

LIVE YOUR YOGA

Mind | Body | Spirit

“Let every hindrance to joy become the soil out of which joy blossoms.”

– Elizabeth George

“The wound is the place where the light enters you.”

Rumi

“You can defeat the storm by being the total opposite of the storm, by being calm, by being silent and by being peaceful.” -

- Mehmet Murat Ildan

“The harder the struggle, the more glorious the triumph. Self-realization demands very great struggle.”

Swami Sivananda

“Dig deep and 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

“There is peace even in the storm.”

Vincent vanGogh



APRIL SHOWERS..

.....bring May flowers. Just as there must be rain for flowers to spring forth, we cannot blossom without the storms in our lives. This month, we are focusing on the sacral chakra, and how

appropriate is it that water is the element associated with the sacral chakra or svadhishtana? Just as water flows, we can and must learn to go with the flow of life, observing

and learning from each experience without judgment or expectations. Just as water softens and reshapes even the toughest of rocks over time, so will life soften and shape us.



“When you come out of the storm, you won’t be the same person who walked in. That’s what this storm’s all about.”

Haruki Murakami

We are better able to flow when we come to our yoga/meditation mats often and learn to breathe and be fully present in the Now. For it is when we are fully present and enjoying the Now, that we are ready for what comes next and have no regrets about the past because we fully embraced it before it was too late. Last month, we focused on being rooted or grounded. It is only when we are grounded that we are able to go with the flow and weather the storms of life. As we go through our study of the chakras, you will see how they are related. We don’t leave one and go to the other. They intertwine, so as we contemplate how to better weather the storms of life, we must do it in the context of our root support. Because life is always changing, always flowing, we must continually evaluate and strengthen each chakra because they are part of a complete whole. I’ll miss you on the mat this month, but I’ll keep in touch via e-mail.

Mind

This month I want to encourage you to ponder the storms you have weathered and conquered in your life. How did you do it? What talents did you develop because of the challenges you faced? What talents did you discover you already had that were lying dormant until the storm ripped you open and revealed them?

Body

Concerning our bodies, we should look at them with appreciation every day, letting go of any negative labels we have given to certain body parts, i.e.. “bad knee,” “saggy butt,” “old lady arms,” etc. We can focus on that body part and feel sincere gratitude for all it has been through with us over the many years of our lives. Our bodies serve us well. They are ALWAYS working toward healing and doing the best they can with whatever we give them, including what we eat, what we drink, and what we think. Could our thoughts/diets/actions be keeping us from having our best/healthiest bodies?

We must let go of old injuries we may be keeping bound in our bodies with our expectations. We can figure out the lesson learned from the injury, and then let the pain go because it only came to bring the lesson. We can keep what is serving us (the lesson), and let the rest go. When making choices concerning our bodies, we can take it one day at a time - in the Now, not tomorrow. We can tell ourselves, “Just for today.....” That will make it much easier to make better choices without becoming overwhelmed.

Spirit

In the spirit of interconnectedness, let’s reach out to someone who is going through a storm that we have already weathered and do all we can to lift them, whether it be through prayer,

meditation, service to them, or just listening. We may think we don't know anyone going through something we could help with, but if we seek, we shall find. Every day, we can strive to love and lift and give our gift. We have more to give than we can ever imagine, and the more we give, the more we have to give. Our gifts are ever-flowing, never ending.

Yoga Vocabulary

Svadhishthana- the sacral chakra which is located in the lower abdomen, just below the navel. It controls creativity and sexuality.

Parivrtta Trikonasana- this is Revolved Triangle Pose. It stimulates the abdominal organs while stretching the chest, shoulders, and abdomen to facilitate the healthy flow of energy through the second chakra.

Satsang - In Sanskrit this means to associate with true people to raise our awareness/consciousness.

Mantra of the Month - Vam

Vam is the mantra that cleanses your sacral chakra. Since the sacral chakra deals with creativity and sexuality, chanting this mantra can help you open up to others and express yourself more freely.

Affirmation of the Month

I am content in my body, express myself freely, and enjoy life to the fullest.

“The storm is out there and every one of us must eventually face the storm. When the storm comes, pray that it will shake you to your roots and break you wide-open. Being broken open by the storm is your only hope. When you are broken open you get to discover for the first time what is inside you. some people never get to see what is inside them; what beauty, what strength, what truth and love. They were never broken open by the storm. So, don't run from your pain - run into your pain. Let life's storm shatter you.” **Bryant McGill**

I know that we are each stronger than any storm we may face, but sometimes when we are in the midst of a storm, we have to be reminded. If you are going through one of the storms of life right now, this is your reminder: YOU'VE GOT THIS! YOU CAN DO IT! Ask yourself, “What could this storm be trying to teach me about myself? About others? About my life?” Remember to ask good questions - not, “Why does this always happen to me?” Rather, ask,

“What can I learn? What talents or strengths do I have that I am not using that would be helpful in this situation? What abilities can I better develop that will see me through this?” Instead of asking questions from the place of a victim, ask questions that will empower you.

I'm going to miss practicing with you all this month, but I would love for us to have an e-mail Satsang (see definition above) in order to help lift one another. Here's how it will go: if you desire, you can send me a story about a storm you've weathered in your life, how you did it, how it made you stronger, and what you learned from it. I'd like to make a YouTube video reading your stories in the hopes that by sharing our stories, we can help others who are passing through rough waters that we've already conquered. If you want to share a story, just type it out and e-mail it to me by April 15th and let me know if you want your name included or withheld. I will respect your privacy. Much love to all. Namaste'.

Invictus

William Ernest Henley, 1849 - 1903

Out of the night that covers me,
Black as the Pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds, and shall find, me unafraid.

It matters not how strait the gate,
How charged with punishments the scroll,
I am the master of my fate:
I am the captain of my soul.