

PRACTICAL EXERCISES • NUTRITION • MINDFULNESS • LIFESTYLE & WELLNESS

YOGATM MAGAZINE

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ISSUE 255/ JULY 2024

REFLECT & EMBRACE PEACE

HEART-CENTRED

Yoga

SAMADHI WATERCOLOURS

TEACHERS & THEIR TEACHERS

SUCCESS IN MEDITATION
AJAHN LEE

INCLUSIVE YOGA FOR

DEMENTIA

विज्ञानायु रोश



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Editor's Letter

Dear Esteemed Readers,

Greetings and blessings!

Welcome to the July issue of Yoga Magazine, where we explore a diverse range of topics that delve deep into the transformative power of yoga and its broader implications on our lives.

This month, we feature an insightful piece by Caroline Shola Arewa on how yoga teachers are emerging as conscious leaders in our rapidly changing world. Through mindfulness and empathy, they are uniquely positioned to guide us not just on the mat but in our daily lives as well. Perry Simpson further enriches this theme by exploring the special relationship between yoga teachers and their mentors, emphasising the profound impact of this connection on the journey of becoming an Iyengar yoga teacher.

Yogacharini Maitreyi's exploration of the Vignyanamaya Kosha, the great wisdom field, invites us to align with higher consciousness for true wisdom, while Victor Parachin's article on Ajahn Lee underscores the transformative power of meditation, providing practical techniques for achieving inner peace.

The mind-body benefits of Yoga Nidra are thoroughly examined by Alex Sabbag, highlighting its ability to induce deep rest and balance the nervous system.

Our feature on balance postures by Howard VanEs offers practical tips to enhance strength, flexibility, and focus. Amber Adams' exploration of the two branches of love, 'truth' and 'connection,' shows how balancing these through yoga fosters resilience and enriched relationships. In a similar vein, Georgie May discusses integrating yogic principles into everyday life for cultivating a positive mindset and attracting abundance.

The deeply personal and transformative journeys of artists like Anaïs Ténrière Paudel and CassMae highlight the intersection of art, spirituality, and yoga. Anaïs's "Samadhi" watercolours and CassMae's experiences at the Isha Yoga Center demonstrate



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how creativity and spirituality can lead to profound self-discovery.

Inclusive yoga practices are essential for community well-being, as detailed by Dr. Susan Jeffery and Sally Wilse. Their article on chair-based yoga for dementia patients showcases how yoga can enhance physical strength, reduce anxiety, and support cognitive health.

We also delve into practical wellness tips with Cara Shaw's guide on using flaxseed for PMS relief, Annie Ridout's powerful gratitude practice, and Lena Franklin's mindfulness practices for well-being. Emma Sims encourages us to connect with our energy for transformative growth, emphasising intuition and gratitude as vital practices.

Finally, the popularity of yoga as an exercise trend is highlighted in a study by Live Rugby Tickets, revealing yoga as a top choice for home fitness. Yogi Raj Muni's "The Kundalini Memoirs of a Yogi" continues to explore spiritual awakening through Kundalini's power.

As always, we hope these articles inspire you to deepen your practice and explore new dimensions of your yoga journey.

Thank you for being part of our vibrant community.

Yogi Maharaj Dr Malik

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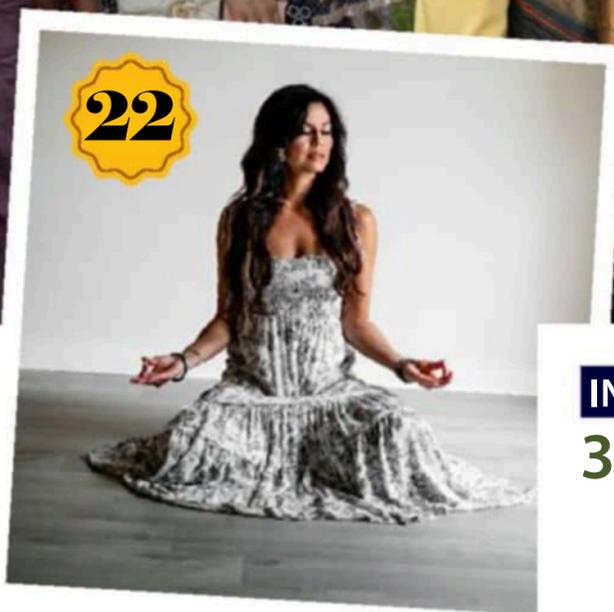
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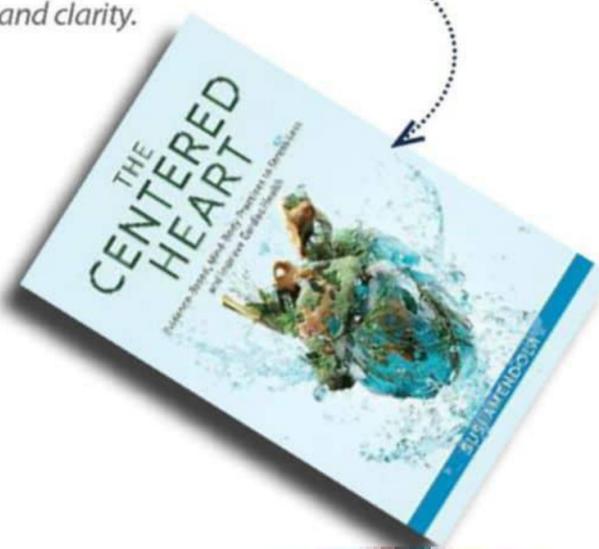
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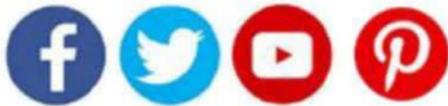
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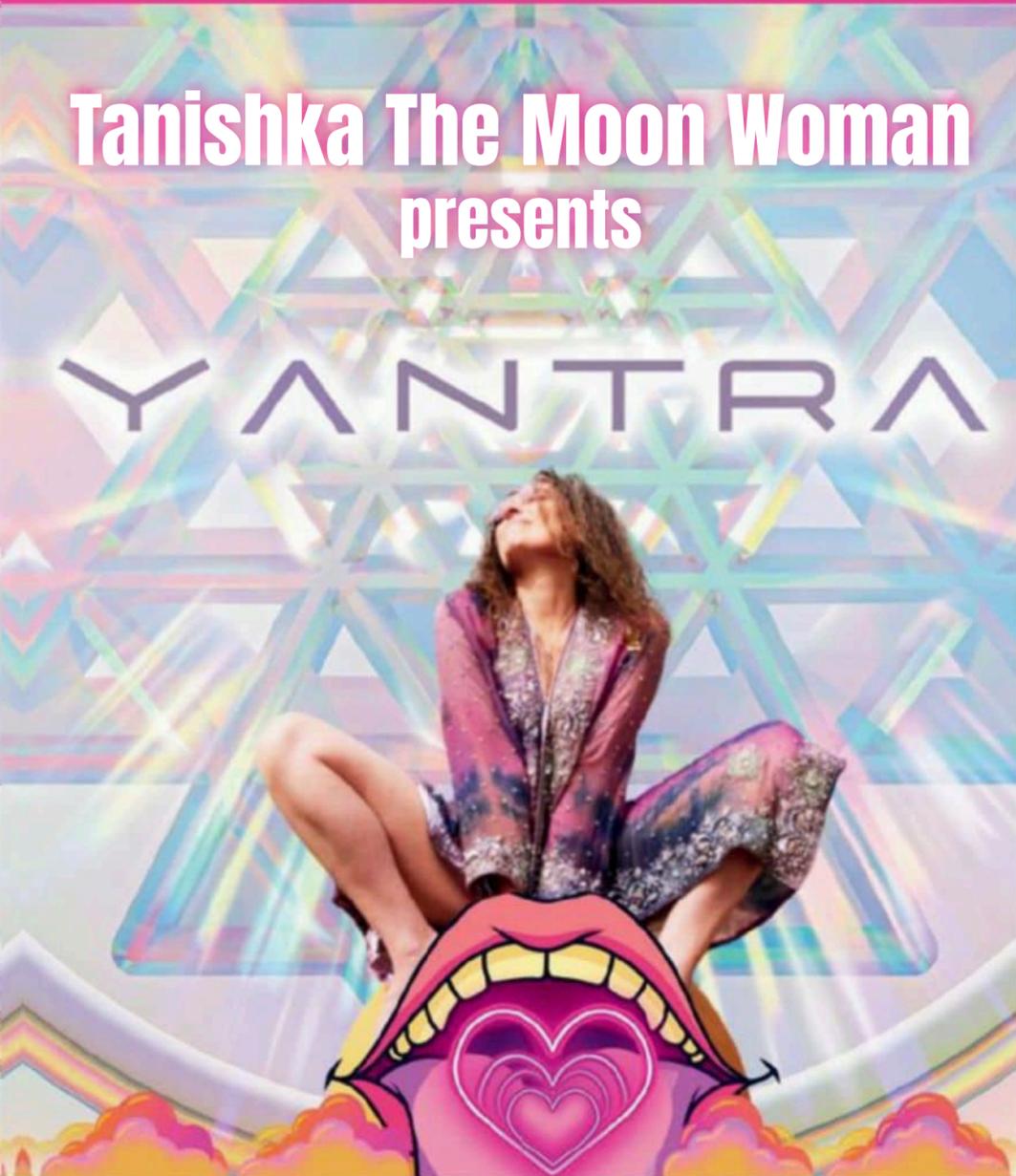
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INCLUSIVE YOGA *for* PEOPLE LIVING *with* DEMENTIA

Words: Dr Susan Jeffery, BWY Gentle Years Yoga Teacher and
Sally Wilse, Partner at Seniors Helping Seniors



Dementia, a complex and multifaceted condition, affects nearly one million people in the UK, with projections suggesting this number will rise to 1.6 million by 2040, according to the Alzheimer's Society. As the prevalence of dementia increases, the necessity for comprehensive approaches to prevent, diagnose, support, and manage the condition becomes increasingly critical.

Among the various supportive measures, yoga, particularly chair-based yoga, has emerged as a beneficial practice for people living with dementia.

Research indicates that chair-based yoga can enhance balance, reduce anxiety and offer soothing effects on people living with dementia. Improvements in physical aspects such as leg strength, walking ability, general flexibility and resting heart rate have also been reported, alongside improved mood and the social benefits of class attendance. There is also potential for yoga and meditation to delay cognitive decline.

Making yoga more inclusive

My journey (Dr Susan Jeffery) into yoga for dementia began in 2013 when my mother was diagnosed with the condition. An avid participant in yoga and meditation, she was determined to continue her practice despite her diagnosis. However, the availability of chair-based yoga classes was limited. To address this gap, I initiated a class at our local Age Concern centre in Sandwich, Kent.

In 2016, I was contacted by Sally Wilse, CEO of Seniors Helping Seniors (SHS). Our collaboration aimed to integrate individuals living with dementia into group yoga classes effectively. With support from Cora Kemball-Cook, owner of Canterbury Yoga Studio and BWY Course Tutor, we developed a teaching-learning system, introducing client-carer pairs, which both allowed inclusion and created a stimulating yoga experience for all.

The SHS model focuses on creating a multidimensional carer-client relationship where a carer is matched to a client based on their unique situation. Sally recruited carers willing to be trained to assist in the yoga classes.

These carers, initially unfamiliar with yoga, quickly embraced the practice, attending classes alongside their clients. The pairing system allowed carers to provide focused support while clients enjoyed the security of having a companion during the sessions.

These established relationships also facilitated continued practice during lockdowns through online classes.

The Role of the BWY

In 2018, the British Wheel of Yoga (BWY) launched the Gentle Years Yoga (GY) programme to address the needs of older individuals with age-related conditions, including dementia.



The BWY Gentle Years Yoga focus has been instrumental in providing national coordination, training, and documentation of relevant research in this growing area of yoga.

Impact and Benefits

The benefits of our inclusive yoga approach are multi-dimensional, positively impacting clients, their families, and carers. GPs at Northgate Medical Practice in Canterbury have observed notable improvements in their patients who participate in the classes, including better blood pressure control, stabilised symptoms, and enhanced physical and mental wellbeing.

Carer's Perspective: Eileen's Testimony

Eileen, a carer for a client attending the yoga classes, comments: *"She started the class unable to walk into the studio unaided; now she does the tree pose. There has been a definite improvement in her balance since she has been going to yoga. She enjoys it, both the exercise and the social interaction."*

Social Benefits: Sally's Insights

Sally highlights the social benefits: *"Usually clients struggle with even very light meals. It could be the social setting, the great food in a local hotel, or the yoga. Either way, clients enjoy a two-course lunch, and suddenly Mondays become a highlight of their week."*

A Model for Success

The success of our inclusive yoga classes can be attributed to the SHS carer/companion model, which emphasises the importance of support, autonomy, and enjoyment for both clients and carers. Carers participate in the class as individuals, ensuring that everyone

benefits from the practice while maintaining a balanced environment. The SHS pairs constitute no more than one-third of the class to preserve this balance.

As dementia progresses, clients may require more specific focus, and these mixed-ability classes may no longer suffice. In such cases, classes composed solely of carer-client pairs are recommended, where carers help maintain the energy of a mixed-ability class. In residential care settings, involving visiting loved ones in seated yoga classes can maximize the benefits of the teacher's guidance.

Five yoga practices useful for dementia

Based on our experience, we have found the following practices to be particularly useful for those with dementia.

Combining simple breath and movement

Repeat 3-5 times - soothes and focuses attention

1. Breathe in as you lift your shoulders
2. Breathe out/sigh away as you drop your shoulders back down
3. Breathe in as you lift your arms forward up to shoulder height
4. Breathe out as you bring your arms back down

Joint-freeing for feet and/or hands

Repeat all movements 3-5 times - improves mobility and comfort in the joints

1. Point toes and feet away from you and back towards you (i.e. point and flex toes and feet)
2. Put heels to the floor and point and flex just the toes, keeping the feet still
3. Lift feet again and rotate both towards the R (x3-5), then to the L, then both inwards towards the centre, then towards the outside

“
Teamwork
is crucial
in creating
an inclusive
environment
in which all
members of
the class feel
valued and
respected.

”



You can do this just for the feet or combine with similar hand movements

You can slow this down with the breath: breathe in as foot/toes move upwards in the circle, breathe out as they move downwards.

Alternating movements

Repeat all movements 3-5 times - good for balance, coordinating both sides of the brain.

1. Lift left heel, tap left knee with right hand
2. Lift right heel, tap right knee with left hand

To progress:

1. Lift left foot up a little, tap left knee with right hand. Repeat 3-5 times on the one side and then repeat again on the other side. You can

then alternate as above.

2. On the exhale, stretch left leg forward and stretch into left heel, stretch right arm upward. On the inhale swap sides. On the exhale, stretch right leg forward and stretch into right heel, stretch left arm upward.

Tree pose - with chair for support

Step through one foot at a time and hold each position for a few breaths - standing balances are strength-building.

1. Plant right foot down, press into ball of foot, then into heel of foot, feel grounded and let there be more weight through the right foot.
2. Bring left heel to right ankle, or near it
3. Bring one or both hands to the

heart/prayer position.

4. Keep chin level
5. Option to lift one or both arms stretching upwards and outwards and wriggle fingers (as if leaves in the breeze)

3-part breath

Improves breathing and concentration, helps relaxation

Abdomen – hands on the abdomen, breathe into the abdomen, counting to 3, breathe out counting to 3 (or 4 if wish to calm down/soothe). Observe/feel the abdomen expanding and contracting.

Chest – hands at the side of ribs or at the breastbone, focus on breathing into the chest area; feel the movement of ribs e.g. at side/front. Add a count of 3 or 4.

Upper chest – hands on the collarbone, focus on breathing into the upper chest, imagine breathing into armpits to help focus upwards. Add the count. Extra help – start with hands in prayer position at heart; as you breathe in, keep hands together and lift above head; breathing out, bring hands back to the heart

3-part breath: breathe into the abdomen, then the chest, then the upper chest. Breathe out, starting from the abdomen (pull in), then the chest, then the upper chest (bring shoulders down)

Add in **sound/chanting** on the exhale. This could be breathing out with a hum (as in *Bhramari* or bee breath) or using the A-U-M (A or aaah exhaling from the abdomen, U or ooo from chest, M or mmm from the upper chest).

Expanding the Collaboration – Join the Project!

Teamwork is crucial in creating an inclusive environment in which all members of the class feel valued and respected and can learn not only yoga, but from each other.

SHS are keen to expand this project to other parts of the country where they have existing teams and clients who could benefit. This includes Solihull, Warwick, Guildford, Tonbridge, Windsor, Hastings, Brighton and Eastbourne.

We welcome discussions with yoga teachers interested in collaborating. For enquiries, please contact Sally Wilse or Dr Susan Jeffery.

For further information about the BWY Gentle Years Yoga course, please visit the BWY website here: <https://www.bwy.org.uk/train/professional-development/#profdev-gyy>

Sally Wilse, Partner at SHS, Sally is a dedicated partner at Seniors Helping Seniors, a leading in-home care provider that connects seniors who need help with seniors who can provide it. With a strong passion for enhancing the lives of older adults, Sally has been instrumental in expanding the organisation's reach and impact across the UK.

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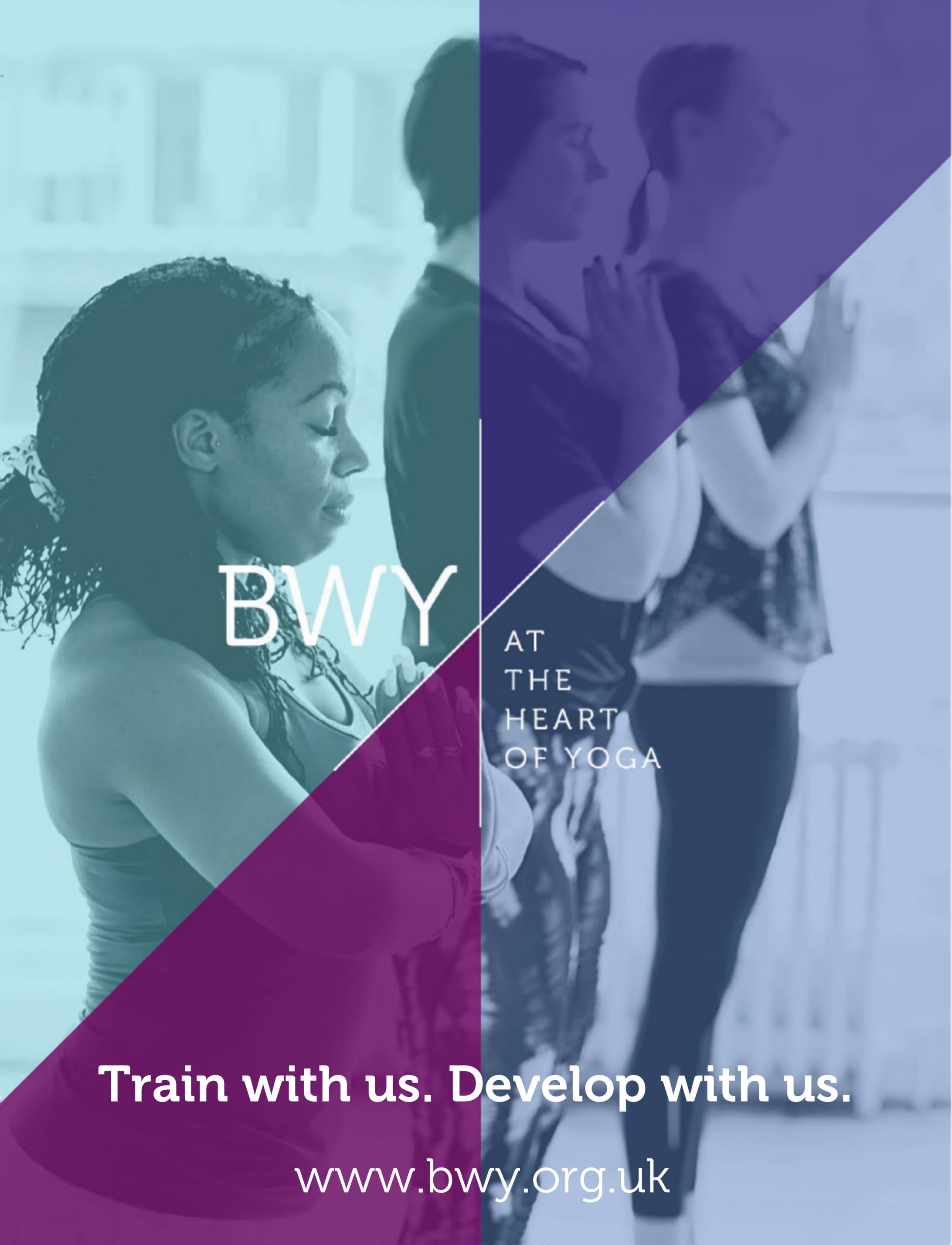
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Dr Susan Jeffery is a BWY Gentle Years Yoga teacher and YHLB (Yoga for Healthy Lower Back) registered teacher with over 10 years of experience in providing accessible yoga for older adults. She specialises in gentle, mindful yoga and meditation for mixed ability classes and is an advocate for integrating yoga in senior wellness programs.

You can find Susan's classes at <https://www.canterburyyoga.co.uk/teachers/>
For her online chair-based class on Wednesdays 10.30-11.30am, please email her: sjyogaandphilosophy@gmail.com





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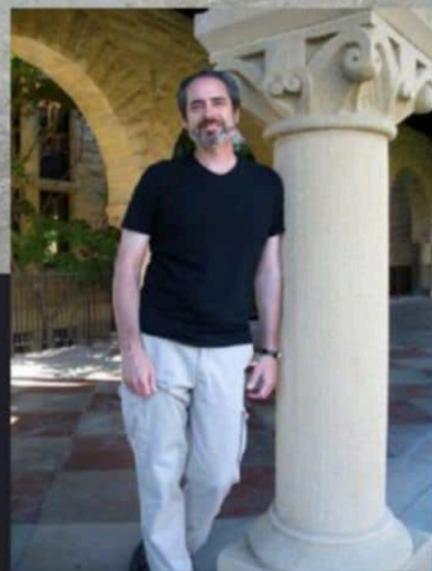
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MASTERS OF BALANCE

Words: Howard VanEs



Howard VanEs has been teaching yoga for twenty-seven years and is the author of "Yoga for Better Balance: Improve Balance Reduce the Risk of Falls Feel More Confident in Your Body Enhance Vitality & Wellbeing" available on Amazon.

Some people love them, some people hate them, but either way, we yogis are so lucky to have a whole group of asanas called “balance postures” as they offer a host of amazing benefits including building strength and flexibility throughout your entire body, help develop focus and concentration, enhance alignment, and of course improve balance. And they can be both challenging and fun to do as well!

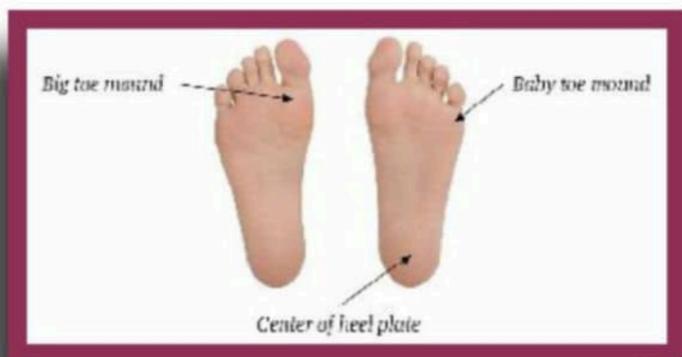
Let’s look at several ways to deepen your experience and enjoyment of balance postures.

Get rooted: Many people develop tight spots or some sort of imbalances in their feet which prevent them from connecting to the ground properly which in turn negatively affects balance. Try this simple exercise: Walk around the room in your bare feet—what do you notice? Do you feel secure and balanced or are you a wee bit wobbly?

Next, have a seat on a chair and cross your right leg over your left thigh. Begin to massage the inner edge of your foot, going up and down the length. Do this several times and then do the outside edge of your foot and then across the transverse arch, just behind the ball of the foot. When done, switch legs and massage the left foot. Once finished with the left foot stand up and walk around again, how does it feel now compared to when you walked around earlier? What do you notice?

When it comes to balance, we need to have a strong and even connection to the ground. To accomplish this in yoga postures, it is helpful to bring your awareness to three points of your feet: where the big toe inserts (big toe mound), where the baby toe inserts (baby toe mound), and the centre of the heel plate. You want to press evenly into those three points in the standing postures. To get familiar with this, stand in *Tadasana* (Mountain pose) with your legs right under your hips and toes pointing straight ahead. Make sure your torso is right over your hips and lengthen up through your spine. Now bring your awareness to those three points just mentioned and press evenly into where the big toe inserts, the baby toe inserts, and the centre of the heel plate. Take several breaths and release.





Build a strong foundation: You need to have the strength and stability in your feet, ankles, legs, and core to confidently support your body on one leg. So, if you are just getting started with yoga, struggle with balance postures, or have been away from physical activity for a while here are a couple of great exercises to help you get started developing the needed strength in your feet and legs for balance postures.

Heel raises: Stand upright behind a chair, holding the back of the chair with both hands or stand by a wall for support. Position your feet under your hips with your toes pointing straight ahead. Lift your heels, coming onto your toes as high as you can. Hold for two to three seconds, then lower your heels back down. Raise and lower ten times. For a second round, turn your feet out slightly (at one o'clock and eleven o'clock position) and repeat the movement ten times. For a third round, turn your heels out, toes in, and lift ten times.

Benefits: Strengthens calf and shin muscles. Help stabilise and strengthen the muscles of the feet. This exercise also helps to stretch and align the tendons and ligaments of the ankle and arches of the foot.



Easy tree pose: Start by standing about six inches in front of a wall, facing the wall. Your legs should be right under your hips and your toes are pointing straight ahead. Make sure your torso is directly over your hips and you are lifting up through your spine. Using your hands on the wall for support as needed, let your weight shift onto your left foot and bring the sole of your right foot onto your right calf with the toes pointing towards the floor as you bend point your right knee out to the right. Press your right foot into your inner calf and your inner calf to your right foot. If this feels like too much, simply place your right heel on your left ankle with the toes of your right foot turned out to the right. Use your hands on the wall for support if needed. Hold for a slow count of ten and then repeat on the other side. For more challenge, take your arms up overhead, in line with your arms with palms facing each other.

Benefits: Strengthens the standing foot, leg, and hip joints. Stretches the adductors (inner thighs), torso, shoulders, and arms. Activates the core, improves focus, and teaches balance.

Use Props: Don't hesitate to use props such as a block, chair, wall, or straps to provide support and stability in balance postures. Props make postures more accessible, safer, and add interesting variations. Modify poses as needed to accommodate your current level of ability and gradually work toward more challenging variations. Note that props can be used to make postures more challenging as well as easier. In the photo of Tree pose with the chair, the chair provides support for the bent knee leg while helping to maintain balance. In the other image of Tree pose, the model is standing on a block for more challenge.

Seek guidance and feedback: It can be very helpful to work with a knowledgeable yoga instructor who can provide guidance, alignment cues, and personalised feedback to help you refine your balance postures. While group classes can help build community and offer a supportive environment, working one-on-one with a qualified teacher can help speed up your progress by focusing on your specific needs.

Practice patience: Balancing is a skill that takes time to develop. Be patient with yourself and embrace the learning process. Consistent practice and persistence over time are key to progress. And be kind to yourself! I often see students lose balance in Tree pose and get so frustrated with themselves that they just stop their

practice. Make it fun! If you lose balance in a posture – that is great! That is exactly what is supposed to happen as your body is learning how to balance properly! Just go right back to the posture and try again. And remember that practicing balance postures occasionally might be interesting, it is the regular practice over time that is going to produce the most benefit —just like most of yoga!

Have fun and challenge yourself: Acknowledge and celebrate your achievements along the way, no matter how small or large. Take time to recognise the improvements in your balance, strength, and overall practice, and let them inspire you to continue growing and evolving on your yoga journey!



सबसादी

WATERCOLOURS FOR DREAMERS

Words: Anaïs Ténrière Paudel

I have always been a dreamer. A timid, sensitive, and creative child, deeply in love with art and beauty. Mythology and space fascinated me, nurturing an early connection to spirituality and the unknown.

During my childhood, my drawings were rainbows of animals, and horses in my teenage years. Yet, there came a moment when drawing seemed to vanish, I can see now that it corresponded to a period of self-withdrawal. The young Anaïs, unduly harsh on herself, believed she paled in comparison to others.

A chance encounter, years later, changed everything. I had a meeting with my destiny !

A Thursday in April, ten years ago, found me in Pokhara, Nepal, on a solo trip inspired by an inexplicable draw to Buddhist traditions. I was about to explore the country whose unusual triangular flag had intrigued me as a child leafing through the dictionary.



