

YOGA FOR DRAGON RIDERS

BY KATRINA HOKULE'A ARIEL



A Training Manual for Those with Inquisitive Minds and Fiery Spirits

*Also Good for Adventurers, Dancers, Internet Enthusiasts,
and Human Beings in General.*

Empower Yourself! Play in the Profound.

FIND YOUR PURPOSE.

LEARN. LOVE. PLAY.

AWAKEN AND DELIGHT.

ArtPrana Publishing

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First Edition

Disclaimer: This book contains information intended to enhance wellbeing and happiness. All information is offered as-is, and is used at the sole discretion of the reader who assumes all risks from using the information provided herein. The guidance of an experienced and qualified yoga teacher is highly encouraged. Before beginning a yoga practice, consult with a qualified professional in regards to any health or physical concerns.

You are responsible for your own choices. Make good ones.

*May all beings be happy.
May all beings be free.
May your path be blessed.
May your heart song be clear and joyful!*

www.YogaWithKatrina.com

www.YogaForDragonRiders.com

This book is dedicated to:

Seekers of Truth,
Dancers of Dreams,
Lovers and Lightworkers,
All who follow the song of their heart.

And of course . . .

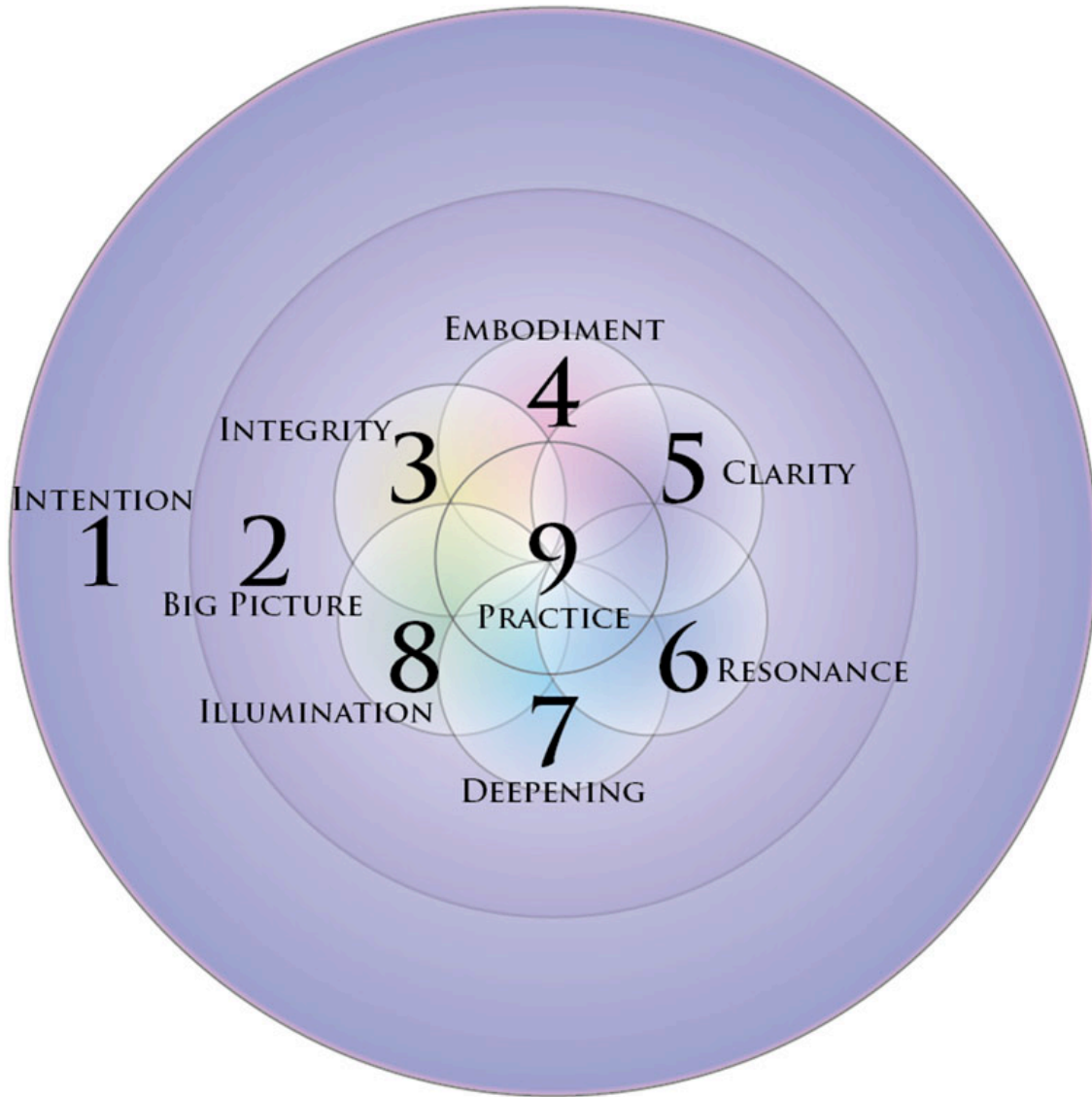
The Dragons!

