

## Joel Monk Appreciation

It's really delightful to be here. I think what I'd add to what you've said about me is, I've been on the spiritual path for about 20 to 25 years, mostly in Buddhism, Tantric Buddhism as well. I've heard about Saniel and Linda over the years and I was like, "Oh, should I go there?"

I think one of the things that really brought me to them was, last year, I'm still not sure what to call it [laughs], a hell realm basically, a spiritual crisis, a breakdown. It was actually pretty terrifying, kind of like dissolving into the void and a loss of sense of self.

As I started to come through that, through a lot of bodywork and other types of support, I've really felt this call to a path of spirituality which was not just about transcending the world, that is actually about — I just could feel it, like the body, coming down into my body was just crucial for me in my process. So I knew of Saniel and Linda's work and I reached out to them.

Another thing that, just to hear from Kamala, is, I'm very passionate about a spirituality which is embodied and grounded and relational, and is about us each embodying and expressing our unique gifts in the world in these times of all these crises. That really appeals to me.

And the results — it's really been interesting, we've only been working together for a couple of months, but there's a lot been unfolding already. [Laughing] I'm still getting my head wrapped around some of the terminology. Sometimes I'm like, "What? What are these words? What do they mean? Like, the 'Heart' ... 'the Sun is rising in your Heart'?"

It's actually been quite refreshing to just feel, I really appreciate the way Saniel and Linda are like, "Yeah, we want you to get to a place where there's just no doubt, you really trust in your awakening."

The transmission part for me has been particularly potent, through the gazing but also through the conversations that we have. I find that at some point something just hits me in this way that is just not intellectual. There's a resonance, a vibration, a gestalt of the topic that we've been talking about that's revealed, and it's like, "Whoo! Wow. Ok! I get it."

That's been really beautiful, actually. And I feel that's more and more important for people, this transmissive aspect of the work. I started to feel quite quickly a dropping down into my body, and this deep sense of Ok-ness, contentment, would be landing in my belly, in my heart, and some days I'd just be feeling...I remember just lying on the couch one day and feeling this sweet, warm, loving vibrance in my heart.

That feeling is just incredibly meaningful to me because over the years I've had spiritual experiences that haven't lasted. To feel something that's starting to feel more abiding is a really rewarding and meaningful experience.

This dropping away of, like Kamala said, a kind of anguish or seeking, and just to say that for me, last week I experienced a lot of grief. I could feel the — I don't know how to put it — I could feel the beauty, and the gift that was, and how it wasn't antithetical to this path in any way.

In fact that's been one of the most potent parts of the transmission, this embrace of everything. Even being distracted, not being present, being identified with thoughts, all these ideas I used to have about what being spiritual was, as they're embraced as being OK actually frees up a tremendous amount of energy — and radiance of the Heart, without me fully knowing exactly what that is...

So it's been a really beautiful experience so far. One last thing I want to share about transmission — even reading one of the passages from Saniel's book *The White-Hot Yoga of the Heart* the other week, to feel again that transmission of the words on the page of what he was writing about, I'm fascinated by that and it's also a really beautiful experience.

The transmission of what I think is different about their path, this divine/human experience, where we're not imposing any sense of idea or standard of what we should be, in that very act there's a freedom, something begins to shine through which is incredibly beautiful.

I'll just keep it to that and say blessings to you both, it's really beautiful to be with you all. I think I've covered what I wanted to share.