Anaïs is a French dreamer, yogini and artist living in Nepal, where she fell in love ten years ago

while traveling. The beautiful story was also one of the most powerful lessons she learned - How unstoppable we can be when we believe in our dreams, no matter what!

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Samadhi Anahata



Samadhi Ink



Samadhi Muladhara



Samadhi Manipura

Seated by the lake, nestled at the mountain's base, weary from a day-long bus odyssey in the dust and chaos, I yearned for tranquility. Within minutes, two men approached with offers of guiding services, trekking,

and paragliding. All I craved was quiet, aspiring only to silence and contemplation. So, when a third man came to me, I didn't bother to look up, didn't even say hello. I simply replied, "I don't need a guide." If only I had

known ! Life has a sense of humour and much more imagination than we do.

This man is now my husband and, ironically, has never stopped being a guide. His name:

Ganesh. A symbol in itself ! The Hindu deity who removes obstacles. From the onset, he asked me unsettling questions, and I immediately loved that, even though it was incredibly uncomfortable, and pushed me out of my comfort zone. He introduced me to meditation and yoga, delving into the *Upanishads* and Buddha's teachings, sharing his inner quest in India. From the most famous ashrams such as in Coimbatore to the simplest ones like in Tiruvannamalai. Together, we traveled within ourselves to the sound of mantras, in the silence of *Vipassana*, and for a year-long exploration in India.

Ganesh initiated me into a journey of self-discovery — of both the treasures and the shadows I hold. In his company, growing was inevitable. He was my guide on the path to freedom — the one that comes with self-knowledge.

This journey brought me to move in with him in Nepal, four years ago. In this new chapter of life, distanced from all that was familiar, away from my usual surroundings and routines, questions naturally arose, louder than before:

- Who am I truly ?**
- Who do I aspire to be ?**
- How do I want to contribute to the world ?**
- What legacy do I want to leave ?**



It was clear. I was much more than I allowed myself to be. And I longed to live my dreams, granting ample sample to the artist and the spiritual woman within me. I sought self-exploration — through spirituality, creativity, and through the body, with yoga and dance.

"Inhabit my body better to better inhabit the world," as my sister at heart, Ségolène, an inspiring yoga/dance teacher, so beautifully articulates. I aspired to bring more beauty and poetry into the world. I longed to live, being inspired and inspiring.

That's how I returned to creating and drawing. That's how the idea of Indigo sprouted. An idea that I was ready to embrace Indigo is the pursuit of meeting my full potential. It is my Ikigai. It is my dream of a world where we dare to dream immensely and bring our most beautiful dreams to life. Because isn't it the only life we deserve to live: the life of our dreams ?

Discovering watercolour, I was immediately fascinated by the poetry of this medium, captivated by the dance of coloured pigments, of the water that attracts and repels them. There is something very meditative in this art. Watercolour is both gentle and wild, and it can be very unpredictable — a beautiful metaphor for life. Each brushstroke becomes a meditation, resulting in a very unique dance between colours and water, creating sometimes unexpected results, inviting to embrace whatever comes.

My first paintings were inspired by my little nephews and the innocence of childhood, giving birth to poetic Indigo animals. I painted with the

vision of a world I desired for them: a world in which children hold steadfastly to their dreams, blossoming into fulfilled adults who would gladly relive their lives countless times due to its profound meaning and beauty.

These were the first steps of Indigo: watercolours for the little ones with big dreams. But this was still dreaming too small ! I yearned to express myself fully ! So, further watercolours came to life. And one of them, *Samādhi*, was inspired by my husband, the guide I didn't want. He commissioned a painting for his hospital office — he is a doctor and also teaches meditation. I immediately thought of painting Buddha. It was obvious. A Buddha for a Ganesh. I married the wisdom and the serenity of Buddha to my poetic essence, and a watercolour naturally emerged, as if from a creative meditation. Lotus posture, balance, meditation, inner cosmos, abundance of flowers. These elements, to me, represented spiritual themes dear to my husband: inner peace, self-realisation, and the absolute. Themes that resonated in my yoga practice.

Yoga emerged as a pivotal aspect of my personal and spiritual journey. Intrigued by its philosophy and the holistic mind-body practice, I yearned to delve deeper. The discovery of yin yoga captivated me, and my love for this practice blossomed into becoming a teacher. In the simplicity and authenticity of yin yoga lies a profound beauty. It unveils truth, as one cannot lie, the long-held postures do not allow for it. It blends the physical with the meditative. A practice that seems tailor-made to be infused with mindfulness and poetry. Those who experience Gabrielle Harris' flows are bound to instantly fall in love with the beauty of this form of yoga !



Samadhi Svadhisthana

I envisioned sharing this precious gift of yoga with children. Believing that a childhood rooted in a mind-body connection paves the way for a mindful fulfilling adult life, I pursued training as a kids yoga teacher. With Indigo, one of my dreams is to intertwine the poetic messages of my watercolours for children with the spiritual teachings of yoga. I have some beautiful ideas that I wish to bring to life !

I often ponder the origin of ideas and the dwelling place of creativity. What I am certain of is that yoga nurtures them and makes me receptive to them. Fully inhabiting my body, embracing the present, I witness my creativity intensify. Ideas flow effortlessly, unshackled from the constraints of overthinking.

Yoga becomes a harmonious dance between the body, mind, and creativity. It offers a sanctuary for the free flow of ideas, a space where creativity blossoms organically.

I encountered the chakras through yoga and my Indian adventures. There is something I really loved about them: their reality doesn't matter much ! Even if the term doesn't resonate with us, they can serve as a metaphor for a part of our body, an emotion, an energy, an archetype... They invite us to connect holistically with aspects of ourselves that we sometimes pay less/little/no attention to. They enable us to explore more deeply our different facets, our treasures as well as our shadows.

For me, they were an invitation to unravel what I have concealed for years, what I have silenced, ignored, what I have not allowed to express itself, what I have not allowed to shine. But also, to soothe, comfort, embrace what needs love and care. To make me flourish, thrive, and radiate.

Like many, I initially perceived the chakra system as an ascending journey, from the material realm represented by the root chakra to the pinnacle of consciousness embodied by the crown chakra — an ascent towards enlightenment. However, Anodea Judith, Ph.D., and a renowned chakra expert, shifted my perspective. She introduced me to the chakras being also a current of manifestation: energy flowing downward from the crown to the root chakra, birthing inspirations, ideas, and visions into tangible matter. I harness this downward current of manifestation when I paint, drawing inspiration from something greater than myself, connected to my beautiful vision for the world.

Instinctively, I fused the wisdom and serenity of Buddha with the chakras, using the vibrant hues associated with the seven energy centres. The *Samādhi* watercolours embody a profound meaning — the dance between the body, mind, and spirit through yoga, meditation, spirituality and creativity. Beyond being artistic creations, they carry a profound spiritual essence, encapsulating the wisdom of each chakra. Consider them as invitations to explore the realms of our physical, energetic, emotional, mental, and spiritual selves — a journey towards discovering our profound essence and manifesting our dreams.

On the canvas of dreams, spirituality, and artistic expression, my narrative unfolds — a journey of self-discovery, liberation, and the pursuit of audacious dreams. I am currently living the dream of the person I was ten years ago when I encountered this man at the far reaches of the world. I wouldn't be the person I am today if I hadn't dared to wholeheartedly believe in my dreams during those times. I make a solemn promise to myself to persist in creating — shaping not just my life, but the memories I long to cherish and the legacy I aspire to leave behind. I am committed to nurturing my dreams and doing everything in my power to breathe life into them.

Because, without a doubt, it is our dreams that realise us. I look forward to my art meeting you along your path of self-realisation. *Namaste!*



MINDFULNESS PRACTICES

THAT WILL ELEVATE YOUR WELLBEING

Words: Lena Franklin

Medicine Woman, Transpersonal
Psychotherapist & Transformational Speaker



I remember it well. I was sitting at my family's altar as my mom wore a monk's robe, lighting incense and dedicating her stillness and silence to our Vietnamese ancestors.

Meditation was an integral piece of my childhood. Needless to say, I didn't have a conventional upbringing, at least not when it comes to spirituality. My mom, a feisty Vietnamese Buddhist woman, and my dad, a psychologist and practicing Presbyterian, raised me in a hybrid Buddhist/Christian home. One Sunday, I would attend temple with my mom to meditate among yellow-robed monks, and the next week, I would sing hymns in church with my dad. But through the common denominator of acceptance and altruism, the rich spirituality of my childhood was a tremendous gift. My parents came from two different walks

of life, intentionally merging their lives of East and West as they were dedicated to living a life of love and acceptance.

For me, mindfulness, the practice of consciously attending to the present moment, was always intimately connected to reconnecting with something sacred and beyond the confines of my own mind. This lesson was threaded through the tapestry of my childhood, creating a foundation to return to when life got chaotic.

My mother formally introduced me to meditation through the Buddhist lens, and my father was all about spending mindful time in nature's beauty. It was through my exposure to mindfulness and meditation as a young child that I later embarked on the path of becoming a mindfulness-based psychotherapist. Some of the profound benefits I've likely

experienced as a result of beginning meditation as a child include increased focus, enhanced ability to deal with life stressors, high levels of compassion, emotional regulation skills, and the ability to fully receive joy. Studies show that learning mindfulness-based skills, such as meditation, significantly enhances our capacity to cope with stress. Here are three meditative techniques I

1. MINDFUL BELLY BREATHING

There's a lot in life that we can't control as souls in human form. Whether it's disturbing events out in the world, loss of a loved one or changes in life, it's true that one of the only constants in this universe is impermanence. When I work with people in my transformational business, I emphasise the need for my clients to have a "tool box" they can call upon when life becomes downright overwhelming. When we have an array of mindfulness-based skills for emotion regulation, we empowered to meet-the-moment with the tools we need to successfully move through the day. When I'm beginning with a client, I often start with teaching mindful belly breathing. Studies show that meditation creates mental armour for individuals, increasing their emotional resilience.

I also recommend that parents practice these mindfulness meditation skills with their children consistently for optimal benefit. To practice mindful belly breathing, instruct your child to find a comfortable position either sitting upright or lying on their back. Inhale through the nostrils, inviting the flow of breath to fill the belly. Inhale deeply and slowly, imagining a balloon in the belly's centre expanding with the inhale.



Pause for a second at the top of the inhale. Then, exhale out of the nostrils, emptying the lungs of air. Continue this mindful belly breathing for three to five minutes, focusing on the body sensations associated with each

moment of inhale and exhale. Feel peace wash over the entire body.

These tools are for those at any age!

“

Studies show that learning mindfulness-based skills, such as meditation, significantly enhances our capacity to cope with stress.

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2. THE "GET STILL AND FEEL" APPROACH

When I got upset as a child, my mom encouraged me to sit at our family altar and meditate on my feelings. As a kid this felt ridiculous, but now, as a dedicated student of ancient Eastern healing practices I realise how powerful it was. Modern life encourages us to perpetually numb ourselves from actually feeling our feelings—whether it be through TV, sugary foods, or being glued to the iPhone. But making time for periods of stillness and silence, particularly during times of intense emotion, is essential. Our world is becoming increasingly noisier. This creates a challenge for those of us in the modern world, but with intention we can reprogram our minds and bodies to pause, drop in, and identify our feelings. I often say “we need to feel it to heal it” to allow our emotions to be some of our most potent teachers. The emotional intelligence that arises when we get still and feel will offer lifelong benefits in interpersonal relationships, in the workplace, and beyond.



3. GRATITUDE PRACTICES

Whatever we shine our awareness on grows. When we learn how to lean into a consistent gratitude practice over time, our brain structure changes and we begin to naturally shift into an abundance mindset. Using gratitude as a mindful nightly ritual can help the whole family drop into the power of presence. Whether you live alone or with family or friends, creating a gratitude ritual before bed evokes a sense of connectedness, love and compassion. In the evening, invite each person in the house to state three things they are grateful for that day. As each person shares, practice attentive, therapeutic listening. This means, without distraction, make eye contact with your beloved family member, breathe into your heart, and feel boundless gratitude for the moment. Gratitude practices are game-changers when it comes to fostering peace and presence both within and without!

Lena is a Medicine Woman, Transpersonal Psychotherapist & Transformational Speaker. She's also the creator of The Meditation Membership. We invite you to join her Meditation Membership and explore her global work at www.lenafranklin.com

You can follow her work on social @iamlenafranklin

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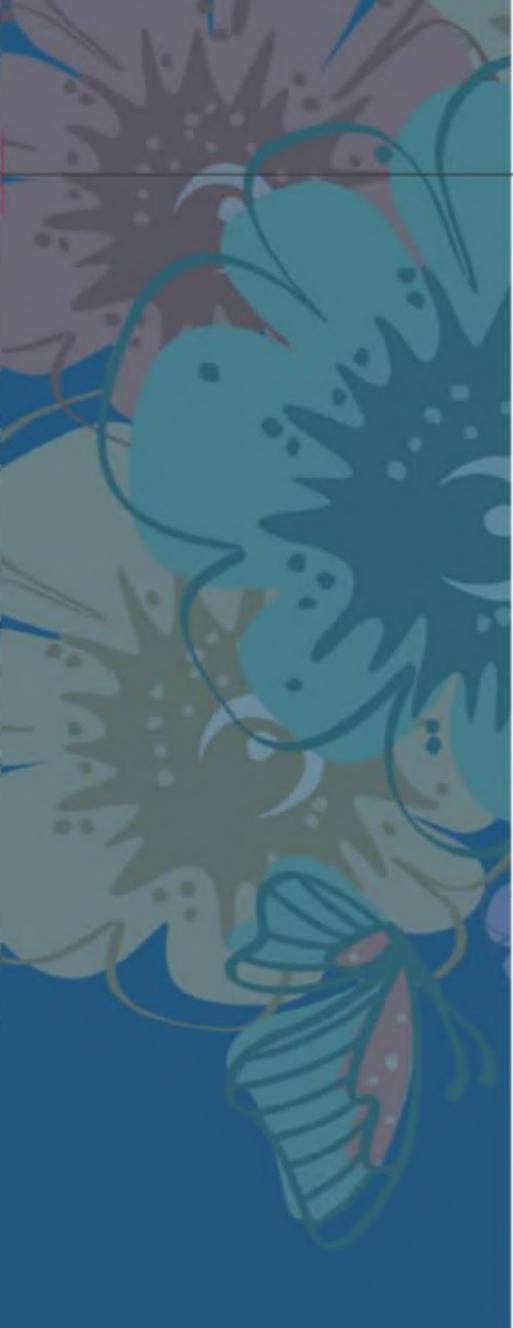
TEACHERS

and Their Teachers

A Special Relationship

Words: Perry Simpson





“

Training standards in the Iyengar yoga system are very high; it doesn't count the hours as though one hour's learning is the same as another hour's.

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WHAT DO YOU KNOW ABOUT YOUR TEACHER, AND THEIR JOURNEY TO BECOMING A TEACHER? ONCE THEY WEREN'T A TEACHER, NOW THEY ARE – WHERE DID THEY START, WHEN DID THEY GET SERIOUS, HOW DID THEY REACH THAT DECISION, WHO INSPIRED THEM?

Yoga is a big business in the UK as the Western world gets the yoga bug. It is estimated that there are over 10,000 yoga teachers in the UK, with between 20,000 and 30,000 yoga classes taught each week*. This means that yoga teachers are providing on average two to three classes each per week.

The West has become obsessed by the now well-publicised health benefits of yoga. This includes a handful of traditional yoga methods, along with many newer and more innovative – some people might even say gimmicky – versions.

It is easy to understand why anyone is inspired by a teacher, the teachings of yoga, and the whole experience. Many are so inspired that they know – this is their pathway; they want to teach yoga.

There are many paths to yoga, and there are many paths to becoming a yoga teacher.

Iyengar yoga maintains a long-established teaching system. Its authentic roots still come from traditional teachings of Pune, India. The same techniques have been handed down through the new generations of the Iyengar family.

To become a certified Iyengar teacher takes many years of practice and training. Training standards in the Iyengar yoga system are very high; it doesn't count the hours as though one hour's learning is the same as another hour's. It is a mentoring system, reflecting the special – often lifelong – bond between mentor and trainee.

WHY DOES THE IYENGAR YOGA SYSTEM TAKE ITS TEACHING QUALIFICATION SO SERIOUSLY?

It's because of the immense benefits yoga can bring, but also managing the safety and care of students. Zubin Zarthoshtimanesh cited in a Dublin Iyengar Yoga convention:

'No, Iyengar yoga is not "yoga with props'. It is pure yoga. The whole thing. Yes, we use props as teaching aids and as a means for everyone to benefit from a pose. We always start by teaching the full pose.'

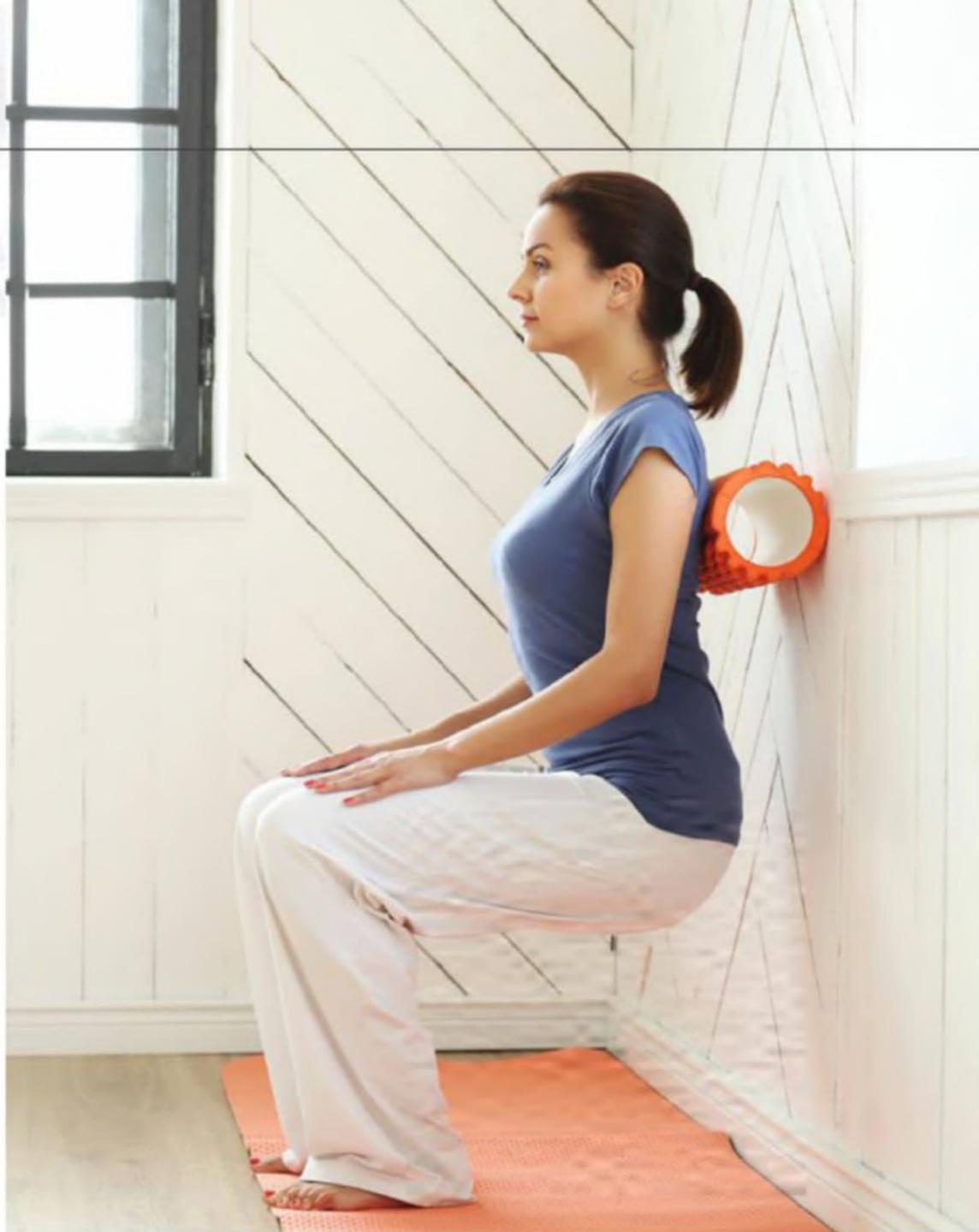
Iyengar yoga is renowned for its EMPHASIS on alignment, precision and gaining a depth of knowledge of the asanas (postures).

Yoga is a very complex subject that requires a lifetime of dedication to learning. Before considering teaching, a student of Iyengar yoga must first make the transition from class go'er to a dedicated practitioner of yoga. This means exploring yoga in more depth through your own personal practice.

'It is relatively easy to be a teacher of an academic subject, but to be a teacher in art is very difficult, and to be a yoga teacher is the hardest of all, because yoga teachers have to be their own critics and correct their own practice.' - BKS Iyengar

MENTORING OR TRAINING?

The Iyengar certification and assessment system encourages mutual support and community building. In this setting, mentoring is a way of sharing the responsibility for strengthening the whole Iyengar community.



When the student is ready, they will find a mentor to help them continue their journey. The mentor will work with them and conclude that the student has a strong zeal for their subject – a love of learning is essential! The mentor will assess the student teacher's potential as a future teacher.

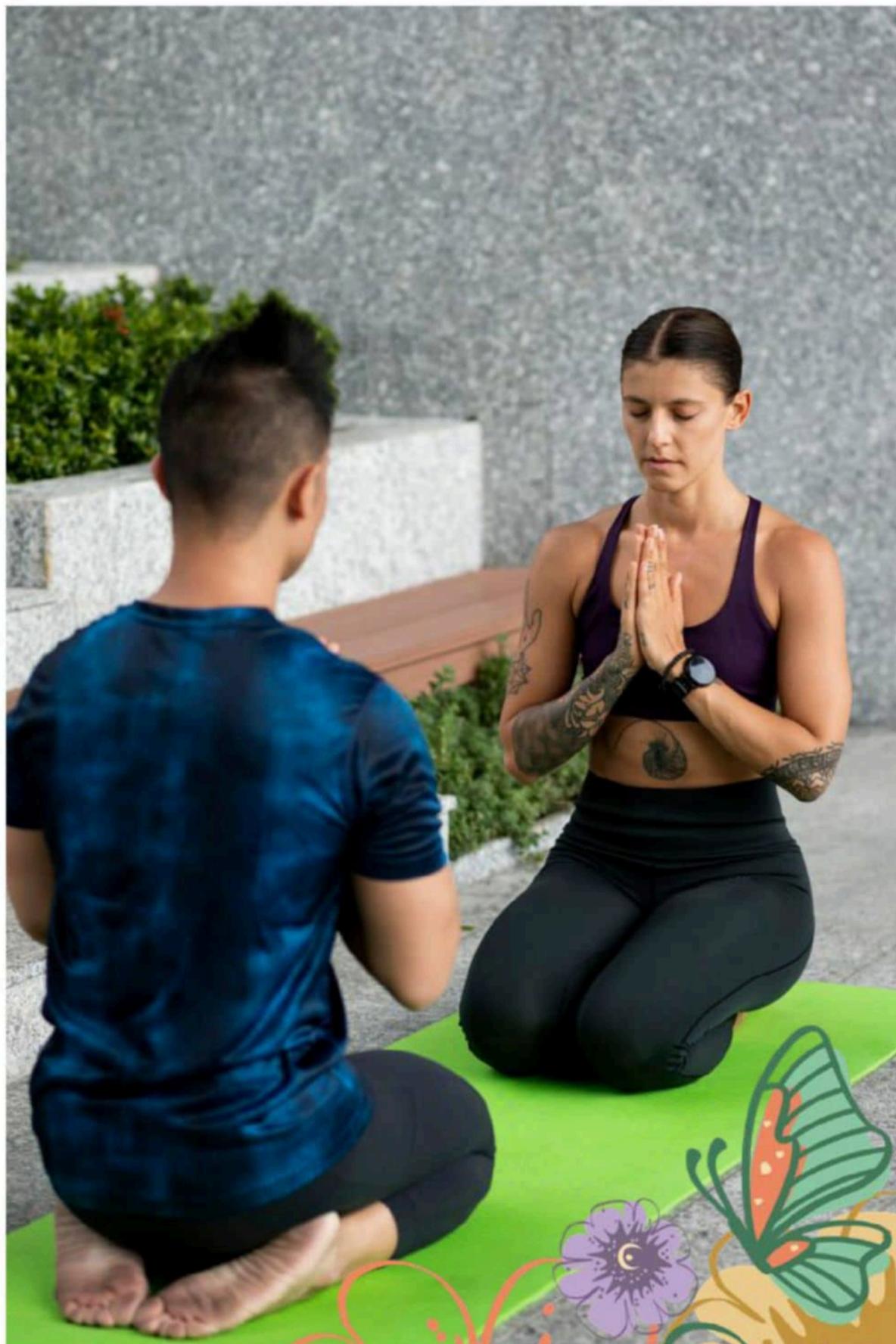
The mentor's greatest asset is their own experience (*sādhana*) from classes they attend – especially those in Pune, where our community's heart is; as well as their experiences in the UK and around the world.

As a guru takes us from the darkness of ignorance to the light of wisdom, *"the essence of being a mentor is guiding the trainee/mentee from the known to the unknown."*

Teachers in the Iyengar system are initially assessed as a Level 1 teacher – that is, their qualification allows them to teach about 100-120 poses to beginners in general classes. As they gain experience and understanding, they may progress through the levels to ensure they can teach a wider range of asanas and techniques, with greater intensity and insight. Or they may not – many teachers find that the Level 1 poses give them an enormous amount to work with, and love teaching beginners with their enthusiasm and willingness to try anything once!

To ensure the student teacher gets the right level of engagement and intensity, mentors may only mentor a small number at once, and must be at an appropriate level of seniority. There are informal support groups and formal training across the UK and Ireland to support mentors as well as the student teacher.

Over the course of their training – which will be at least 3 years, and may be more – the mentor will help the student teacher to become fully familiar with and immersed in the Iyengar yoga syllabus, both asanas and



pranayamas. You may have been to an Iyengar yoga class and wondered why someone was observing the class, or even called on by the teacher to assist; this is part of the process, allowing the student teacher to see up close and get hands-on experience of what it means to teach a yoga class (under the supervision of a responsible supervisor). The mentor will provide personal help and support to the student teacher through both the highs and lows – and there are plenty of both!

And as well, the mentor is responsible for helping the student to develop their own personal practice – what do they need to do to improve their asanas, and how can they go deeper into poses and pranayama. Student teachers are also encouraged to maintain an informal personal diary about their experience and observations.



ASSESSMENT

The mentor will decide that the student teacher is ready to start teaching on their own; and put them forward for an assessment to ascertain that they're ready to get their teaching qualification.

The assessment itself takes place over two days, with a friendly panel of three assessors who consider the student teacher's own personal practice as well as their teaching. Their mentor will attend with them to offer moral as well as practical support.

WHAT NEXT?

All certified Iyengar yoga teachers continue with their development, through their own home practice as well as Continuing Professional Development (CPD) each year. They stay in touch with their mentors, who provide support and encouragement when needed.

In this way, all our Iyengar yoga teachers carry on the thread of their lineage; a direct thread from teacher to teacher, connecting us back to our

source, the Iyengar family in India. An it means that when you attend an Iyengar yoga class of newly certified Iyengar Teacher, you can be sure that they are capable and confident; able to deliver a successful Iyengar yoga class, adapting to different situation and environments as well as adjusting to the different needs of students; and have a sound knowledge and understanding of the subject, including being familiar with the correct and effective use of Iyengar yoga props. Mentor and Trainee Perspective

"One of the many benefits of this way of learning to teach is that you are teaching a class that knows you are learning and very open to being taught by a trainee." Mentor Katie Rutherford.

"From the outset, this facilitated a very liberating mindset, allowing my love and understanding of yoga to deepen in a curious and intuitive way... Shadowing classes was the best part of the mentoring process. It was like getting to start all over again, where I could learn afresh as if I was a new student." Mentee Lyndsey Stark.

LIFE CHANGING

Twelve years ago, I suffered from pain in both knees, caused by terrible football injuries. I also struggled with acute asthma. It was a Level 1 Iyengar yoga teacher who guided and connected me with other senior teachers from the Iyengar community. My knees are pain-free, and I haven't had a prescription for an inhaler for ten years now.

My story, like many others, is testament to the skills that Iyengar teachers possess. It demonstrates that each teacher can deliver an Iyengar class to the standards and quality expected from the Iyengar family. Many new students come to an Iyengar class with an issue or experiencing some sort of pain. When a student drops into an Iyengar class, they are in very good hands.

Perry Simpson is a keen and dedicated student of Iyengar yoga base in Ireland. To find out more, please visit iyengaryoga.org.uk.

