

**Every time you put a positive symbol in your conscious mind, you change the course of your reality!!**

You can surround yourselves with positive symbols for the deeper beauty within. It is that simple. Here are some things you can do to bring about awareness of symbols in your life and then use positive symbols to neutralize:

- Notice what frame of mind or energy certain clothes or colors of clothes that you wear bring. Be intentional about what color of clothing you wear. But more important just start becoming aware.
- See everything in your house as a symbol of who you are and stand for. Fill your home with positive symbols. As you look around are these symbols the energy you want in your life and to bring into your psyche everyday?
- Pay attention to your dreams. Keep a dream journal. Write down symbols in your dreams on one side of your notebook and then pay attention and write down things that happened during the next few days. This will enlighten you as to the meaning of symbols in your dreams. Also pay attention to the feelings that these dream symbols produce.
- If you are seeing a certain animal everyday or very often, reflect on its symbolism. And if you are into animal symbolism, there are plenty of books on The Spirit of Animals. And also what is your reaction and feeling state towards certain animals. Reflect!
- Study Numerology. Numbers are very very symbolic and have meaning when they show up in our lives. Study but again also reflect and study what numbers mean in your life.
- Start to see symbols, and then neutralize those symbols before they manifest in the physical world.
- Expand your awareness of universal symbols and cultural symbols. See life as symbols.
- Start seeing the happenings of the world as symbols instead of events. See life as symbols. We are in a martian time, what can we do internally and externally to move up Jacobs ladder into the Venus chakra?
- See everyone you meet in this lifetime as someone to help speed up your spiritual evolution.

**An omen is seeing a symbol at a specific timing.** So say a thunderstorm comes tearing through the town the minute you say "I do" at your wedding ceremony, there is meaning to that. Verses an eagle flying over you as you exchange vows at an outdoor wedding. When you begin something new, notice any symbols that come into your life. And if they are negative symbols you need to reflect on how to neutralize those symbols with positive symbols and volitional thinking.

**Synchronicity is the environment in which you live in, communicating to you through symbols to accentuate thought and reflection.** This greater intelligence of the universe can know what you are thinking or planning and communicates with you to assure you or warn you. Have you ever had that happen to you? (Add in your own experiences) (When I am thinking profound thoughts, I fairly regularly see an Eagle fly over. When I am thinking negatively towards others, I regularly hit my head on an overhead cupboard, stub my toe or some other quick reminder that it is better to be in the present moment than to be thinking negatively towards another. Pay attention to the universe communicating with you. The I-Ching, tarot cards, crystals, numbers, and all divination tools are ways in which the universe communicates with us. But symbols have many meanings so these various symbols and tools have to be studied and reflected upon. A moon symbol will have a different meaning for you than for your friend and it may also have a different meaning today rather than 10 years from now.

**The ultimate symbol is your Ishta Devata. Your Ishta Devata is your symbol of the most divine energy.**

How to choose your Ishta symbol: meditate on these three questions:

1. What one idea are you willing to die for?
2. Of all abstract nouns-compassion, kindness, love, courage, ect. , which means the most to you?
3. What is truly your greatest value, ultimate value that you live for?

Now choose a person or a symbol that best meets these values. You can choose a non person such as a tree or flower but it must be anthropomorphic with a face and a voice so that you can communicate with it. You can use your Ishta to neutralize symbols. Your Ishta can become very intimate with you and can be called upon for guidance, for clarity or just to give you strength in times of weakness or instability. Your Ishta will always have those values that are most important to you and you can call upon your Ishta when you want to embody these qualities into your own psyche.

**As above, so below.** Another whole language of symbols is available to us by studying the cosmos. There is a cosmic dance among the planets and the zodiac on the grandest scale. And on an intimate scale the cosmos around us at our birth time take us on an epic journey through this lifetime. The natal chart is a map of our karma and the timing of this karma. And we can use the natal chart to guide us with knowledge and Divine wisdom from day to day. SR will not teach the art and science of astrology but what SR would like to introduce is the planets and their energies as symbols. In a SR meeting there is reference to moving up jacob's ladder to the higher chakras or moving up from the Mars chakra (anger) to the Venus chakra (compassion). We can literally do this by lifting our energies through the Kriya breath to the higher vibrational chakras.

