

The Creative Process for Healing Trauma.....

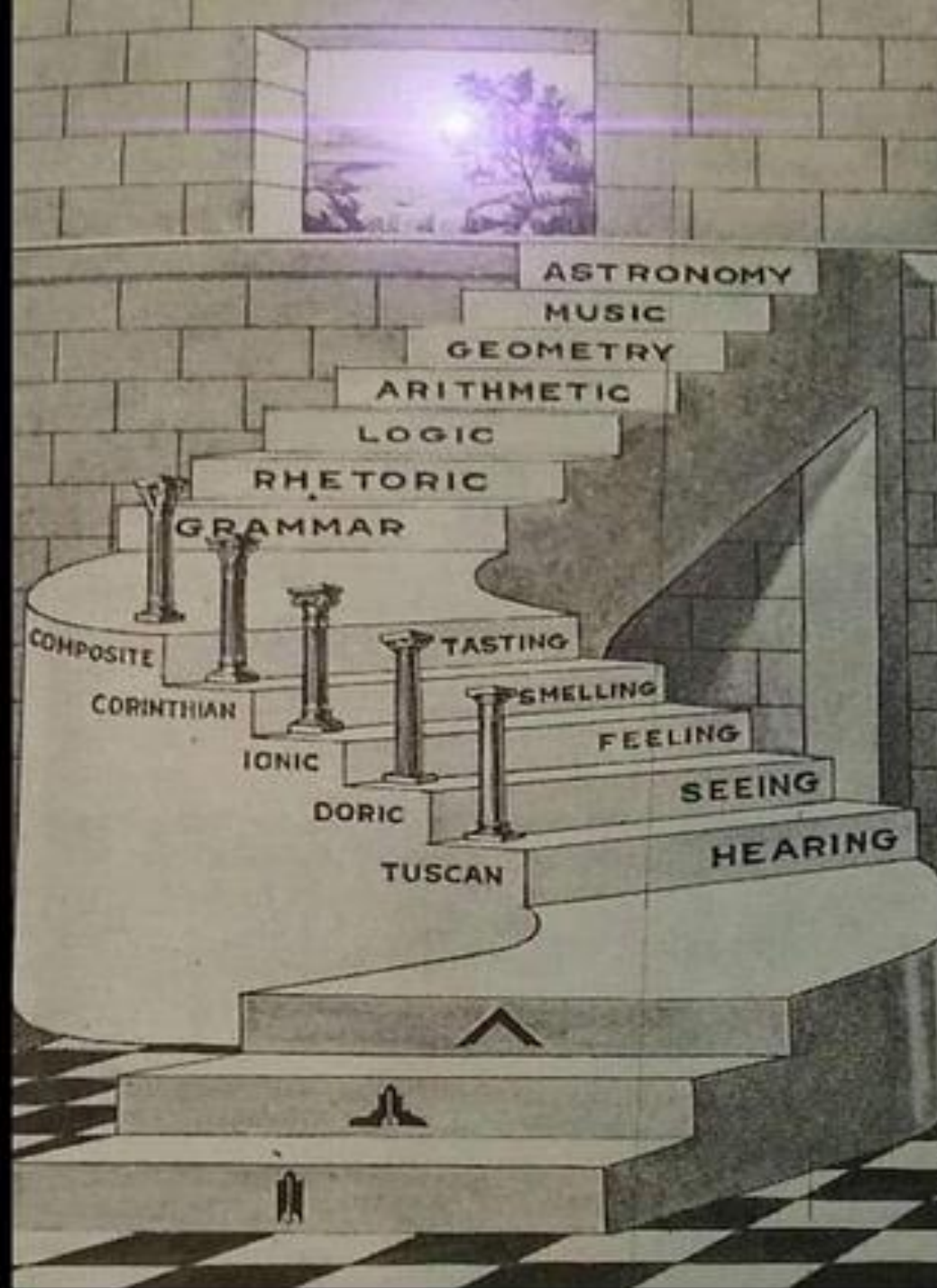
***We do not know until the shell breaks what kind of egg we
have been sitting on”***

~TS Elliot on the mystical quality of creativity.