* Source: <https://www.finder.com/uk/stats-facts/yoga-statistics#> Analysis conducted by finder.com

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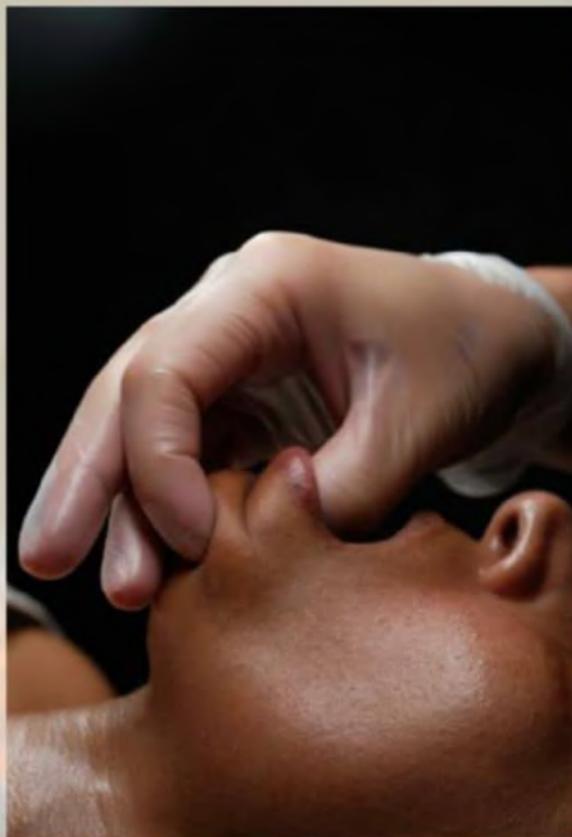
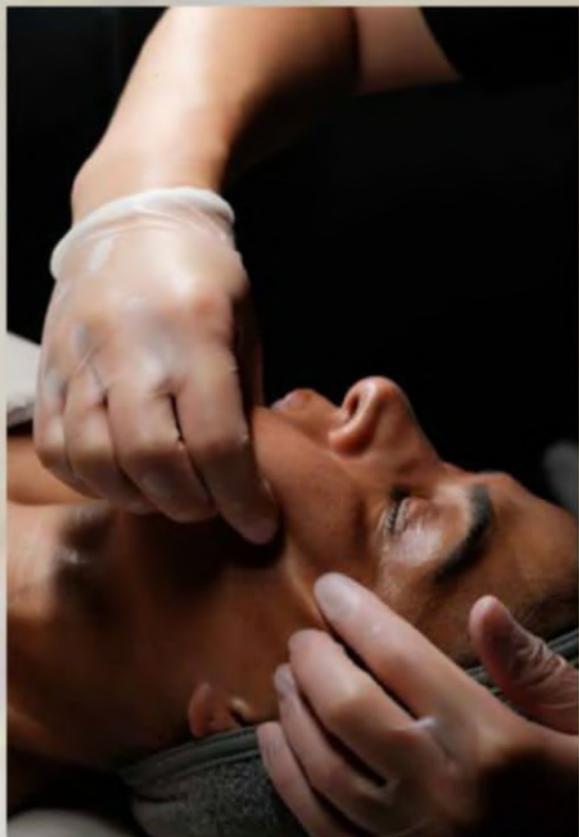
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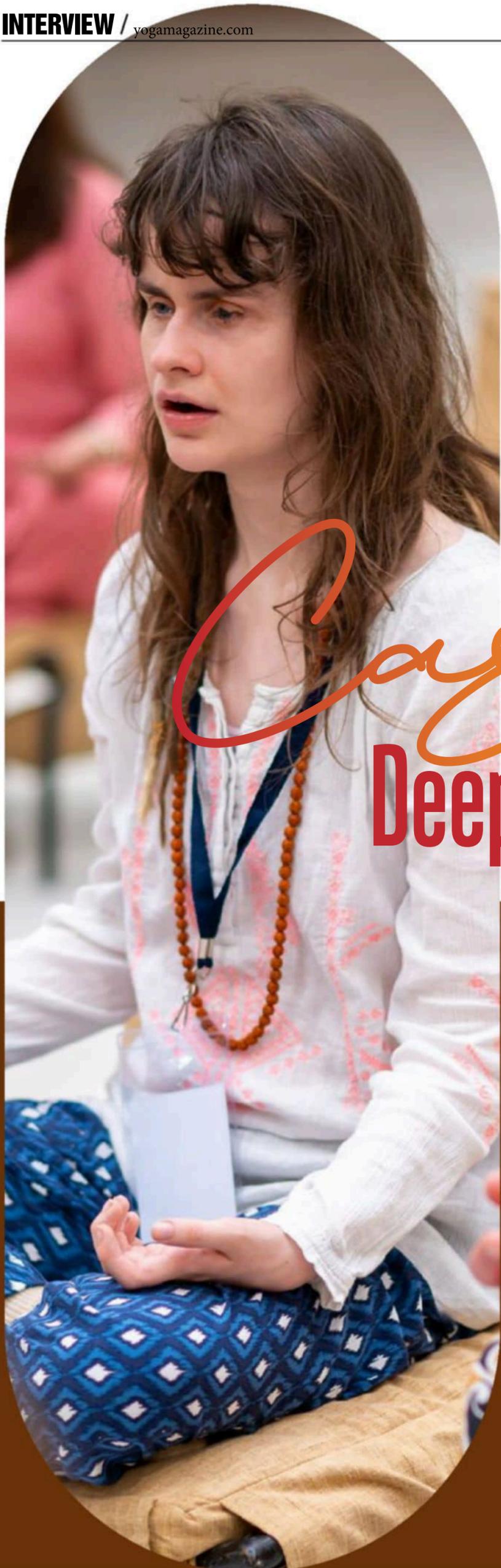
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KNOWN AS CASSMAE, IS A 21-YEAR-OLD EXTRAORDINARY SINGER-SONGWRITER FROM DUISBURG, GERMANY, WHO HAS GAINED IMMENSE POPULARITY ON SOCIAL MEDIA FOR HER COVERS OF INDIAN CLASSICAL SONGS. BORN BLIND, CASSMAE USES HER MUSIC TO RAISE AWARENESS FOR A MORE INCLUSIVE SOCIETY,

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INSPIRING HUNDREDS OF THOUSANDS OF FOLLOWERS ACROSS EUROPE AND INDIA. CASSMAE ARRIVED IN INDIA 25TH FEB, STAYED AT IYC UNTIL 29TH AND LEFT FROM MUMBAI ON 1ST OF MARCH.

YOGA MAGAZINE IS DELIGHTED TO PRESENT AN EXCERPT FROM A CONVERSATION WITH HER.

YOU RECENTLY VISITED THE ISHA YOGA CENTER IN COIMBATORE IN INDIA, FOUNDED BY SADHGURU. WHAT TOOK YOU THERE?

I was so thrilled to learn that the Isha Yoga Center actually invited me for their Content Creators Retreat which took place shortly before Mahashivaratri. I didn't hesitate at all because I was looking forward to gaining spiritual experiences and meeting Sadhguru along with the other creators. I was even more excited when

I found out that I could sing a lot there and share my experiences with my fans.

WHAT WAS THE EXPERIENCE LIKE FOR YOU?

At first I was blown away by the beauty of nature in the Yoga Center itself. I really felt free walking outside without shoes, smelling all the scents of India and being among so many people who meditated and did *Sadhana* wherever they could. The temples were fascinating and the food was so different from anything else I have tried. In Germany we also have Indian food but at the Isha Yoga Center, it's a totally different, healthy, natural and amazing experience. Usually I'm very shy when it comes to singing or chanting where people are watching me, but there nobody judged me for doing this. It felt even more relaxing to



sit outside in the mornings, listening to the chants of other people and of the birds.

I loved so much that the meditation practices were naturally and not at all forcefully included into our stay in the centre. We came to know the Isha Kriya meditation and I had a Yoga lesson which surprised me a lot. It was a perfect mixture of Pranayama, Asanas and chanting. The focus was not on the best fitness results; the focus was to create harmony and balance in your system and there was no rush about it. This intrigued me a lot and the lesson was over way too fast. I will definitely continue on this path.

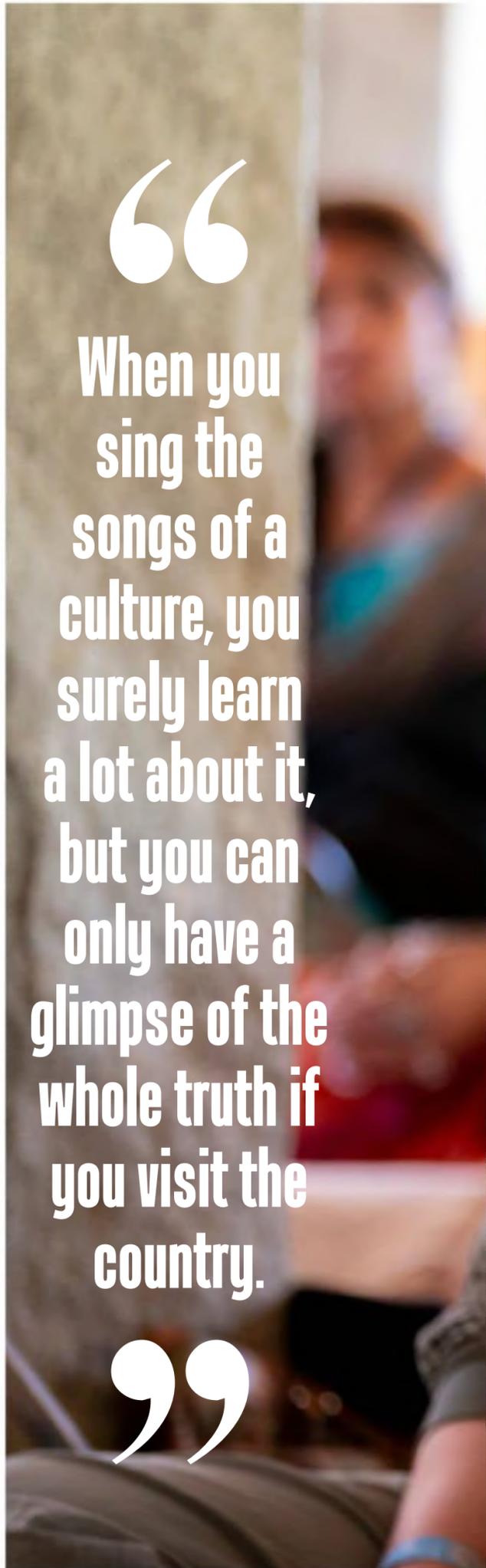
YOU HAVE BEEN SINGING IN CLASSICAL INDIAN LANGUAGES FOR A WHILE NOW, BUT WE UNDERSTAND THIS WAS YOUR FIRST VISIT TO INDIA. HOW DID YOU FEEL VISITING INDIA FOR THE FIRST TIME?

When you sing the songs of a culture, you surely learn a lot about it, but you can only have a glimpse of the whole truth if you visit the country. I've been

learning the variety of Indian cultures for six years now but when I arrived in India I knew that I'd still have to learn a lot. The traffic, the interaction with people, the smells, the clothes, the heat, the food - everything was different. In India everyday is full of new adventures but I was not really stressed out by that. I think you could compare India to music; you will never stop learning and if you just let it happen it'll be amazing.

WE SAW A VIDEO OF YOU SINGING FOR SADHGURU WENT VIRAL! CAN YOU TELL US MORE ABOUT THIS MOMENT?

I loved singing for Sadhguru and I never expected that this could actually happen. The clip on social media just shows a fragment of the whole *Nirvana Shatakam* which I sang for him. Later people described that he closed his eyes during my performance and with the information that I have now that only a couple of weeks later he had to rush to hospital due to serious health issues, I hope that this chant helped him somehow. At the end of our session he put a flower garland around my neck and I was out of words. It's a great honour in Indian traditions to do this and I can't forget the smell of these flowers. Sadhguru also talked to me but I still can't remember all he said because it felt like a dream.



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WHAT DID YOU TAKE HOME FROM YOUR VISIT TO INDIA? WHAT TOUCHED YOU THE MOST?

I'm definitely not the same person as before my visit to India. I can't even describe why but it feels like a void in my heart has been filled and I now have answers to questions which I kept asking myself. The deep traditions of India are what I fell in love with from the beginning and my love and appreciation is still growing. What touches me most is that I got the chance to meet so many amazing people and fans of mine and that they were all so sweet and caring. Additionally I could say I learned to value the little and simple things more and I don't get stressed out so much by everything anymore.



Living **THE LUCKY LIFE** *YOGIC PRINCIPLES FOR EVERYDAY LIFE*

Words: Georgie May, author of 'Lucky Girl'

In the vast tapestry of life, luck often plays a significant role in shaping our experiences. While some perceive luck as a random occurrence, others believe in the power of manifestation – the ability to attract positive outcomes through focused intention and mindfulness. For yoga enthusiasts seeking to extend their lucky streak in life, understanding the intersection of mindfulness and manifestation is essential. In this article, we delve into the mindset needed for good luck and provide practical tips rooted in yoga philosophy to help you manifest abundance and positivity.



The eight limbs of yoga, outlined in Patanjali's Yoga Sutras, offer a comprehensive framework for physical, mental, and spiritual well-being. While not explicitly focused on attracting "luck," each limb contributes to cultivating a state of mind and being that is receptive to positive experiences and allows us to develop a sense of living a fortunate life. Let's explore how each limb subtly yet powerfully influences your ability to manifest and attract good fortune.

1. Yama (Ethical Observances)

The *Yamas* act as a foundation for ethical conduct, guiding interactions with the world around you. By adhering to principles like non-violence (*ahimsa*), truthfulness (*satya*), and non-stealing (*asteya*), you cultivate inner peace and harmony. This positive energy attracts positive experiences and helps you live with integrity, a core value for many yogis.

2. Niyama (Self-Observances)

The *Niyamas* are self-disciplines that cultivate inner strength and clarity. Contentment (*santosha*) allows you to appreciate what you already have, attracting more abundance. Discipline (*tapas*) fuels your efforts towards goals, increasing the likelihood of manifestation. Self-study (*swadhyaya*) helps you identify limiting beliefs that might be blocking your desires. By working with the *Niyamas*, you create a foundation for attracting positive experiences through self-awareness and dedicated action.

3. Asana (Physical Postures)

Asana practice goes beyond physical benefits. Holding postures with focus and discipline (*tapas*) strengthens your willpower, a key element in achieving goals and bringing your intentions to life. The balanced and aligned state cultivated through Asana practice can also reflect internally, creating a sense of harmony that attracts positive experiences.

Physical postures also help raise your vibration and emit a healing energy - one which helps you manifest easier.

4. Pranayama (Breathwork)

Pranayama, the practice of breath control, is a powerful tool for quieting the mind and managing emotions. By calming your inner world, you create space for clear thinking and intuition, allowing you to make decisions aligned with your intentions. *Pranayama* also energises the body, increasing your vitality and ability to take action towards your goals.

5. Pratyahara (Sense Withdrawal)

Pratyahara is the practice of withdrawing the senses from external stimuli. In today's overstimulated world, this practice allows you to focus inward and connect with your intuition. This inner connection helps you identify your true desires and guides you towards setting powerful intentions for manifestation.





6. Dharana (Concentration)

Dharana is the practice of focusing your attention on a single point. This mental discipline spills over into daily life, enhancing your ability to focus on your goals and intentions. With unwavering focus, you become more effective in taking action and attracting the experiences you desire.

7. Dhyana (Meditation)

Meditation cultivates a state of deep inner peace and clarity. In this state, limiting beliefs and negativity can dissolve, replaced by a sense of openness and possibility. This openness allows you to connect with your deepest desires and visualise your intentions with greater power, attracting positive experiences that resonate with your authentic self.

8. Samadhi (Absorption)

Samadhi is a state of complete oneness with the present moment. While challenging to achieve, even

fleeting moments of *Samadhi* can leave you feeling centred, grounded, and radiating positive energy. This inner peace creates a magnetic field that attracts positive experiences and fosters a sense of living in harmony with the universe.

The eight limbs of yoga work synergistically. Living a life guided by the *Yamas* and *Niyamas* creates a foundation of ethics and self-awareness. *Asana* and *Pranayama* practices strengthen your body and mind, while *Pratyahara*, *Dharana*, and *Dhyana* refine your focus and intuition. Ultimately, these practices all culminate in the experience of *Samadhi*, a state of inner peace that radiates outward and attracts positive experiences.

By integrating the eight limbs of yoga into your daily life, you cultivate a state of being that is not just "lucky" but also fulfilling and aligned with

your deepest desires. You become an active participant in shaping your reality, attracting positive experiences through your intentions, actions, and the positive energy you radiate into the world.

Introducing a Lucky Mindset into your practice

Yoga, with its holistic approach to mind, body, and spirit, serves as a powerful tool for manifestation as it's often guided by the universe's subtle energies. Incorporating yogic principles into your daily practice can amplify your ability to attract good luck and abundance. Infuse your yoga practice with mindful manifestation by embracing the following key principles:

Set Intentions in Your Practice

Begin each yoga session by setting intentions aligned with your desires. Whether it's cultivating inner peace, tapping into self-love, personal growth, appreciation for your body or manifesting abundance, infuse your practice with purposeful intent to serve as a guiding light on your journey. Setting clear intentions aligns our thoughts, emotions, and actions with our desires.

Become More Aware

Mindful awareness enables us to observe our thoughts and emotions without judgment, empowering us to consciously choose our responses to life's circumstances. By staying present in each moment, we harness the power of mindfulness to manifest our intentions with clarity and purpose.

Practice Visualisation Techniques

During *asana* practice, meditation or *savasana*, visualise yourself already experiencing the outcomes you desire. Engage all your senses to immerse yourself fully in the experience, reinforcing the belief that your intentions are manifesting in the present moment.

Harness the Power of Mantras

Incorporate empowering mantras or affirmations into your practice to re-programme your subconscious mind for success. Choose phrases that resonate with your intentions and repeat them with conviction to cultivate a positive mindset and attract abundance. For example - *"I attract abundance effortlessly."*, *"Every challenge is an opportunity for growth, and I embrace them with courage."*, *"I trust in my abilities to create the life I desire."*

Cultivate Inner Alignment

The practice of yoga itself is a great way to cultivate inner alignment as it integrates mindful movement, breath awareness, and meditation, creating harmony between the body, mind, and spirit. Through yoga, we learn to listen to our bodies, quiet the chatter of the mind, and connect with our inner wisdom, promoting a sense of balance, peace, and wholeness in our lives. Perhaps explore other yoga practices that also promote inner alignment, such as *pranayama* (breathwork), meditation, and *yoga nidra* (yogic sleep). These practices help harmonise the body, mind, and spirit, creating a fertile ground for manifestation to flourish.

Express Gratitude Daily

Before you begin your practice and at the end, express gratitude for the blessings in your life, no matter how small. Gratitude opens the heart and strengthens your connection to the abundance of the universe, paving the way for more blessings to flow into your life. The foundation of attracting good luck lies in gratitude and positivity. By acknowledging the blessings in our lives and maintaining a positive outlook, we create an energetic resonance that draws more positivity towards us. Give thanks to yourself for taking time out to do yoga, the practice itself and your amazing body.

Use the Law of Karma

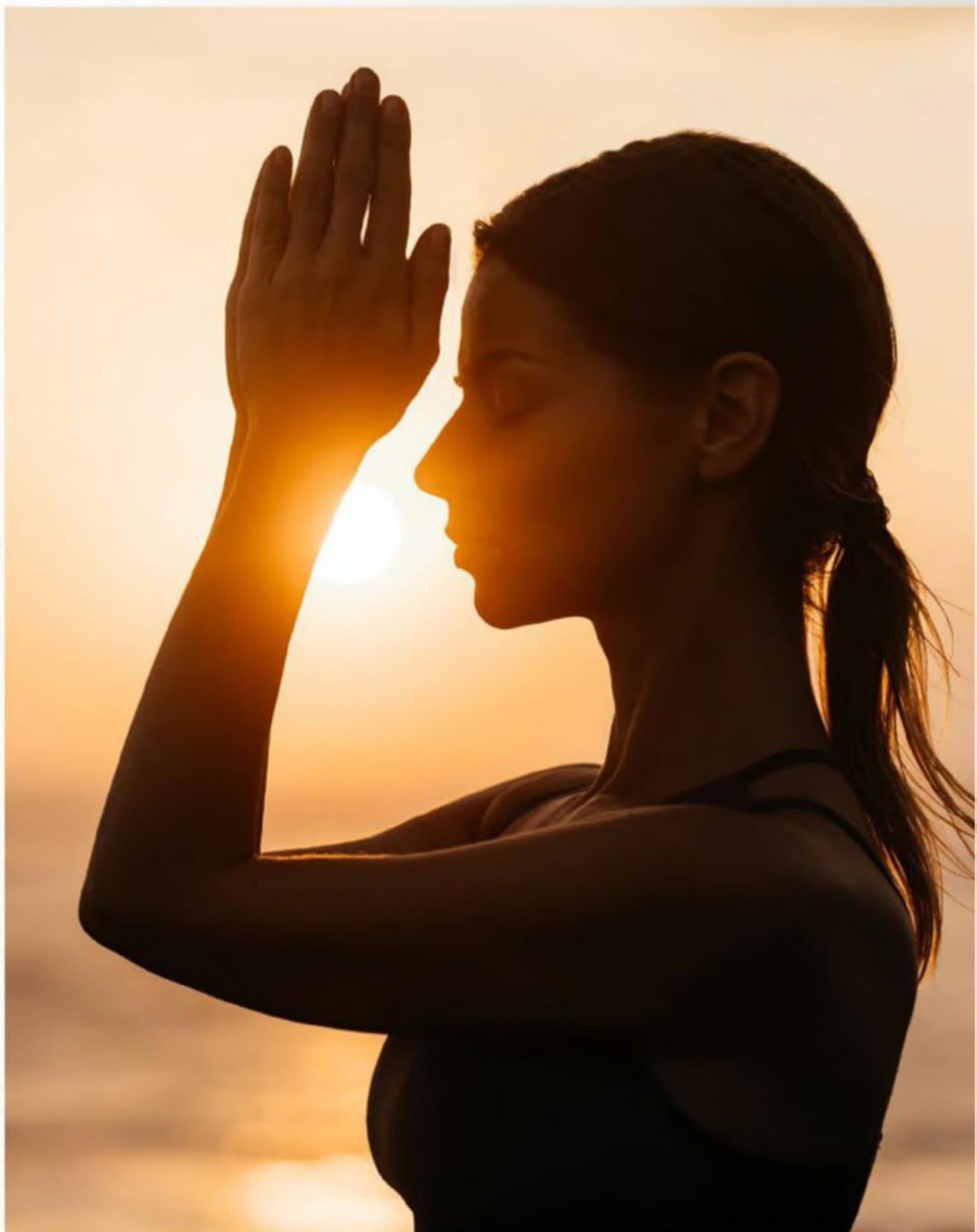
The yogic concept of karma emphasises the principle of cause and effect. While mindful manifestation allows you to attract positive experiences, it's important to remember that your actions and intentions also have consequences. Align your intentions with actions that embody the yogic principles. This creates a virtuous cycle, attracting positive experiences as a result of your positive choices.

Mindful Consumption

Following your yoga practice, be conscious of where your energy goes. Avoid spending time with energy vampires (aka people in your life who drain you), negativity in the media and surround yourself with supportive people who uplift you and activities that fill up your cup and bring you joy.

Trust

Just as you trust your body leaning into certain balancing asanas, trust



yourself off the mat in life itself. Lead every action with an unwavering sense of trust. Trusting in the universe's wisdom and timing allows us to surrender control and embrace the flow of life. This trust develops our resilience in the face of challenges and opens us to unexpected opportunities that align with our highest good.

Embracing the Journey of Mindful Manifestation

As yoga practitioners, we have the privilege of tapping into the ancient wisdom of yoga to enhance our manifestation abilities and live a life filled with joy, abundance, and serenity.

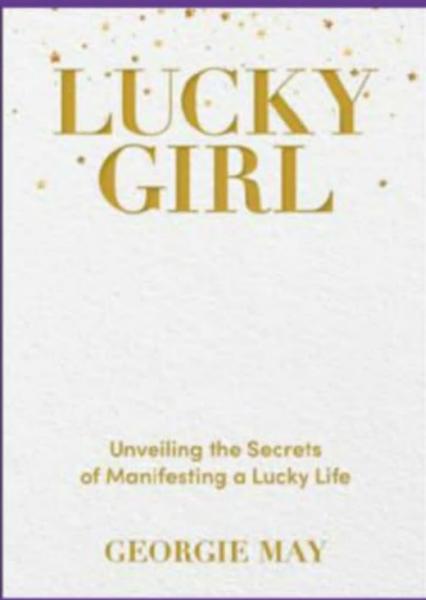
Your yoga practice is a powerful tool for cultivating a "lucky" mindset, as luck often favours those who are attuned to its rhythms and open to its gifts. By incorporating mindful

manifestation techniques and yogic principles into your daily life, you can shift your inner world and attract more positive experiences. Remember, true "luck" isn't a random occurrence; it's a product of your intentions, actions, and the energy you radiate into the world.

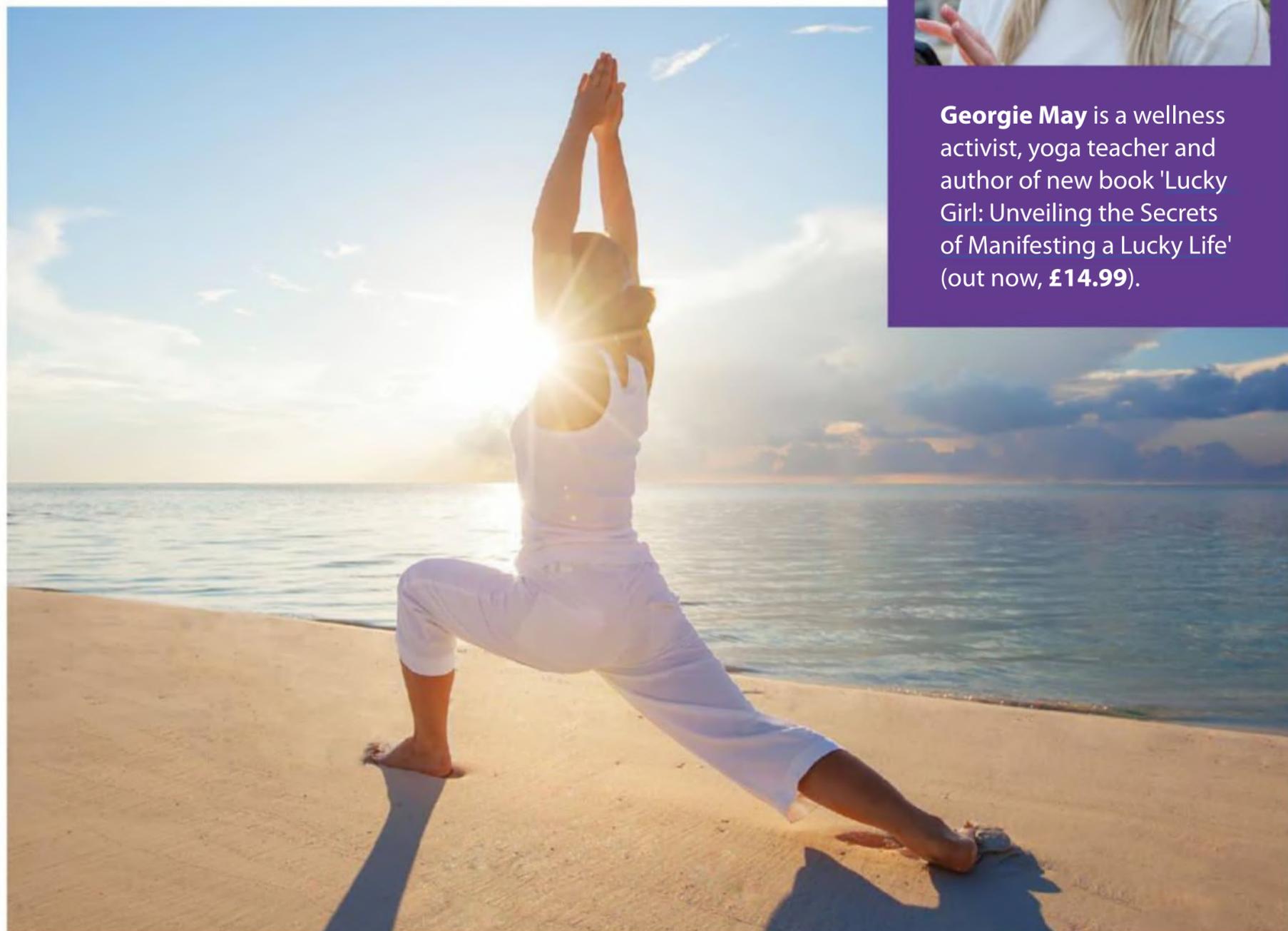
So, step onto your yoga mat, set your intentions, and take aligned action towards your goals. With a positive mindset and a heart open to abundance, you can cultivate a life filled with opportunities, joy, and a sense of being truly fortunate.