To the trees,
To the mountains,
To Earth, Air, Fire, Water, and Akasha...

Thank you for the beauty.

With a humble bow and deep gratitude to all of my teachers, human and otherwise.

The Map to becoming a Dragon Rider



Introduction

The Call of the Heart

“You are chosen because you have asked.”

Greetings!

You know why you are here. If you are reading these words, you have been called.

You have asked the deep questions of the heart and aspire to awaken to a more fulfilling, enriching, and meaningful life.

Your path is one that has wandered and wound its way through many challenges, and you have survived, grown, and evolved to become who you are today.

Your heart desires the magic you know exists, but you have yet to fully understand how completely this magic actually surrounds you, even in the seemingly dull and mundane of that-which-must-be-done.

You yearn for the extraordinary and know that you have unique talents and capabilities, even if you are not fully aware of what they are.

This is an Invitation.

If you wish, you can take this Rider’s Training Manual and begin a series of Initiations that will make your path through life far more clear and resplendent!

But know this: It is not an easy path. It will come with difficulty as well as delight.

Is it worth it? Absolutely!

Your capacity is great; discover how great! Become who you want to be, taking on the virtues of those you admire and making them uniquely your own.

Ride the waves of life.

Unleash your inner Dragon.

What Is Yoga For Dragon Riders?

Yoga for Dragon Riders is a way of tapping into a wealth of wisdom and power with the guiding force of love, expanding the delight of life in service to the highest.

Yoga is the scientific art of bringing the Universal and Individual aspects of who you are into a state of conscious and joyful union.

It encompasses physical, mental, emotional and philosophical practices that transform the practitioner like alchemy—refining and revealing the sparkling essence of who you are.

Yoga is the method by which Dragon Riders and Seekers of Truth emerge from where they are hidden, deep within, sleeping beneath the limiting ideas of human habits and conditioning.

Yoga is ancient, with many secrets to be uncovered, and yet it has evolved to become one of the most liberating approaches to live a life filled with meaning; a life where laughter and silence are equally revered.

This particular approach to yoga invites your imagination to swirl and play, informed by many Masters who have passed their knowledge to me. In particular, this Manual is guided by my own interpretation of Anusara® yoga, which is the school of Hatha Yoga I practice and teach. I also have infused much wisdom from other spiritual explorations, as well as journeys in the Akashic Records and the Library of Life.

This approach to yoga invites you to find your own path and creative expression, guided by principles and practices that are effective and empowering, playful and profound.

And what is a Dragon Rider, exactly?

In the context of this book, a Dragon Rider is one who lives life fully, walking their own path with integrity, honor, and skill—one who discovers what it is to have balance between the essential elements of love, power, and wisdom.

