

LIVE YOUR YOGA

Mind | Body | Spirit

"March on. Do not tarry. To go forward is to move toward perfection. March on, and fear not the thorns, or the sharp stones on life's path."

~~Khalil Gibran

1. Set a goal. 2. Share it with others. 3. Fearlessly get busy achieving it!

"It is what you do from now on that will either move our civilization forward a few tiny steps, or else....begin to march us steadily backward."

~~Patrick Stewart

"This then, is the test we must set for ourselves; not to march alone but to march in such way that others will wish to join us."

~~Hubert H. Humphrey

Let your light shine! As you do, you will attract others, and as we work together, we can make miracles happen.

Time Marches On....



FOWAAAAARD...MARCH!!!! Here we are marching steadily through 2017. Or are we? Have you been marching steadily toward your goals each day of 2017? It is my sincere desire that you are creating the life of your dreams each day. Remember Ramtha said, "To create your day is your divine right." If you have gotten a little bogged down, I send you love and encouragement to start anew. If you haven't set any goals for yourself lately, I encourage you to do so TODAY! Don't let your head hit the pillow tonight until you have written down at least one goal to begin achieving this year. You are worth the very best life has to offer, but you have to go get it. When I am tempted to get discouraged about how far I still have to go to achieve a goal, I tell myself, "Time is going to go by whether you do something with it or not, so you might as well get busy doing something worthy of your time. Before you know it, all those small things that seemed so insignificant as you were doing them have added up to something great, and you have achieved a new goal." Please share your goals with me, so I can cheer you on and celebrate with you when you achieve them.

Yoga Vocabulary

Saucha is the first of the Niyamas (personal guidelines for living) and means cleanliness and purity. It has inner and outer qualities. I chose this word since we will be welcoming Spring later this month, a time when many of us get the “urge to purge.” As the earth begins to renew itself, we too crave renewal. As you begin this process of cleansing and renewal, I encourage you to be kind to yourself. Simply let go of the things in your life that you discover are not working for you anymore. This is not a time for judgment or guilt... just let it go, forgive yourself and others, and march forward.

Mind

We can start cleaning up our minds by getting rid of “stinkin’ thinkin’.” Zig Ziglar said, “We all need a daily checkup from the neck up to avoid stinkin’ thinkin’ which ultimately leads to hardening of the attitudes.” The way to draw the best into our lives is to live with an attitude of gratitude. We can start each day by thinking of all of the people and things we are grateful for and counting our blessings. An attitude of gratitude will put us in a better state of mind, but what about developing our minds? Are there habits we could clean up such as watching too much television or listening to too much talk radio on the way to work? Could we better use that time driving to work to listen to a good book? Could we watch a documentary to learn something new at night instead of a sitcom or a ballgame? Just something to think about. “Time = Life, Therefore, waste your time and waste your life, or master your time, and master your life.” --Alan Lakein

Body

While most of us do well keeping our outer bodies clean, we often don’t even give a second thought to our inner bodies. Is your diet one that strengthens, cleanses and builds your body, or is it one that damages and clogs your body? Start today by drinking more water each day as well as trading a not-so-healthy snack for a healthier option. You might even opt to do a juice fast for a few days. A fun documentary to watch on Netflix concerning a juice fast is called “Fat, Sick, and Nearly Dead.” The documentary follows Joe Cross as he embarks on a juice fast to improve his health. I won’t spoil the ending for you. Check it out and let me know what you think.

Spirit

If we are to have a consistent march toward our goals, we must cultivate our awareness of, and our connection to, that which is greater than we are. Dr. Wayne Dyer said, “Whether you call it God, Spirit, Source, or intention, be aware that unkind thoughts weaken, and kind thoughts strengthen, your connection to it.” As I close out this newsletter, I encourage you to set aside some time each day for prayer/meditation and connect to that divine power. Let it show you where you need to clean out those things that are darkening your spirit and hindering your progress.

Namaste’.