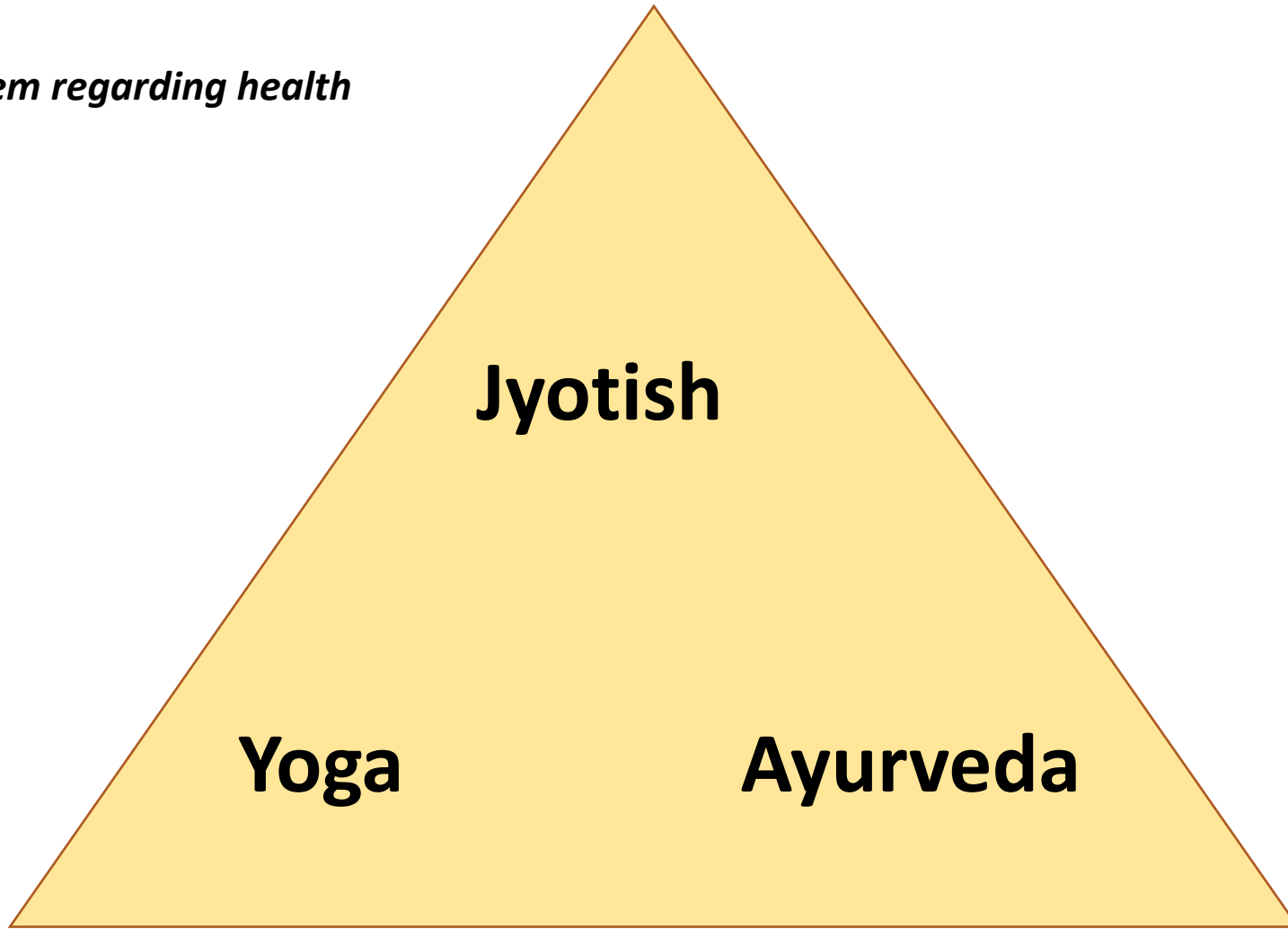


The Eternal Question – Who Am I?

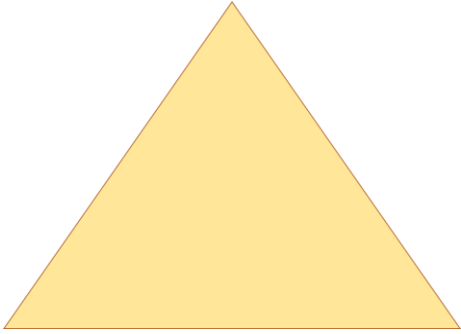




*The Vedic System regarding health
& well being.*



What is Medicine?



Notes from a recent newsletter. One of my teachers.