May your path be illuminated with blessings and may you manifest a life of boundless abundance and joy.

Om shanti shanti shanti!
(Peace, peace, peace)



Georgie May is a wellness activist, yoga teacher and author of new book 'Lucky Girl: Unveiling the Secrets of Manifesting a Lucky Life' (out now, £14.99).



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YOGA

AMONG THE MOST POPULAR EXERCISE TRENDS ON YOUTUBE

Data commissioned by: Live Rugby Tickets

With 55% of gym-goers experiencing a price increase in gym membership over the past two years, research shows that over a third of Brits have cancelled their gym membership as a result. As many Brits are still sticking to their new year fitness resolutions, working out at home can be a more cost-effective option.

Experts at Live Rugby Tickets were keen to find out which exercises people are interested to learn the most. To do so, they collated a list of 20 popular fitness exercises and investigated which tutorial has the highest search volumes on Youtube via Ahrefs, **revealing the most popular exercise trends to learn at home!**



KEY FINDINGS

- **Zumba ranks as the most popular exercise we all want to learn at home**, with **1,300,000** monthly searches for relevant classes.
- With 1,200,000 monthly tutorial searches on Youtube, **Yoga** ranks as the **second** most popular self-taught exercise.
- **Boxing** comes **third** with **390,000** searches on average on Youtube monthly. This is followed by the **HIIT workout** and **Cardio** exercise.

We really hope you find this release useful. If you do end up using it, we would very much appreciate a link to <https://www.liverugbytickets.co.uk/> who commissioned the data. A linked credit allows us to keep supplying you with future content that you may find useful.

TOP 10 EXERCISES WE ALL WANT TO LEARN AT HOME

| RANK | TYPE OF EXERCISE | GLOBAL AVERAGE MONTHLY YOUTUBE SEARCHES |
|------|------------------|---|
| 1 | Zumba | 1,300,000 |
| 2 | Yoga | 1,200,000 |
| 3 | Boxing | 390,000 |
| 4 | HIIT | 190,000 |
| 5 | Pull up | 187,000 |
| 6 | Pilates | 185,000 |
| 7 | Running | 137,000 |
| 8 | Tai Chi | 123,000 |
| 9 | Deadlift | 87000 |
| 10 | Kickboxing | 53000 |

Please see the full data containing 20 exercises here.

Live Rugby Tickets can reveal that **Zumba ranks as the number 1 most popular exercise to learn at home.** With an average of **1.3 million** monthly searches across the world, Zumba tutorials on Youtube are not only an effective workout method but also a lot of fun. Combined with dance, aerobics and interval training, Zumba helps improve both physical health such as cardiovascular fitness and also mental stress relief.

Yoga ranks as the **second** most popular exercise people want to learn at home, with **1,200,000 monthly tutorial searches** on Youtube. It is a great choice for anyone who doesn't feel comfortable working out in a gym or wants an affordable alternative. Self taught yoga can be more than an exercise, but a self discovery to feeling more connected with your body and mind.

According to **Dr. Hana Patel, NHS GP and GP Medico-Legal Expert Witness**, yoga focuses on strength, flexibility and breathing to boost physical and mental wellbeing.

"There's some evidence that regular yoga practice helps people with high blood

pressure, heart disease, aches and pains (including lower back pain), depression and stress. It improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal."

In **third** place is **boxing**, with **390,000 average monthly searches** on Youtube globally. Boxing helps increase endorphins and boost your mood. It is especially popular among women recently who want to become fitter and more confident to discover their potential and power. On Youtube, you can follow tutorials such as shadow boxing and self-defence boxing, but with boxing being a contact sport, it is still recommended to practise with a coach when you can.

Live Rugby Tickets spoke to Steve Shreeve, UK certificated online personal trainer, about 7 top safety tips for people who are self learning fitness exercises at home:

1. Check your workout space. Make sure it is free of trip and slip hazards. *and other people in your home are aware of what you're doing. This helps to avoid any potential unwanted accidents or collisions.*

2. Pay attention to breathing technique. *This has an important health and safety component to it, but you'll also find that correct breathing will make the exercises feel better when performing them.*

3. Remember warm ups and cool downs. *Your body will respond best and in the most healthful way if you prepare appropriately for your exercise, and cooling down properly is essential to start the recovery process and make sure you don't get any light-headedness or dizziness after your exercise session.*



4. Nutrition and hydration. *If you're dehydrated or don't have the right type and amount of fuel in the tank for your exercise, you could find yourself becoming dizzy and feeling faint.*

5. Be aware of body signals. *While it's normal to feel some discomfort when exercising, particularly in the target muscles of an exercise, nothing should ever really hurt, and your joints especially shouldn't hurt. Don't ignore any pain signals that may come up, especially if you experience any chest pain. If something doesn't feel right, get it checked out.*

6. Make a progressive plan. *Make sure you don't rush the process, take the time to learn what's right for you and your body, and your current situation. Recognise and celebrate when you have made progress, no matter how big or how small that progress is.*

7. Seek a professional's help. *A well-trained and experienced professional can give you a comprehensive assessment, which means you can be safe in the knowledge that the exercises that are being suggested for you are right for your current level of fitness.*

Please see the full data containing 20 exercises here.

We really hope you find this release useful. If you do end up using it, we would very much appreciate a link to <https://www.liverugbytickets.co.uk/> who commissioned the data. A linked credit allows us to keep supplying you with future content that you may find useful.

<http://www.liverugbytickets.co.uk/>



**EXPERIENCING SUCCESS
IN MEDITATION - LESSONS
FROM AJAHN LEE**

Words: Victor Parachin

A young man, who had been spiritually inclined through most of his teens, decided his life path was to become a Buddhist monk. So, at the age of 20 he received ordained at the temple in his home village. Initially he was delighted at his new station in life. However, delight soon turned to shock and disappointment when he discovered that life as a temple monk had almost nothing to do with the teaching and practice of the Buddha. In his autobiography, he explains this disturbing daily routine of the temple monks: "Instead of observing the duties of the contemplative life, we were out to have a good time: playing chess, wrestling, playing match games with girls... Whenever I looked into the books on monastic discipline, I'd start felling really uneasy." Recognising this temple was not the place for him he made an important distinction telling himself: "If you don't want to leave the monkhood, you're going to have to leave this temple." Fortunately, he did just that.

Ajahn Lee was born on January 31 1907 in a rural village in Northeastern Thailand and after false start as a monk, would emerge as a highly influential Buddhist monk who took meditation out of the monastery and delivering it the people. He is described "as one of the greatest teachers and meditation masters of the Thai Forest Tradition of the 20th century."

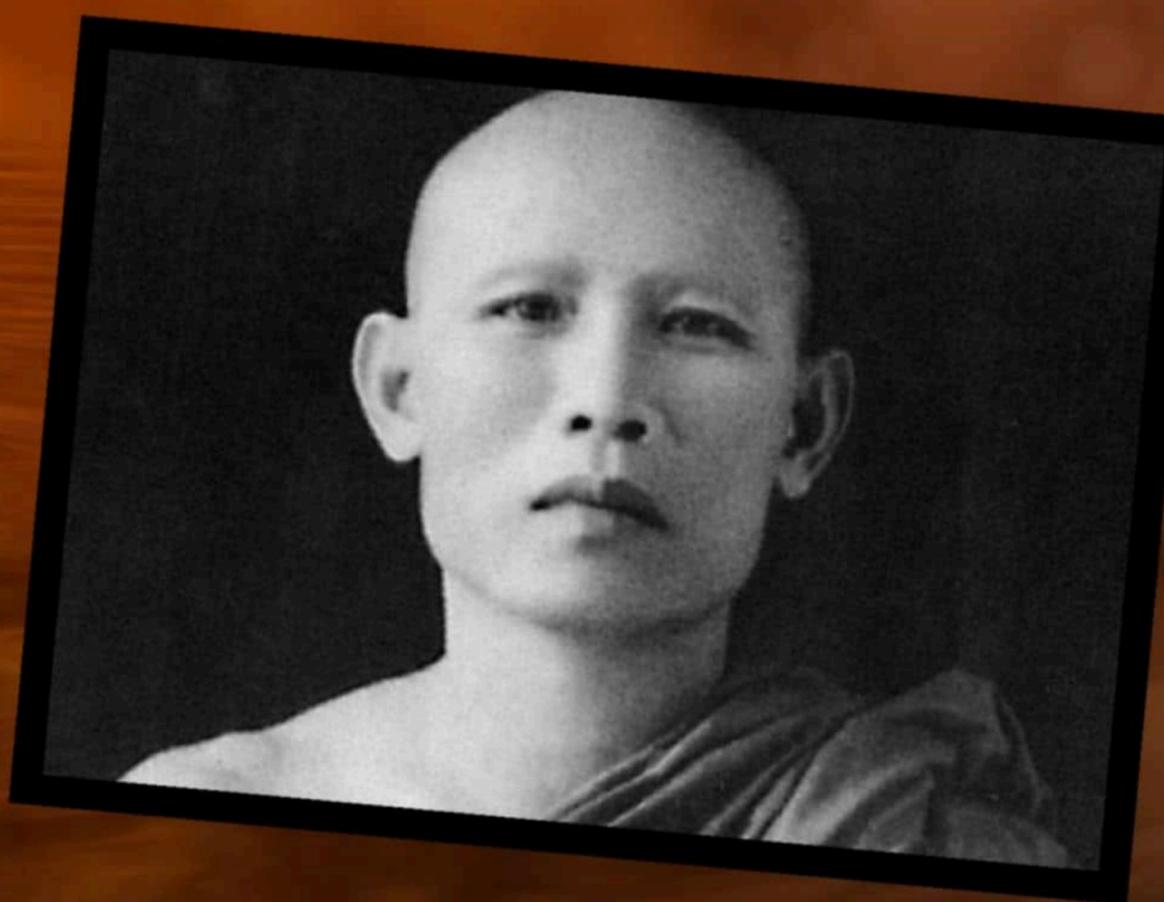
Shortly after his resolve to leave his village temple, Ajahn Lee encountered an authentic teacher named Phra Ajaan Mun who accepted him as a disciple. Lee spent five intense years learning various meditation practices as well as mastering the teachings of the Buddha. In addition to providing one on one instruction to Lee, Ajahn Mun insisted that Lee wander alone into the forests of Thailand and meditate by himself. Eventually, these

random wanderings took Lee through most districts of Thailand as well into Cambodia, Burma and India, all the while perfecting his meditation practice as well embracing opportunities to teach meditation to ordinary lay persons.

Meditation is the key to a happy, healthy life, he consistently taught, explaining its power this way: "Ordinary people usually can't say 'No' to their defilements. They usually have to act in line with their defilements as they arise. For example, when they feel strong anger they can't bear it. They have to let it show, to the point where they can get really ugly and do things that fly right in the face of morality." On the other hand, meditators, "although they do have defilements, can say 'No' to them. Why? Because they have the discipline of mindfulness embedded within them, enabling them to tell right from wrong."

“
**Meditation
is the key
to a happy,
healthy life.**

”



His instructions for “success” in meditation are both simple and subtle. In a lecture titled “As The Mind Turns” delivered on August 9th, 1958, Lee reminds people that it is “the mind which gives orders” and that to discipline the mind means placing a focus upon the breath in these five ways.

1. To observe breath sensations that are flowing downward from the head to the feet;
2. To observe breath sensations that are opposite, flowing upward from the toes to the head. “These two sorts take turns running back and forth like a rope over a pulley that we pull up and down,” he says.
3. To observe breath sensations which are purifying the body. “These are the sensations that help ventilate the body, receiving our guests—the breath permeating in through the skin—and expelling the inner breath, keeping the pure, beneficial breath in the body and expelling the harmful breath out through the pores.”
4. To observe breath sensations in the mid section of the body: the abdomen, heart, lungs, liver, stomach, intestines. “This sort of breath we have to observe in order to see in what way it’s heavy on the left or right side.”
5. To observe breath sensations flowing within the intestines. “These sorts of breath sensations help keep our digestive fires just right for the body,” he says adding

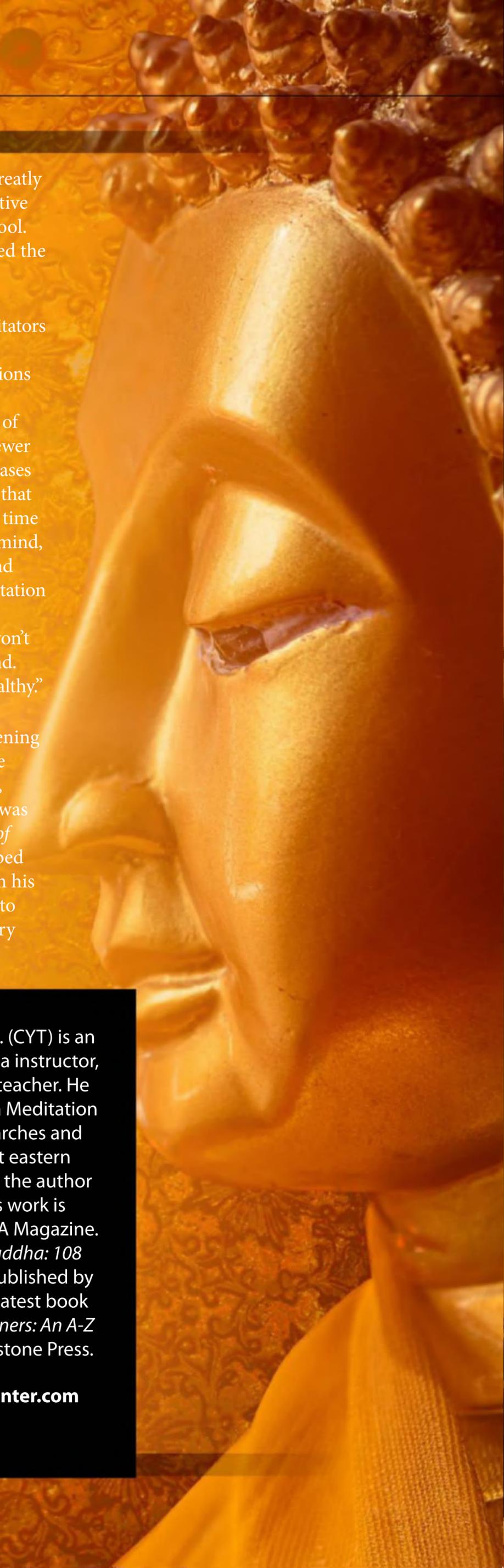
that the body will struggle greatly and not benefit if one’s digestive fire is either too hot or too cool. When digestion is unbalanced the result is a weaker body.

Lee concludes by reminding meditators that two enormous benefits will emerge as these five breath sensations are perfected during meditation: “First, In terms of the body, those of us with many diseases will have fewer diseases; those of us with few diseases may recover completely. Diseases that haven’t yet arisen will have a hard time arising. Secondly, in terms of the mind, we’ll become contented, happy, and refreshed. At the same time, meditation can help free us from bad karma because unskillful mental states won’t have a chance to infiltrate the mind. Our life will be long, our body healthy.”

Ajahn Lee passed away in the evening of 25 April 1961, at the young age of 55. Sensing his time was short, Lee dictated his life story, which was published as *The Autobiography of Phra Ajaan Lee*, from a hospital bed one year before his death. Even in his final years, Ajahn Lee continued to retreat into Thai forests for solitary meditation.

Victor M. Parachin, M. Div. (CYT) is an author, Vedic educator, yoga instructor, and Buddhist meditation teacher. He is the director of Tulsa Yoga Meditation Centre (USA). Victor researches and writes extensively about eastern spiritual philosophy and is the author of numerous books. His work is published regularly in YOGA Magazine. His book - *‘Think Like a Buddha: 108 Days of Mindfulness’* was published by Hohm Publishers and his latest book *‘Buddhist Wisdom for Beginners: An A-Z Guide’* is published by Sunstone Press.

tulsayogameditationcenter.com



WORDS OF WISDOM FROM AJAHN LEE



The good things are hard to latch onto; the bad are easy.

The purpose of sitting and meditating is to cut away the various thoughts that preoccupy our minds. The more preoccupations we can cut away, the lighter we'll feel. All of the various burdens that weigh down our hearts—all the stresses and strains we feel—will lessen and disappear.

People whose minds haven't yet really reached a high level, when they meet with criticism, will usually keep it and brood over it.

Mindfulness means care and restraint to make sure that our thoughts, words, and deeds don't go off the mark; being conscious of good and evil so that our behaviour doesn't fall into ways that are bad and unwise.

The Buddha became disenchanted with past and future, because they're so undependable. Sometimes they put us in a good mood, which is indulgence in pleasure. Sometimes they get us in a bad mood, which is indulgence in self-affliction.

Every person has both awareness and unawareness. We human beings have both darkness and brightness. The darkness is unawareness; the brightness, awareness.

In practicing meditation, we really have to be true in our work if we want results. We have to be true in our body, true in our speech, true in our heart.

The issues of the mind all boil down to two minds: one that likes to do good, and one that likes to do evil.

Whenever we run along after the world, we can't see the world easily. For this reason, we first have to stop running. Then we'll see it clearly.

What's important is that we don't let the mind malfunction. Don't let your moods hold sway over the mind.

Let a preoccupation with what's good and worthwhile arise in the mind. Don't let any of the forms of mental corruption arise.

The nature of the body is that it flows in one direction—toward decay—but the mind won't flow along with it. The mind is sure to progress in line with its strength. Whoever has a lot of strength will go far.

Just as we have to give rise to goodness in our actions, we have to give rise to goodness in our minds.

Concentration means keeping the mind firmly centred in a single object – the direct path - not letting it tip, lean, or waver under the influence of its preoccupations, whether good or bad, past or future; keeping the mind honest and upright.

We sit in meditation, making the body and mind quiet. When the body is still, the mind stays with the stillness. When the heart is at peace, the mind stays with the peace.

You have to keep an eye on your mind to make sure that it doesn't wander, waver, or fly out after any external concepts.

We should consider things carefully. Whatever will benefit us, we should take an interest in.

Focus on watching only your mind. Don't let your attention go leaking out your ears, eyes, nose, tongue, or body. If the mind is murky, make it clear. Keep trying to chase away its various preoccupations until they're completely gone.

No matter what anyone else may say, we let it pass. We should view what they say as their property and none of ours.

The development of all that is good and skilful comes from our own thoughts, words, and deeds.



THE MIND-BODY BENEFITS OF yogā nidrā

Words: Alex Sabbag, Founder of Soul Dive Yoga





“

Yoga Nidra is a form of meditation that takes you into a dream state that exists somewhere between awake and asleep, or yogic sleep.

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Yoga is a beautiful way to calm the mind, ease the body, and provide more peace to your entire existence. To put it more scientifically, some yoga practices target the Parasympathetic Nervous System, which is connected to our deep states of rest. We often exist in the Sympathetic Nervous System, which is connected to our energy, adrenaline, and fight or flight. This isn't all bad, but if we don't pursue practices that enable us to rest and balance it all out, we can end up depleted. Even if we get 8 hours of sleep, it doesn't mean we are actually resting. Yoga Nidra is one of my favourite practices for bringing my body into a deep state of rest. Yoga Nidra is a form of meditation that takes you into a dream state that exists somewhere between awake and asleep, or yogic sleep. There is no experience necessary to enjoy it. If you don't have the capacity to attend one in person at your local studio, many exist at your fingertips through a quick online search.

What is Yoga Nidra?

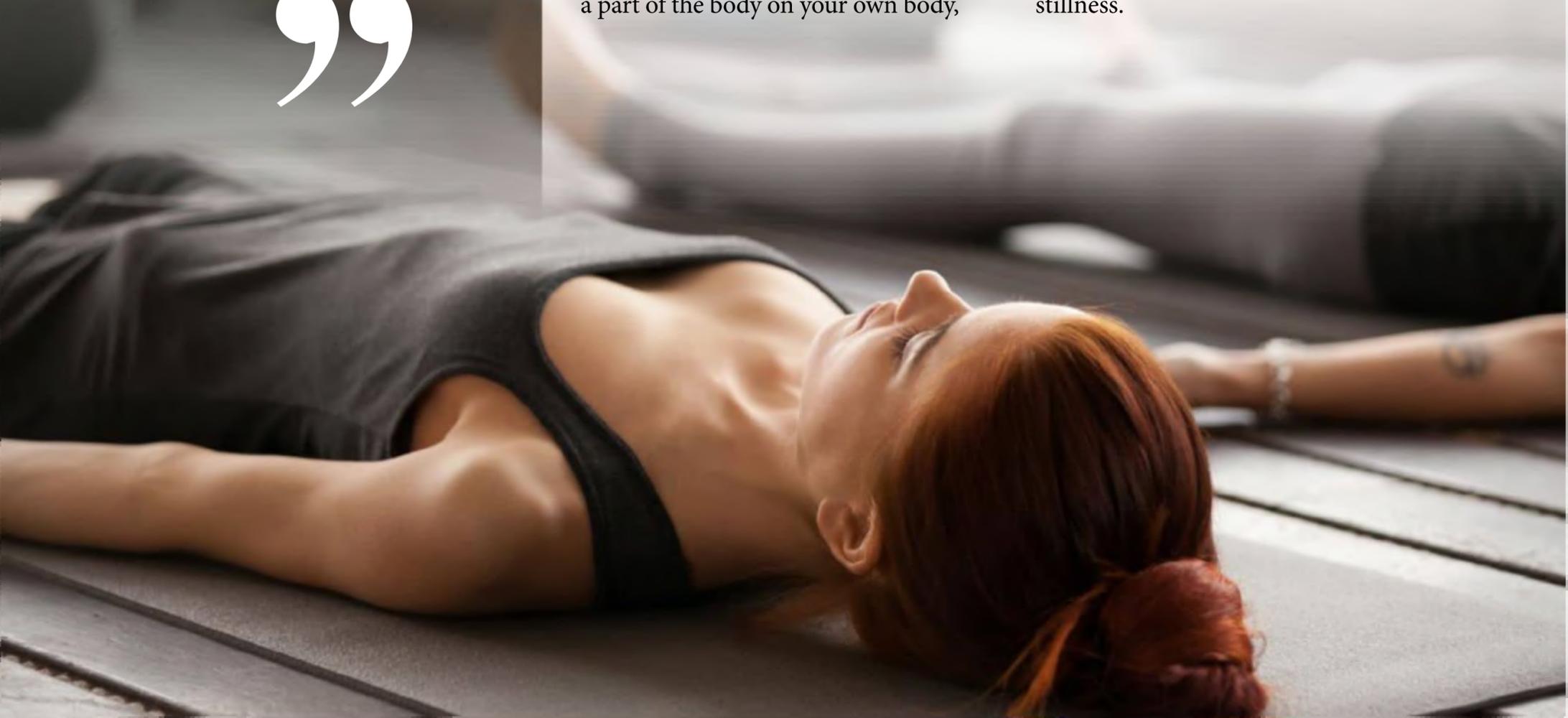
Yoga Nidra is a guided meditation. By tapping into your listening senses, your brain will identify with what the teacher is saying. One of the most common Yoga Nidras is a body scan. The guide will say that your brain will identify a part of the body on your own body,



therefore releasing the thinking mind from any other thoughts that may creep in. You're slightly stimulated but not mentally challenged. The whole process makes the mind stop actively thinking and, therefore, able to put the body into true rest.

Why Yoga Nidra

Yoga Nidra is a powerful tool. We offer Yin & Yoga Nidra twice a week at Soul Dive, and it is one of our community's favourite classes to experience. To receive Yoga Nidra, you lay down on your mat, using any props you want to make yourself comfortable. Blankets, bolsters, and blocks are all welcome. Once the *nidra* begins, you simply rest and listen; there is no movement, just stillness.





to partake. While Yoga Nidra is a profound meditation technique, it is very easy to practice, especially for those new to or who do not have an existing meditation practice. Because it is a guided practice, the mind is stimulated. When the mind is stimulated, the body is less likely to get restless or nervous or have urges to get up and leave. Yoga Nidra is a great tool for anyone with a lot on their plate or a busy monkey mind because of its profound ability to drop you into a state of restful stillness.

Backed by Science

In a study published in the *International Journal of Yoga*, participants who participated in a regular Yoga Nidra programme for six months had decreased levels of anxiety and depression and increased positive well-being, general health, and vitality. Further, Yoga Nidra has been effectively prescribed in conjunction with other medical and yogic practices in the management of severe psychosomatic diseases, including cancer, asthma, colitis, peptic ulcer, and menstrual irregularities.

We experience so much stimulation each and every moment of our day. Our minds are working overtime, and the ticker tape of thoughts never seems to end. Yoga Nidra is a perfect practice to shut all that down and settle into quiet stillness. It is imperative that we give ourselves ample time to rest so we may recover. Sleeping alone isn't enough. Sometimes, our sleep is so active we're not even resting! A 20-minute Yoga Nidra can make you feel like you had a full two-hour nap because of its ability to bring the body into a resting state.

One of the best attributes of Yoga Nidra is how accessible it is to practice. Whether you're going to a studio to receive or doing one virtually at home, there is no experience necessary

► ERIN, PALM DESERT

"Yoga Nidra is truly an equalising practice for all; even with my extensive injuries (spinal cord, multiple herniated discs & spinal stenosis), I feel rejuvenated, capable, powerful, yet relaxed."

Despite being a seasoned yogi, I only came to the yoga Nidra practice a year ago with Leesann's class, and the benefits have been immediate, immense, and compounding with each week. The brain-body connection is tapped in such a way that you're guided gracefully into your body, increasing proprioception simultaneously with connection and relaxation. ANYONE can tap into this practice at any level or age. I feel so safe, seen, and energised by the class that I brought my mama in to experience it, and she loved it just as much as I do! Yoga Nidra strengthens and prepares the

mind as much as the body for life off the mat. The class is a gift, and I encourage everyone to treat themselves to it."

► SALLY, PALM DESERT

The benefits of yoga *nidra* go far beyond the physical body. The practice has been widely utilised as a technique for managing stress and associated stress-induced disorders. Multiple studies have shown that Yoga Nidra reduces anxiety responses, which are central causes of many other psychological difficulties. Yoga Nidra promotes deep rest and relaxation not found in your average meditation practice. The process of body scan and breath awareness alone can be practiced to calm the nervous system, leading to less stress and better overall health.

"The practice of Yin Nidra has been one of the best opportunities in yoga for me. It has combined the needs of the body with the needs of the mind in a very different way from other yoga practices."

I was in need of fascia rejuvenation due to ageing and injury. So, I decided to experience this practice. The change in my physical body, as well as my mental health, is gratifying. The dynamic sleep of Yin Nidra has also contributed to my mind and body, which is very hard to describe. It is an accountability of your physical body to your mental state. Refreshing and relaxing at the same time."

I encourage all ages to try this practice. Some may not think Yin Nidra looks like much, but believe me, there is so much going on in the body."

► CHLOE STRYCKER, PMHNP, PALM DESERT

"Yoga Nidra is a unique form of yoga that is used as Complementary Alternative Medicine (CAM) for treating mental illness. As a psychiatric mental health nurse practitioner, I specialise in treating perinatal and postnatal mental health conditions."

For pregnant people and new parents, it is important to incorporate holistic treatment. There is no perfect treatment out there, and yoga may not work for everyone, but Yoga Nidra has significantly less potential for harm compared to the medications that are used to treat mental illness. Clinically, yoga has been shown to reduce stress anxiety, improve mood, chronic pain, sleep, satisfaction, and overall quality of life.”

Other Forms of Meditation Compared to Yoga Nidra

Leesann Shefa, Soul Dive Yoga’s resident Yin and Yoga Nidra teacher, offers commentary on the various practices of meditation. Leesann has over 1,000 combined hours with Insight Yoga and Paul Grilley to teach Chakra meditation and Yin and Yang yoga. She shares her reflections on the various forms of meditations and how they compare to Yoga Nidra.

