

# LIVE YOUR YOGA

Mind | Body | Spirit

“Dig deep & pull the roots of confidence from the ground of your being, standing firm in the raging storm until sunlight blossoms inside you.”

– *Curtis Tyrone Jones*

“Be like a tree. Stay grounded. Connect with your roots. Turn over a new leaf. Bend before you break. Enjoy your unique natural beauty. Keep growing.”

*Unknown*

“Focus on faith and grow your roots strong and deep so no one can make you believe in something that is not good for your soul.” -

- *Molly Friedenfeld*

“To move freely, one must be deeply rooted.” **Unknown**

“Like any good tree that would hope to grow, we must set our roots deep into the ground so that what is real will prosper in the Light of Love.” **Billy Corgan**

“Today’s mighty oak is just yesterday’s nut that held its ground.” **David Icke**



## *Getting Back to our Roots*

*“Trees endure the hot sun and rainstorms by sending their roots down deeper. The adversity they face is eventually the source of great stability. The harshness of the elements surrounding them causes them to seek another source of life. They will one day come to the place that even the greatest of windstorms cannot affect their ability to produce fruit.” — John Bevere,*

Spring is quickly approaching, and I don’t know about you, but I’m ready to shake off winter’s blanket of blah and welcome each and every blossom with open arms! Each year as winter turns to spring and the world begins to awaken from its winter slumber and transform with all its blossoms, it seems as though

we too undergo a transformation. Our energy increases, and we have a little extra pep in our step. Just as the trees blossom, so do we. While blossoms are beautiful and sweet-smelling, they wouldn't be possible without roots. If you feel like you aren't blossoming, and there's no pep in your step, maybe it's time to examine those roots.

Roots anchor and bring water and nourishment to the plant. The deeper the roots, the stronger, healthier, and more resilient the plant will be. The same goes for us. We need strong roots if we are to withstand the storms of life and stand tall when we are challenged.

This month, we'll focus on the Muladhara, or Root Chakra, which relates to our very survival. It's all about security, family, finances, and feeling grounded. Do you have Mommy issues? Money Issues? Food Issues? Many of these are related to the root chakra and thoughts and ways of being to which you have become accustomed without realizing you can change them. The biggest takeaway I want you to get from this newsletter is that even if you are feeling like you are on shaky ground, there are always things you can do to become stronger, more focused, and more grounded. It's up to YOU.

Sometimes we haven't gotten the things we needed from others. We may not have been nurtured and cared for as a child the way we should have been, and perhaps that has caused us to feel insecure. Even worse, maybe we were abused and made to feel we were unworthy. These thoughts and feelings run deep, but you can begin to love and heal yourself today. Don't wait for another person, your spouse, sibling, or parent to validate you. Begin today to appreciate and validate yourself, and don't be afraid to seek professional help. Focus on your strengths and moving forward, never on weaknesses or the past.

## Mind

“A tree stands strong not by its fruits or branches, but by the depth of its roots.”

— Anthony Liccione



Stability in the root chakra influences whether you can take care of yourself, whether you feel you belong, appreciate that you are not less than other human beings and feel at ease in your own skin. A balanced root chakra enables you to be practical and present.

Are you having thoughts that threaten your stability, whether it be emotional, physical, or financial? Thoughts such as “I'll never have enough money,” “I'm so fat and out of shape; I'll never be able to lose all this weight,” or “What is wrong with me?” Maybe you haven't said those specific things, but if you are engaging in negative self-talk in any way, you are throwing yourself off balance and need to work on your root chakra. When you catch yourself engaging in negative self-talk, stop and replace your usual negative comment with a positive one. In fact, you can use it as your affirmation this month. In the same way you would have a plan to improve your physical health, you also need a plan to improve

your thoughts. Just as our bodies become unhealthy when left on auto-pilot, so do our minds. *“As a man thinketh in his heart, so is he. Thought is the seed for action.”* **James Allen**



### Body

*“Water your roots, so your soul can blossom.”*  
**Unknown**

The Muladhara chakra relates to our lower back, legs, feet, and our process of elimination. We can do things every day that strengthen these, such as performing adequate exercise and eating a proper diet. Walking at least 10,000 steps per day will help these parts of our bodies to be stronger. Weight training as well as the asanas we perform in yoga class also help. Eating plenty of fiber, which we get in fruits, vegetables, and whole grains, is important for proper elimination. Self-care is the basis for a strong root chakra as well as overall good physical, mental, and emotional health. When we find ourselves feeling insecure, out of sorts, or off balance, it’s important to make sure we get back to the basics of proper self-care if we want to enjoy life to the fullest in the healthiest body possible.

### Spirit

*“Let us grow strong roots, watering and nurturing each other daily.”* – Sanjo Jendayi



The Muladhara Chakra affects whether you are feeling secure and stable - secure in having your place in this world, secure in your own skin, feeling safe and confident. As I mentioned in my opening comments, maybe those you depended on for stability and security let you down. That

doesn't mean you can never feel secure emotionally. There's a saying that applies here, and it's "Give what you need." You may say, "How can I give what I don't have?" Just try it, and I promise you that you will find what you needed was within you all along. There's a beautiful verse in the Bible which says, "Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again." (Luke 6:38) I dare you to try it, and see if it doesn't fill you to overflowing. The more you give, the more confident and secure you will become. Go!

## *Yoga Vocabulary*

**Muladhara**- literally means "root" in Sanskrit. The Muladhara Chakra is located at the base of the spine between the coccyx and the perineum.

**Vrksasana** - this is the Sanskrit way of saying tree pose. Vrksasana is a balance pose which strengthens your feet, ankles, calves, thighs, and spine while at the same time opening your hips and stretching your inner thighs. Over time, it can help relieve sciatica and reduce flat feet. It's also a great way to feel grounded as you calm and center your mind by focusing on rooting yourself into the earth.

**Anjali Mudra** - this is the gesture we perform with our hands when we say "Namaste'." Anjali means "gesture of reverence," "divine offering," or "salutation," Mudra means "gesture" or "seal."

## *Mantra of the Month - Lam*

**Lam** is the sound of spiritual awakening. Chanting Lam helps to relieve tensions and remove blockages in order to activate our energy. If we struggle with fatigue, low self-esteem, stress-related ailments, or financial difficulties, this mantra is helpful in balancing the root chakra to help us address these issues from the inside out.

**Affirmation** – I am safe. I trust in the natural flow of life. I am secure and give thanks to Mother Earth/Heavenly Father/the Universe for the energy She/He/It is giving me.

Join me on the mat this month as we practice grounding poses and focus on becoming more firmly rooted. As we practice together, we elevate our own consciousness and that of the world! As our roots grow stronger and deeper, they also intertwine with one another. Strong

roots = beautiful blossoms, and our blossoms are the gifts we have to share with the world.  
Never stop learning, growing, and blossoming. Namaste’.

