

LIVE YOUR YOGA

Mind | Body | Spirit

“Honesty is more than not lying. It is truth telling, truth speaking, truth living, and truth loving.”

- **James E. Faust**

“Once you reject fear, you will become the perfect candidate to receive and reflect Truth.”

- **Suzy**

Kassem

“Your inner voice is the voice of divinity. To hear it, we need to be in solitude, even in crowded places.”

-**A.R. Rahman**

“Proclaim the truth and do not be silent through fear.”

- **Catherine of Siena**

“Stay strong. Stand up. Have a voice.”

- **Shawn Johnson**



“Find your voice and inspire others to find theirs.”

Stephen Covey

We soar together when we are expressing the truest version of ourselves. I have no doubt that I was sent here to serve you in some way, and you were sent to serve me in a different way. Our talents, our likes, our dislikes, and our experiences are no accidents. Every part of your uniqueness and mine is part of a greater whole that is designed for our growth and happiness.

This month we are exploring that life force that comes through us as we express who we are as part of that greater whole. When we are in alignment, that expression flows freely and easily. We are comfortable with who we are and are not afraid to express it. If we're not in alignment, we may talk excessively, have trouble speaking our truth, or listening to

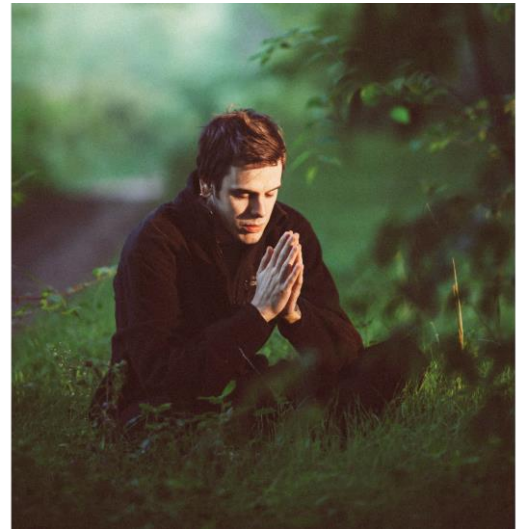
others. We may hold things inside, afraid of what others might think, or we may stutter due to lack of confidence.

Attention to the throat chakra, or vishuddha can help us find our voice, and when we find our voice, we are in a better position to help and serve others in the way that we are meant to. Join me on the mat this month as we do asanas that will help balance the throat chakra. We'll also have the opportunity to experiment with different essential oils that affect the throat chakra in different ways based on your needs.

Mind

“Listen to your intuition. When you're at a crossroad, the little voice is always talking to you. You just have to pay attention.”

Karen A. Baquiran



Chitta Vritti is a yoga term that means “mind chatter” or is sometimes referred to as “monkey mind” because our minds can have a tendency to flit about from one thought to the next and never stop or be quiet. Yoga can help to calm the fluctuations of the mind and help us to tune into our true selves.

As we focus on self-expression this month, it's important to take the time to go inward and listen to our inner voice. How can we truly express ourselves if we never take the time to learn who we truly are? Too many times we are just going with the flow and playing a role given to us by our family, coworkers, church, or society. Maybe you're living true to who you really are, and maybe you're not. Are you living up to the definition of you that is written in your heart? Yoga, prayer, and meditation are great tools to invigorate your body, and quiet your mind, so that you can return to the true essence of yourself and bring that forward into the world every day. You deserve to be able to be yourself, and the world deserves to have the happiest, truest, most authentic version of you!

Body



"I remind myself every morning: Nothing I say this day will teach me anything. So if I'm going to learn, I must do it by listening."

Larry King

Our throat chakra is all about self-expression and our right to speak and be heard. So why have I began this section with a quote about listening? We are all interconnected, so what affects me ultimately affects you and vice versa. Just as we have a desire to speak and be heard, so do others. Therefore, it is important for the health of your throat chakra to practice active listening.