A Dragon Rider is one who connects with the power of life and the spirit of dreams—one who explores on many planes of existence, with one foot in this world and one in the next.

A Dragon Rider goes beyond limiting ideas to explore who they are, with creativity and delight, contributing their own unique talents to help uplift the world.

We can use the word Rider, or we can use the word Yogi, or perhaps the title Master-in-Training. Whatever you prefer is fine.

I like the word Rider because the idea of riding a Dragon infuses a sense of power and destiny that calls the imagination to awaken and participate more fully in your experience of life. This image invokes and magnifies the delight of creativity and therefore the force of transformation.

I also often compare life to an ocean, and we are constantly riding the waves of life.

To ride skillfully, or to surf these waves, requires proficiency and willingness. When you have both, you can find beauty and benefit both in the low times and the high times and can balance yourself wherever you are and whatever you experience.

To be a Rider (to live your yoga) is to realize that the energy that pulsates within your blood and breath is the same energy that moves the waves and is the water.

This energy is all of life, all of what you see and do not see.

And it is sentient. Aware of itself and limitless in power and possibility.

To be a Dragon Rider is to align with this energy, with love and respect: To spread your wings and fly upon the current of Grace.

Dragons remind us that magic is real, and that it exists within us.

Your Dragon is a guide and companion that may or may not manifest on this plane of reality, but is, nonetheless, entirely real.

Dragons have long symbolized power and transformation. Now, as the world changes, we must choose how to create the new world and the next Great Age of the Earth.

Dragons, along with a host of other beings both ancient and wise, have chosen to participate. They have decided to influence and illuminate this shift, so that we may finally enter the long awaited Golden Age.

Who Am I?

*I am who I am.
I share what I have to offer.*

*If it is for you, take it.
If not, may your path be blessed.*

Once I did not know who I was. Once I was lost and desperately seeking answers, comfort, and clarity. But, no matter how many times I stumbled or dug myself into holes of doubt, I did not give up.

I continued to seek magic and light until I became them!

My name is Katrina Hokule'a Ariel.

One of the many names my Dragon uses is Seeker of Truth.

Hokule'a, my star name, is Hawaiian and means "Star of Gladness."

I am Earth-healer, daughter-of-joy and star-child-of-light.

I am sage-song-weaver.

I am the culmination of who I have been (warrior, queen, clan mother, chief's daughter, and many more besides), and yet I am more than all of these combined.

My name has changed as I have changed, just as who you are is changing right now.

My soul's mission is to be a bright, balanced light in this world, to enjoy myself and life fully as a being of love, and to bring to others happiness and hope.

I am joyfully committed to helping this magnificent Earth come into a place of harmony; befriending trees, animals, and people alike; and calling all hearts and beings to their highest purpose with an invitation to celebrate and connect more deeply than ever before.

My own teachers are Masters from this world and also from beyond this world. I read the records of the Akasha, and in doing so I delve into the essence of What Is, for every thought, sound, and action leaves an impression in the field of energy.

It has become my dharma (my duty and purpose) to share the teachings I have been given, from sources both human and otherwise, for the highest good of all.

Here is one such teaching, a Great Truth in its own right:

Believe in yourself. Believe in the magnitude of your power, of which you feel but a fraction. Be whole, both in your vision of yourself and the world.

You can create anything you want; truly you are capable of ANYTHING! But you must hone your skills in order to do so with Grace and clear intention. Be unafraid, you will be well guided along your path.

What you can expect from me...

You can expect me to be straightforward with you.

I am honest, and I have learned many things from many teachers, in this world and beyond, that apply directly to our everyday lives.

Everything in this book is a real teaching. I use the illustration and symbol of Dragon and Rider as a theme to present practices, philosophies, principles, and paradigms—all of which are real and available if we know how to align and perceive.

I share my voice, my perspective, and a wide variety of information from many sources.

I teach from the heart.

I invite you to be open-minded and adventurous as you take this journey.

