

## **Welcome Your Blocks**

“The more you notice how much you are made of conditioning, the more freedom you will feel. Whereas before, the more you wanted to be free, the more you felt conditioned. Feeling your conditioning opens you to the sensation of freedom. The more you discover that your body is only constriction and defense, the freer you will feel from constriction and defense. The more you feel that your psyche is only fear and greed, the more you set yourself free from these forces. Remain on a somatic level, there is nothing to think about.”

## **Emotions Fully Felt Leads to Stillness**

“Emotion doesn’t disrupt stillness. On the contrary, it leads to stillness. Body tension allows us to become aware of true relaxation. When tension appears, it reveals relaxation. It allows us to notice what is fee in ourselves.

“That is the Tantric approach.

“In the classic yoga approach, emotion and tension are rejected. Here it is the opposite: everything that is felt is welcomed and brings us back to stillness. This path requires a higher degree of subtlety, which most human beings lack.”

*- Eric Baret, in Let the Moon Be Free, Conversations on Kashmiri Tantra p. 69 & p. 146*