

---

# LIVE YOUR YOGA

---

Mind | Body | Spirit

---

*“The universe is change; our life is what our thoughts make it.”*

Marcus Aurelius

*“Emancipate yourselves from mental slavery, none but ourselves can free our minds!”*

Marcus Garvey

*“The truth is that there is no actual stress or anxiety in the world; it's your thoughts that create these false beliefs. You can't package stress, touch it, or see it. There are only people engaged in stressful thinking.”*

Wayne Dyer

*“Our freedom can be measured by the number of things we can walk away from.”*

Vernon Howard



I hope everyone had a Happy 4th of July. We are indeed blessed to live in this great nation where we enjoy so many freedoms. Here we can rise as high as our aspirations and hard work will take us. The level to which we rise is determined by the extent to which we embrace freedom. When we look in the dictionary, there are many definitions of freedom. The one I will focus on in this newsletter is the following definition: *“the power to determine action without restraint.”* I believe this definition, through its use of the word “determine,” hints at the power we all have to determine what level of freedom we enjoy.

When we realize the power is ours, we know that there can be no restraints except the ones we choose. We are not to be victims, but victors. At any time, we can choose to loosen whatever chains bind us. What have we chosen? Though we are physically free, many of us have entered prisons we ourselves have unknowingly built and to which we hold the keys to escape.

## Yoga Vocabulary

**Pratyahara** - Turning the senses inward. Instead of focusing on what's going on around you, you can draw your attention inward to the sound of your breath or the beating of your heart. Pratyahara helps us to focus on our own path, release competition and judgment, and stay in our own lane in life.

### July Mantras

**Mind** - My thoughts and beliefs create my life. I always choose thoughts and beliefs that create the best life for me.

**Body** - I appreciate my body. I only take into it things that will nourish and strengthen it.

**Spirit** - I trust my inner voice. I go within to find answers.

## Mind

Many of us are in mental prisons, trapped by all the A.N.T.s in our minds. A.N.T.s is an acronym Dr. Daniel Amen uses to stand for automatic negative thoughts. We all have them, but some of us don't realize we actually have the power to exterminate them, thus freeing ourselves from limiting or harmful thoughts. Byron Katie said, "*One morning, in February 1986, out of nowhere, I experienced a realization. In an instant, I discovered that when I believed my stressful thoughts, I suffered, but when I questioned them, I didn't suffer, and that this is true for every human being. Freedom is as simple as that.*" Byron uses four questions to exterminate the A.N.T.s in her mind. They are: 1) Is it true? 2) Can you absolutely know that it's true? 3.) How do you react, what happens, when you believe that thought? 4.) Who would you be without the thought?

We can use these questions when negative thoughts arise. We can use them to exterminate those thoughts and replace them with better thoughts, so that we may be the person we want to be. We all have A.N.T.s and can't control that. We can, however, choose to exterminate them and choose to not allow more in by refusing to feed the ones that come.

As important as it is to know how to exterminate the A.N.T.s in our minds, it is equally important to know from where they come. What we read, watch, listen to, associate with, and eat molds and shapes who we are by affecting our thoughts. We become what we think about most, and we think about the things that surround us. Evaluate your life to see where you are letting things in that are feeding the A.N.T.s in your mind. When we choose to exterminate the A.N.T.s from our minds and elevate our thoughts, we must also have an action plan to block the entry of more A.N.T.s.

As I stress often, mind, body, and spirit are interconnected. We cannot do something that harms one without it having an effect on the other two. According to Dr. Deepak Chopra in his book *Quantum Healing*, findings at M.I.T. showed that the brain's basic chemistry is so variable that it can be

modified by a single meal. Long story short, what you are feeding your body, you are feeding your mind. In addition to encouraging you to exterminate your A.N.T.s, I also encourage you to be more mindful about what food you are putting into your body.

## Body

*“It is difficult to free folks from the chains they revere.”* Voltaire What chains do you revere? Sugar? Chips? Diet sodas? I know, I know, here I go again. You didn’t think I could get through a newsletter without encouraging you to feed your amazing, fantastic, awesome, splendid body temple the most nourishing food you can find, did you? Not only are you worth it, an optimum diet is vital to your mental, physical, and emotional well-being. An optimum diet will give you freedom from the diseases of excess that plague our society. The key to this freedom is actually a fork!

*“You can live a life of fear or live a life of love. You have the choice! But I can tell you that if you choose to see a world full of love, your body will respond by growing in health. If you choose to believe that you live in a dark world full of fear, your body’s health will be compromised as you physiologically close yourself down in a protection response.”* — Dr. Bruce Lipton With this quote, Dr. Lipton is trying to help us understand the effects our thoughts have on our physical well-being. Every thought we have produces a chemical reaction in our bodies. It is so important to think healing and empowering thoughts. Thoughts truly are things. Our brains are the most magnificent super computers ever designed, and our thoughts are the software. What software are you running? Is it fantastic and empowering, or is it faulty and destructive? I encourage you to use the practice of pratyahara this month to allow your inner voice to teach you how to rewrite your software.

## Spirit

*“The land of healing lies within, radiant with the happiness that is blindly sought in a thousand outer directions.”* Swami Vivekananda

Everywhere we turn, there are experts in this and experts in that. So much so that we have stopped trusting our own inner wisdom. Many of us will blindly follow whatever an “expert” tells us even when our gut is screaming something different. Don’t get me wrong, I think it’s important to seek help and advice when we need it. However, I believe we should weigh that advice carefully with all the other information we have. We have an amazing brain with which we can do our own research to find answers. Many times we find an expert that totally refutes what another expert in the same field has said. We have the power of discernment to help us sort out the information we get. We have become too accustomed to handing over our power and decision making to the so-called experts. Take your power back! Break free! Go within to find the healing you desire. Namaste’.