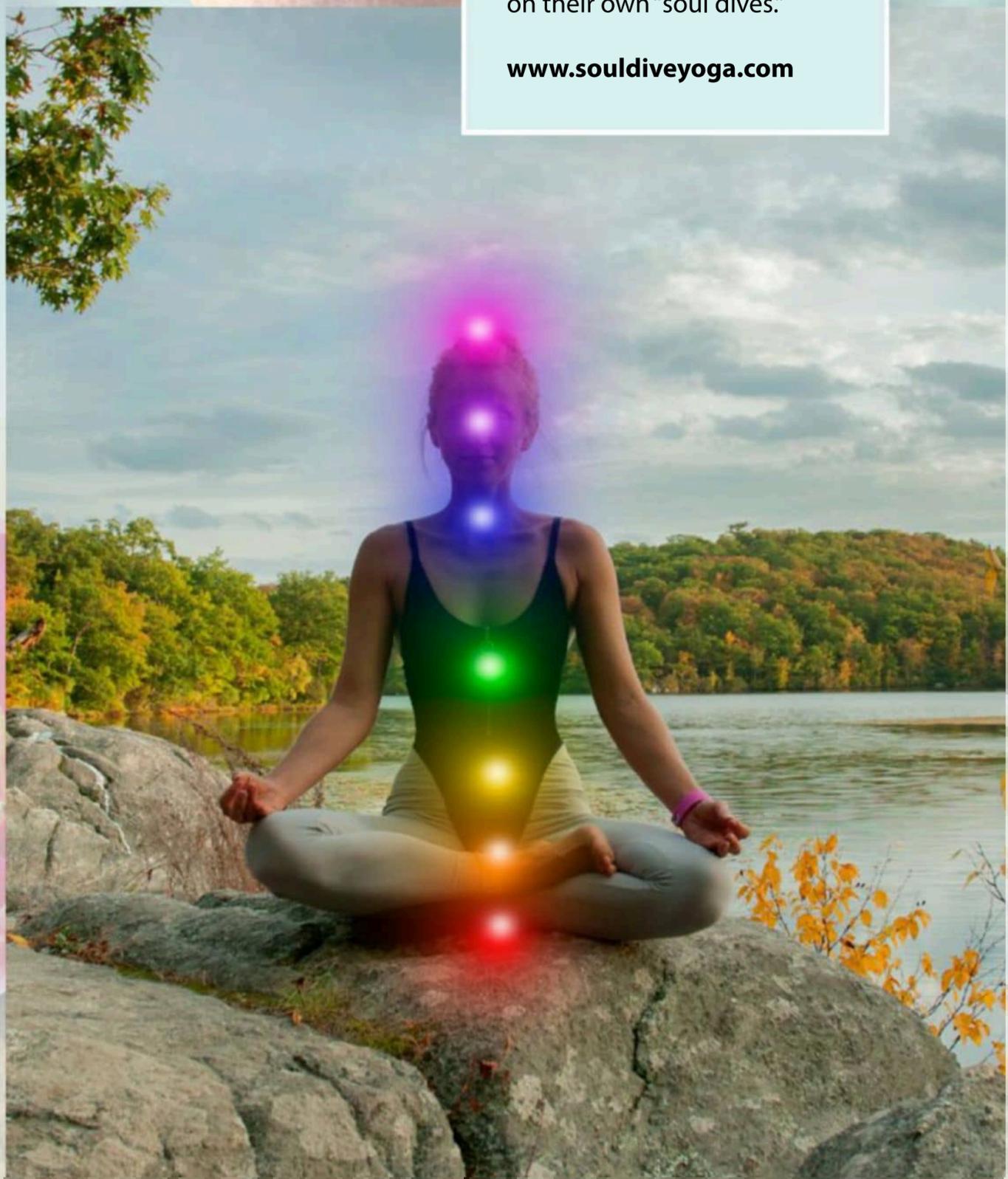
“There are many, many forms of meditation. Zen Meditation, Buddhism’s various schools and forms of meditation, Vipassana Meditation, Chakra Meditation, Walking Meditations, Transcendental Meditation, and Judeo-Christian Meditations with scripture..... Just to name a few. The difference between these forms of meditation and Yoga Nidra is very simple yet profound. Yoga Nidra, or Yogic Sleep, is designed to connect the levels of consciousness in the human brain. From this place of a Hypnagogic State, two things are possible. Firstly, the physical body is able to access healing at a cellular level. Secondly, through training, the practitioner of Yoga Nidra may access levels of consciousness to help them change and reprint unhealthy mental and emotional patterns, providing them with perception and tools to facilitate their spiritual growth and expansion. Whereas the more traditional forms of meditation are designed to have similar effects, it often takes practitioners years

of practice to be able to experience some of the aforementioned benefits, which is perfectly fine! The roads are many, the destination, the same.”

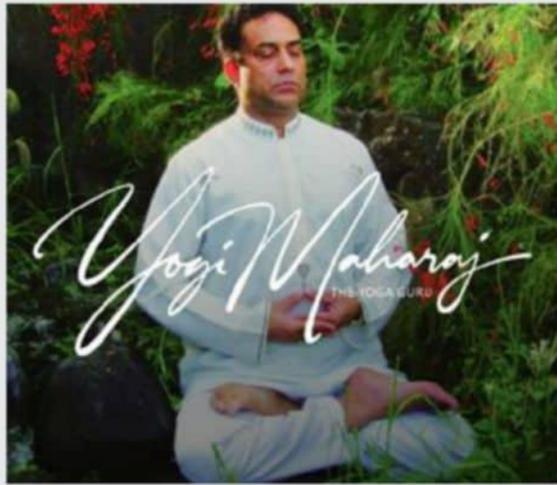
Yoga Nidra is one of the most simple and effective meditation practices someone can experience. The barriers to entry are virtually non-existent. Practitioners need absolutely no experience and, if preferred, don’t even need to leave their homes. Yoga Nidra’s impact on someone’s life and mental health is quite profound. Whether looking to decrease stress and anxiety, improve the quality of sleep, or amplify rest, Yoga Nidra is a perfect fit for nearly every person looking to enhance their life with more peace and ease.

Sabbag stands as a titan of resilience and empowerment in the yoga community. Her journey from a yoga skeptic to a passionate advocate and teacher is a powerful narrative of growth, evolution and dedication. Now, she proudly shares her insights and experiences, inspiring others with her story of overcoming life’s challenges. Her voice is rooted in authenticity, offering a perspective that is both relatable and uplifting. Sabbag’s leadership has created a vibrant community where members feel empowered to embrace their authentic selves and embark on their own “soul dives.”

www.souldiveyoga.com



Ask Yogi Maharaj Dr. Malik



Yogi Maharaj Dr. Malik our Editor (since 2003) is a recognised international expert and an authority on the subject of Yoga. He started his training under the guidance of Yogis from the Himalayan region at the age of six and also received instructions from Sufis, Lamas and Sadhus. He is an accredited Yoga teacher specialising in Kundalini, Hatha and Laya Yoga.

Founder and pioneer of Yogology, a spiritual technology which combines ancient traditions and principles of Laya, Hatha, Kundalini and meditative practices, Yogi Malik began teaching this over 20 years ago. He has spent a lifetime dedicated to researching, teaching and sharing his knowledge on yoga. He is also a practitioner of related alternative therapies, including Shamanism.

Q: What kinds of yoga body postures are there and are there a set number?. My brother said that there are around 50 maybe more. I told him not to make up stuff. Also what kinds of postures are yoga ones do they all have to be sitting or standing?

D. Rajput - Cardiff

A: The style of yoga, often presented as concerned principally with asanas (yoga body postures), is *Hatha Yoga*.



We find references to the practice of this style of yoga in ancient sources. The most well-known text is the '*Hatha Yoga Pradapika*', believed to have been compiled in the 15th century. Other classic texts that provide detailed descriptions of yoga asanas include the '*Gheranda Samhita*' and the '*Yoga Sutras*'.

It is not known definitively how many yoga postures there are.

In the classical ancient text, the '*Gheranda Samhita*' it states that there are as many postures, as there are living beings, Lord Shiva taught 84,000 postures.

The book notes that of these 84,000 *asanas*, 1600 are especially significant. Then out of these 1600, there are 32 which are useful for this world (Chapter 2, stanza 2). These ancient classical postures are named in the '*Gheranda Samhita*'; at Chapter 2, stanza 3 to 6. Thereafter the practical aspect of how to perform these asanas are also described.



If the mind is perplexed, this will have a direct impact on the body and create related problems. The purpose of performing physical yoga postures is to instil equanimity, poise, and relaxation so that the adept is in tune with energy, time, and space.

There are various kinds of yoga postures, depending on how they are performed: These being:

- Seated/sitting
- Leg postures
 - Supine
 - Head
 - Knee
 - Abdominal
 - Hand
 - Upside down (inversions)

Q: My boyfriend would like me to teach him a meditation exercise which is different to his normal practice. I have a few that I know of but am hoping you can offer some that I could try for reducing stress levels please.

M. Evans – London

A: There are various kinds of meditation exercises as noted by you. It is difficult to choose any particular one for reducing stress as meditation is a tried and tested technology for doing so. Since you asked why not try yoga skin meditation. Regular practice of this will help reduce your stress levels.

Skin meditation

In this exercise the skin of the body should be meditated upon.

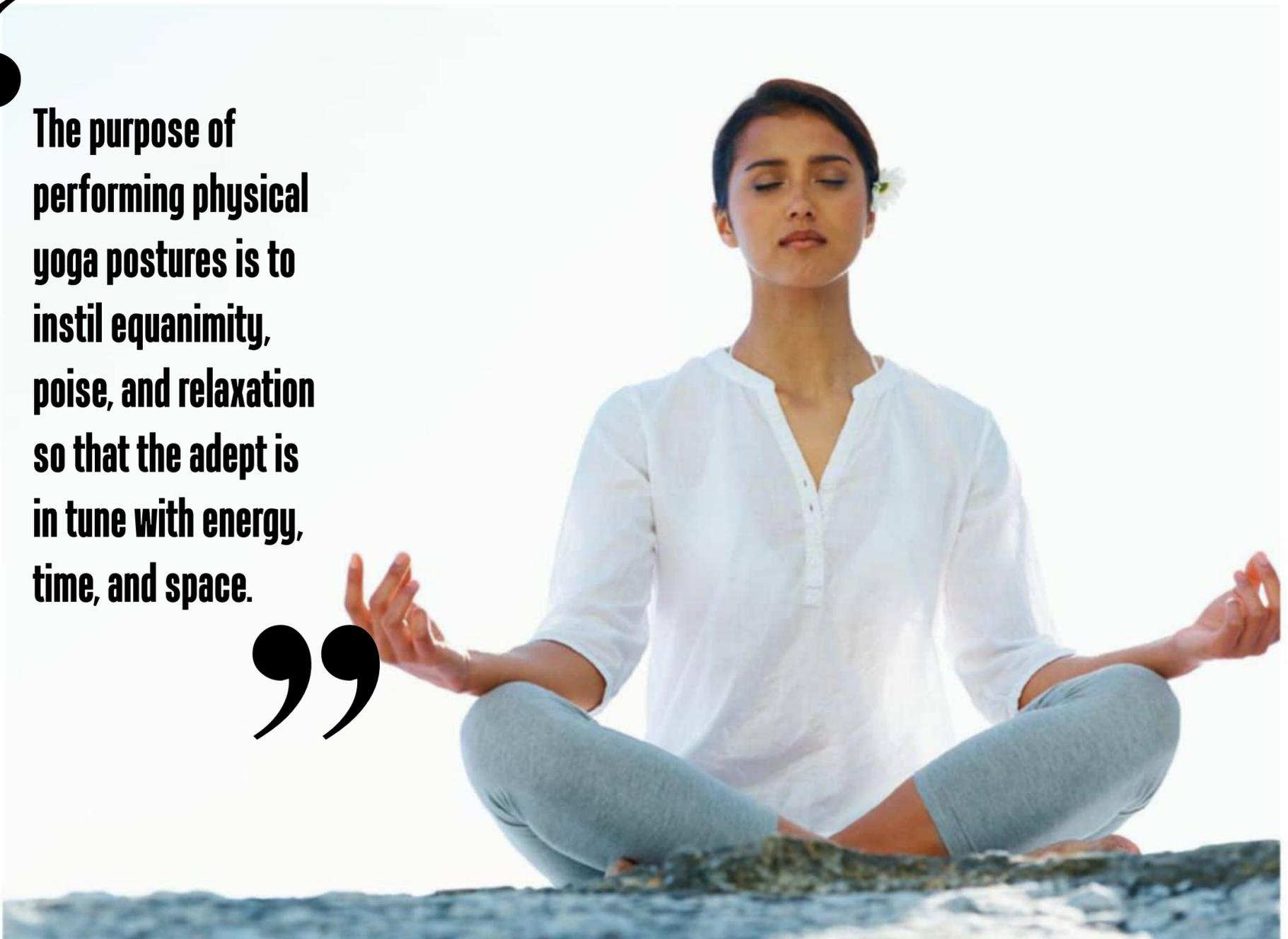
Sit down into a comfortable position and close your eyes. Inhale and exhale five deep breaths. Now imagine that the inside of the body is completely empty and that the skin is merely a wall that separates you from the world.

Continue this visualisation for as long as possible. As you regularly practice this meditation, gradually increase the length of holding to at least between fifteen to twenty minutes.

You can breathe as normal or, alternatively, if you want deeper impact try breathing long and deep, from the stomach and nose, but not the mouth.



The purpose of performing physical yoga postures is to instil equanimity, poise, and relaxation so that the adept is in tune with energy, time, and space.



THE MULTIDIMENSIONAL SELF

A Yogic Perspective

A SERIES WITH
YOGACHARINI MAITREYI

This is part 7 in an ongoing series by Yogacharini Maitreyi. Part 1 was released in the January 2023 edition; Part 2 in March; Part 3 in April; Part 4 in May, Part 5 in March; and Part 6 in June 2024. Please refer to Parts 1 to 6 for a more in depth understanding of the *Pancha Kosha*.

In the previous series we saw the self exploration of Rishi Brigu had led him to discover his *Manomaya Kosha* (mind field). His father Varuna, the sea God, goads him on to discover more. He says there are subtler worlds to be discovered and Brigu walks the path of deep meditation again to discover the *Vigyanamaya Kosha*.

- *Vi* = great
- *Gnyana* = wisdom
- *Maya* = composed of
- *Kosha* = field / sheath

Part 7

VIGNYANAMAYA KOSHA

THE GREAT WISDOM FIELD

Gnyana Drishti - Seeing Within and Seeing Afar

As Brigu discovers other subtler fields of his existence he opens himself to *gnyana drishti*.

- *Gnyana* = wisdom
- *Drishti* = sight / vision

In many stories Seers are blessed with *gnyana drishti* where they are able to see occurrences happening many miles away from them. This is because they have mastered tapping into the subtler field of human consciousness. Or in other stories the divine blesses them with this gift due to their devotion and surrender rather than scientific and meditative commitment. So both the blossoming of the heart and the honing of the mind can bring about the same gifts according to *puranas* or ancient stories. It seems fitting that purity, presence and perfection integrated will bring about the same results irrespective of whether we bathe feet to head or head to feet.

Sage Valmiki has *gnyana* or *divya* (divine) *drishti* from the blessings of Lord Brahma which he is able to use to compile the 'Ramayana' (the life of Rama). He is able to view / see the details of Rama's life.

Devaki, the biological mother of Krishna, and his father Vasudeva are given *divya drishti* by Bala Krishna (baby Krishna) so they do not miss out on him growing up in his adopted home with mother Yashoda.

During the *Mahabharatha* war the blind king Dritharashtra, father of the Kauravas, hears a detailed update from Sanjaya, his minister, about the war. Sanjaya was gifted *gnyana / divya drishti* by sage Veda Vyasa and, sitting in the palace, is able to see what is happening in the war field.

There are many present-day *sidhars*

(those with *sidhis* and powers of meditative awareness) who have *gnyana drishti*. They can see the past and present as well and see beyond time and space.

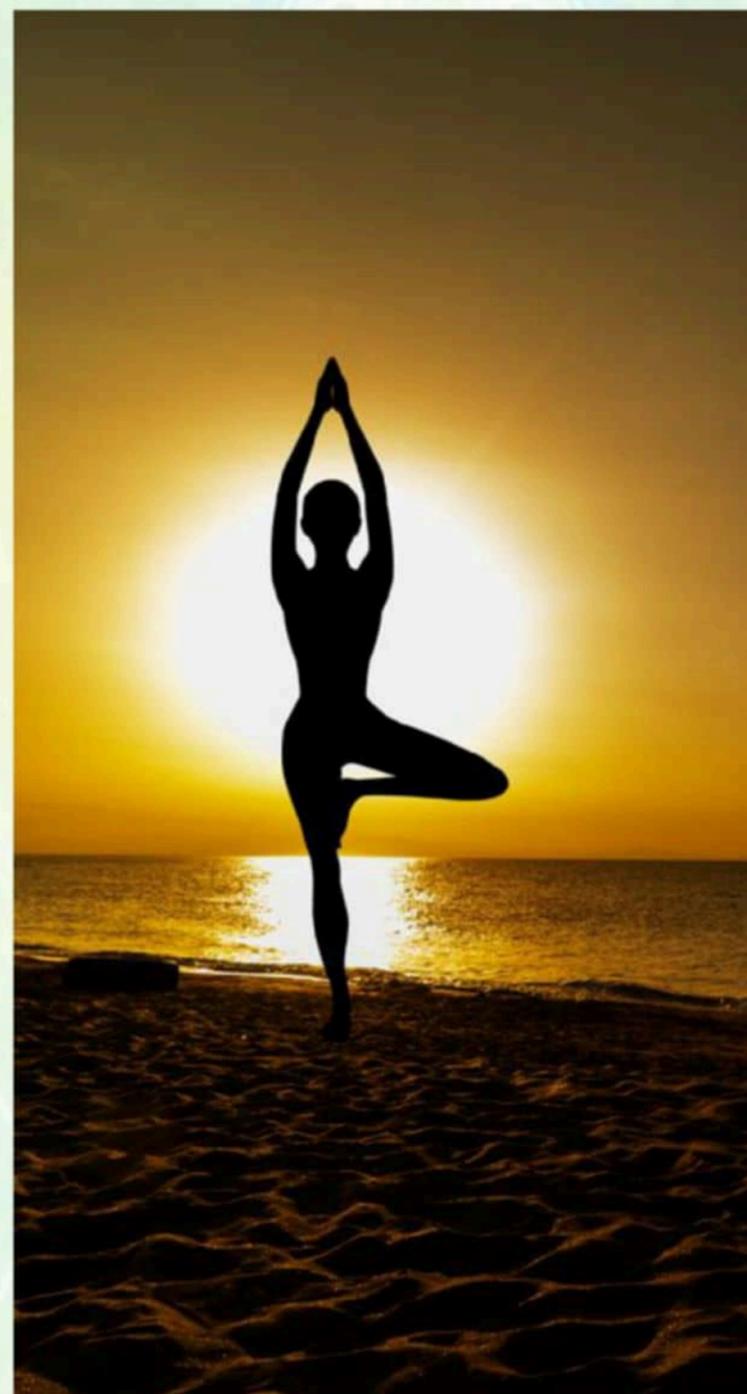
My Own Experiences of Gnyana Drishti

I have had many instances of knowing what happened or seeing visions of what is unfolding. There are many instances with humans but this is one I would like to share. I had a cat named Bunny in India and I had a vision of Bunny crying for me and saying he was sick. I called my mom and she said that Bunny was indeed unwell for the last few days. She put Bunny on the phone and I sent some healing and spoke to him saying he is going to be fine. Bunny and I had a connection as I had saved his life when he was a kitten. The next day my mom told me that Bunny had a remarkable recovery and started eating and playing again. Through this spontaneous telecommunication Bunny received the healing he needed and reached out to the person he trusted. This is possible through tapping into and aligning with the *Vignayamaya Kosha*.

A more recent instance was with Ross who has been apprenticing with me for many years as well as is the Community Director of Arkaya. For his birthday in 2023, I got a clear sign that a way towards abundance was a grant that would come. Within a year he effortlessly got one.

Dhur Dhrishti

When we speak of *gnyana drishti* then we also need to speak of *dhur drishti*. This is similar to the evil eye when someone's gaze carries the trauma of lack, divisiveness and hatred at another's existence. I could not imagine this when I was younger. As I get older I see the wisdom of my elders warning me about it. I see there are different levels of consciousness and



not everyone is going to think or act in ways that I would or imagine others would. Just as serial killers and online scammers exist, *dhur drishti* does too. When someone's gaze is malicious and wants to steal, harm or hurt with impure intent it is *dhur drishti*. One need not be a serial killer but even wear the mask of spirituality with competitiveness, attention grabbing or low self esteem lurking as a split beneath that justifies the negativity into expression. This can be triggered by even the possibility of someone doing better and hence it is a dangerous venom to have close to one and creates a lot of negative karma. One is asked to practice *Naabi* (navel) *drishti* (gazing), *Hridaya* (heart) *drishti* or *Brumadhya* (centre of eyebrows) *drishti* to purify such *vasanas* (predispositions) of comparison and jealousy.



Ajna Chakra to Tap Into Gnyana Drishti and Vignyanamaya Kosha

In the second article about the *Annamaya Kosha* the five chakras associated with the five great elements (*pancha mahabuta*) were described. The ajna chakra is associated with the mind and therefore has no element associated with it. Ajna means “command.” If the mind is distorted then the commands it gives the body may not support the evolution of oneself nor support the harmony of those around. It will always want to pull another down by belittling, leaking energy or projecting. If this happens with you or others around you, then there is work. Else entities can hook in and give false guidance in the name of the *Vignyanamaya Kosha*.

Many on the Tantra path fall prey to this new sense of power and predictions and misuse it against unsuspecting souls. I had a student recently traveling to India who got drained by these kinds of charlatans. Unless we purify and heal our shadows and fully harmonise the *ajna* we need to be aware not to fall prey to quick fixes and ego dreams.

Every Saturday on Zoom from 9 to 11 AM PST, we offer practices to harmonise and heal chakra and tap into the *Vignyanamaya Kosha* at the Arkaya community *satsangh*. Readers get to attend a free class. Visit arkaya.net/community class

Pineal Gland and Ajna Chakra

The calcification of the pineal gland speeds up due to modern junk food, toxins everywhere (including in agriculture), junk lifestyle, junk emotions and junk thoughts. The pineal gland is responsible for melatonin (sleep cycles) and serotonin (happy hormone) production. Apart from various functions that might be disrupted, these two main functions like sleep and our happiness quotient are disrupted if this gland does not function properly. Anja Chakra harmonising practices support in keeping us well rested and happy.

The Vignyanamaya Kosha is Impersonal

The first three *Kosha* - the *Annamaya* (Cellular body), *Pranamaya* or (*Pranic* body / field) and *Manomaya Kosha* (mind field) are personal. My

Annamaya Kosha belongs to me and, though we are influenced by others’ energies and thoughts, it still solidifies as our own in the *Pranamaya* and *Manomaya Koshas*. That’s why we take pride in saying I have a mind of my own.

The Great Wisdom Field is not personal, as the name indicates, yet it is what envelops our existence. It is something we can tap into and find solutions to things that our limited mind or perceptions have not figured out.

Vignyanamaya Kosha is Like The Cosmic Internet

Imagine a cosmic cloud or a cosmic internet. If I told someone 50 years ago that I will have a simple laptop or phone that can download anything I want to search about from servers kept in different countries, it would have been a very difficult thing for many human minds to grasp. However now it has become a reality and we even take it for granted.

This 24/7 access is a boon and bane of our times. Imagine if we had access not to just downloading information from the internet but true *wisdom*. That is what the *Vignayama Kosha* provides. Discernment and the rediscovery that we are all interconnected yet need healthy boundaries from negativity is the insight we derive. This dichotomy of human existence is what true wisdom helps us not only grasp but navigate and live. We catch our own splits and see through the splits of others as well. We become solution oriented rather than problem focused. We learn to do our best and leave the rest.

Vignyana Bhairava Tantra

There are many texts that guide us to opening to great wisdom and consciousness. This one is a text of

the *Trika* Lineage that emphasises the importance of true listening as embodied by Bhairavi. Bhairava is the fierce form of Shiva who wakes us from the fear of the world of suffering and delusion. Both Bhairava and Bhairavi, his female consort, denote an expanded state of consciousness.

Vignyana means wisdom, insight or consciousness. Tantra here is not a path or text, but a set of methods given to a practitioner, a manual. These methods were typically meant to be learnt under an acharya or guru and not meant to be learnt from a book. So the book alludes to what needs to be practiced without unpacking too much.

The way the text is laid out is as a dialogue between Bhairava and Bhairavi. Bhairava is a fierce form of Shiva, depicted as someone who walks the fringes as a naked man carrying a *danda* (stick) to whack the unconscious out of their stupor. His companion is a dog. So you can already see this fierce path is not for all. Bhairavi is his consort, a *purna bharitha* (one permeated by the bliss of one's pure consciousness). She is an aspect of Shakthi.

So this is a conversation where Shakthi asks Shiva questions and Shiva answers them by giving her methods of practice to realise the answers. They are not answered by answers. The text has many examples of shifting consciousness with simple things like spinning round and round and then stopping and looking at the sky with this dizziness or new consciousness. The dervishes also do this. There are a variety of deeper practices also listed.

Accessing *Vignyana* is an inside job, done with humility, not just an intellectual one that breeds arrogance. As one integrates the different *koshas* with the *Vigyanamaya Kosha* one starts to clearly see the wisdom with which one needs to live one's life. One is

guided in both practical and mystical ways through this connection.

How to Align with the Vigyanamaya Kosha?

How do we connect to the internet?

- First we have a device that is tuned to connection like a laptop or phone. Similarly we have our body, energy and mind that is honed for that purpose.
- We need electricity to turn on the device. Similarly we need enough *prana* (energy).
- We need a good wifi connection. Similarly we cultivate an internal wifi.

All the tantric and deeper yogic tools train the mind to tap into the *Vignayama Kosha*, this great wisdom field or consciousness field that is beyond the limitations of our conditioned mind. This humility to see there is a vast ocean of wisdom and possibilities of harmony is the starting point of getting an internal wifi connection.

Yogacharini Maitreyi is the founder of 'Arkaya Awareness Centre' and 'Arkaya Foundation'. Her heart sings to see lives blossom into consciousness. She has been teaching holistic Yoga and Tantra across the world for over 26 years. She has received formal titles in her home country of South India: Yoga Chemmal (expert); Yoga Shiromani (Gem) and Yoga Acharini (Life Guide).

In 2007, Maitreyi was one of the youngest people to be invited onto the board of the World Yoga Council in Europe. She has published more than 100 articles and poems in Indian and international publications and was formerly the weekly Yoga columnist for The Hindu, South India's largest news daily. The Arkaya School is now fully online and Maitreyi leads a number of drop-in and intensive programmes, including a 500-hour self-awareness and healing teacher training accessible to people worldwide. To learn more and join, visit: [_www.arkaya.net_ \(http://www.arkaya.net/\)](http://www.arkaya.net)



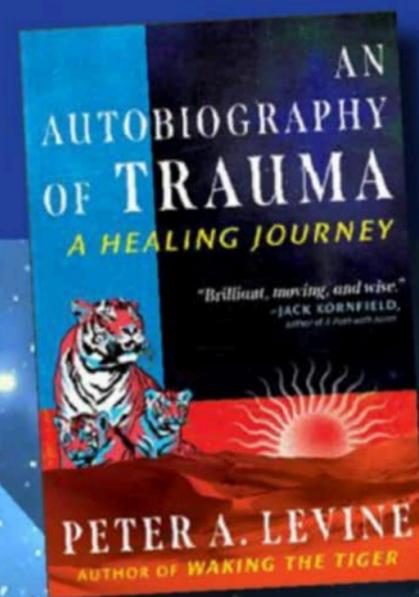
DREAMS SHOW THE WAY

A TREASURE TO BE-HOLD

Words: Peter A. Levine, Ph.D.

Peter A. Levine, Ph.D., is the renowned developer of Somatic Experiencing. He holds a doctorate in medical and biological physics from the University of California at Berkeley and a doctorate in psychology from International University. The recipient of four lifetime achievement awards, he is the author of several books, including *Waking the Tiger*, which has now been printed in 33 countries and has sold over a million copies. www.somaticexperiencing.com/home

'An Autobiography of Trauma' by Peter A. Levine, Ph.D. © 2024 Park Street Press and Sacred Planet Books. Printed with permission from the publisher Inner Traditions International. www.InnerTraditions.com



A dream, circa 1980: I am in a small room where I meet a man with a luminous presence. He wears a black robe, with purple sashes over his shoulders that flow down the front of the robe. He seems self-contained and deeply contemplative. The man approaches me slowly but deliberately. He is carefully holding an aged wooden box with a domed lid and two brass straps binding its girth. It is sealed shut with an ornate brass latch. We face each other in silence. He then gently holds out the box, offering it to me. I take it and cradle it in my arms. He conveys, without words, that I have been tasked to carry it through a door leading into another room. At the far end of that room is a cast-iron safe with a combination lock. I understand that it is my responsibility to open the safe and place the box there—for “safekeeping.”

Upon waking from this dream, I found myself deeply puzzled. So, as is my custom, I focused on the different images in the dream and then noted my body sensations and feelings. I shifted back and forth between those images and sensations and observed what was arising spontaneously. As I concentrated on the image of the box, I was delighted to recognize that it was like the treasure chest from one of my favorite childhood books, *Treasure Island* by Robert Louis Stevenson. But what, I wondered, was the dream trying to tell me? What was I missing? Was there a code I somehow needed to decipher, as represented by the combination on the safe? Even more perplexing was the mystery of what was in the treasure box, and why it was my task to place it in the safe. But no matter how much I thought over these questions, I could not come up with any answers.