Explore in the realm of infinite possibility.

Take what calls to your heart and live it.

In order to skillfully become a Dragon Rider, you must be many things:

Your mind must learn to be sharp yet spacious, focused yet flexible, and able to truly perceive what is possible beyond the commonly accepted paradigm of everyday life.

Your body must become strong yet sensitive, your movements deliberate and daring, and your actions must be informed by an awareness of how all things are interconnected.

You must be willing to truly acknowledge and accept the wisdom and evolution of your spirit.

You must be able to listen, truly listen, to the song of your heart.

And you must be guided by Universal Principles of Integrity, which allow you to know exactly what to do, even when faced with fear and uncertainty.

You can learn this.

You can experience the incredible joy, exhilarating power, and tremendous freedom that come from skillfully serving the highest within yourself and in all the world around you.

This is a practice for seekers from all races and ages of the world. It asks you to deepen your faith in yourself, and the Truth you already know deep within your heart, becoming ever more empowered and inspired by this practice.

This is a path of high honor. It requires courage, yet it is infinitely rewarding.

The question is, are you willing?

Are you a Seeker of Truth and Beauty?

Are you a Warrior of Peace, willing to do the work necessary to create harmony within and without?

Do you have what it takes to be a Dragon Rider?

Do you have the imagination to look beyond limiting thoughts and ideas, the determination to move towards Mastery moment by moment, and the curiosity necessary to uncover the secrets of living life to its fullest?

With great power comes great responsibility.

Know this.

Know that if you choose to enter into the Rider's Realm, you will be rewarded with the soaring brilliance of liberation. You will illuminate mind, body, and spirit. And you will prepare yourself for the Time of Dragons, claiming your power with integrity, devoted to serving the highest good with courage and honor.

For a new age is upon us, and Riders of great skill and capability are needed.

If, with full knowledge of both the requirements and responsibility, you choose to accept this invitation, then we are well met. Well met indeed!

About This Book

This book is intended to be a joyful, radical exploration into yoga and beyond.

Think of yourself as a Dragon Rider. You immediately imagine yourself as a more powerful being. You see yourself in a new way, supported by a mighty Dragon, and access aspects of yourself that may otherwise remain hidden.

To claim your power is to embrace your entire self, as well as the mission or purpose of your life.

This must, of course, be supported by a solid philosophical and ethical foundation that allows you to be powerful in a balanced, harmonious way.

Your intent and vision must be pure.

*I am pure. The purest of the pure.
I accept my power, I embrace my power, I claim my power.
For there is only Light to wield!*

By positioning your thoughts to consider yourself a Dragon Rider, you engage the immense might of your imagination and expand your ideas about yourself. You begin to dissolve the boundaries of thinking that trap you in a limited view and experience.

The world we live in is far more than we think. We see only a fraction of the spectrum of light that reaches our eyes and process only a small amount of the information that filters in.

The Third Dimension, this plane of existence that we consider the real world, is only one level of what is truly available.

By going beyond limiting ideas and practicing methods that refine and hone your skill as a being of great worth and capability, this book invites you to live fully in the Third Dimension, and to move towards the higher dimensions, where anything is possible.

In order to do this we make small, incremental shifts in the way we relate to ourselves and the world around us and formulate our thoughts in clear, deliberate ways.

Thoughts become things, and as you journey toward higher dimensions, your thoughts manifest immediately! Best, then, to be very skilled with how you direct your thoughts!

The methods of yoga and energy work presented in this book are very real and very effective.

Though approaching these practices from the concept of becoming a Dragon Rider is somewhat different, it serves the purpose of allowing you a bigger picture of yourself and what is possible. This will speed up your progress as you practice, because it is our own limiting beliefs that, so often, hold us back.

Merging Fantasy and Reality

I often describe myself as part cat, part elf, and part hobbit...

When I was a little girl, I yearned for a world filled with magic and wonder. That desire never left me, and so I fulfilled it by diving into books of fantasy and adventure.

