

SELF MASTERY

What does it mean to heal?

Claudia Carballal, MS

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Healing is becoming whole again. It refers to personal growth, healing anything that needs repair, integration, and clarity.

Before you can overcome your life's obstacles and heal, you have to be open to change. You have to want to grow and find the truth as bad as you need to breath. Everything starts with your mind; understanding that your unconscious beliefs and social programming create automatic thoughts and behaviors that may not be working for you anymore.

The most powerful way to effectuate change and shift your perspective is to become firmly established in daily practices that aim at the evolution of your being and the growth of your individual consciousness. One of the most important practices for this purpose is meditation.

All the wealth, assets, luxuries, and comforts of life are of no use if you have an unsteady and dissipated mind. A mind that does what you want it to do, guided by the wisdom of your soul, is a steady and healthy mind and the most valuable asset that you can have. If you can have a steady and clear mind, no much more is needed.

The great sage Swami Vivekananda said,

“The mind is an instrument in the hands of the soul.”

This means that the mind is a tool and it has to be guided by the soul, otherwise it will run like a wild horse, scattered, confused, weakened, at the mercy of external influences.

The great poet-saint Kabir Das said,

“I bow only before that saint who has conquered his mind.”

Some of the most important texts about meditation say that when the mind is still, not bothered by thoughts that come and go, we can experience the joy of the supreme source within. In other words, when the mind is still, we achieve liberation. Why do we call it “liberation”? Because meeting with the source is not a meeting of two; it is a meeting of one which is the state of God within us, and this is considered an enlightened state that liberates us from our ego or illusion of separation with the oneness. This state is possible only when our ego disappears and we can be aware of our true nature.

The sages who experienced high meditative states tell us that the greatest happiness is within and not in the external world. The external world may offer temporary happiness only. It is not possible to control our environment, but it is possible to find permanent joy in the control of our mind, thoughts, and responses.

Advantages of Meditation

Meditation can help you:

- Clear your mind
- Manage your mind so external conditions don't bother you
- Increase peace and joy in your daily life
- Experience awareness of our true nature
- Increase higher levels of consciousness
- Awakening from the dream state (perceived reality) into a higher state
- Attain knowledge beyond sensory perception
- Experience the state of be one with God

Meditation changes our perception of life. Whether we are seeking happiness or enlightenment, the key is to know how to control our mind. This process awakens us to a higher reality and immediately we start seeing changes in our behavior and therefore in our life. Some meditation techniques can awaken us from our dream state (perceived reality) to a higher reality.

Mantra chanting, concentration, and meditation practices clean the mind from world interactions, like sanding rust from metal to polish it. The intuitive side of the intellect gets activated with daily sadhana. You become one with the Cosmos and you will have the right energy and the right words to say at the right moment.

The higher the evolutionary status of a person, the more Grace that person is receiving. The lower the level of evolution, the higher the grip of the universe, and the lower the free will of the person. The more evolved a person is, the more life options they have because they are bringing a lot of past lives experiences (Karma). Everything that is happening to you is because your Soul desires that experience.

Meditation Method

There are hundreds of meditation techniques or methods that can suit different temperaments and preferences. Regardless of the meditation method that you practice, eventually you have to be self-guided. At the beginning, you learn the tools and practices that will take you into a state of meditation, and after that, something deeper takes over. The practice itself takes over and you develop your own way to enter into a state of deep concentration and even *samadhi*—the highest state of mental concentration. Your goal is to reach a state of nothingness. Most of the meditation practices focus concentration on the heart or the brow area and in advanced stages you can focus on the crown.

The first step to learn meditation is to avoid being motivated by the ego. With meditation training, you will be charged with a tremendous responsibility to change your life and perhaps support people in their personal journey. In the spiritual path, you must be in higher vibration through your alignment with Cosmic Intelligence or Universal Consciousness, and not with your ego.

Aspects That Play a Role in Your Growth and Learning

- Your current abilities and skills as a student
- Your evolutionary status
- The grip of Maya (illusion) in you
- Your ability to have a flexible and open mind

The skill of the person who teaches you and guides you also determines the quality of the training provided. This comes with knowledge, experience, and primarily the daily meditation practice of the teacher.

Maya is the grip of illusion created by consciousness. When higher consciousness expresses itself in this planet, maya is created and it disguises reality to take us into a journey in the physical dimension. If we were completely clear and grounded in the Truth, we would be almost God without any need for more evolution or growth.

Teachings & Personal Guidance by Claudia

As a licensed clinical counselor and yogi, I teach the tools of modern psychology and ancient wisdom that will help you in your growth and healing. My classes and meditation courses prepare you as a well-rounded and knowledgeable human being. I learned yoga philosophy and meditation in India and since 2018 I've been traveling and living in India to perfect spiritual practices called *sadhana*, including meditation practices.