Later that week, while attending a party in Boulder, Colorado, I met a young woman named Elaine. After some polite chitchat, we established a feeling of personal connection. Our exchange evolved into a serious

discussion of books, music, spirituality, life, and the work I had been developing.

I felt comfortable enough to recount my recent dream to Elaine. She seemed particularly interested in having me describe in detail the man who had presented me with the chest. Then, she motioned for me to follow her into a quiet room at the back of the house. In beautiful calligraphy, she wrote on an index card the name and phone number of a Tibetan Lama living in Berkeley, California. He had been a spiritual teacher of hers. I folded the card and placed it in my wallet. And there it remained.

A year or so later, I was in Berkeley teaching while staying with my friend and colleague Anngwyn at her house in Strawberry Canyon. I was searching for something in my wallet when the card with the Lama’s name fell to the ground—seemingly a lucky “accident.” I picked it up, chuckled, and decided

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My life’s work was in uncovering the code: finding a current biological and neurophysiological understanding of healing and transformation.

”





to chance a call to the number on the card. One of the Lama's students answered, and I asked to speak with the Lama. Timidly I inquired if he would be willing to meet with me. He kindly agreed, so I promptly called a cab. Twenty minutes later I arrived, and he welcomed me by offering a cup of tea.

I told him that Elaine, his former student, thought the work I had been developing might share common ground with Tibetan Buddhist traditions. As I described my theory and practice, the Lama listened attentively, poured another cup of tea for the two of us, and nodded gently. Finally, he said, "What you've described has much correspondence with the Kum Nye* tradition in Tibetan Buddhism." However, he went on to explain, that the principles I had outlined were "more universal than one single tradition," and had evolved from many healing methods used throughout the world over the ages. He added one last thought: that this enduring wisdom probably originally derived from Celtic Stone Age religions.

*The main tenet of Kum Nye is that, for the skilled practitioner, all the universe is to be found within the felt interiority of the body, in the form of more and more subtle physical sensations. In Somatic Experiencing, similar levels of sensation are evoked in the "renegotiation" of trauma.

Later that day, I made haste to the Berkeley University library and began researching information on Celtic Stone Age religions. There I discovered an image of Newgrange, a temple built in 3200 BCE, well over five thousand years ago. To enter the inner sanctum, a visiting pilgrim must pass a guarding stone inscribed with paired vortices. From the image, it seemed there was also a third vortex, perhaps indicating the holding awareness of both vortices. See plate 3.

The image instantly revealed to me the meaning of my dream. I now understood, with total clarity, that my task in this lifetime was to help keep this ancient wisdom alive—to keep it in a safe place. The significance of the dream image, in which I placed the

treasure box in the safe at the back of the room, was now apparently clear. My life's work was in uncovering the code: finding a current biological and neurophysiological understanding of healing and transformation. This repackaging of ancient, preliterate, shamanic knowledge, and the recapturing of its universal wisdom, would allow this knowledge to remain relevant in today's world dominated by scientific thinking. I was, it seemed, entrusted with the task of keeping this perennial treasure safe for current and later generations.

As I meditate on this lifelong endeavor, I can see it has been a privilege and a gift, an outsized mission, and a treasure beyond compare. Yet at times it has also been a lonely trek, a backbreaking burden to lift, and a confining duty. It has often taken precedence over personal relationships, and even over marriage and a family. Though thankfully I have been blessed with my wonderful godchildren Alana Rose, Ossian, Jacob, and Jada.



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PREDOMINATELY COMES IN TWO BRANCHES

| | TRUTH & | CONNECTION |
|--------------------|---------------------------|--------------------------------|
| Brain activity: | Greatest left brain value | Greatest right brain value |
| Who: | Solo quest | Relationship dance |
| Essence: | Integrity | Intimacy |
| Supporting values: | Honesty, peace, clarity | Support, Consideration, Warmth |
| Realised by: | The mind | The heart |
| Universal law: | All universal laws | Universal law of oneness |
| How to indentify: | Experientially known | A felt frequency |
| Quality of energy: | Masculine | Feminine |



As a seeker, I have found that the purpose of life is *learning how to love*. As a writer, I have sought to share this insight, with my first book taking this phrase as its title. As a yoga teacher, I have identified 'truth' (*satya*) and 'connection' (*samyoga*) as being the essence of life, and two fundamental, yet quite different expressions of Love. These values exemplify the qualities of the left and right hemispheres of our brain.

Much of the practical application of yoga is designed to balance these hemispheres. The practices balance the sympathetic and parasympathetic nervous systems so that we are able to consciously choose which nervous system to utilise in any given moment. To counteract the stressful nature of modern life, it is best to continually redirect our body and mind to the parasympathetic state and to live from that place as much as we can. From there, we can choose to consciously activate the sympathetic state as and when we need it, for example to concentrate on a specific task or situation.

The benefit of both

Truth and connection work together in a variety of ways. Above I have created a table expressing their synergy, and I call these *'the two main values of love'*. The left column identifies characteristics by which we can know these values. The middle column expresses attributes of 'truth', and the right column attributes of 'connection'. You can use these two values and their aspects to create balance and harmony in your being, evolution on your path, and a more rewarding life. Identify where you are strong, and where you could benefit from putting in more practice. Both values are equally important. If we think of someone who is dominant in one value more than the other, we can see that this type of person is missing an enriching part of life. Living in truth without connection



can feel cold, dry, or sharp. Living in connection without truth can feel messy, enmeshed, and overwhelming. It's the dance of the two that makes these two values of love radiate and shine. Blending the two, dancing with the two, being consciously aware of the two in every moment produces beauty, ease, and amazing outcomes.

Becoming rich

I have noticed that living by these values keeps our inner world alive and well. There is a sense of feeling clean and clear. When we hold the value of truth closely to our heart, we begin to see greater value in life's challenging experiences as we seek to find what gem of truth a given situation may hold for us. We can develop a spirit of curiosity about these things, and see that they happen *for* us, rather than to us; we can become more willing to immediately find the goodness in all of life's happenings. This is consciously choosing to go through the alchemical process of growth with grace. Turning hardship into resilience allows us to operate from a place of fullness, rather than lack. From this place of wholeness, we are more able to keep an open heart,

more able to fully give and receive love. Since this will make our relationship with ourselves so rich, we can naturally emit this frequency in our relationships with others. Knowing and feeling that our true identity is love, we can remind others about their true identity too. Modelling love through living in truth and connection can be one of the most fulfilling ways to live and offer service to all.



Finding the sweet spot

In relationships, when we live in truth, integrity, and honesty, these qualities directly correlate to the high vibrational feelings of connection, intimacy, and warmth. However, there is a delicate balance to these values, and a sweet spot to aim for, in order for their symbiosis to work most effectively. When I was in my twenties, I was so concerned with staying close and connected, I sometimes did so at the expense of my own truth and individual journey. This produced an over-giving side of me, and made me a 'yes' person to the people in my life. I didn't know how to say 'no' in an empowered way, while still showing care to others. I was also frightened to disappoint people, or hear their critical, rejecting words towards me.

In my thirties, I have gotten much better with living from my truth, yet I see in others how it takes away some of the warmth and connection in my relationships. People tell me that I can come off a bit uncaring and dismissive with the sharpness of my tongue! I am still refining this balance of the two values as my life phases morph and grow. Remaining in integrity while speaking with connection in mind, allows a strong bond of safety and trust to exist in a relationship. Trust is really the glue that keeps this trinity of love, truth, and connection flourishing in a relationship. The more we want these qualities, the more that we need to remain in them, even when it's hard.





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Modelling love through living in truth and connection can be one of the most fulfilling ways to live and offer service to all.
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Obstacles to love

Yoga philosophy identifies several mindsets which cause separation (*mahamaya*) and take us away from our true Selves. The five *kleshas* are specific negative mental patterns that cause us suffering. The word *klesha* translates to ‘poison’ or ‘affliction’. The *kleshas* are; ignorance (*avidya*), ego (*asmita*), attachment (*raga*), aversion (*devsa*), and fear (*abhinivesah*). These unfavourable qualities will project outwards and influence the way we see others in the world. It can be a slow build towards inner and outer destruction if we keep feeding these obstacles to love. These

are the dark sides of being far from truth and connection.

The takeaway

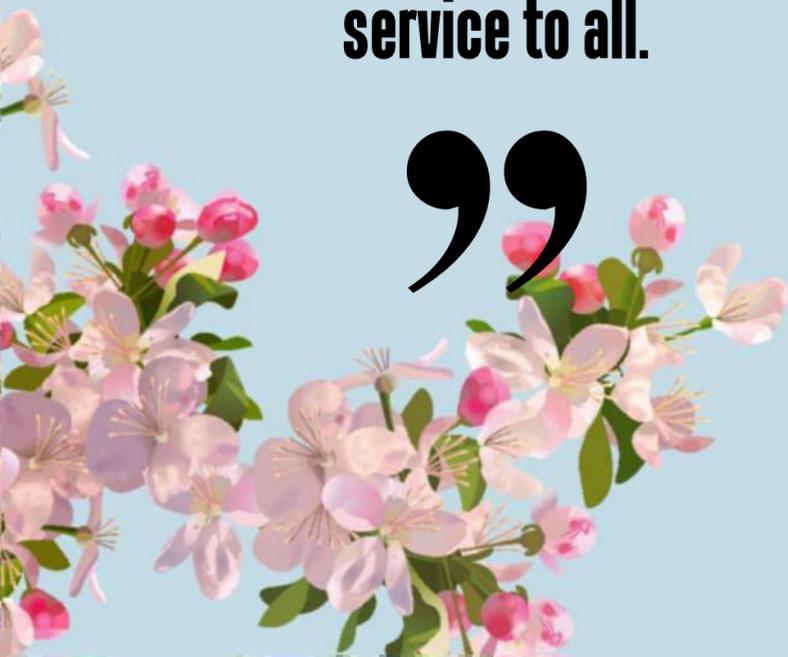
There is an energetic shift in the world that is moving towards the Divine feminine; the more whole and connected picture that includes honouring everyone and everything on this planet. I encourage us all to sit with these values and feel their importance in our minds and bodies. Let us allow them to raise our vibration, so that all of us may be embodied light workers of *love*.

Amber Adams is a writer, mental health counsellor and yoga teacher who has taught *raja*, *hatha*, and *bhakti* yoga since 2012. She has been a practitioner of yoga since 2007 and seriously committed to the lifestyle when she began to feel and understand the healing powers of yoga. She is the owner of YogaNut Wear, an eco yoga apparel company and offers retreats, workshops as well as spiritual counselling and wellness coaching.

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HEART-CENTRED YOGA: LETTING YOUR HEART GUIDE YOU

Words: Susi Amendola

Author of “The Centered Heart: Evidence-Based, Mind-Body Practices to Stress Less and Improve Cardiac Health”

Our hearts are the seat of our intuition, our inner healer, and our own inner knowing.

When we listen to our hearts, we are tuning into the innate wisdom they hold. Yoga helps us listen so we can gain insight and information about ourselves and the world around us. When we practice heart-centred yoga we are offering ourselves a chance to calm down, find balance and tune in. In return, our hearts respond to our listening efforts.

As a yoga therapist for over 30 years in a Lifestyle Medicine Program for reversing heart disease without drugs or surgery, I have seen the effects of yoga on chronic illness, especially heart disease. I have watched participants in our program cut back and even come off their medications. I have even seen participants come off the heart transplant

list. Watching people reclaim their health in these ways seems nothing short of miraculous. Yet, what is most fulfilling is seeing people come into a relationship with their own hearts, looking to their own intuition and inner wisdom for guidance.

While the medical world offers its patients the message that, “the drugs will heal you, the surgeries will fix you, the health care workers will take care of you”, yoga focuses on an internal locus of control, the message being that the keys to health are within you. The message that you have more power and agency in your own health than you may have imagined.

This doesn't mean that you don't take help from outside when it is needed, but it puts *you* in charge of *you*. It provides you with a sense of autonomy in your own health and well-being. Yoga provides tools for self-care and self-healing that connect you to your own inner healer by tuning into your own body.

One of the most important keys for tuning in, is working with the nervous system. When the nervous system is dysregulated, healing is impaired, and our hearts and minds suffer. When we regulate and balance the nervous system, the path to healing becomes clear. Our hearts can lead us.

HOW DOES YOGA HELP US REGULATE THE NERVOUS SYSTEM.

Our nervous systems are ultimately designed to respond to acute and impending danger. For this reason, our sympathetic nervous system is always turned on. Our sympathetic nervous system is responsible for our fight or flight response. It allows us to rise up on the occasion of an acute or impending threat so we can respond quickly and efficiently to the world around us.

For example, if we are walking in the woods and we come upon a bear, it is our sympathetic nervous system that allows us to respond quickly and run to safety. Once the danger has passed our parasympathetic nervous system (the rest and digest phase of the nervous system) can up-regulate to calm the heart and regulate blood pressure, and we begin to relax. This part of the nervous system is responsible for our relaxation response.

Due to the stressors of modern life, our nervous systems get confused. We may not have to run away from a bear in the woods, but we start to deem all stressors as impending danger; an argument with our boss, someone cuts us off in traffic, deadlines at work, giving a presentation, or even losing our keys. We start to respond and react



to many of the stressors in our lives as life-threatening. Our nervous system stays on high alert, and we feel stressed out *all the time*. Eventually this kind of chronic stress leads to disease. Not only that, it weakens our immune systems and leaves us disconnected from our inner wisdom, leaving us feeling like we might not find our way back to health, like we might not be able to find our way back to ourselves.

The gentle practices of yoga teach us how to flip the switch from our sympathetic to our parasympathetic response, so we can up-regulate our relaxation response. We start to retrain the nervous system in this way, we in turn quiet the mind and heart, allowing us to tune in and listen more closely to the information our hearts are offering us. When we are in our sympathetic response, we simply can't hear or heal. When we flip the switch, healing can occur.

HOW DOES THE PRACTICE OF GENTLE POSTURES HELP US TO FLIP THE SWITCH?

In the ancient tradition of Ayurveda (the sister science to yoga) they say "disease knocks three times and if you don't listen it takes you." Gentle postures help you tune in, slow down and listen. Here, you can practice from a place of curiosity and listening rather than blindly following a teacher's instructions like a game of "Simon Says".

You can stop pushing through your yoga practice to work out or get fit, and you can retrain your nervous system to hear the information the body is offering you about yourself. I have often heard heart patients claim that they knew something wasn't right, they just weren't listening. If we are trying to "push through" we lose the curiosity and attunement needed to really listen. Our bodies are always speaking to us

and if we slow down our movements, we can start to hear what our bodies are offering us about ourselves through sensation. We can ask, "what is this sensation trying to tell me about myself". Even a lack of sensation can be a message.

When we listen in this way with a sense of openness and wonder, we connect with our bodies in a way that is deep and powerful. We start to come into alignment with our hearts and minds. I will often encourage students to place hands over the heart between poses to facilitate a connection to their inner wisdom. I will then invite them to breathe as if their own heart is breathing. This encourages our awareness to plant itself firmly in the

spaces of the heart. This helps us to centre our awareness in the heart and honour its wisdom so it can lead us.

Another way to support the shift of the nervous system is to practice pausing between movements. When we move and then pause and listen, it allows us to integrate the effect of each movement. We can then shift from "doing to being" from "sympathetic to parasympathetic". It gives us the opportunity to digest and find our centre before moving on.

Several years ago, when sitting in a class with Amrit Desai, the founder of Kripalu Yoga and I AM Yoga, he said "doing yoga without resting in between poses is like planting a garden and then





leaving town when the crops come in”. This illustrates the importance of rest in a yoga practice, we are meant to take in the stillness that follows movement. When we move and then rest, we train the nervous system to down-regulate.

Another way to do this is by including deep relaxation at the end of your practice sessions. This is a time for deep and conscious letting go. It gifts us the experience of being awake and conscious, yet deeply relaxed. It lowers blood pressure and heart rate. When we get quiet and still, the heart's wisdom emerges. Once you've experienced this deep stillness, you can ask your heart if there is something you need to pay attention to that you haven't been paying attention to—something you may be missing. You can ask your heart for direction. You can ask your heart what you need for your own health and healing.

If you ask in earnest, with humility and then listen with openness and willingness, your own heart may

answer with an image, a felt sense, or you may even experience a knowingness. Even if you don't get an answer, just the practice of asking and listening connects you to your own intuition, your own inner healer, your own inner wisdom. It strengthens your relationship to your own precious heart. As you practice in this way, you may start to find yourself moving through your life with ease and grace centred in your own heart's wisdom.

When we can move from a practice that is mind centred to a practice that is heart centred, we are teaching ourselves to move through the world in a way that allows us to widen in compassion and understanding for ourselves and for others. As we do, the barriers between us come down and we find our common ground.

The more you trust your heart and return to its wisdom, the more it will take the lead. And ultimately, our hearts always lead us back to love, and what we all need more of, what the world needs more of... is love.

To find out more about heart-centred yoga, please visit www.yourcenteredheart.com.

Susi Amendola, author of “The Centered Heart: Evidence-Based Mind Body Practices to Stress Less and Improve Cardiac Health”, is an Internationally Certified Yoga Therapist who brings over 40 years of experience utilising Yoga and lifestyle practices to help others heal.

In 1983 she founded 'Yoga Now' in Omaha, Nebraska where she currently teaches classes and directs the annual 200-Hour Yoga Certification programme.

Presently, Susi is a National Senior Trainer of Stress Management for the prestigious Ornish Lifestyle Medicine programme for reversing heart disease. The programme includes Yoga as part of a multi-dimensional approach to healing, and is covered by Medicare under the guidelines of Intensive Cardiac Rehab.

Susi has contributed over 150 articles to 'Ornish Living Magazine', an online publication to support those who are making lifestyle changes to improve their health and well-being, with an audience of over a million subscribers.

With her expertise in both the ancient practices of Yoga and the medical world, Susi's teachings and classes are unlike anything else you will find. Her teaching style is heart-centred, nurturing, practical, and empowering. She continues to practice, teach and inspire others to listen deeply to the healer within.

YourCenteredHeart.com

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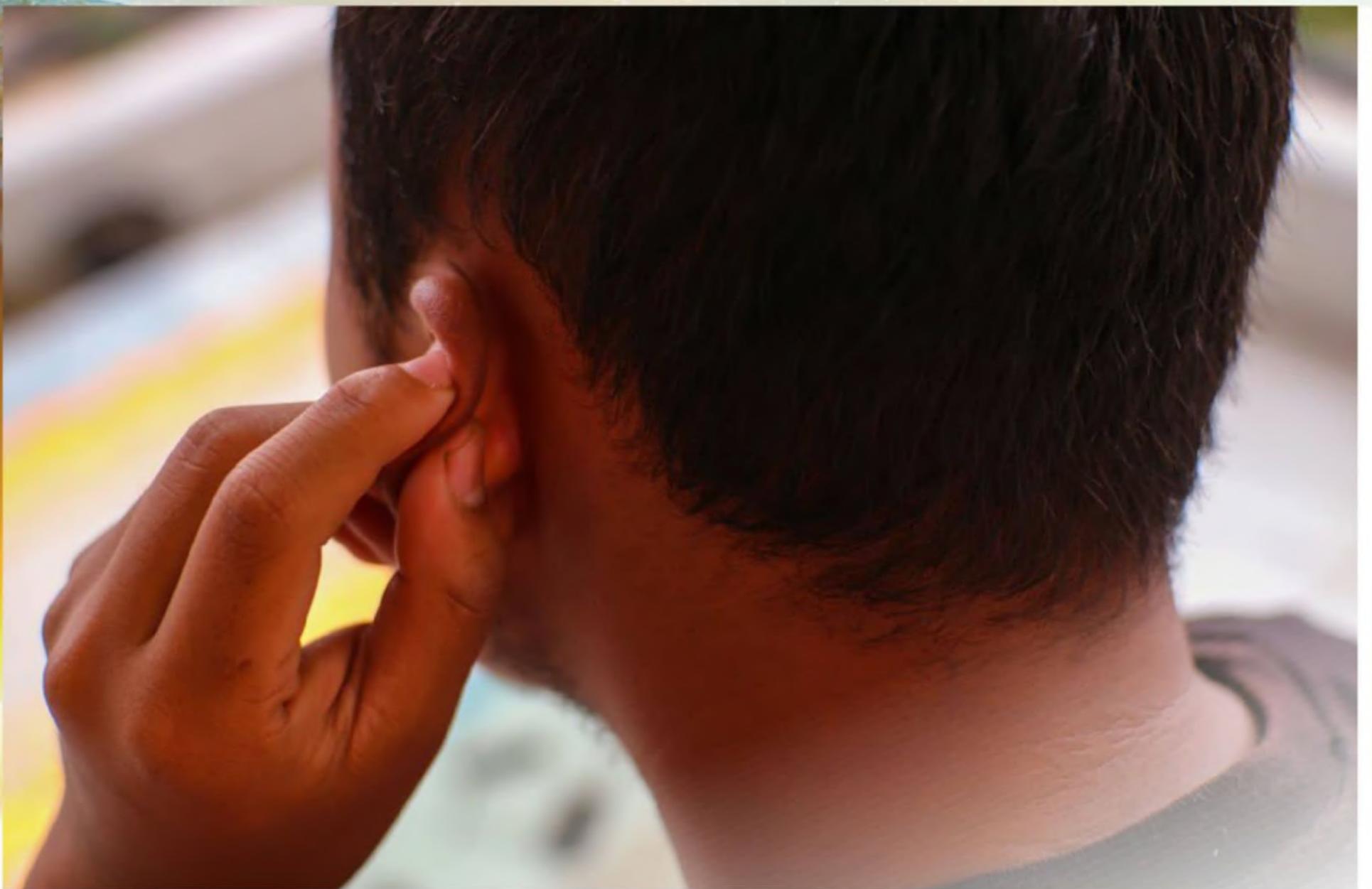
CHAPTER-19

The *Kundalini* MEMOIRS OF A YOGI

An account of how the life force power of Kundalini bestows many Siddhis and Blessings

Words: Yogi Raj Muni

Continued from the previous issue of YOGA Magazine...



There was no respite or rest after Massi's husband's antics. He had physically dragged my whole body into the courtyard of his home.

There he let go of my ear which, by that stage, felt dislocated. It was burning hot with pain.

I yelled, "Massi, Massi look what he has done to me." Massi's husband stared blankly at me.

He rubbed the top of his big black moustache quickly to hold back the drops of sweat that flowed down from his temple, onto his lips.

Massi appeared from her pantry. She wailed, "Hai, hai. What has happened to my sweet child?" I said nothing. She was wearing a yellow sari.

The gold jewellery that jangled on her

arms, head and neck were as shiny as the sun rays that fell around the mango trees. I often thought about how Massi managed to carry all this adornment on herself, without feeling heavy.

I heard a thump and a crash.

My jaw opened wide but not a sound left it. Upon seeing my ear and understanding that her husband had caused the bruise on it she thumped him hard on his face. He landed upside down on a large basket of coconuts.

"Shame in you for twisting the boy's ear," she shouted at him.

"I am sending you home right away," declared Massi. She rubbed my ear with ointment and fed me a bowl of delicious mango slices. I did not refuse them. After what I had experienced, I needed whatever love and attention was available.

Massi summoned her domestic worker to accompany me home to my mother. She apologised profusely for her husband's actions. "Please forgive us dear child. My husband did not know that you were my guest today. He assumed that you were stealing mangoes but I know that you are a kind and well brought up child. Your mother must not hear of this episode. It will upset her. Here take these mangoes."

Massi handed me four juicy ripe mangoes. "A treat for your mother."

As she finished her sentence her husband had managed to stand up. He did not look pleased but he was afraid of Massi.

I wandered home with the domestic worker whose name was Bijan. He had intense brown eyes. He did not speak directly to me but I heard him whispering the OM mantra over and over under his breath as we walked.



Eventually I arrived home. Bijan waved goodbye.

I tip toed past the kitchen area where Mother was cooking and into my room. I lay down and fell asleep. I dreamt that I was in the Yoga Bhavan. Yogi Ji greeted me, *“Muni, we are missing you. You must return home. But you must complete the task I set you otherwise you will forever be stuck in your childhood.”*

I woke up suddenly. Mother was standing over me. *“Muni you are back already from Massi’s?”*

“Yes” I replied. *“She sends her blessings and a gift - these mangoes.”* I handed Mother the mangoes. *“Your ear is sore”* she said as she inspected the sore one that Massi’s husband had pulled earlier in the day. *“I just felt feverish. I am feeling much better now,”* I replied. I did not repeat the events that had unfolded earlier in the day at Massi’s house.

Mother fetched coconut oil and applied it into my ear lobe. Then rubbed it gently. I felt an instant sensation of peace and happiness.

The next day I was becoming agitated. My mind was racing with thoughts. I knew that I had to return to Massi’s home despite what had happened the day before. I would have to go there when her husband was away. I had to again look for the nest that Yogi Ji had mentioned.

I decided that I should practise yoga to help calm me down as I was feeling quite frightful of returning to Massi’s home lest her husband again twists my ear. I knew that if I practised yoga with good intentions it would settle my mind. It would help me work out a plan to carry out the task that had been assigned to me.

I wandered down to the nearby stream. The evening was setting down and I felt a sigh of fresh air as the scent of

jasmine and lotus flowers adorned the air around me. For about ten minutes I think I forgot that I was a child stuck in time. I remembered meditation exercises that Yogi Ji had taught me to help awaken innovative ideas and creative solutions to difficult problems.

I thought about being stuck in childhood forever and felt sad. Although I loved my parents and did not want to separate from them, I knew that I had to move forwards in time; to the future as quickly as possible. The only way I could do this was to accomplish the task Yogi Ji had set me.

My eyes welled up with tears and they fell quickly covering my face and neck. I heard a whisper. I turned around to look. I could not see anyone.

I thought I had imagined someone calling me. Then the sound of a mantra being recited enveloped me. I was not familiar with it although I recognised the first word of this sacred sound. I listened intently. The sound came again yet there was no living person in sight.

“Om Mani Padme Hum,” came the sound.

It was repeated over and over. I stood up. *“Om Mani Padme Hum.”* It was a thoroughly delightful sound to my ears. I wandered around the area where I was sitting and inspected the vicinity by scanning my eyes. I could see the distant banyan tree standing tall and proud. I decided that as much as I was endeared by the sound of this mantra, I was also perturbed as I could not locate the source. And so, I decided I should make my way home quickly.

“Wait. Do not leave so quickly,” came a voice from near a rock that was close to me.

I peered down and found a moth who was speaking to me. It began to sing the mantra, *“Om Mani Padme Hum.”*

I gasped with delight. Now I had located the source. The moth fluttered around me and sat close to my ear reciting the mantra over and over. I felt soothed and calm.

The pain and soreness in my ear had lessened. *“What is the meaning of this sweet-sounding mantra beautiful moth. Please tell me.”*

The moth translated the mantra for me. Its literal meaning is - the jewel in the lotus. There are also hidden meanings that only become apparent through regular practice. *“Use this mantra child to heal you of the pain and despondency you are feeling. Do not be afraid,”* said the moth. *“Let your tears fall*

for happiness and joy and not for suffering.”

I smiled as I wiped away the tears. *“I miss the Yoga Bhavan.”* The moth fluttered around me and over me and near me before sitting quietly on my shoulder.

“The Yoga Bhavan is too far ahead in time child. You can return there if you accomplish the task that Yogi Ji set you. There is no other way to go back there. I strongly advise you to recite the mani mantra at least 1200 times and it will bestow you with the relevant powers and protection from harm when you return to Massi’s home to search for the nest that Yogi Ji mentioned and to find the special egg.”

The moth decided to stay with me and we recited the mantra together in unison, in one rhythm. We recited it together 1200 times each. In total that

was 2400 times, between just two of us. As we came to the last repetition, I noticed that purple violets had awoken from the ground and had reared out their full bodies from the soil around it.