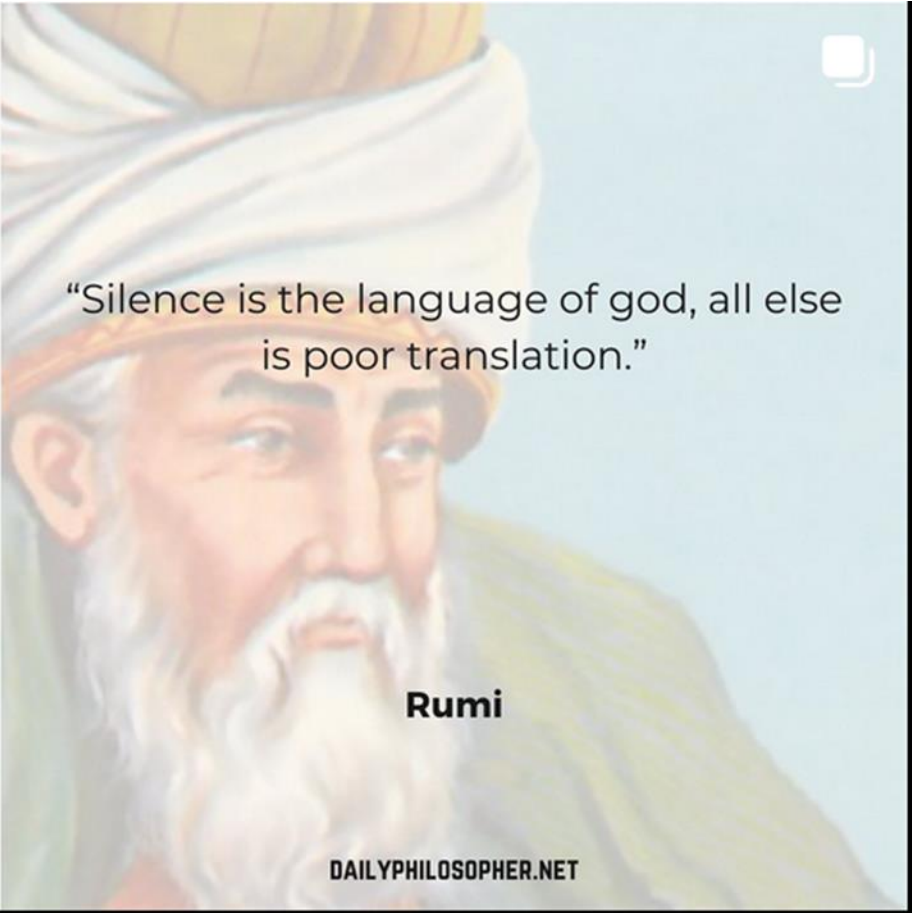
classic temperaments — **phlegmatic, melancholic, sanguine, and choleric** — are reappearing with new language and nuances.

ELEMENTS = Humors

According to certain pundits on the Indian subcontinent, we are either in Kali Yuga or emerging from it. This time in history is described as one in which **25% of humanity is ethical** and, shockingly, the rest do not live righteously. To make the transition to an improved society, every effort should be made to promote alignment where it is lacking. **Krishnamurti has suggested, folly to be well adjusted to a defective system.** DNA do not have a correlation to the elements.

Dr. Ingrid Naiman

PAUSING

A portrait of the Persian poet Rumi, depicted with a long white beard and a turban. The background is a light blue gradient. A small white icon is visible in the top right corner of the image.

“Silence is the language of god, all else
is poor translation.”

