

LIVE YOUR YOGA

Mind | Body | Spirit

"The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also."
Harriet Ann Jacobs

1. Set an intention to be open to inspiration as to what it is that you need to do in order to revive. In other words, what habits do you need to let die and fade away just as winter has given way to spring? What habits would you love to see emerge in your life that you would welcome just as you do the beautiful blossoms of spring? You get to choose what blossoms in your life, and if you don't consciously choose, you will be stuck with the weeds of unconsciousness.
2. As you receive inspiration, write it down and begin to act upon it immediately and consistently, knowing that everything you are today is a result of your thinking and actions of the past. At some point in your past, you made an appointment to be where you are today. If you don't like where you are, or would simply like to be in a different place, intend it today, and focus on it with tenacity of spirit.

"There is an opportunity for us to renew ourselves. There's an opportunity for us to leave the past behind and present something different for the future."
Jay Weatherill



"Oh Spring!"

"I want to go out and feel you and get inspiration. My old things seem dead. I want fresh contacts, more vital searching." Emily Carr
 Let's embrace the renewal of spring together and freshen our lives with more vital searching and inspiration!

Mind & Body

"To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear." Buddha

I believe Ralph Waldo Emerson hit the nail on the head when he said, *"This first wealth is health."* Think about it; if you aren't healthy, chances are if you have an abundance of money, you can't really enjoy it, and much of it may be depleted trying to regain your health. In addition, if you aren't healthy and want to obtain more money, you won't be able to until you get your health back first. All that you want to accomplish in life is dependent upon your health - are you making it a top priority? Not just working out, but are you also eating a truly healthy diet that will nourish and strengthen your body temple? The Dalai Lama had this to

Yoga Vocabulary

Samskara is described in Yoga Journal as “from the Sanskrit sam (complete or joined together) and kara (action, cause, or doing). In addition to being generalized patterns, samskaras are individual impressions, ideas, or actions; taken together, our samskaras make up our conditioning. Repeating samskaras reinforces them, creating a groove that is difficult to resist. Samskaras can be positive—imagine the selfless acts of Mother Theresa. They can also be negative, as in the self-lacerating mental patterns that underlie low self-esteem and self-destructive relationships. The negative samskaras are what hinder our positive evolution.” In other words, samskaras are like habits, positive or negative, that get reinforced every time we repeat them. As we notice the negative, we should set an intention to replace it with the positive in order to grow toward our full capacity.

say, "*Man. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health.*" How many people do you know that this describes? Maybe you are on that list, but you can begin to turn that around TODAY. In order to change old habits, you must first change your paradigm, or in other words, the way you consistently think about life, because the way you think dictates the way you act. Many times the things we tell ourselves are not true, but we have become so habituated to thinking the same things day in and day out that we never stop to question if the thoughts we are having are true. If you have always told yourself, "I don't have time to exercise, and eating a healthy diet is too expensive and requires too much time," and you believe it is true, then you won't even try to find time to exercise or try to make dietary changes. However, when you begin to question that old way of thinking and change it to something like, "Hmmm, maybe if I really think about it, I can find a way to fit more activity in my schedule, and my diet could be better," I assure you that things will begin to open up for you, and you will see places where you can save time in order to make more space in your schedule to work out more and to take more time to prepare more nutritious meals instead of grabbing fast food. If you don't start making time to take care of your health now, you will be forced to make time for doctor's appointments and medical treatments down the line. Wouldn't you rather skip all that? You can! You can begin TODAY accumulating a wealth of health. You are God's highest form of creation, and you are worth taking care of! You are worthy of an abundance of health, so that you may pursue all the other things you want that life has to offer. Know that you can do anything you decide to do. Decide today how you are going to begin and write it down on several post-it notes and place them wherever you are throughout the day as reminders of your decision to pursue the first wealth. Know that you can do it, and remember the words of Lao Tzu, "*The journey of a thousand miles begins with one step.*" Take that step, and continue to put one foot in front of the other until you have

achieved an abundance of health and then keep going! I send you love and encouragement to do all you can each day to achieve all that you are meant to achieve. You have a purpose and have much to contribute to this world, and how much of your purpose you are able to fulfill is dependent upon your health. It is imperative that you take care of you!

Spirit

As you contemplate change and renewal, remember this quote, *“If you've lost focus, just sit down and be still. Take the idea and rock it to and fro. Keep some of it and throw some away, and it will renew itself. You need do no more.”* Clarissa Pinhole Estes

Listen to your own inner voice. When you receive inspiration, act on it. You do not have to know exactly how you are to accomplish something from beginning to end. The way will be shown unto you as you act upon inspiration. I would love to hear what positive changes you are making in your life and what appointments you are making with destiny! Please send me an e-mail and share your excitement with me, and I will add my excitement to yours. For I truly believe Matthew 18:19 which says, *“Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven.”* Let the renewal of spring that you see all around you invigorate and inspire you to refresh and revive your life. Namaste’.

