



MORE ABOUT THE AUTHOR

I would not dare claim that I have something worth offering to the world, should I have not paid my dues first. I like to believe that I earned the right to be heard because what I say is aligned between the solid ground of an understanding developed throughout 12 years of scientific university education and research, and the humble air of experience gathered through 30 years of solemn spiritual practice.

My list of credentials might be important to some people to encourage them to give a chance to my teachings. I completed two master's programs and obtained a PhD from Ghent University (Belgium). I finished in-depth studies in Anatomy, Physiology, Kinesiology, and Psychology. I researched the mind, the way people react, their motivations, and the struggles of their psyche. As the main focus of my doctorate, I developed the concept of mindful movement and introduced it in science in the publication Asztalos et al. "Sports participation and stress among women and men", *Psychology of Sport and Exercise* 2012, 13, 466-483.



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Sport participation and stress among women and men

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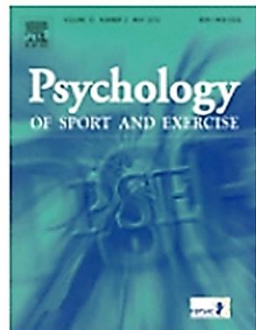
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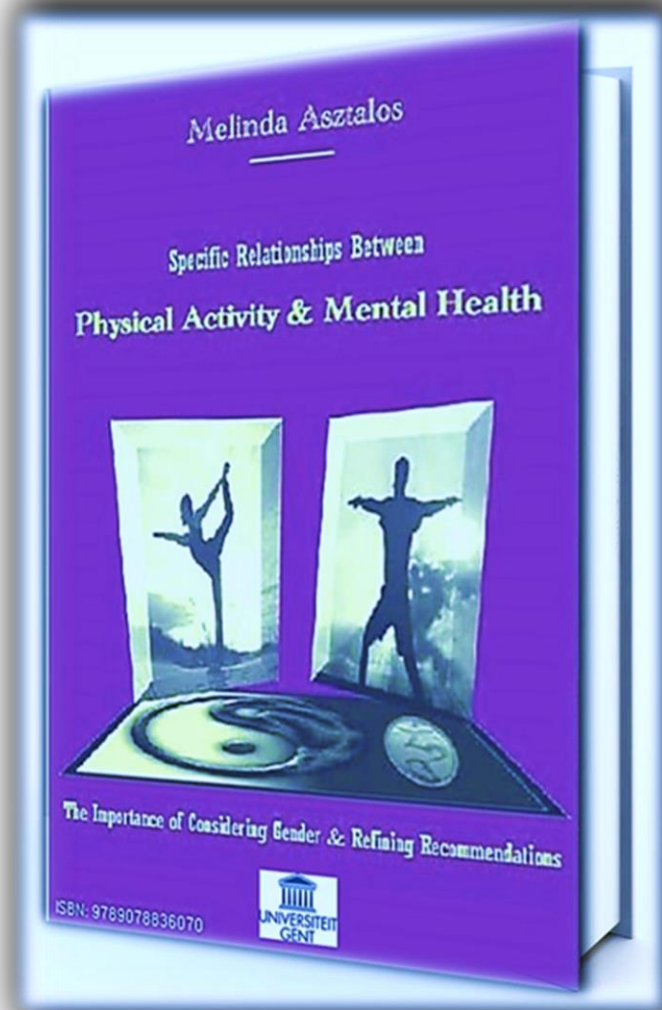
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1. Sport participation and stress among women and men
Psychology of Sport and Exercise, Volume 13, Issue 4, July 2012, Pages 466-483
Asztalos, M.; Wijndaele, K.; De Bourdeaudhuij, I.; Philippaerts, R.; Matton, L.; Duvigneaud, N.; Thomis, M.; Lefevre, J.; Cardon, G.
 Cited by Scopus (4)
2. A grounded theory of psychological resilience in Olympic champions
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After reaching this academic peak, I worked as a health scientist and advisor to the Flemish Minister of Public Health.



But my heart was warmer and beating faster when I chose to continue working on creating the method of consciousness development 'the 3M system', which gets published now, a decade after releasing the concept of mindful movement, in my book 'the Crack - freedom while stuck in human form'.

In 'the Crack' I reveal the transformation from conceptual understanding to conscious experiencing. It would be impossible to make this contribution without the rigorous spiritual training that I started over 30 years ago and will continue doing my entire life. I am fairly sure that my teachings can only help others to the extent that they help me. Everything I teach contributes to my spiritual growth, thus the exchange between me and the people who receive my teachings is secured by the assurance that I do not want to change anybody's mind about anything.