Rumi

DAILYPHILOSOPHER.NET

these are the days that
must happen to you

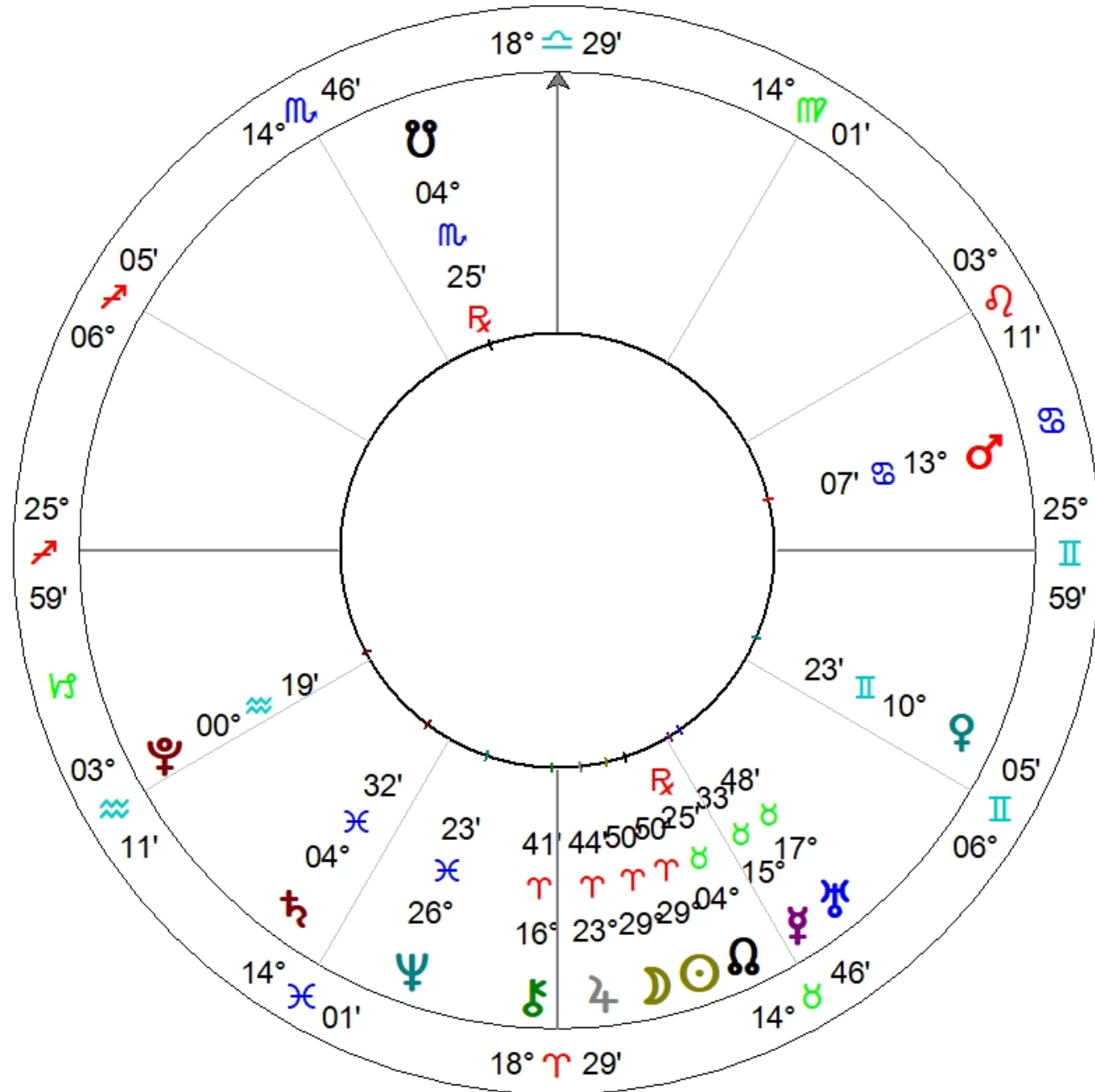
walt whitman

Solar Hybrid Eclipse (NM)

Natal Chart

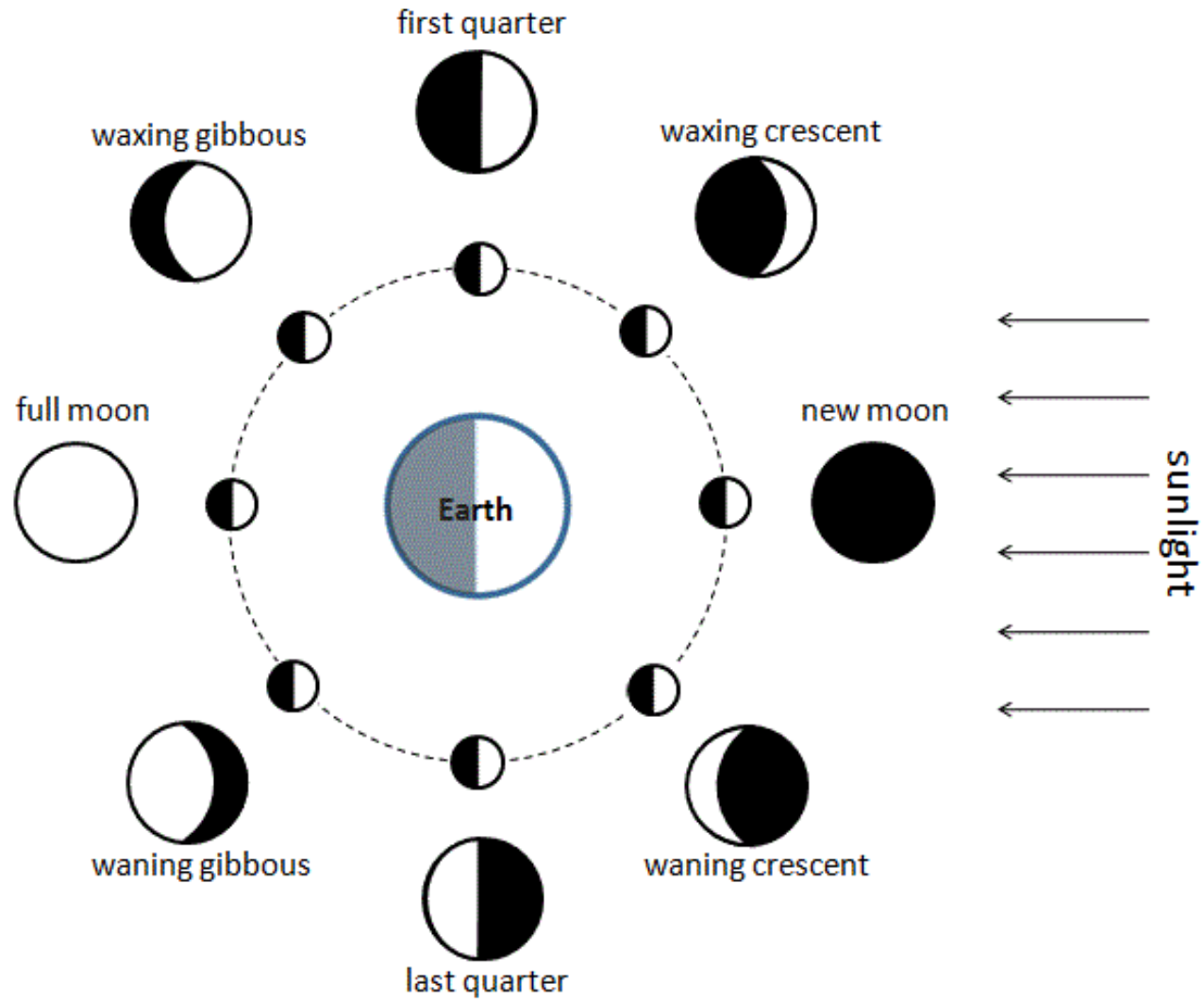
Apr 20 2023, Thu
0:12:19 am EDT+4:00
Asbury Park, New Jersey
40°N 13° 13" 074°W 00' 45"