For a long time, I wished so many of the elements of those books could be real. Then, through my explorations in yoga, meditation, energy, philosophy, and discoveries that the history books don't tell you about, I realized that those elements ARE real.

If you take every fantasy book and look at the common characters and concepts, there are threads that stand out and weave the many worlds together.

These commonalities are all reflected in who we are and the world around us, if we but look.

The Elements of the Extraordinary

1. The conflict of good and evil

Every fantasy book is a story about the power of good becoming victorious over the power of evil. It is the epic and classic plotline that inspires us to rise above.

When you look at this world we live in, power has absolutely been abused, though the lines between "good" and "evil" are not so clear. Also, generally the

characters in each story have to overcome their own 'shadows' in order to triumph. The same is true for us.

2. Service to something bigger than ourselves

In the stories we read, the characters rally together for a cause. Generally, it is to save the world from the forces of evil, which threaten to enslave and destroy All That Is good and beautiful. The characters devote themselves completely, with honor and valor, to serve the good of all and bring the world back from the brink of devastation.

This is not so different from the state of the world now. Much is at stake and has already been destroyed. The Earth is on the edge of environmental and political demise, not to mention the publicly unacknowledged groups that want total control and power over everyone else.

But there are a great number of people who are taking a stand, truly dedicating their lives to making this world a better place.

This concept of serving something bigger than yourself adds incredible meaning to your life, allowing you, like the characters in the epic adventures we read, to overcome any challenge and, in doing so, grow stronger and become even more fully who you are.

The Earth is changing, and it is up to each of us to participate in how the future unfolds. We all want to contribute to something bigger and feel that our efforts have made a difference.

This you can do, and this book will help you.

3. Magic and extraordinary abilities

Okay. Magic is always a result of your intention. Always.

Except when magic happens spontaneously, which is rare (we call that Lila – Divine play). If magic is not a result of your own intention, then magic (or anything really) is likely influenced by the intention of another being, seen or unseen.

This has been my experience, and how it has been taught and manifested according to every teacher I have studied with and every book I've read.

Dragons, of course, call to our innate knowing that magic is real and possible for each of us.

It is a scientific fact that we are functioning in this realm, on this level of vibration, as human beings, with a fraction of our brain capacity.

There are also millions of accounts of superhuman, psychic, and otherwise unexplainable skills, accomplishments, and occurrences.

These include:

- The ability to see psychic information (Clairvoyance)
- The ability to sense psychic information (Clairsentience)
- The ability to hear psychic information (Clairaudience)
- The ability to be in two places at once
- The ability to move objects
- The ability to fly
- The ability to shape-shift
- The ability to telepathically communicate
- The ability to co-create and communicate with Nature
- And much more...

Magic is very real. Extraordinary things happen all the time.

There is no spoon. *(If you don't get this, go watch The Matrix.)*

The possibilities are, truly, limitless.

4. Races and beings that are not human

Elves, dwarves, angels, faeries, dragons, spirits, and all manner of other beings, including those from other planets, show up as integral parts of the stories. Most of the time, the circumstances in the book mean that many or all of these different races have to work together in order to save the world or conquer the villain.

On a surface level, this speaks to the need for all of the different people of the Earth to work together to create a world without war, free from damaging environmental practices, and without the great extremes of poverty and those who have more than they know what to do with.

Each of us is different, but like these different races, we all desire harmony and a life that is in balance with Nature.

Nature herself is teeming with faeries and Nature spirits that many people actually see. All of Nature is sentient. Trees are incredibly powerful, as are crystals, water, mountain spirits, and so on.

Beyond these seemingly obvious correlations, the different races of legends also can be found in the legends of cultures all over the world.

What we know and what science claims to be the history of the world is such a small part of the actual history and timeline of Earth. There were cultures long ago that are now lingering as legend. Think Atlantis and Lemuria, to name only two...

