



# Void Self-Mastery

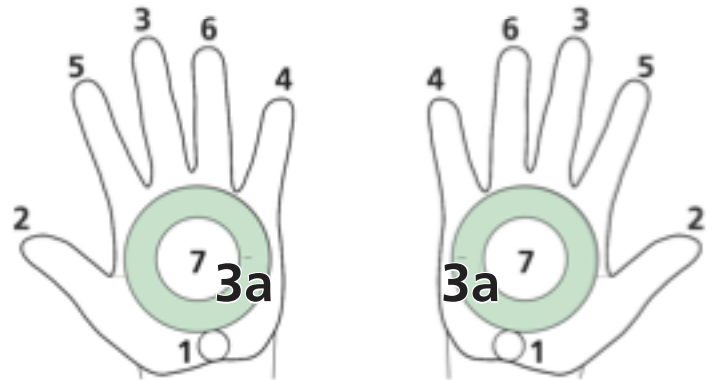
The Void is the region located within your abdominal cavity. It contains your Nabhi chakra. You may feel the vibrations of the Void within an area formed by a circle around the center of your palm.

### Void qualities:

- Balance
- Righteousness
- Sense of personal dignity
- Self-discipline
- Self-mastery
- Decisiveness
- Patience
- Thirst for truth and knowledge
- Ability to guide yourself and others in spiritual evolution

An essential quality of the Void is the guru principle. This enables you to become a guru, or teacher, offering guidance to others, along with the ability to be the guru of yourself.

The void represents the ocean of unenlightened awareness, or void, within an



individual's knowledge. Each individual may require the guidance of a true master or truthful spiritual teachings in order to realize their true spiritual nature.

When your kundalini rises for the first time, it crosses your Void region and bridges the gap — the ocean of illusion — within your central channel as it rises to the Sahasrara chakra. The result is the establishment of righteousness within you.

We all have moments of weakness, when we don't live up to our own core principles. As the Void improves from daily meditation, we triumph over our weaknesses.

You can balance the Void by soaking your feet in a basin of salt water.

