

Motion Dancing With Spirit

Balance

In non-duelist thought, specifically [Tantra](#), everything is considered to have an equal counterpart that ultimately balances the universe into one balanced whole. The symbol of yin and yang is a perfect example of this: each side is not only balanced by the opposite of the other, but more importantly, the essence of one is located in the heart of the other represented by the black circle in the white space, and the white circle in the black space.



Shakti: The Cosmic Dancer

In Tantric thought, Shiva represents the masculine energy of light, spirit, and consciousness. His perfect partner in the co-creation of the Universe is Shakti, the female energy that is creative, dynamic, and material. According to this model, the masculine energy is contemplative and spiritual and the female energy is determined to do something about it, to dance and celebrate that spirit into form. It should be noted that despite our gender we all have energies and traits that are both masculine and feminine. Therefore, Shakti could be described as the spirit producing action. I'm guessing that we've all experienced this feeling of Shakti sometime or other when we've been inspired to action.



Dancing With Consciousness

When we express our Shakti energy, we feel powerful and creative, we breathe and we move. This feeling of Shakti energy is very empowering. Whereas thinking or worrying about something is pretty static, it is Shakti energy that changes thought or worry into empowering action. Not only worry, though. Shakti tells the Universe that you are serious by putting action to your resolve. Even if the solutions to our worry or fretting don't come immediately, by starting some sort of movement, we've open the Shakti energy, a channel whereby change and metamorphoses is inevitable. Sometimes it takes physical motion, a little re-arranging of the furniture, to realize the bigger changes that you'd like to see. Besides, movement feels good and is fun! Fun is exactly this: motion on spirit.

Sometimes, the physical manifestation of this female energy is called Kundalini, a force which is said to be housed in the base of the spine and will travel in a serpentine fashion up the [Nadis](#), the principle energy veins, along the direction of

the spine, once awoken through the practice of yoga.

Try familiarizing yourself with this feeling of Shakti, or Kundalini. My favorite mode to become familiar with this is by first drawing in through breathwork and meditation to identify spirit and circulate energy. Then do some asana, or yoga poses, to further illuminate that energy and distribute it through your entire system. It's as easy as being conscious of your breath while moving your body. A simple yet profound practice.

One you practice in this way, you may begin to notice how you can apply action to spirit in all aspects of your life.



Scott Moore Yoga (Photo by Alex Adams)

Scott Moore is a senior teacher of yoga and mindfulness in the US. He's taught classes, trainings and workshops in New York, San Francisco, Salt Lake City, and L.A. as well as in Europe

and Asia. Scott is the author of [Practical Yoga Nidra: The 10-Step Method to Reduce Stress, Improve Sleep, and Restore Your Spirit](#). When he's not teaching or conducting retreats, he loves to write for print and online publications such as Yogi Times, Conscious Life News, Elephant Journal, Mantra Magazine, Medium, and his own [blog](#) at scottmooreyoga.com. Scott also loves to run, play the saxophone, and travel with his wife and son. Check out his [yoga retreats and trainings in places like Tuscany, France, and Hong Kong](#), his [online Yoga Nidra Course](#) and his [Yoga Teacher Mentor Program](#). Scott is currently living in Salt Lake City after living in Southern France with his family.