

LIVE YOUR YOGA

Mind | Body | Spirit

“Never take counsel of your fears.”

Stonewall Jackson

“If you listen to your fears, you will die never knowing what a great person you might have been.”

Robert H. Schuller

“Each of us must confront our own fears, must come face to face with them. How we handle our fears will determine where we go with the rest of our lives. To experience adventure or to be limited by the fear of it”

Judy Blume

“Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy.”

Dale Carnegie



Who's Afraid of the Big, Bad Wolf?

We all are afraid, but the big, bad wolf is something different for each of us. Some of us fear commitment while others fear being alone. For some, the thought of speaking in public sends their stomachs into uncontrollable cartwheels. Fear of flying, crowds, talking to new people, trying new experiences, water, heights, the dark - the list could go on and on. Regardless of what our fears are, they all have the following in common: fears limit who we can become, the extent to which we can enjoy life and where we will go in life. This month, I want our focus to be on overcoming our fears, because as we learn to acknowledge, face and overcome our fears, we begin to push past self-imposed limits and create a better life for ourselves and others. Before you read one more sentence, I want you to acknowledge at least one fear that you will work on every day this month and in the coming months until you overcome it, and then move on to conquer another fear. #fearless

Yoga Vocabulary

Sama Vritti - A Sanskrit term that refers to equal breathing. We can practice this by inhaling through the nose for a count of four, and then exhaling through the nose for a count of four. As we become more advanced, we can inhale/exhale for six or even eight counts. Sama vritti will help to calm the bodymind and shift us gently from sympathetic to parasympathetic nervous system. Use this breath to overcome stressful situations such as when you feel you are being overcome with fear. Your breath is a powerful gift/tool that you take with you everywhere! It can help you come off conqueror. Begin today to use this precious gift.

October Mantras

Mind - I am strong enough to face my fears.

Body - I take action every day to overcome my fears.

Spirit - I am meant to be a light and a conqueror.

Mind

*“Fear is the mind killer. Fear is the little death that brings total annihilations. I will face my fear. I will permit it to pass over me and through me. And when it has gone past me, I will turn to see fear’s path. Where the fear has gone there will be nothing. **Only I will remain.**” - Dune by **Frank Herbert***

Empower yourself with the notion that fear is just **False Evidence Appearing Real**. Many times we don’t do all that we want to do because of negative scenarios we have created in our heads of how things could go wrong. So what if they go wrong? We become stronger by trying, and every time we try, we leave fear farther and farther in our rearview mirror. Plus, what if things go right? We’ll never know if we let fear keep us from trying. The next time you hesitate to act because of fear, use your breath to calm yourself and empower you to act. Know that you can do anything! #fearless

Body

The only way to overcome fear is to act, and we must enter the arena every day. If we stay in our minds, we become paralyzed, but if we use our bodies to act, we can be free.

“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes up short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.”

“The Man in the Arena” - **Theodore Roosevelt**

Many of us fear to act because of what others might think or say. We let them silence our song and clip our wings. I think President Roosevelt put it so eloquently when he pointed out that the critics don’t count. Say those four words with me: **THE CRITICS DON’T**

COUNT! Besides, notice that usually the most vocal critics are they who haven't accomplished very much themselves, other than making a reputation for themselves as someone who is good at tearing down others and their hard work. Again, they don't count. What does count is you and the actions you take every day to do what you were sent to this earth to do. You were sent here to do an amazing work that only you can do. Forget the critics, sing your song, and begin to soar! #fearless

Spirit

We are all connected, not just people, but plants, animals, and the entire universe, for that matter. The next time you look at yourself in the mirror, remember when it comes to who we are, though it appears we are separate, there really is no "out there" and "in here." Because of our connectedness, what we think, say and do impacts everyone and everything in the universe. What does that have to do with overcoming fear? EVERYTHING! Because we are part of a divine matrix, when we limit ourselves by cowering to our fears, we also limit the greatness that could be manifested through our actions and those that would follow as a result. We are all significant in the eternal scheme of the universe, and what lifts one higher, lifts us all higher. We must escape the fear that resides in the dark recesses of our minds, and come into the light by employing faith, hope and action. Let's commit today to begin lighting up the world by simply listening to our own inner voice and letting who we truly are shine! Namaste'. #fearless