If you are a person who talks excessively and has trouble listening, you are imbalanced in this chakra. Don't let those words condemn you. Rather, use them as a wake up call to tune up your throat chakra by "tuning in" to those around you. A few tips for active listening are:

- Face the person who is talking and make eye contact with them.
- Notice their body language and tone of voice - while 7% of a person's message is verbal, 55% consists of body language, and 38% of their meaning is relayed through the tone of their voice. See if you can "hear" what they aren't saying. Does their body match their words?
- Listen with the intent to be able to truly understand, be able to summarize and empathize with what the speaker is saying.
- Keep the focus on them, not on you or your thoughts and feelings unless they ask.

Spirit



"Find out who you are and be that person. That's what your soul was put on this Earth to be. Find that truth, live that truth and everything else will come." **Ellen DeGeneres**

The Throat Chakra is all about self-expression, and that can be through your words or your actions. It's all about being true to yourself, because if you can't be true to yourself, you can't be truthful to others.

Don't let doubt or fear of what others may think or say keep you from speaking your truth and living with purpose. What were you sent here to be, say, and do? Are you doing it? If you're not sure, you can find out. As I encouraged you above to become a better listener, you can apply those principles to yourself. Find time to meditate and listen to your inner voice.

- How do you feel when you look at yourself in the mirror each day?
- What is your body saying to you as you move throughout your day? Do you have knots in your back, stomach, or buttocks?
- Listen - do you have an inner longing or unfulfilled dream that you've just sort of buried? Does it continue to whisper to you every now and again?
- Focus on those whispers. Write down those intuitions. Begin to act upon them and start to feel those knots dissolve.

If you are living your truth, you are doing what you love. You are delighted to get out of bed every day, and you can't believe your life is so awesome. If it is your career, you can't believe you get paid to do it, and instead of making you tired, it gives you more energy. If this doesn't describe you, what is your inner voice telling you needs to happen for you to live the life you were meant to live, joyfully, lovingly, and creatively? Listen, learn, and live because when you lift yourself to greater heights, you lift us all.

“What if part of God's message to the world was you, the true and real you?” — **Donald Miller**

Yoga Vocabulary

Vishuddha- the name of the throat chakra which translates to” the pure place.” It is the fifth chakra, and it's all about **POWER IN COMMUNICATION**: speaking your truth, openness, feelings, creativity, life force, and healing. How are you using your power?

Ujjayi Breath - also known as victory breath or oceanic breath, ujjayi breathing is performed by breathing in and out through the nose. As you inhale deeply, you'll notice a soft “SA” sound as you gently constrict the back of the throat. As you exhale, whisper “HA” softly with the lips closed. The more practice, you can begin to make your inhalations and exhalations of equal length. Ujjayi breath (pranayama) helps to stimulate your throat chakra. As you learn to link your movements with your breath, you will calm your mind, invigorate your body, and deepen your yoga practice.

Mantra of the Month - Ham

Chanting **Ham** helps balance/unblock our Throat Chakra. The ability to express ourselves calmly, honestly, openly, and completely is governed by this chakra. Don't forget to take the Chakra Quiz in

class this month to get a closer look at how your throat chakra is functioning. I'll hand out copies Tuesday the 5th, but if you're not there and want one, just send me an e-mail.

Affirmations

I speak the truth with kindness.

I honor my truth by communicating openly and honestly.

I am an active listener.

I speak only words that empower and uplift myself and others.

The world needs to hear my voice, so I will speak with power and authority.

I am willing to be my true self.

This month I have a challenge for each of you, and I will participate as well. Will you seek opportunities at least once a day every day this month to use your voice to empower yourself or others? It can be as simple as looking at yourself in the mirror each morning and saying something kind and uplifting OUT LOUD to yourself. Instead of joining in the usual office gossip, seek for a way to turn that conversation around. This will not only lift the energy in the space, but it will show your co-workers you can be trusted. Practice following up any negative self-talk you do with more positive empowering statements, and refuse to participate in any conversation or argument that is not becoming of the divine individual that YOU are. Set an intention to find opportunities to offer sincere compliments to others each day. Let us all speak love and truth today and always. Namaste'.

"If you think something good, say it. If you hear something good, pass it on." **Lori Clark**

**BELIEVE
THERE IS
GOOD IN THE WORLD**