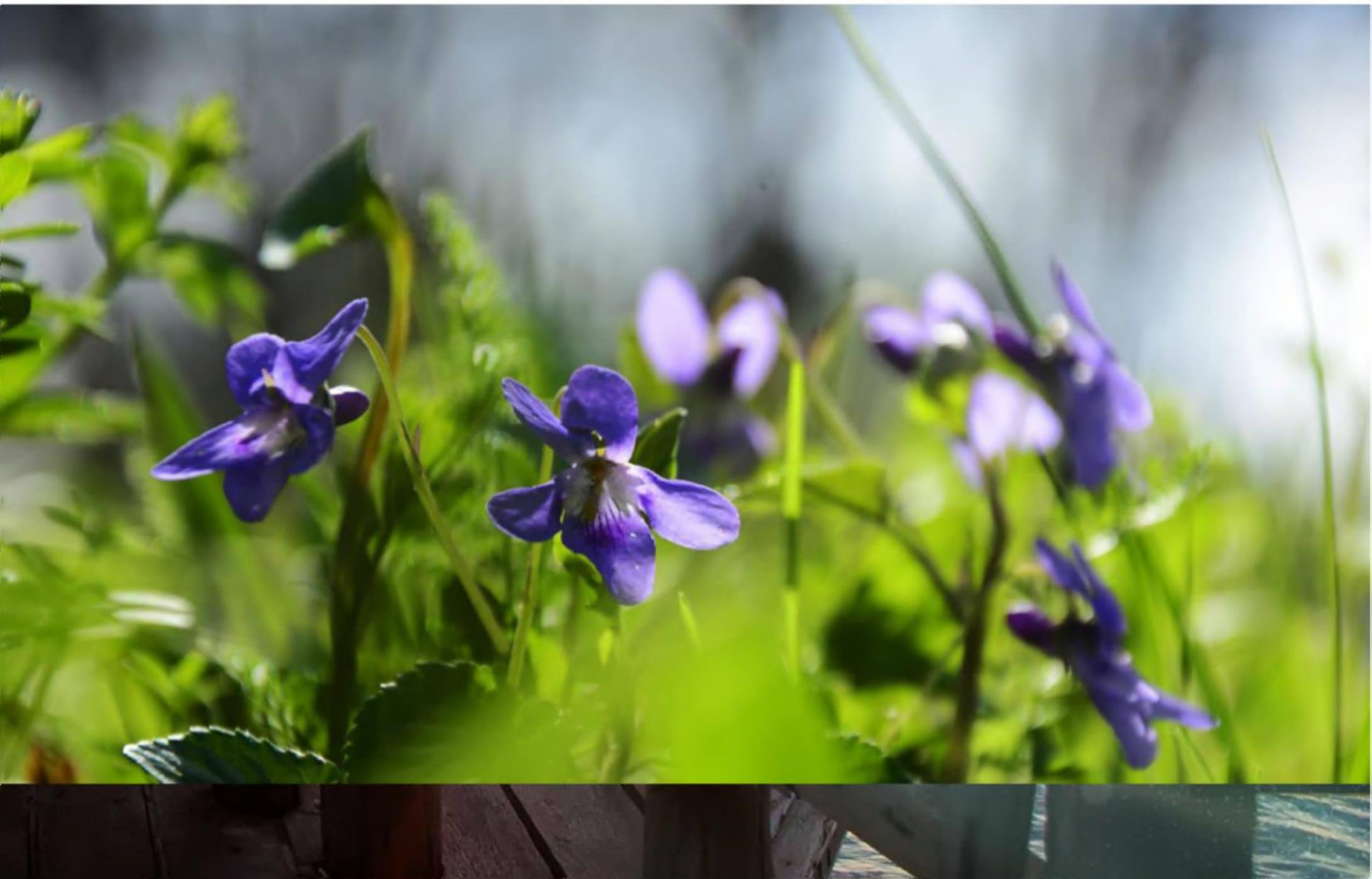
Everywhere was the scent of violets. The moth fluttered back and forth.

The moth gathered violet flower petals and dropped them into my lap. *“Muni eat these. They will provide your cellular body with the specific and required vitality that is required to accomplish your task.”*

I gathered the petals into the palm of my hand and chewed them. They tasted sweet with a hint of bitterness.

The Kundalini Memoirs of a Yogi

To be continued, in the next issue of YOGA Magazine...



A POWERFUL GRATITUDE PRACTICE

Part One



When my daughter was a toddler, she had wild tantrums. And sometimes, I'd let her thrash it out (safely) because her body just needed to roll around and shake and release some of the pent-up energy. But at other times she wouldn't let that happen and instead she'd tell me, repeatedly, that she wanted a particular thing. Perhaps it was a lollipop in the shop that I didn't

want her to have, or a teddy bear. But whatever it was, she wouldn't stop. Until one day, when I came up with a rhyme that made her laugh. As she was going on and on about something she wanted, I turned to her and snapped: "More gratitude, less attitude." We both laughed at this accidental rhyme. And while it didn't solve her tantrums, it did start to make her aware of how much she did have, rather than only focusing on the lack.

In the Dalai Lama's book, *The Art of Happiness*, he writes that: "Happiness is determined more by one's state of mind than by external events." We might experience a burst of excitement if we get a new job, or an opportunity comes our way, but the feeling won't be long-lasting. Soon, we'll return to our baseline of happiness. One way to increase that happiness baseline, though, is to practise gratitude. Much like the message I gave to my daughter, while she thrashed about because I wasn't giving her more, as adults we also ought to spend some time focusing on the good in our life.

When you "wish" from a place of gratitude, you will always come out a winner. You are expressing positive feelings about the life you already have, while thinking about what you might like to add to this already wonderful life to enhance it even more. It is a wholly positive exploration: noting the beauty of today and hoping for even more beauty tomorrow. What a lovely way to live.

And guess what? Positive thinking, of which gratitude plays a big part, has multiple benefits, from reducing anxiety to leading to greater happiness and achieving success across all areas of your life. So, if you practise gratitude, you will naturally attract more good into your life.

I must say, I think the word "gratitude" has developed slightly cheesy connotations over the past few years. If you pop into a bookshop, you will often see a pastel pink gratitude journal, targeted at women, telling you about the importance of gratitude and how to journal it out. But the reason there's a market for these journals is because gratitude *matters*. Across all religions, you'll hear notes on gratitude. About not just constantly reaching and striving for more, but instead looking at what you already have and being appreciative of it.

In the Christian Bible, it says: "But blessed are your eyes because they see, and your ears because they hear" (Matthew 13:16). The Muslim Quran says: "Anyone who is grateful does so to the profit of his own soul" (31:12). The Buddhist Tipitaka says: "A person of integrity is grateful and thankful."

So there has long been an understanding that, in order to move through life peacefully, we must be thankful for all that we have already been gifted. This can be challenging when life spins us something unexpectedly difficult – like, say, a pandemic – but even in the toughest of times, we can spend a moment reflecting on all the good that remains, even with the loss we are experiencing.

For many of us, the pandemic was an incredibly testing time. Like most people, I was scared and I felt as if I couldn't protect my children in the way I wanted. However, I couldn't change the fact that it was going on, I could only learn how to cope with it. So one thing I did was develop a gratitude practice of writing a list every night before bed, about everything that I felt

“
When you
"wish" from
a place of
gratitude,
you will
always come
out a winner.
”



grateful for that day. Often, I repeated myself, but I really felt into those things I was listing.

I didn't just reel off the obvious: husband, kids and so on. If I did put my husband on the list, I would close my eyes and think about him and all that he does for me and our family, really visualise him and the good feeling I get from being with him. I'd imagine the way he holds me when we cuddle. I would picture him at the hob, cooking our family dinner. Likewise, my children: I'd think about the way they curl into my lap, the funny things that they say and how it feels when they kiss my cheek. Also, when I felt grateful for the money I was earning from my business, I thought about how I felt each time I saw that a sale had come in.

I found this gratitude listing helped me to stay focused on all that was right in my life, rather than feeling anxious about all that was wrong (and largely beyond my control). It didn't remove the anxiety – that lingered in the background – but it meant that my day-to-day felt more buoyant and fun.

I'm all about striving for more and I truly believe in the power of manifesting but being clear on what you already have, and the value in it, matters too. Not just from a positive psychology perspective (positive psychology is the scientific study of what makes life most worth living, so it's looking for the good as we move through life), but also because being clear on what you already have – and have achieved – proves that you are capable. At one point, you probably

wanted much of what you have now. So having a gratitude practice can be a form of reflection.

The first part of the gratitude exercise that follows is about returning to your beginnings and making your way forward to where you are now. And showing yourself all that you've achieved.

a) Success timeline

I'd like you to write a list of everything you have succeeded at, from birth up to now. Take your time. And remember that this doesn't all have to be around education and accolades, it can be about risks you've taken, relationships you've developed and learned from, journeys you've been on.

You might reflect on how you overcame challenges. How hard you worked on something. And the ways you've succeeded.

There are some things you probably won't feel grateful for – trauma and grief, for example – but that's not the focus here. For now, we are looking at all the stuff you can appreciate as having been a worthwhile part of your journey so far. All the things that have led you to where you're at now, the things you've done for which you feel grateful to *yourself*.

Once you've made this list, I'd like you to close your eyes and say, out loud: "I'm grateful to past me, for getting me here, to where I am now."

Now, we turn to focusing on the present.

b) Gratitude list

What, today, is good in your life?

You might think about:

- People
- Place
- Work
- Surroundings



THE BIG STUFF.

Now the minute details: fresh air coming through an open window on a hot day, sitting by a roaring log fire after a long walk in the countryside on a cold, crisp winter afternoon.

The more I think about what I'm grateful for, the more I notice the good stuff. And I note it down. It can even be things such as folded crisps (chips, in the US). Those properly crunchy crisps that have folded over in the preparation process and crack, so satisfyingly, as you bite into them. Or crunchy leaves in autumn that, when you step on them, you both feel and hear that amazing crunch. Or pulling on new cotton socks. Or a freshly-made bed.

And then, as I notice these things, I think about what I can do now, for future me, so that I can experience more of those things I already feel grateful for and that add a burst of joy to my everyday life. Like changing the sheets, or hanging out the laundry. When I get into that freshly made bed, or walk past the empty laundry basket, I feel grateful to *myself* for the gift I gave myself, by doing that thing.



I then become grateful for things happening around me every day, as well as for things I've set up for myself, as a treat or favour. Oprah Winfrey says: "I consider gratitude to be a major force field in establishing a better life. It's the foundation from which all other blessings flow, and I want that for you, too. Something that is constantly unfolding goodness and mercy through your life is gratitude." And if you feel as if your list is a bit flat, or you've been repeating yourself and can no longer feel into each person, object or experience you're grateful for, she says: "If it feels redundant . . . you have to be specific. Not 'I'm just grateful for my health,' but 'I'm grateful that the sore throat that I had wasn't Covid.'"

Still not sure whether it's worth creating a practice around gratitude? American professor, lecturer, author and podcast host Brené Brown says: "In [our] research, we learned that the most effective way to cultivate joy in our lives is to practice gratitude. The key word here is practice. It's not just about feeling grateful, it's about developing an observable practice. So often we think that joy makes us grateful, when in reality it's gratitude that brings joy. The data supporting this finding was so persuasive that we started a daily gratitude practice in our home. We now go around the table every night before dinner and share one thing for which we are grateful."

So now have a think about what big and small things you have to be grateful for. Perhaps you could also

create a practice with the people you live with and share the things you each feel grateful for at the end of day, as Brené Brown does with her family. And going forward, if you keep gratitude in mind, see if you notice more good things happening to you and those around you. Of course, it's not that more good stuff is happening, it's that your eyes are more open to it.

Here are some questions for you to ponder or journal with:

- How do you feel, having listed all that you've achieved on the success timeline?
- How does it feel to focus on the good stuff?
- How could you incorporate more positive thinking and gratitude into your everyday?
- Is there someone you could share your thoughts with,
- who might like to join you in this positive reflection and gratitude?
- What one thing can you do, right now, that your future self will thank you for?

Annie Ridout is the author of 'Raise your SQ: How the power of spiritual intelligence can change your life in seven days', a journalist for national press and women's magazines and a trained, experienced life and career coach. She writes a popular Substack offering personal essays, self-development tools and business tips: annieridout.substack.com



THE RELUCTANT LEADER

ARE YOGA TEACHERS THE NEW LEADERS ?

Words: Caroline Shola Arewa

I first became a Yoga Teacher in 1985, It is one of the best decisions I have ever made. In a world of constant chaos and change, yoga provided me a still place to rest. It has given me a timeless philosophy for life, and as my teacher always said the numerous benefits of yoga, such as improved health and wellbeing are simply side effects. Yoga offers such richness in a world where spiritual and moral poverty abounds. Can new and conscious leaders be created on the yoga mat?

Leadership Challenges

We live in a dynamic, fast changing world. Shifts accelerated post COVID, which brought complex and oftentimes painful challenges. Challenges that highlighted the need for balance, wellness and different ways of working. Staying at home made people appreciate what had

been missing, in terms of wellbeing, greater ease, and improved relationships with family.

Other challenges we are witnessing, are changes in our climate and environment. Many of us have been concerned about this for decades. There are also political tensions and fears for the future. Our political leaders are not always worthy of our trust. Amidst all this change, new and more conscious leaders are emerging.

Technological Take Over

Consider the rapid pace of technological innovation, what was taught in the first year of university could to be obsolete by the third year. Regardless of how much we try to hold onto what we know; our societies and industries are changing fast. New careers such as, social media manager, influencer, digital nomad, yoga teacher and retreat facilitators are being created every moment, as

old careers in media, banking, retail and administration are falling by the wayside. It's a technological take over. Robots serve us at restaurants. And robots ask us to proof 'we' are human in order to make transactions online. Reaching the voice of a human for support will soon be a thing of the past. Hence, we are becoming increasingly disconnected. We need leaders who provide, connection, empathy and help us to reduce anxiety, uncertainty and stress. Leaders who can help us adapt and develop resilience.

Unity in Diversity

The world is shrinking and we are becoming more diverse. Different cultures and traditions, including once secret societies are now more openly shared. Yoga is part of this shift, once practiced only by priests and initiates in the mountains of India and ancient Temples of Egypt. Today we see Yoga studios in main cities, worldwide.

Yoga is practised in workplaces and, prescribed by physicians. Mindfulness is in our schools as teachers become aware of its many benefits.

A melting pot of people and cultures, requires leaders who embrace unity, inclusivity and diversity. This supports the creation of spaces where people from all walks of life, feel valued and empowered to be their unique selves. Spaces where people expand into their potential, in body, mind and spirit. Spaces where people come together to find rest and rejuvenation. As this transformation continues to unfold, the need for new and conscious leaders becomes more apparent. We need leaders who possess an integral and holistic understanding of the interconnectedness of our world. Leaders who are cultivating within themselves qualities such as compassion, empathy, resilience and visionary thinking. In order to navigate the challenges of our time we must look in unlikely places, to find, and also to become new paradigm leaders. The first place we must look is within.

New Paradigm Leaders

Leadership manifests in various forms for differing purposes and goes beyond what we think of and expect from the traditional leader. I define leadership in this way: *“Leadership is becoming the best version of yourself so you can help others be the best version of themselves.”* Great leaders inspire others to reach their highest potential, not through authority and control but through inner wisdom and mindfulness. It is time for a new kind of leader. Hierarchical and patriarchal styles of leadership no longer serve our needs. Instead, we need leaders who embrace the Divine Feminine and lead with higher levels of consciousness.

Yoga helps us cultivate awareness and elevated consciousness. Through yoga we come to appreciate the universal

oneness that connects us all. We have a greater sense of the things in life that are truly important, like wellness and relationships.

I am not talking about yoga as exercise or asana, as the movements are called. I am talking about yoga in its broader, spiritual and philosophical context. Yoga as a way of life, a journey of self-discovery and inner peace. Not just physical flexibility, but an open, flexible mind and spirit. It is the principles yoga offers, such as: *Ahimsa*, which is non-violence, *Satya*, which is truthfulness, also known as *Maat* in Ancient Egypt, the principle of balance, harmony and order; and also *Jnana*, which is the cultivation of knowledge and wisdom. Although these principles are ancient, they also belong to a new paradigm of thinking. And it is those who embrace this new paradigm; such as yoga teachers, practitioners of yoga, and conscious thought leaders, who are creating change in this moment.

The Reluctant Leader

Leadership invokes images of power, masculine energy, strong, assertive individuals commanding attention and offering direction. Yet, there are subtle and profound forms of leadership. I

once heard an African Chief being asked to command his people. He responded by saying, *“I cannot, if I tell my people what to do, I will not be the chief.”* This wisdom had a powerful impact on me. I realised you can lead from the front or lead from behind, much like the chief; and my own personal preference which I use in my Mentoring. The reluctant leader differs from the conventional archetype of a leader, and instead of leading by force, we lead with purpose, guided by a divine calling, rather than a thirst for power and control.

Reluctant leaders, may not consider ourselves as leaders, yet we hold powerful roles that influence others. We are positioned to contribute to elevating consciousness and making a difference in our world. I think yoga teachers can be conscious leaders, in fact I think we can all embrace the path of conscious leadership.

7 main Qualities of a Conscious Leader

Yoga when not confined to a studio, can permeate all aspects of our lives supporting us to evolve into better versions of ourselves and help others to do the same. Conscious leaders seek to embody qualities that are heart centred



and can empower and elevate others.

Here are seven main qualities conscious leaders seek to embody and share with others. If these qualities resonate with you, maybe you are a reluctant leader, and it is time for you to step up and become more conscious of your Divine Purpose and role as a leader.

Authenticity: A conscious leader, walks an authentic path. It's not always easy, but honouring your unique values and inner truth is important to you. Others admire your commitment to personal development and self-discovery and you always seek to transcend the ordinary in search of the extraordinary.

Compassion: Cultivating understanding and compassion for others is fundamental to the conscious leader. Creating heart centred inclusive spaces where individuals of all backgrounds and walks of life feel welcome, safe and valued is your aim. Compassion is a quality you are always seeking to nurture within yourself and others.

Mindfulness: This quality is central to yoga. It is enhanced through practice. Mindfulness arises from generating greater awareness of both one's own self and others. It is the art of being present and experiencing each moment fully. Conscious leaders encourage this quality, and develop intentionality in their actions and decisions.

Quiet Leadership: Rather than seeking praise and recognition, conscious leaders are leading a quiet revolution. They prioritise, health over wealth, balance over stress. They learn to speak less, listen

more. Integral well-being is a real consideration. Conscious leaders are not selfish, they advocate for everyone's physical, mental and spiritual health.

Empowerment: Empowerment

is a key quality of the conscious leader, who loves to empower others, supporting them to unleash their self-belief and fullest potential. Empowering colleagues, family and friends to explore their inner strength and possibilities. They are not intimidated by other people's success; they thrive on it.

Thought Leaders: Conscious

leaders often possess a visionary outlook. Visualising an improved world and better future for everyone in it. They can be charismatic and inspire others to join them in creating a better world, one person at a time. Thought leaders manifest innovative approaches that enhance the way we live and work.

Resilience: Finally, a conscious

leader must embody resilience and navigate challenges with kindness and tenacity. We call this *Fierce Grace* in yoga. In the face of adversity, conscious leaders demonstrate adaptability, balance and resilience. Yoga builds patience and acceptance; skills that are needed in a world where change is inevitable.

Becoming a Conscious Leader

Are Yoga Teachers and Practitioners of Yoga the New Leaders? Do we embody the New Paradigm? Remember leadership is not confined to corporate boardrooms or political houses. Each of us possesses the potential to become conscious and lead in our own

unique ways. We can be guided by yoga and the timeless qualities it supports us to cultivate. Whether on the mat or in our daily lives, we can embrace authenticity, compassion, mindfulness and empowerment, building a quiet revolution and visioning a better world for us all to live in.

We can contribute to changing the way people think about leadership. We can generate and embody the qualities of a conscious leader paving the way for others to follow. As we cultivate these qualities within ourselves, we create a world, one person at a time, where leaders embrace integrity, empathy, and inner peace. We rise and become the New Leaders.



Caroline Shola Arewa

Known as the Energy Doctor helps you get your Energy back and your Life on track! A leading figure in the worlds of Spirituality and Wellness. Shola has delivered her award-winning Energy-based work internationally for over 3 decades. A psychologist, speaker and author of five books, including bestsellers *Opening to Spirit and Energy 4 Life*.

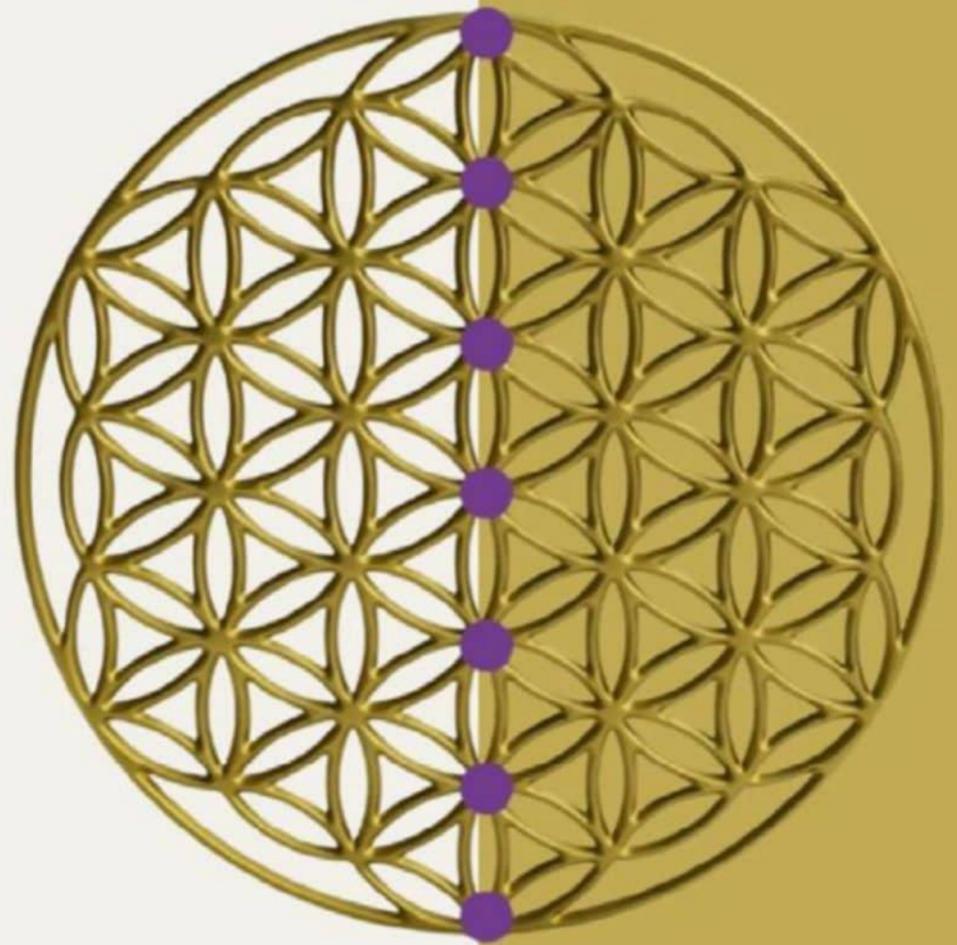
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RADIANCE IS THE LIGHT OF ENLIGHTENMENT

RITUAL – REST – RELEASE – RADIANCE – REJUVENATION



CONNECT TO YOUR ENERGY & TRANSFORM YOUR LIFE

Words: Emma Sims



CONNECTING TO YOUR ENERGY BRINGS POSITIVE PHYSICAL CHANGE TO YOUR BODY

Your energy is your superpower! It guides you to your truth and when you listen to the messages you receive on a daily basis you can make powerful changes and begin to feel more enriched with purpose. Being guided by your intuition and paying attention to how your energy is signalling to you to slow down, step outside, breathe these are all signs that your body is communicating with you. Are you listening?

Your body is made of energy
The human body, just like everything in the universe, is made up of energy. The more we begin to tune in and connect with our energy the easier our life becomes. We can move with ease as opposed to resistance as we begin to listen and understand our own body, mind and soul from an energy view point. Decisions will begin to be made with clarity and focus, the mind will become clearer and the body stronger as the pathways begin to open and the energy will then vibrate at a higher frequency.

External situations, family, friends and our environment all impact our energy, some of which we don't have control over. Energy exists on many levels and it can be felt first through our auric field, the energy layers that surround the physical body. The information that is received through the aura is fed back into the body through our chakras. The chakras, known as energy centres, filter the energy and feed this into our cells which results in physical feelings. Have you ever walked into a room and felt that something doesn't feel quite right? Or have you met someone who unnerves you? This is energy and intuition at work and it is your superpower.



MYSTICS, SAGES, GODS AND GODDESSES HAVE SHARED THE WISDOM OF ENERGY THROUGHOUT HISTORY

Rituals, ceremonies and teachings over the centuries from other cultures have been woven into our psyche and will filter through to our children for generations to come. These profound healing modalities are continuously being rediscovered and practiced as we evolve.

Children of the Earth, in the civilisation we call Mu today, received Reiki first degree training at the beginning of Primary School. They knew how to access this powerful frequency through applying their hands and touching the area displaying signs of problems. There is a point in the hand that carries the vibration to heal, which is why when our children fall over we naturally put our hands out to touch them. This unique frequency is within us all and is part of our DNA. It is our time now to rediscover this art and bring it back into our lives to enhance the way we live. The ripple effect of working with energy will not only empower you but will affect everyone around you.



We were not created to be in a continuous state of fight or flight, we are meant to be in harmony with one another.

As your energy frequency changes this effects everyone around you and you start to attract more abundance. *'Energy flows where attention goes'.*
Abraham Hicks

When you apply this thinking you can begin to focus your attention on what you really want to happen in your life and take actionable steps.

Tune in and ask yourself - How is my body feeling? How kind am I being to myself? What are my thoughts? Am I listening to my body?

Simple and effective energy practices will help to raise your frequency and change your life. Try these practices and choose one or two to weave into your day and notice how you feel.



Be in stillness - The first 10 minutes when you wake up shapes your day. So by choosing to meditate and be with your breath can increase clarity, productivity and enhance your overall mood. It stimulates endorphins and creates a higher frequency.

Start at your feet, visualise a golden light coming in through your feet and move this golden light all the way up through your body until it reaches the top of your head, the crown chakra. Watch this light move out of your head and then bring this back



down into your body. Visualise the light expanding within you. Visualise the light moving all the way out of your body and feel how light your body becomes. Whilst you do the visualisation breathe in and out deeply through your nose.

Be grateful - Gratitude practice is the quickest way to change your frequency from a low vibration to high. At the end of each day write down three things you are grateful for, go deeper than the obvious house, the birds and think about the conversation you had that day that made you feel happy or the exchange of a smile, the glimmer of sunlight when you were walking with a friend. The more aware you become and the more you take the time to notice life around you the more grateful you will feel on every level of your life.

Be guided by your intuition - Your intuition is constantly communicating with you. Every day observe the signs that show up and pay attention to what you notice. These inner nudges can easily be ignored. Try listening to your inner guidance and throughout the day notice where your attention goes.

A quick practice: have a question in your mind, write it down in the present tense. Stay grounded open all of your senses, what can you see, hear, smell, taste, feel, touch. Nature is the best place to receive your inner wisdom, write down what comes through.



Be creative - We spend much of our time in the left brain. Creativity opens up the right brain and both need to be balanced for optimum mental health. Dissolve the illusion that you have to be good at art to draw. Doodle freely on a piece of paper without judgement. Or play your favourite song loudly and for the duration of the song freely draw, scribble, create lines, just be guided by your feelings and let your pen lead the way.

Be in nature - Nature, this time of year, is like an art gallery showcasing every colour in all its glory and form. Indulge in its beauty. Lay on the grass cloud bathing, watching the clouds





Photos: Hatty Pedder

moving slowly through the sky and allow your eyes to follow slowly. Admire the flowers and notice the colour and the details, try and look more intensely than you have before. Listen to nature's music, the birds singing in the morning, the sounds of the trees blowing in the breeze. Be free to walk into open spaces and admire your surroundings. The energy in nature enhances your circadian rhythm which helps to promote healthy sleep.

Be grounded - The earth has a natural frequency and when you connect with it, stand with your bare feet on the ground. Sink your feet into the earth and visualise the roots coming out of your feet and making their way down into the soil. Feel the energy being received from Mother

Earth and bring this back up into your body, noticing how present you feel.

Be in your feelings - Communicate with your body. If you feel upset or unhappy give your feeling a voice and listen to it. Get to know how you feel by asking yourself if there is anything that you can do to look after yourself better today.

Say an affirmation and work with this to change the internal dialogue and vibration:

'Today I accept myself as I am'



Emma Sims is an Energy Healer with over 10 years of experience helping people to transform their life through teaching Tera Mai™ Reiki, giving energy healing treatments and running workshops. Emma has supported adults and children using bespoke healing programmes dedicated to assist prolonged mental health issues and has assisted CEO's through burnout and life altering illnesses.

To book your treatment, workshop or course visit: www.emmajanesims.com or email: emma@emmajanesims.com

Emma invites you to join her live healing event 'Expansion' on the 4th July at Hotel Du Vin, Tunbridge Wells, for an evening of energy and intuition.

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as 5 cups of
spinach



Delicious
**orange
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FLAXSEED FOR PMS RELIEF

5 WAYS TO SAY GOODBYE TO

Monthly Discomfort

Words: Cara Shaw

For many women, the latter half of their monthly menstrual cycle can bring along a host of unwelcome symptoms collectively known as premenstrual syndrome (PMS).