'the Crack' is a self-sustaining venture which nurtures itself by feeding the clear consciousness all around. So we can state that my teachings are safe because they don't need anyone to justify their worth. Everything I am putting out in the world

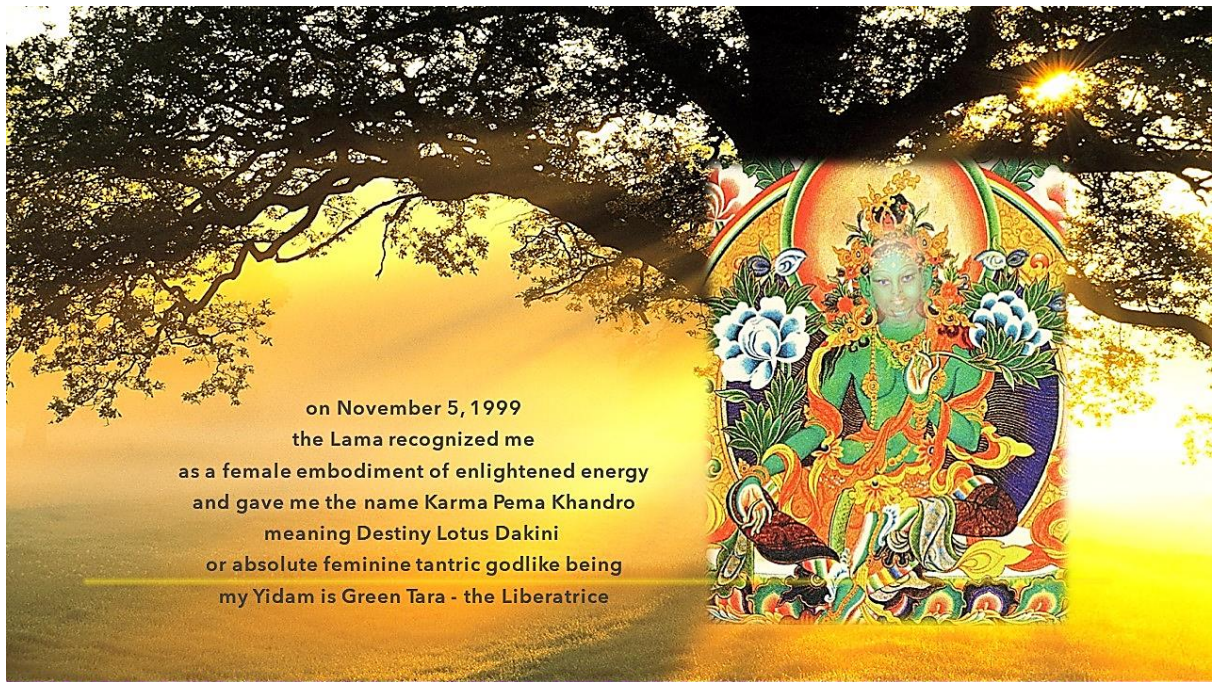
through this book serves one purpose: that I show up for my end of the deal with Life. My goal is to write, as well as I can, and to transmit what I learned, found, discovered, or grew to know because I understood what I experienced. I allow my ideas the freedom to find their way, and if someone benefits from them, Hallelujah! But in any case, I have done my part: I showed up to do what I feel that Life intended to manifest through me.

My intent is clear, and it springs from my painful understanding that this human life is hard; often beautiful, but always hard. This understanding triggered my compassion for humans, including the human I am.

To complete my list of credentials, on the spiritual side I've been blessed with the privilege to follow comprehensive courses, initiations, and retreats, with the greatest Buddhist Lamas of our times including Pema Chödrön, Lama Ole Nydahl, Maniwa Sherab Gyaltzen Rinpoche, the Shamarpa Künzig Shamar Rinpoche, the 17th Gyalwang Karmapa Trinley Thaye Dorje, and His Holiness the Dalai Lama.