The elves could be the “gods” of Egyptian, Mayan, and many other cultures. These are very likely beings from the stars or other dimensions that helped to seed the races of this planet and taught humans all kinds of things, from agriculture to astronomy. Why else would ancient cultures all over the world have incredibly precise astronomical and mathematical building designs, showing an understanding of these sciences that is beyond even what we know today?

If you look into the Great Pyramid, for instance, we don't even have technology today that could replicate it. The enormous structure was not built, as the books tell us, with copper tools and slaves; it's physically impossible. If you look into even just this one monumental building, there is enormous evidence that beings from other planets or stars were behind its construction.

And there are many, many other examples, all over the world, that tell the same tale.

We are not alone.

So that's one possible parallel to the elves, who are generally ancient, with magical powers and understanding beyond human capacity, and who are often “interdimensional” in that they come from or eventually leave the Earth to be in another place that is otherwise unreachable.

There also have been many other ancient races on Earth, traces of which have been left as bones, myths, and artifacts. The dwarves could be an expression of the small Earth dwellers that are at the roots of some indigenous cultures. There are also stories, from many reputable sources, of interdimensional cities and societies living beneath the Earth's surface, under mountains, and even near the Earth's core. Sometimes these inner Earth dwellers are said to be humanoid, and sometimes they are a completely different type of being altogether.

Time and space are enormous.

We understand such a small part of what is, so it only makes sense to expand our idea of what is possible.

The Universe is infinite. We can not be the only life in it.

The races of fantasy gently nudge us in this direction of thinking, so that we can realize that, not only are we not alone, but we need to work together with any other race that desires harmony and balance and peace.

5. Transformation

Don't all the EPIC stories—the ones that capture the imagination and invite you into a different world—occur on the very edge?

One thing turns into another. On subtle and monumental scales. All the time.

Life is a series of transitions, patterns, and flows.

You can't help but notice that the storyline of the apex of an age, where the characters are truly fighting and putting all their effort into saving the world from crumbling, is reflected in what we see around us.

Our personal transformations are constant. We are evolving, expressing ourselves differently. All the time.

Every moment is a choice.

When you begin to think of these elements in the context of how they reflect all around you, it is easier to identify them and realize that your life is far from mundane, so long as you are willing to look for the magic and beauty it contains.

It's simple. And vast in what it signifies.

Concerning Dragons

This book is largely concerned with Dragons and Dragon Riders, and from its pages inquisitive minds and willing spirits can discover much of their character and gain a more comprehensive understanding of their own history.

So let's study Dragons for a bit, shall we?

Dragons, as real beings that exist on some plane of the Universe, are a thrill to connect with and to consult as Guides and friends.

Okay. First, let's address the thrill part.

I found this excerpt on a Wiki site online. It does a good job of summing up Dragons as they've been represented in the world of fantasy and literature . . .

Let's face it: you can't get much more badass than a Dragon. They're huge. They fly. They breathe fire. They have weapons sticking out of nearly every part of their body. They're really, really smart. They're brutal and merciless in battle. They live for thousands of years, they wield magic, and their tough scales make them both pretty and Immune to Bullets. (Well, it really depends.) As the most well-known and widely overused mythological beast, Dragons have always served as the quintessential boss monster in games, books and myths . . .

. . . Somewhere along the line somebody got the bright idea that maybe these vicious, bloodthirsty beasts don't have to be so evil after all. Maybe underneath all those fangs and claws, they're just gentle, misunderstood creatures who might just be willing to fight on the side of the good guys if you're lucky. In fact, maybe they're just looking for a friend.

And thenceforth, there came the idea of a Dragon Rider, a human) or humanoid) who is so mightily badass he can actually ride on the back of these beasts, often as a steed into battle. The concept exploded and gained ridiculous popularity among fantasy authors, and now can be seen . . . well, just about everywhere in modern fantasy literature.

