

Fire

Be sensitive to the needs of Self and others for time, space and attention ~ Sharing (Aparigraha)

Protect and hold sacred the confidentiality of the thoughts, words and deeds shared within the sanctity of this circle~Purity (Tapas)

AN ETHIC OF TRUST

We begin with an experience of mutual respect in order to elicit our innate resources where we can connect, belong and grow together. The primary foundational element for establishing mutual respect in Human Ethics is Trust. Trust is an experience of mutual agreement in regards to the aspects of sustainable living and thriving within the matrix of Universal consciousness. You will find 10 foundational ethical tenets known as the Yamas and Niyamas of Hatha Yoga. These are Universal Truths that guide our potential in all aspects of Nature.

GROUP ETHICS

We agree together to::

Hold a commitment of non-harm to self and others in thoughts, words and deeds. ~(Ahimsa)

Be aware of potential effects of 'negative' imprints of one's thoughts, words and deeds. ~(Sauca)

Hold peaceful abiding. ~(Santosha)

Be sensitive to the needs of Self and others for time, space and attention. ~(Aparigraha)

Protect and hold sacred the confidentiality of the thoughts, words and deeds shared within the sanctity of this circle ~(Tapas)

Respect each person's autonomy to support the diversity of this vital circle. ~(Asteya)

Show up fully, as presence within a sense of cultivated noble Truth. ~ (Satya)

Share and respect the power of the circle. ~(Brahmacharya)

Be self-aware and respons-able. ~ (Svadyaya)

Uphold an attitude of lovingkindness to support the vulnerable ~ (Ishvarapranidhana)

MBCYIN THERAPEUTICS PRACTICE

MBCYin Yoga Therapeutics & Expressive Writing::

Transmutation by Fire in the Creation consciousness of the Liver.

Softening & clearing emotional imbalance that can get stuck or held in the side body.

Release frustration, agitation, jealousy, and greed.

Rinse & cool the eyes before practice.

ELEMENTS OF YIN INQUIRY

Explore the elements of yin. Use the following journal prompts during your YIN therapeutics practice :

JOURNAL PROMPT :

Describe how COMING HOME TO OUR PURE NATURE & PURITY can be helpful in releasing fleeing (disassociation) in the body, mind and emotions?

How can I begin to release gripping when I am afraid?

How do you support YOUR Yin pose with Journaling to cultivate insight for your life?

ELEMENTS OF YIN INQUIRY: FIRE ELEMENT

- *PROMISE*: : Be sensitive to the needs of Self and others for time, space and attention ~ Sharing (Aparigraha); Protect and hold sacred the confidentiality of the thoughts, words and deeds shared within the sanctity of this circle~Purity (Tapas)
- *Prenatal sound*: SHHH
- *Emotional Freedom Technique Script*: "Even though I get caught in scarcity or greed, I believe I can create benevolence out of what I have. I am enough."
- *Senses*: Sight
- *Organ/GLANDS*: liver / gall bladder
- *Transmutation*: frustration anger greed into benevolence, kindness, creativity
- *MBCY MATRIX*: Strengthening
- *Yang to Yin*: softening the acceleration of cultural forward momentum allows the body, mind, and heart to restore, process, and evolve

YANG	YIN
Grasping	Gathering
Gripping	Containment

TRANSFORMING TRAUMA

Transforming Trauma Through the Whole Body from Bottom to Top:

Here are some examples of the body's trauma language that we will be working with each week. You will soon find your own brilliant messengers, that are unique to you ::

- FLIGHT

Resources for TRANSFORMING TRAUMA Through the Whole Body::

- Purity//GRIPPING~CONTAINMENT

Tools for Transforming Trauma Through the Whole Body:: MBCY MATRIX

- Integration
- Grounding
- Stabilizing
- **Strengthening**

YIN IN THE BODY

explore the depths of yin with a body sequence. Feel into the breath. Experience stillness.

The BODY

YIN YOGA Therapeutics::

MBCY Yoga Nidra through the Tissues:: Fire

Digestive System~fire, processing our lives, legacy, breathing, collapse, hyperarousal, creation state (Poly Vagal Theory)

- *EYE PALMING SERIES*
- *C STRETCH*
- *BANANASANA*
- *ARDHA HANUMANASANA*
- *BADDHA KONASANA*
- *CAT TAIL PULL STRETCH*
- *DRAGONFLY*
- *DANCER 4TH SPIRAL/DEER*

YIN THROUGH THE BREATH

explore the depths of yin with a body sequence. Feel into the breath. Experience stillness.

THE BREATH

MBCY 7 breath technique...

Here is a body instruction for presence::

Find ground by feeling your legs, feet and hands touching.

Breathe in ... Breathe out (1-5 times)

Stop.

- Breathe.
- Feel.
- Notice sensation.
- Notice judgement.
- Stay... don't abandon yourself.
- Listen... for the message from the body about yourSelf.
- Let go...by taking a breath or a step.

YIN WITHIN THE MIND

THE MIND

We focus inside, to invite the mind to observe...

We know that there are many options for happiness NOW in this present moment.

Breathing in & Breathing out...

Hold a commitment of non-harm to self and others in thoughts, words and deeds.

ELEMENTS OF YIN INQUIRY

By exploring your journey through these relevant prompts for your YIN therapeutics class, what insights did you illuminate with your body, mind, and heart?

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How can I begin to release gripping when I am afraid?

How do you support YOUR Yin pose with Journaling to cultivate insight for your life?