In preparation for these fortunate events, I did a few monk-like retreats in Christianity and Buddhism, I've read Paulo Coelho and James Redfield; and I've studied the teachings of Jiddu Krishnamurti, Osho, Thich Nhat Hanh, Ram Dass, Wayne Dyer, Deepak Chopra, Eckhart Tolle, and His Holiness the Dalai Lama.





on November 5, 1999
the Lama recognized me
as a female embodiment of enlightened energy
and gave me the name Karma Pema Khandro
meaning Destiny Lotus Dakini
or absolute feminine tantric godlike being
my Yidam is Green Tara - the Liberatrice

I was born a truth-seeker and I became an “official” yogi quite young, by age 13. Later I practiced Tai Chi and Qi Gong as well, and the experience of these mindful movement practices was invaluable to my growth. I’ve been just a small child when I sensed that the body is the gateway to clear consciousness, although evidently, I couldn’t phrase this way back then. The body gives form to the clear consciousness that is our essence. And by the power of the body-mind connection, when we create space within the body as we do through yoga and any mindful movement, we also create space within our mind and ultimately our entire being. Inner spaciousness means that we have room inside of us for the isness of Life to flow through our being. Then, everything we think, say, and do is the product of our collaboration with Life, so there is wisdom and goodness in our manifestations.

I sensed the importance and the power of the body before I could understand what all of this means. I was 5 when I became aware of the fear that ruled over my existence. It was an overwhelming realization: “fear is what I know most”. I had many nightmares which made up complete series with continuing episodes. I was often chased or hunted down, sometimes falling and I never could shout for help. When I did, there was no sound coming from my throat. Sometimes I stumbled and fell right before I could reach what I believed to be a safe place. Although I wasn’t ever caught, the terror was so intense that it persisted for a while even after I woke up. At a certain point, I began resisting falling asleep because I knew what was coming: another night of running or striving to escape. I woke up exhausted on the days when I could not sleep through the mornings when, surprisingly, I slept like a rose.

Shortly before my 33rd birthday, I had a past life regression where I learned that the soul in me resisted human reincarnation for almost 2000 years. I was told that I have lived my previous life as a hermit Christian monk who tried to teach people how to understand Jesus, and who failed. As human ignorance thrived over the original teachings of Jesus, the hermit Christian monk got so disappointed that the soul in him vowed not to return to human form. As I discovered that I am carrying a huge load of karmic predisposition to self-sabotage and I desperately needed to give myself a break, I met a spiritual teacher who taught me one of the most powerful lessons I've ever learned, and she did it with one amazing sentence: *"if you can learn from punches, you can also learn from caresses; learning is learning; it isn't more powerful if it's done the hard way"*.

We often punish ourselves for things we believe we should have done better or for traits we are certain we should improve. Dissatisfaction with one's achievement is such a common practice that many people accept it as normal, or even reward it as if self-judgment and self-depreciation were admirable skills. The misconception that being hard on oneself is the winner attitude, is so widely spread that advocating self-love almost assures a permanent seat in the loser camp.

While many people consider past life regression to be nothing more than metaphysical mambo-jumbo, and indeed there is no way I can prove the validity of what my reading revealed to me; however, I can state with all certainty that it did mark a significant turning point in my life. The possibility that the memory of my soul's struggle from a previous life could have influenced my self-inflicted torture lived out through my childhood nightmares, made a difference for me. Making sense of my karmic legacy also helped me understand better the parts of my current being.

For example, why I could get unreasonably upset or emotional when the teachings of Jesus were disrespected. Or why I could LOL really loud at the punchline: "Who can truly understand Jesus' teachings? Probably some Buddhists". Or why I felt a strong need to belong despite feeling like an alien most of my younger years, simultaneously with fearing the loss of personal freedom so intensely that I often pushed people away if they got too close to me even if I craved profound connection. I was dreaming of someone to save me and I feared that our world was a wicked place.

Truthfully, the only times when I felt no fear as a child was when I did my weird gymnastics, which later turned out to be quite evolved yoga poses. In my first yoga book, which was a gift from my volleyball coach, I recognized many of the strange positions I had trained myself to take.

Often when I was struggling at night, I began doing them, to my mother's horror when she had to wake me up in the morning. She freaked out the most when she found me in a side-lying 'Bow pose' (Dhanurasana). I did not know what I was doing; I only knew that it brought me comfort. While I was focused on my body, trying to

stretch that extra millimeter of my back or pull my head that last little bit closer to my knees, I was free from all fear.

My personal experience was the seed from which the concept of mindful movement grew after feeding on the fertile ground of my studies. Then the little bud became the first ignition for 'the 3M system' and 'the Crack - freedom while stuck in human form'.