Dragon Riders are almost always characterized by a bond with the beast they ride which results in a synchronous relationship between the two, a

telepathic link, and no possibility that the two could ever be separated from each other without drastic consequences.

(Source: <http://tvtropes.org/pmwiki/pmwiki.php/Main/DragonRider>)

Yep, Dragons are badass.

They're also beautiful, majestic, magical, and incredibly powerful. You can fly on them, and they have personalities so complex that a relationship with them is irrevocably life-changing and soul-expanding.

However you want to picture them, here's the cool part:

Dragons are real.

They are real and a part of our lives, even if we don't yet see them physically in the Third Dimension.

They show up as Guides. They aid us as an unseen influence that works towards empowerment and harmony. They choose to assist us and serve the highest good from their enormous hearts, with ferocious will and enduring love, whether or not we're aware of it.

But who's to say that if we raise our vibrations a bit higher, they won't just magically appear on a tangible level where we could interact with them physically? Or maybe they're hidden in some remote corner of the world, just waiting for us to be ready for them—to BELIEVE in them once more.

Why not? There is so much more to the realm of What Is than what we see and experience in the general idea of a "normal" life.

Dragons, as a symbol, are a delight!

Shakti!

Seeing as this is a book about being a Dragon Rider, living fully and guided by the practice of yoga, let's start with Shakti!

Shakti is energy. The supreme creative power that shapes all of life.

She is the Feminine aspect of the One, intertwined with Shiva, who is Divine consciousness.

Shakti breathes your first inhale into you when you are born, and takes your last exhale back into her as you die. Every breath that you receive and give back is the movement of Shakti within.

Energy flows in patterns, can be shifted and directed, and is incredibly intelligent.

When you choose to align with the natural flow of energy, everything in life transpires more smoothly and good things happen. This is a practice, and this Training contains a wealth of ways to work and live in alignment with Nature, completely supported by the Grace of Shakti.

You may have heard of Shakti Kundalini; the coiled inner power within your body that can be awakened, bringing intense insight and limitless possibility.

This awakening happens on its own time, little by little, as you live your practice. It comes in sparks of revelation and moments of incredible beauty. These little illuminations happen all the time.

Kundalini energy is often symbolized as a serpent, and a rising serpent could easily be seen as a Dragon. It is natural part of you that is simply dormant or subdued most of the time.

It is not something to force, as it can be unsettling if one is unprepared and could unpredictably affect someone who is not ready, just as it would not be wise to push a Dragon around forcibly. Rather, it is by cultivating a relationship of awareness with the energy within that you embrace your inner power and co-participate in a dance of awakening.

As you practice this yoga, you mindfully align with the current of life; the natural flow in the Ocean of Grace.

Being a Dragon Rider is living in the flow of Shakti, one with the current.

I was once told this by a wise man from India:

*If you unfurl your sails to the winds of Shakti
you will always have enough energy—you can do anything,
for the flow of Shakti carries you.*

Now I say, unfurl your wings!

The Serpent

The serpent stands for immense and powerful cosmic movements. This is true of these archetype serpents deep under the Earth, deep under the oceans, on the

Earth surface and in the sky. In fact, it is the very ability of serpents to move between various worlds and different dimensions, as indicated by their hibernation in winter and their life on and in the Earth, which give them the significance to provide purpose and direction to ways of knowing and being, world-wide. Other physical and transformational qualities of serpents such as the shedding of their skins and regeneration add to the significance of complex, mutable characteristics, and the awe with which they are regarded.
(Source: Nancy C. Maryboy, <http://cosmicserpent.org/about-us/the-cosmic-serpent>)

Think of a picture of a snake with its tail in its mouth. The image speaks deeply of the cycles of change and transformation.

Dragons and serpents carry much of the same symbology and powers, for Dragons are the serpents of the sky.

Everyone Knows What A Dragon Looks Like

One of my favorite books when I was a young girl was a children's book called *Everyone Knows What a Dragon Looks Like*, written with a sly wit by Jay Williams and splendidly illustrated by Mercer Mayer.