Geocentric
Tropical
Placidus
Mean Node



...timing is everything

8 Phases of the Moon

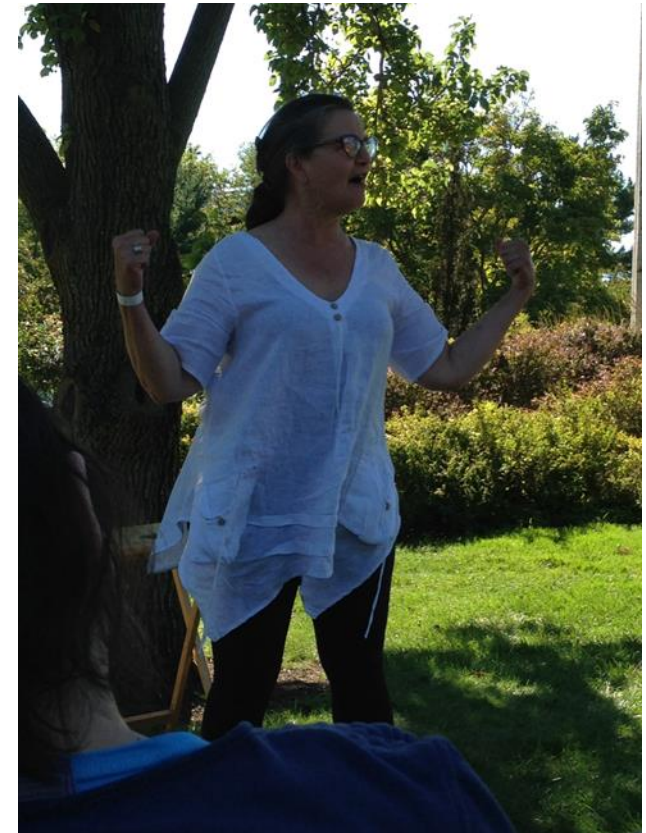


EXPERIENTIAL LEARNING - BEST METHODOLOGY FOR ADULTS

Tell me and I forget. Teach me and I remember. Involve me and I learn.
~Attributed to Ben Franklin, Confucius, and Zun Kuang



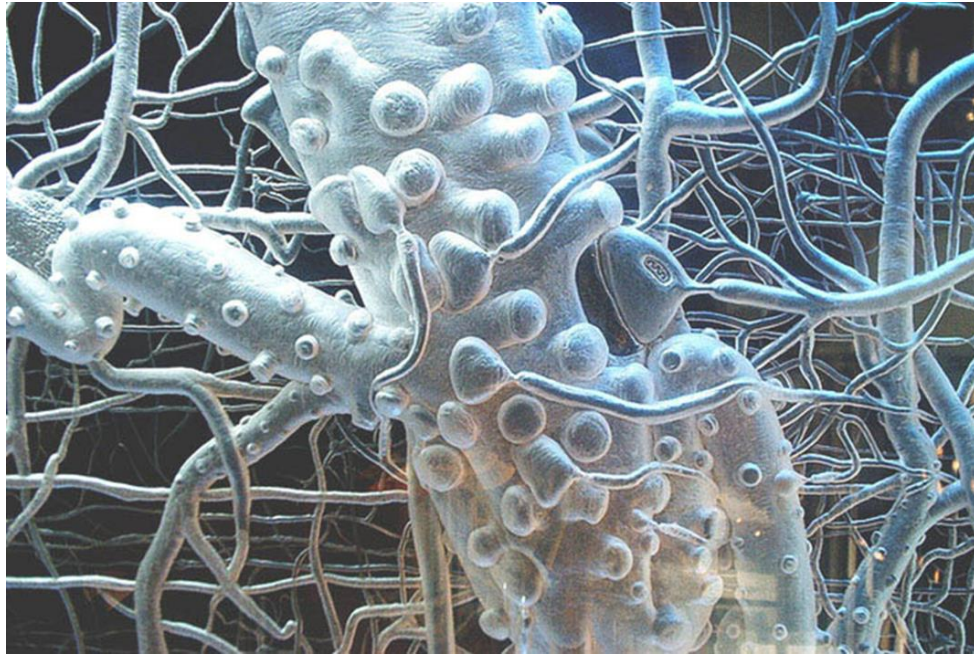
The biggest problem with communication is the illusion
that it has taken place. ~George Bernard Shaw