**Moon;** ☾ the Soul of a person

Key words; emotionality, changeability

Places; home, kitchen, nurseries, beaches, fresh water lakes

People; mother, children ages 0-7, babies, general public

Things; change, water, emotions, beginnings, memories

Physically; breasts, stomach

Mentally; relates to emotions

**Mercury;** ☿ the Greek god Hermes was the god of translators and interpreters and served as messenger for all the other gods.

Key words; communication, transportation, mentality

Places; library, school, bookstore, office

People; children ages 7-14, messengers, teachers, secretaries, neighbors, brethren

Things; short travels, books, bicycles, education, magic

Physically; speech, hearing, nerves, dexterity

Mentally; relates to logic

**Venus;** ♀ goddess of love, sex, beauty and fertility

Key words; love, beauty, harmony, compassion

Places; gardens, places of beauty, banks, bedrooms

People; young women, rules the ages 14-21, artists, musicians, bankers, lovers

Things; art, valuables, money, social pleasures

Physically; kidneys, hormonal activity, homeostasis

Mentally; relates to love, compassion and kindred spirits

**Sun;** ☉ the Spirit of a person

Key words; vitality, power, self-expression

Places; positions of power, stages/limelight

People; men, boss, rules the ages 21-28, royalty, famous people

Things; fame, power, prestige, persons individuality and character

Physically; heart, vitality, self-expression

Mentally; symbolizes will power, not willfulness

**Mars;** ♂ the god of wars

Key words; heat, energy, courage, anger, things of this world not the spiritual world

Places; battlefield, hot places, factories, machine shops, surgical rooms

People; warriors, knights, athletes, young men, mechanics, surgeons, police, argumentative people, butchers, rules age 28-35

Things; cars, machines, burns, cuts, wounds, chemical, iron, heat, chemicals

Physically; muscles, body heat, defense system of the body, accident

Mentally; symbolizes pioneering spirit and the emotion of anger

**Jupiter;** ♃ known as the greater benefic as it is the bringer of good things, also knowledge.

Key words; optimism, expansive, preservation

Places; churches, open/expansive places, court rooms, foreign lands

People; philosophers, religious people, rules ages 35-42, doctors, lawyers, philanthropists

Things; higher education, foreign travel, aspiration, expansion

Physically; thighs, hips, liver, blood flow, reasoning

Mentally; optimism, compassion and generosity

**Saturn;** ♄ symbol of karma

Key words; constriction, limitation, self discipline, foundation

Places; confining or dark places, solitary places, caves, under things

People; old people, morticians, magicians, jailers, mathematicians

Things; delay, death, confinement, limitation, endings, loss, esoteric philosophy magician

Physically; bones, teeth, skin, hardening, aging, hearing

Mentally; coldness and indifference, set in ways

**Uranus;** ♅ Greek God of the sky, ruler of astrology

Key words; unexpected, revolutionary change, disruptive

Places; strange and unusual places

People; inventors, aviators, astrologers, antique dealers, metaphysical healers, revolutionaries, genius'

Things; electricity, disasters, riots, revolution, electronics

Physically; lower legs, ankles, body electrics, spasms/disruptions

Mentally; urge a rebellious freedom

**Neptune;** ♆ Poseiden, ruler of the water

Key words; nebulous, inspiration, mystical

Places; oceans/seas, bars, foggy/misty places, confusing places

People; mystics, musicians, liars, drug/alcohol addicts, mariners

Things; music, deception, inspiration, drugs/alcohol, saltwater, scandals, secrets,

Physically; feet, allergies/autoimmunity/addictions, permeability, cancer

Mentally; urge towards art, non-material, philosophy,

**Pluto;** ♇ King of the underworld

Key words; regeneration, renewal, death and dying

Places; underworld, graveyard, toilet, brothel, Las Vegas

People; mafia, intense/intimidating people, dictators, black magicians, the dead, kidnappers, masses of people

Things; decay, regeneration, treachery, violence

Physically; elimination and renewal, cycle of birth/death, defecation

Mentally; urge towards purging, transformation and perception