UNVEILING THE POWER OF FLAXSEED: A NATURAL APPROACH TO ALLEVIATING MONTHLY DISCOMFORT OF PMS

PMS is a common disorder that affects almost 50% of women of reproductive age worldwide. It's characterised by at least one physical, emotional, or behavioural symptom, that manifests in the latter half of the menstrual cycle (the luteal phase) and resolves shortly after the start of menstruation. Symptoms vary widely but include abdominal cramping, acne, breast tenderness, bloating, headaches, mood variability, depression, and anxiety. (1)

PMS has many possible underlying causes and contributing factors as to the severity of the symptoms – it will completely depend on the individual. However, it is evident that poor gastrointestinal health, unmanaged stress levels, excessive alcohol, and a diet high in refined sugars can all contribute to PMS severity. Whilst conventional approaches to PMS may offer medication, the natural approach involves making conscious dietary and lifestyle changes.

There is certainly no one-size-fits-all solution, but incorporating flaxseed into your diet may provide





a natural and effective way to manage common PMS symptoms. In this blog, we'll explore the various benefits of flaxseed for PMS, the components that make it a potential solution, its role in hormonal balance, and delicious ways to integrate it into your diet.

BENEFITS OF FLAXSEED FOR PMS RELIEF

Source of Essential Fatty Acids

Flaxseed are an excellent source of the essential fatty acid, alpha-linolenic acid (ALA). This is a type of omega-3 fatty acid that our bodies simply cannot produce on their own, and therefore, it becomes essential to include in a diet.

Essential fatty acids play a crucial role in cellular health and reducing inflammation in the body. By improving cellular function, protecting cells from oxidative stress (aka damage), and inhibiting inflammatory mediators; they can help to modulate PMS symptoms, particularly those associated with discomfort and pain, such as abdominal cramping. (2)

Digestive & Microbiome support

Flaxseeds are an excellent source of soluble and insoluble fibre which can serve directly and indirectly to support PMS.

Insoluble and soluble fibre in flaxseed can directly support common digestive symptoms of PMS such as constipation and bloating, by adding bulk to stools

and increasing bowel motility, thus relieving abdominal pressure.

Flaxseed can indirectly support PMS via the microbiome and its role in hormone detoxification and elimination. Oestrogen goes through a detoxification process in the liver where it becomes ready to be excreted. Once this happens, oestrogen enters the bowels. If gut bacteria are not optimal, enzymes can allow oestrogen to be re-absorbed into the circulation, playing havoc with the balance of sex hormones, and increasing the likelihood of PMS symptoms. Including flaxseed in the diet, can help to alleviate this problem, by re-establishing a healthy balance of bacteria within the gut microbiota, which in turn helps to support healthy oestrogen metabolism.

Positive impact on cravings and appetite

Flaxseed intake has been shown to improve carbohydrate metabolism and lower fasting glucose. During the latter half of a menstrual cycle, blood sugar levels naturally increase, so flaxseed intake can be a nice adjunct to help ease off some of side effects of blood sugar spikes e.g. increased cravings particularly for sweet foods. Additionally, the soluble fibre from the flaxseed helps to keep you fuller for longer, so can help to reduce increased appetite, commonly associated with the week before menstruation. (3)

Natural Hormone Modulator

Flaxseeds are the richest source of lignans, a type of phytoestrogen. Phytoestrogens are a class of plant compounds that have a structure similar to the hormone oestrogen. These plant compounds contain gentle plant oestrogens that may help to restore balance if oestrogen levels are higher relative to progesterone. By gently helping to modulate oestrogen levels in the body, flaxseed may help to restore hormonal imbalances that can contribute to PMS symptoms.

Mood regulation

Hormonal fluctuations during the menstrual cycle can contribute to mood swings, irritability, and other emotional symptoms. Omega-3 fatty acids have been shown to help regulate hormones and neurotransmitters, such as serotonin, which can positively impact mood and emotional well-being during the menstrual cycle. Flaxseed consumption is a convenient way of getting in more omega-3 into your diet, especially if you don't consume oily fish.

Flaxseed's multifaceted nutritional profile makes it a great natural aid for helping to manage PMS symptoms. The combination of omega-3 fatty acids, fibre, lignans, and antioxidants creates a synergistic effect that addresses various aspects of PMS discomfort. Incorporating flaxseed into your diet offers a natural and holistic approach, targeting not only specific



PMS symptoms but also overall well-being by supporting inflammation, gut health, and blood sugar balance.

DELICIOUS AND PRACTICAL WAYS TO INCORPORATE FLAXSEED INTO YOUR DIET

Adding flaxseed into your diet doesn't need to be complicated. Let's dive into how you can practically use flaxseed in your everyday routine to support the menstrual cycle. Below are ideas that you can mix and match to suit your needs. Stick to the recommended amount of 2 tbsp per day (so pick one idea below per day) and start gradually if you're new to high fibre foods.

Breakfast ideas

Flaxseed Smoothie Bowl: Start your day with a nutrient-packed smoothie bowl by blending your favourite fruits, Greek yogurt or kefir, and a generous sprinkle of Linwoods Milled Organic Flaxseed. This not only increases the nutrient profile of the dish, but it also adds lots of fibre to keep your blood sugar stable and your hormones happy.

Flaxseed-Infused Oats: Upgrade your morning oats by stirring in 1-2 tbsp

of Linwoods Ground Flaxseed and topping with berries in season. In the luteal phase, one tends to crave more wholesome, carbohydrate-rich options and this one is a perfect option to stop you reaching for the chocolate bars mid-morning by keeping you fuller for longer.

Snack-o-clock

Flaxseed energy balls: Combine oats, medjool dates, nut butter, flaxseed, and almond milk in a high-speed blender, ready to roll into balls to keep in the freezer for a quick snack. This makes a fabulous wholefood snack that will give you the energy you need without the crash at the end.

Yoghurt combo: Add a tablespoon of flaxseed to your favourite yoghurt and serve chilled as an afternoon snack to prevent an energy slump. The protein and fats will help to give you a boost and a good dose of omega 3 to help your mood.

Main meals

Salad dressing: Don't knock it til you've tried it... Flaxseed makes an excellent addition to a salad dressing. Just combine it with extra liquid to keep it thin enough to drizzle on your vegetables. Add them to lemon juice, olive oil, salt, Dijon mustard and a little honey to give your salad some pizzazz and add some diversity to your plate.

Flaxseed-Crusted Salmon: Boost your omega-3 intake by coating salmon fillets with a layer of pesto and a sprinkling of flaxseed, before baking them to perfection. This savoury dish not only adds a flavourful and crunchy twist to a meal, it's also bursting with omega 3 to support your cycle.

It's important to note that whilst flaxseed can help to support hormones, they cannot be used as a substitute for poor diet and lifestyle habits. Balancing your plate, eating diverse, colourful and wholefoods, moving your body, practising good sleep hygiene and managing stress levels are the key foundations in supporting hormonal health.

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Cara Shaw is a registered Women's Health Nutritional Therapist & Nutrigenomics Practitioner

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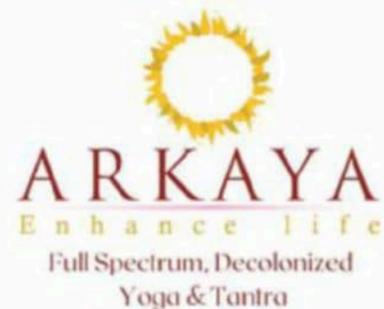
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WHAT'S MISSING FROM MAINSTREAM YOGA & TANTRA?

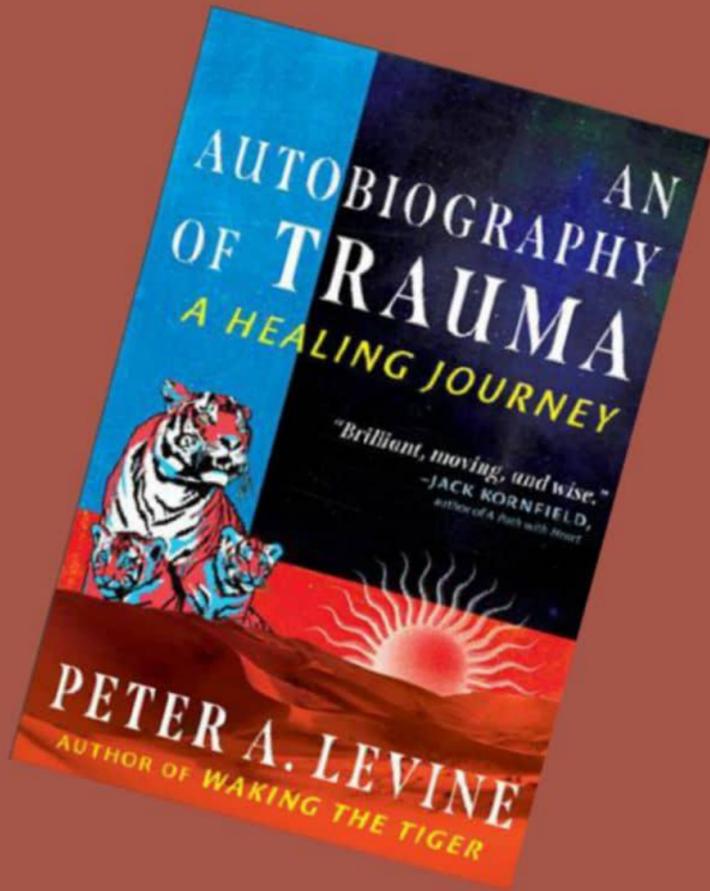
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An Autobiography of Trauma: A Healing Journey

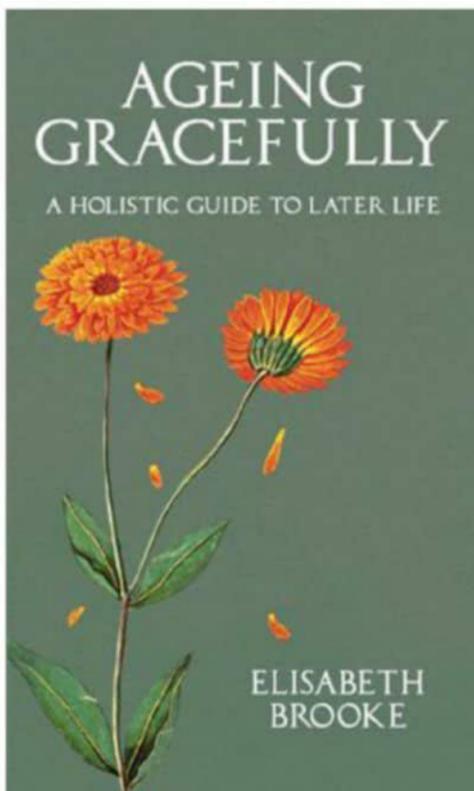
Peter A. Levine, PhD

In this book, Dr. Peter A. Levine offers a compelling account of his healing journey from severe childhood trauma, detailing the development of his pioneering trauma healing method, Somatic Experiencing (SE). This memoir provides profound insights into the personal and professional evolution that led to the creation of SE. Dr. Levine's narrative is enriched by the mysterious dreams that influenced his work and the breakthroughs that shaped SE.

Endorsed by luminaries such as Jack Kornfield and Bessel van der Kolk, the book underscores the growing relevance of somatic therapy. Levine's integration of science, psychology, and spirituality marks this memoir as a significant contribution to trauma healing literature. At 140 pages, it is a succinct yet powerful read for anyone interested in the transformative potential of body-oriented therapy.

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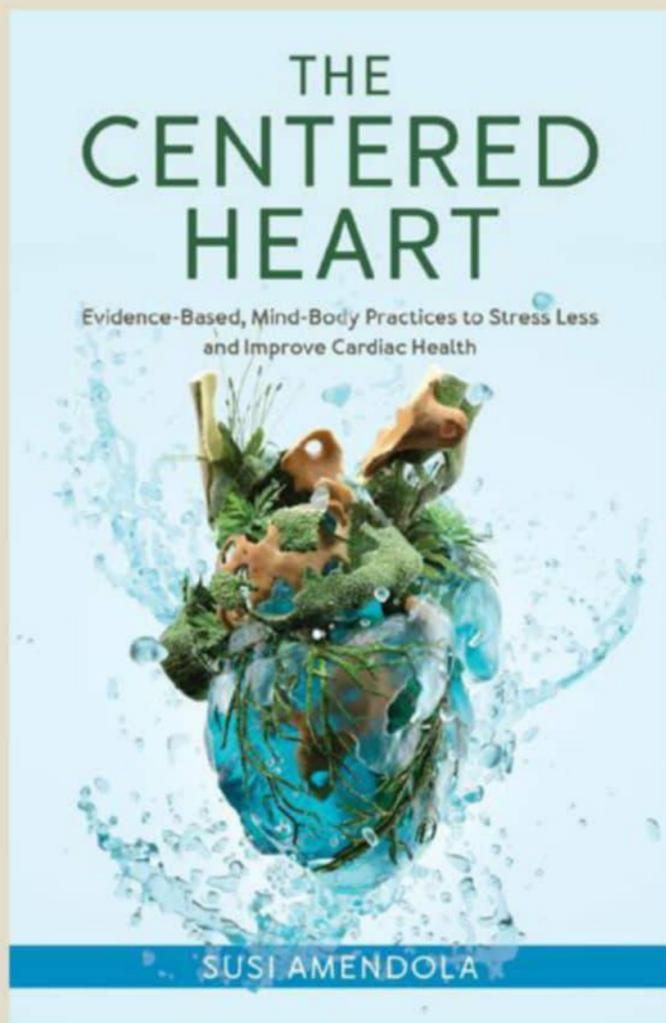
Ageing Gracefully: A Holistic Guide to Later Life

Elisabeth Brooke

Elisabeth Brooke's "Ageing Gracefully" is an invaluable guide for those looking to embrace --traditional herbal lore, Brooke offers a comprehensive approach to staying well.

The book is neatly divided into two parts: Part One covers fundamental health principles relevant at any age, with a focus on older adults, addressing topics such as nourishment, rest, exercise, mental well-being, and even death and dying. Part Two provides practical advice, featuring a detailed herbal Materia Medica and Brooke's favourite recipes for herbal remedies. With decades of experience as a medical herbalist and counsellor, Brooke's insights are both credible and practical. This 150-page paperback is a worthwhile investment for anyone seeking to age with grace and vitality.

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The Centered Heart: Evidence-Based, Mind-Body Practices to Stress Less and Improve Cardiac Health

Susi Amendola

This is a timely and invaluable resource for anyone seeking to manage stress and enhance cardiac health. With over three-quarters of adults reporting increased stress and 75-90% of doctor visits being stress-related, this book addresses a critical need. As a Yoga Therapist and Stress Management Specialist with decades of experience, Amendola shares practical, evidence-based practices to rebuild nervous system resilience, calm the mind, and centre the heart.

Amendola's comprehensive approach integrates yoga and Ayurveda, demonstrating their effectiveness in treating heart disease and other chronic illnesses. The book has received high praise from experts like Dr. Dean Ornish and Dr. Amy Rothenberg for its actionable insights and empowering guidance. "The Centered Heart" is a must-read for anyone aiming to improve their health and wellbeing through holistic practices.

Available form [Amazon.com](https://www.amazon.com)

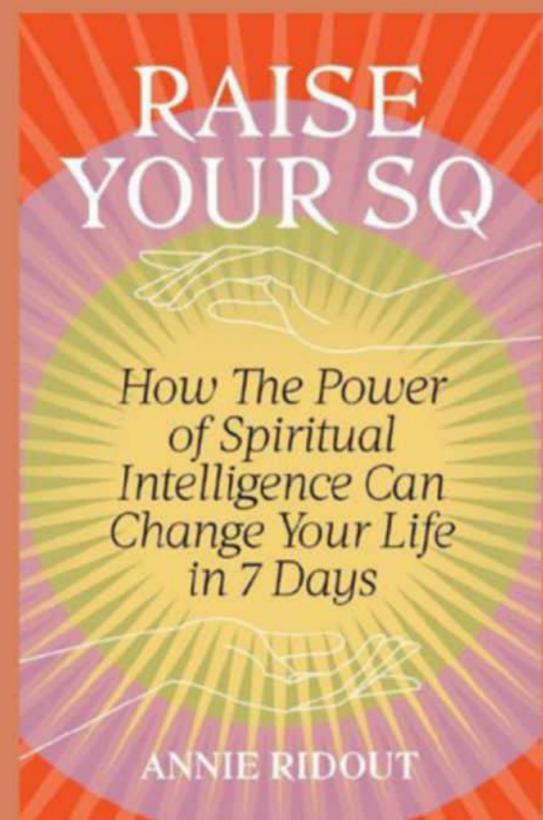
Raise Your SQ

Annie Ridout

This book is a must-read for anyone seeking a better work-life balance and relief from burnout. Ridout, a successful author and coach, shares her journey of enhancing her spiritual intelligence (SQ) through daily practices, leading to transformative results in all aspects of her life.

The book offers practical lessons and exercises that promise to help you build your dream life in just seven days. Ridout's use of SQ enabled her to create a six-figure business while maintaining flexible hours and abundant energy for her personal life. Drawing inspiration from thought leaders like Oprah Winfrey and Steve Jobs, Ridout's approach is both inspiring and practical. "Raise Your SQ" is a powerful guide to unlocking your true potential and finding everyday magic. Highly recommended!

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SENTIA: A Drink Beyond the Ordinary

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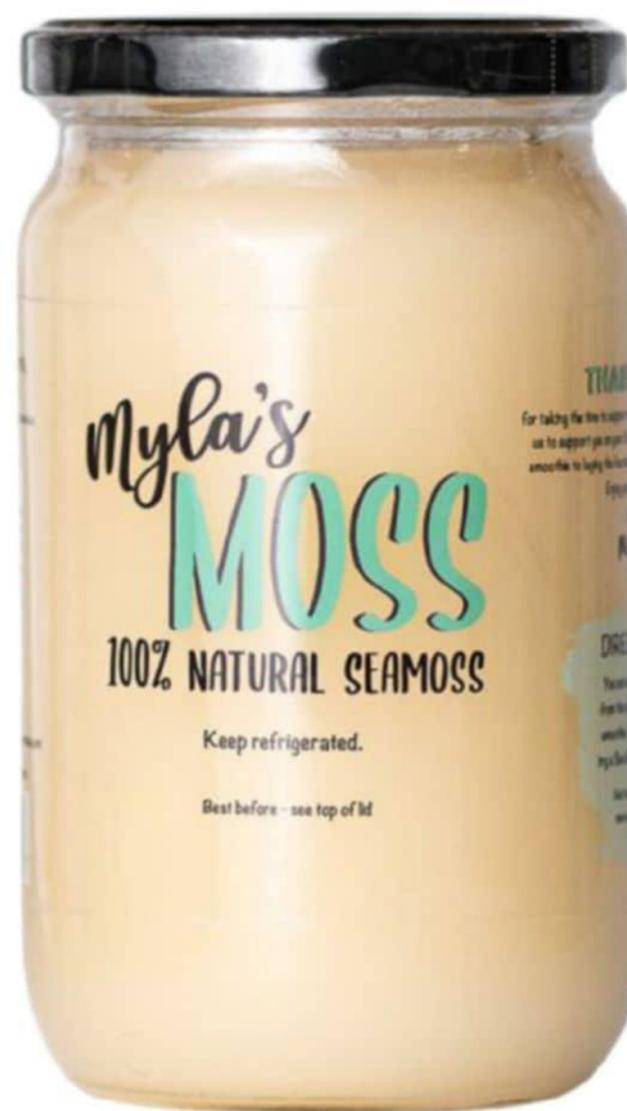
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Sea Moss Gel

Sea Moss, scientifically known as *Chondrus Crispus*, is a powerhouse superfood with a host of health benefits. Myla's Moss is 100% organic, vegan, gluten-free, and harmful chemicals or preservatives free and is sourced from nutrient-rich St. Lucia. This gel contains 90% Wildcrafted Sea Moss, 10% Filtered Alkaline Water, and a dash of lime juice.

Packed with essential minerals, Sea Moss supports various health aspects. It aids digestion with high dietary fibre, boosts metabolism and thyroid function due to its iodine content, and improves heart health. Its rich iron content combats anaemia, while its anti-inflammatory properties ease joint pain and skin conditions like eczema. Sea Moss also promotes immune function, mental well-being, and faster muscle recovery.

Popular on TikTok and endorsed by celebrities like Bella Hadid, Sea Moss is versatile and nearly tasteless, making it easy to incorporate into salads, smoothies, and soups. Enjoy 2 tablespoons daily for optimal benefits.

Link to buy: <https://www.mylasmoss.com/collections/all/products/sea-moss-gel-720g>

RRP: 720ml - £25 (24-25 servings); RRP: 340ml - £15 (11-12 servings),



Stay one step ahead of hay fever with Hay-band!

Utilising ancient Chinese acupressure principles, hay-band targets the LI-11 point on either arm, alleviating hay fever symptoms. This family favourite is easy to use—simply position the band so the button faces inward over the pressure point. The band works by increasing the flow of natural energy, unblocking pathways to the nose and throat, and promoting overall wellbeing.

Fast-acting and discreet, it can be worn on one or both arms for severe symptoms. Suitable for adults and children over three, hay-band offers a drug-free, natural alternative without causing drowsiness or other side effects. Note: not for use during pregnancy. Embrace this natural, side-effect-free solution and breathe easier.

Available from hay-band.co.uk at £13.09 per (washable) band

facebook.com/yogamagazine

NEW from A.Vogel - Sleep Well Dissolvable Granules

SLEEP WELL AND WAKE FRESH with A.Vogel's Sleep Well Dissolvable Granules, a natural plant-based remedy developed to help people regain their natural sleep rhythm.

These Granules offer a natural, plant-based remedy to help restore your natural sleep rhythm. In the UK, over a third of adults and more than half of young people struggle with sleep. This vegan product addresses these issues by combining lettuce extract, lemon balm, L-tryptophan, and magnesium. Lettuce extract enhances sleep duration and quality, while lemon balm promotes restful sleep. L-tryptophan, a precursor to serotonin and melatonin, supports the sleep-wake cycle, and magnesium aids in normal psychological function.

Flavoured with bitter orange, these granules are non-addictive and fast-acting, ensuring a calm, restful sleep without morning grogginess. Simply dissolve one sachet in your mouth 30 minutes before bedtime. Suitable for long-term use and children aged 12 and up, Achieve a better night's sleep naturally with A.Vogel's Sleep Well Granules.

Available from www.avogel.co.uk at £15.99 for 14 sachets





Elevate Your Energy with NAD Max

In today's fast-paced world, maintaining high energy levels is crucial for peak performance and well-being. This is a revolutionary supplement designed to boost energy, metabolic health, and focus. Featuring a powerful blend of NMN, Apigenin, and EGCG, NAD Max optimises NAD+ levels—a coenzyme essential for cellular energy production. Unlike caffeinated stimulants, this formula provides long-lasting energy without the dreaded crash. It supports mitochondrial function and promotes efficient recycling of NAD+ within cells, ensuring sustained energy throughout the day.

Youth & Earth's commitment to purity means NAD Max is free from fillers and artificial ingredients, offering a reliable and clean energy boost. For those seeking peak performance and well-being in a fast-paced world, NAD Max is an exceptional choice for enhancing energy at the cellular level.

Available at <https://youthandearth.com/> | 60 x 460mg Capsules for £44.99



Linwoods Flaxseed & Shelled Hemp Variety Bundle (6 x 200g Packs)

This Bundle is a powerhouse of nutrition, perfect for anyone looking to enhance their diet with top-quality, nutrient-rich ingredients. This carefully curated bundle includes six unique blends, each offering a distinct taste profile to diversify your meals. From the rich, nutty flavour of shelled hemp to the wholesome goodness of flaxseed combined with sunflower, pumpkin, and chia seeds, every pack promises a delightful and health-boosting addition to your breakfast or snacks. The inclusion of superfoods like Goji berries, almonds, and Co-Enzyme Q10 further elevates the nutritional value. Ideal for health enthusiasts, this 6 x 200g pack bundle is a fantastic way to unlock the benefits of nature in every meal.

Available from linwoodshealthfoods.com at £ 21.99 £ 26.94

Vedic Astrology

JULY 2024

WORDS: YOGI MAHARAJ DR MALIK

ARIES (MESA)

MARCH 21 – APRIL 20

The month starts on a peaceful and vibrant note. There is promise a month ahead filled with abundance as well as throughout the year. Concentrate on the blessings in your life right now and be grateful for what you had and look forward to amazing things coming your way.

You will be inspired to get involved in social and charitable projects and working with the homeless is a good start. This is the month to give your time to projects where you can make a qualitative difference to the lives of those less fortunate than yourself

TAURUS (VRSABA)

APRIL 21 – MAY 20

The month begins on an auspicious and positive note. There should be good energy into your house. It certainly is a time for making new choices and promises.

This should hopefully inspire you to make significant changes in your work-life balance whether it is paid or unpaid. In the long term this will reap rewards for you in weeks to come. You will attract new opportunities and projects that will further enhance your life.

GEMINI (MITHUNA)

MAY 21 – JUNE 21

This is a good month to concentrate on your health and build on existing success. Also, a time to pay attention to family who deserve of your attention and indeed your compassion. We all make mistakes; do things which maybe in hindsight were inappropriate.

Use your kindness and love to understand that there are ways and means to come out stronger from making mistakes. Also be prepared for interesting news – especially in matters to do with career progress or finances – a likely cash windfall is coming your way.

CANCER (KARKATA)

JUNE 22 – JULY 22

The month starts on a merry note with activity going on the home and work fronts. New and exciting events to engage in. In love you will be especially lucky as there will be a firm commitment and reciprocation of feelings from friends and family.

Social events of importance are particularly highlighted as you are recognised for your achievements. This will provide you with motivation and inspiration to further new revenue creating opportunities.

LEO (SIMHA)

JULY 22 – AUG 22

The month starts on a quiet but productive vibe. You may have deadlines to meet as well as activities to participate in. Be sure to keep your energy levels up as well by practicing both physical and breathing exercises.

Focus and work with the higher chakras. This month you should treat yourself to a pampering session to help rejuvenate and refresh you.

VIRGO (KANYA)

AUG 23 – SEP 21

This is a time for companionship, friendship, and quiet reflection on all the good things happening in your life right now. It is also time for appreciation and gratefulness.

You can confidently look forward to the splendid year that lies ahead as there is promise of progress in career opportunities. Energise your environment with aromatherapy, flower, and gem therapy. Expect abundance this month and prosperity.

LIBRA (TULA)

SEP 22 – OCT 21

The month starts on a busy and jovial note; Journeys are particularly highlighted – both spiritual and literal. There are new opportunities to get involved in activities that are pleasing to your heart. You will attract new relationships and significant opportunities for personal self-development.]

Trust your gut instinct to make any tough decisions that may present themselves to you. Abundance materialises in all areas of your life. Look forward to a busy but spiritually rewarding month

SCORPIO (VRSCIKHA)

OCT 22 – NOV 21

A great start to the month helps you build up confidence. Your supportive network of new friends provides you with the necessary inspiration to change the way you live. This is a perfect time to amend your general lifestyle. Be different – be daring.

Try something new to give yourself a head start in life. Bring yourself closer to nature. Spend even more time outdoors – walk, breathe in oxygen, visit your local parks, nature centres – even your garden if you have one.

SAGITTARIUS (DHANUSA)

NOV 22 – DEC 21

The year starts on an exciting vibe that will attract abundance in all areas of your life including love and finances and family life. Be kind and considerate to members of your family and close friends. Recognise and appreciate their support and help. Spend quality time with them and enjoy these special moments.

Financial projects may also occupy your spare time. This is a great month to concentrate on your health and wealth and look at ways to not only improve yours – but also that of your family or friends.

CAPRICORN (MAKARA)

DEC 22 – JAN 20

The month starts with fun and joyous moments. You will find peace happiness in doing even the simplest things. Work with the heart chakra. Be kind to yourself and not just to others.

Similarly, compassion is something that we tend to show others and yourself. Your life is as important as anyone else's so treat yourself to something new. A new financial opportunity presents itself to you. You will also find support and encouragement in new and interesting places.

AQUARIUS (KUMBA)

JAN 21 – FEB 19

A wonderful start to the month is promised. Inspirational and creative ideas are everywhere around you. You will find motivating and interesting projects that help in your self-development. You will be kept busy with social events. #

These will open new networking pathways. You will be pleasantly surprised with news regarding finances which creates a new pathway for wealth. There are opportunities to spend quality time with close friends and family.

PISCES (MINA)

FEB 20 – MAR 20

The month starts on an auspicious and peaceful vibration. Abundance and good fortune are particularly highlighted. There are opportunities for you to showcase your ideas – for the betterment of those less fortunate than you.

The month progresses on a positively good vibration. Participation in networking and social engagements will also encourage you to explore new skills and ideas. The month will end on a positive vibe.

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'The care and attention to detail is wonderful'
Liz Warrington,
Yoga Teacher



Facilitating yoga retreats for more than twenty five years



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