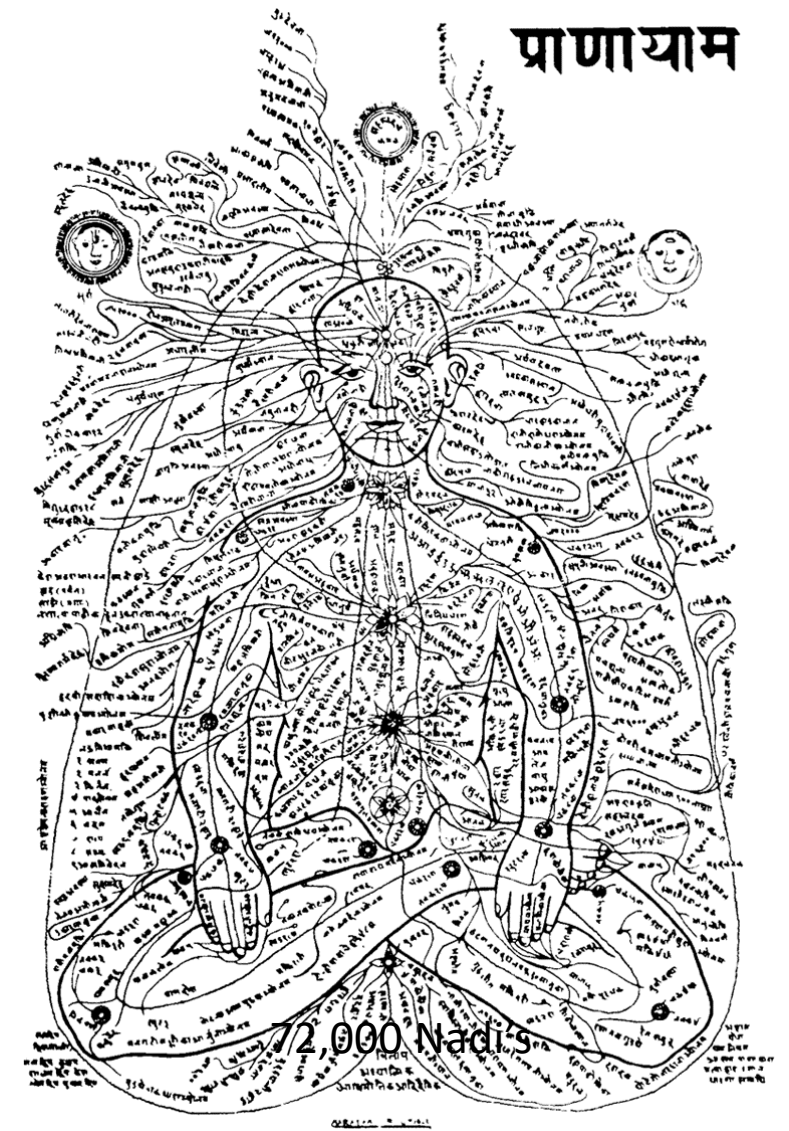
THE UNEXPECTED



YOGA THERAPY, 2023



The Vagus Nerve.....



Sensations come from symptoms & symptoms come from compressed energy; that energy is what we have to work with in this process. Through sensation & the felt sense, this vast energy can gradually be decompressed and harnessed for the purpose of transformation trauma ~ Peter A. Levine

From Creativity - Flow and the Psychology of Discovery and Invention Mihaly Csikszentmihalyi.

Creative individuals :

have a great deal of energy, but they are also often quiet and at rest.

tend to be smart, yet also naive at the same time.

have a combination of playfulness and discipline, or responsibility and irresponsibility.

alternate between imagination and fantasy ant one end, and rooted sense of reality at the other.

seem to harbor opposite tendencies on the continuum between extroversion and introversion.

are also remarkable humble and proud at the same time.

to a certain extent escape rigid gender role stereotyping and have a tendency toward androgyny.

generally, thought to be rebellious and independent.

Most are very passionate about their work, yet they can be extremely objective about it as well.

And, the openness and sensitivity of creative individuals often exposes them to suffering pain yet also a great deal of enjoyment.

Pg 58-73 Characteristics of the creative personality.



YOUR STORY MATTERS

PROMPTS:

Once upon a time.....