India is not the only culture that offers spiritual knowledge and ancient wisdom for the raising of consciousness; various cultures and traditions around the world have discovered similar insights and acquired higher knowledge. However, in order to follow a specific and pure path of knowledge and system, I've focused my courses and guidance mainly on the teachings of vedanta, yoga, and tantra, all philosophical systems designed to achieve the highest states of awareness and consciousness. The practices of tantra as described in tantric texts of the Shaiva tradition are not texts of yoga, although many of these practices are also taught in yoga. Actually, tantra and yoga are one and the same. Yoga means "union" and tantra means "expansion" through a state of union.

You have to groom yourself to become the best human being that you can be. In my classes and programs, you will learn about your energy, aura, mind, emotions, and behavior. You will know how to read energy in other people. You have to become highly conscious and aware and improve your communication skills and listening skills. The level at which you witness people and the world influences how you talk and the thoughts that cross your mind. As you learn from my classes and tools, you will start growing your consciousness levels and you will be able to remove negative thoughts, stop feeling confused or a victim of life, stop competing with people, and attract people to you instead. This transformation will take you leaps higher on your life journey or spiritual path. The goal is to live up to the teachings of the great sages.

Classes and Courses Offered

- Meditation Teacher Training Certification - 20 Days
- Yoga Psychology Retreat - 10 Days
- Meditation Workshop - 5 Days
- Meditation Class - 1 Hour
- Life Coaching/Spiritual Guidance/Counseling - 1 Hour

COURSE DETAILS:

| COURSE | DURATION | FEES | DETAILS |
|---|----------|-----------------------|--|
| Meditation Teacher Training Certification | 20 Days | \$1,000 usd p/20 days | In-person & Online Includes: - Two philosophy classes daily (4 hours) - One meditation class daily (1 hour) - Guided healing meditation daily (45 min) - Pranayama - breath work daily (20 min) - Informational materials - Teacher's fee |
| Yoga Psychology Retreat | 10 Days | \$1,000 usd p/10 days | In-person & Online Includes: - Two philosophy classes daily (4 hours) - One meditation class daily (1 hour) - Guided healing meditation daily (45 min) - Pranayama - breath work daily (20 min) - Informational materials - Teacher's fee |
| Meditation Workshop | 5 Days | \$500 usd p/5 days | In-person & Online Includes: - Two philosophy classes daily (4 hours) - One meditation class daily (1 hour) - Guided healing meditation daily (45 min) - Pranayama - breath work daily (20 min) - Informational materials - Teacher's fee |
| Meditation Class | 1 Hour | \$50 usd | In-person & Online Includes: - One meditation class |
| Guidance/Coaching/ Counseling | 1 Hour | \$50 usd | In-person & Online Includes: - One life coaching/guidance/counselling session (1 hour) - Healing transmission (5 minutes closing meditation) |

You can also join Claudia's free Live Talk and Q&A on YouTube ([Heal With Claudia](#))

About the Teacher

Claudia Carballal is a Teacher, accomplished Yogini, Author of *Yoga Psychology*, and founder of Siddhi Meditation Center. She has a Master of Science in Clinical Counselling Psychology in the USA and formal training in India and Mexico in various healing modalities. She was initiated by one of her spiritual teachers in India after receiving formal education in Classical Yoga Studies, Vedanta, Sankhia, Healing Meditation, and other methods for more than two decades. Claudia is the author of the book *Yoga Psychology for Mental Health: A Guide to the Wisdom of Eastern Philosophy and Yoga Psychology for Mental Health and Healing*.

Claudia has the following certifications and studies:

- Registered Yoga Teacher (RYT-300), USA
- Experienced Registered Yoga Teacher (E-RYT500), USA & India
- Yoga Alliance Continuing Education Provider (YACEP)
- Ayurveda Basic Training Course, USA
- Ayurveda Lifestyle Coach, India
- Substance Abuse Prevention Training and License, USA
- Hinduism Learning Course -Hindu Academy of London, UK
- Mastership Meditation Teacher Training Certification, India
- Tarot Reading Training, India
- Divination Remedies Training, India
- Urja Vali (Energy Work), India
- Master of Science in Clinical Counseling Psychology (MS, 3 years), USA
- Cognitive Behavioral Therapy Specialist (CBT), Mexico & USA

Claudia works as a bilingual and multicultural licensed therapist in Texas, USA and splits her time between the USA and India using several healing modalities offered by the science of Yoga and energy work. She specializes in Cognitive Behavioral Therapy and Existential Therapy with a focus on Spirituality and Wellness Education, Self-Mastery, Inner-Work, and Relationships.

To know more, visit the following pages:

Meditation Classes and Retreats

Siddhi Meditation Center & Spiritual Retreat
Goa, India
<https://www.siddhimeditationcenter.com/>

Counseling Psychology

Claudia Carballal Counseling, PLLC
Dallas, Texas
<https://www.claudiacarballal.com/>

Life Coaching and Guidance

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