The Story

The main character is a young boy named Han, and his job is to sweep the gate of the city. He lives in a very small hut next to the gate and gets one bowl of rice and one cup of wine every day. He gives each person coming and going a kind word because that is all he has to give.

He lives in a hill village perched between China and the wild. One day a man runs through the gate bringing news of impending doom; the Wild Horsemen of the north are on their way to invade the village.

Han brings the messenger to the Mandarin of the city, and between the Mandarin and his council, they decide the "most practical" answer to the problem is to pray to the Great Cloud Dragon for help.

So the city prays.

And the next day, just before the enemy is in sight, a short, round, old man with a long beard and a staff shows up. In their friendly conversation he tells Han he is a Dragon.

When Han says that the old man don't look like a Dragon, the old man asks Han how he's so sure. Has he ever seen one?

And this innocent, humble boy realizes that he hasn't. So he kindly leads the old man up the hill to the palace, where the men in power send him away rudely because they all think they know what Dragons look like, and they are all very sure about themselves.

So Han takes the old man to his little hut and offers him his meal for the day, and for his kindness, the Dragon decides to save the village, even though the men at the top insulted him. He decides it is worth saving the village for this one humble boy who lives his life from a perspective of patience, goodwill, and a pure heart.

The old man goes out and breathes a great wind across the hills where the enemy is galloping in, and the entire army goes flying. The Dragon takes out the whole threat in one breath.

And once his work is done, the small, fat, old man ascends into the sky and transforms into a magnificent Dragon in the clouds. And the whole city, including the men at the top, stand in wonder, gratitude, and respect, for now they all know what a Dragon looks like.

The end of the story is a double-page illustration that exudes peace, with a faint image of a Dragon with its tail in its mouth, forming a circle around a crescent moon.

The Significance

Here we have some of the main threads of the symbolism and powers Dragons (and stories about Dragons) carry:

- ~ Transformation of Self and the World
- ~ Integrity of Character
- ~ God-like Powers
- ~ Rite of Initiation
- ~ Overcoming great challenges in remarkable ways
- ~ Values of humility, service, kindness, and willingness to see things from a different perspective

And these are just a few examples. As you read, you will identify the significance that is most real and true for you right now. Think of it as a rite of passage as you approach Initiation as a Dragon Rider.

Be mindful and open to realize the significance you see in these words and the story I've just summarized for you. As well as all around you.

Connect with Your Dragon

First, sit beautifully and take three deep breaths. When you feel centered, continue:

See and feel a pure, loving white light surround you and expand within you, from your heart and central core through every cell and extending beyond your skin.

Feel the Earth beneath you, grounding and supportive.

Take another deep breath and notice the change in how you feel.

Now, invite your Dragon, who has already chosen you for who you are in your heart, to introduce itself.

You might feel a shift in energy if you are sensitive, or you might get a message or image that comes to you. However, even if you don't perceive anything, with a clear intention to recognize and know your Dragon, you will be connected on some level.

Take a few breaths to connect to a sense of joyful, powerful love. Your Dragon is a very pure being of great light—that's where its power comes from.

Imagine yourself forming a bond with your Dragon that allows you to communicate, feel, and co-create with it.

Imagine the incredible freedom and joy of flying!

See yourself soaring over the Earth.

Feel the Dragon's scales beneath you, and the rush of wind through your hair (and perhaps some butterflies in your stomach).

What is the landscape you're flying over?

What does your Dragon look like?

What is its name?

What are the qualities of its character?

Might want to write your answers down.

Oh, by the way, you'll want to have a Rider's Journal with you as you go through this Training Manual—the contemplation above is a great first entry.

More on that in your First Initiation . . .

***Want to read more and embark on the
journey of becoming a Dragon Rider?***

*Keep your eye on www.YogaForDragonRiders.com
for the Digital Release of the full book (coming very soon),
and for the print release scheduled for March 21, 2012!*