Then, one day

And because of that

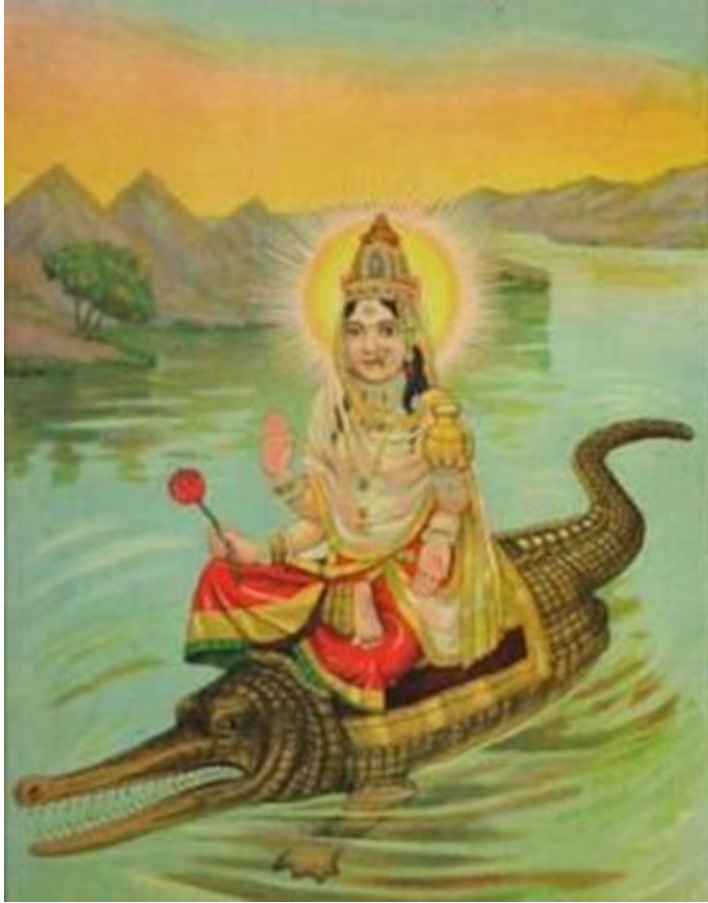
Until finally.....

And they “all lived happily ever after.....?”

Yeah, but.....

Once upon another time.....

AKHILANDESHWARI



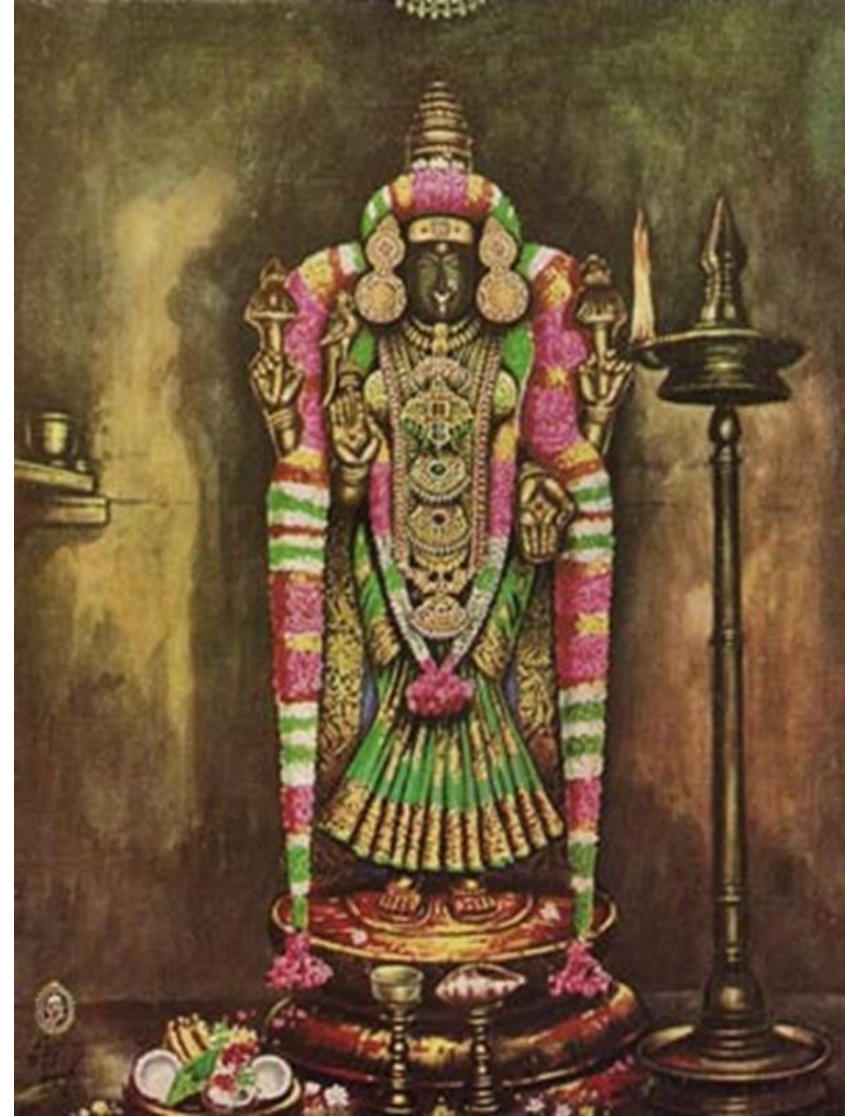
Her name references Her Universal & Cosmic powers: *Akhila* (Universe) *Anda* (Universe) *Ishwari* (Sovereign, Ruler).

akhilanda means 'always broken' or 'never not broken'

Akhilandeswari is dark complexioned. She has a serene smile, carries a trident and rides Her crocodile through the rivers of life. Her crocodile assists Her with Her prey and Her trident represents Her union with Shiva as well as Her wrathful powers.

Her inherent nature pervades all the worlds, is pure, sublime. She is the dark-complexioned one and is the repository of all arts.

She is worshipped by Lambodara (Ganesha) and Guruguha (Murugan). She possesses shining long tresses and always sports a graceful smile. She is the supreme one worshipped by Saraswati. She is the bestower of boons and the daughter of Himavan (King of Mountains), the honorable one. She is Sharada, venerated by Indra and Vishnu. She is extolled through raga jujavanti (dvijaavanti) and takes delight in music of the instruments like jhalli, maddala, and jarjhara. She is the conferrer of supreme knowledge.





SRI YANTRA

Mother of all Yantra's

12,000 years old.

9 Triangles

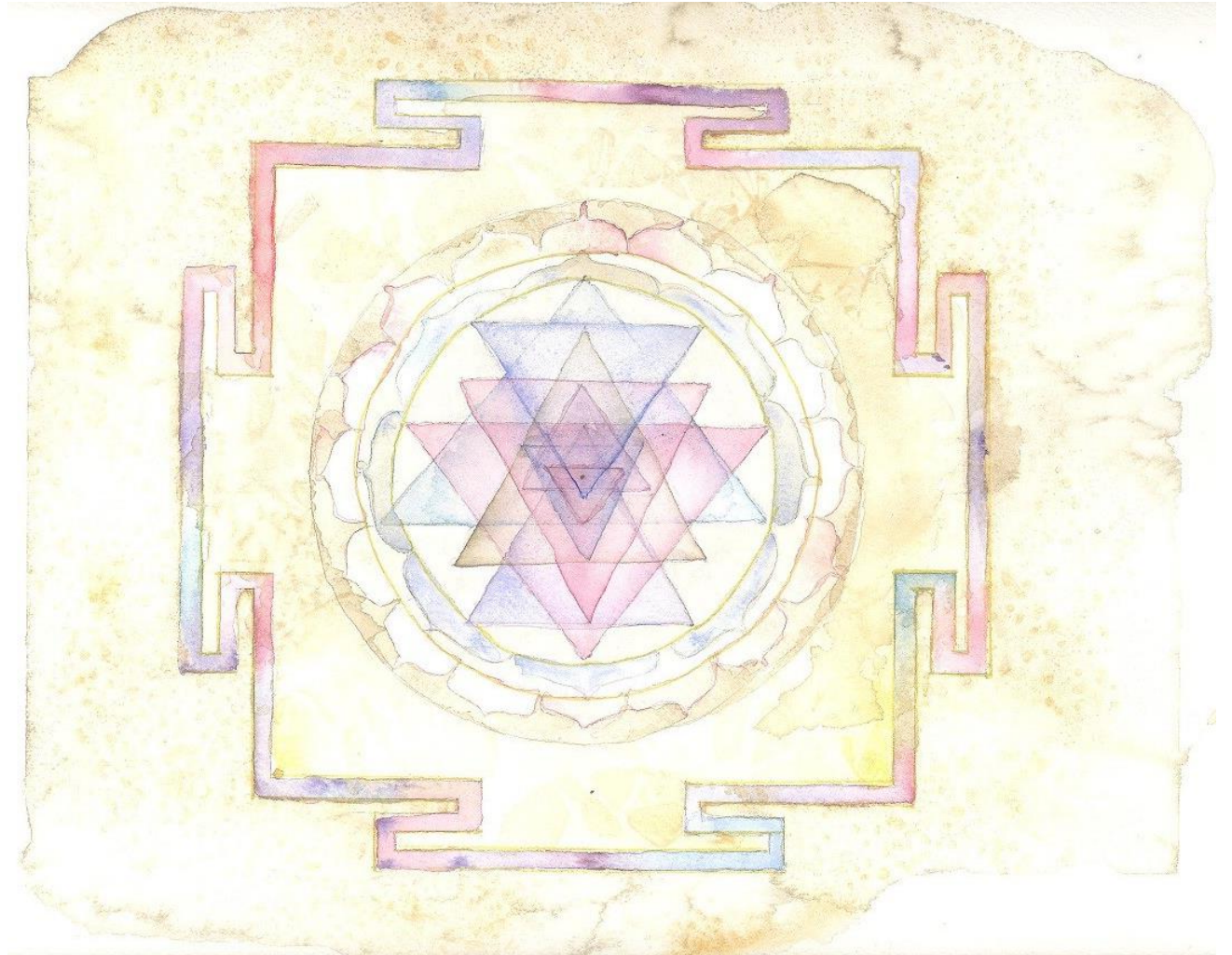
4 up (masculine)

5 down)feminine

Central point – Bindu

2 rows of petals 8 & 16

Outer Frame has 4 openings.







Weekly Yoga Therapy Classes on Zoom

Every Tues/Thurs 10-11:30 am



<https://www.ifcullen.com/zoomlinks/>

On this page you will find a complete description of the classes and other relevant information. If you'd like to attend use the word 'namaste' when prompted.