

Water

- Be aware of potential effects of 'negative' imprints of one's thoughts, words and deeds~Cleanliness
 - Hold peaceful abiding ~Caring

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. ~ (Svadhyaya)

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

MBCYIN THERAPEUTICS PRACTICE

The depth of oceanic consciousness is held in the kidneys. We can free any part of the body, mind or spirit into *fluid cosmic unity* and free our constricting beliefs and tension.

This is life-giving!

A blueblack color vibrates & transmute fear and trauma into **wisdom.**

ELEMENTS OF YIN INQUIRY

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

JOURNAL PROMPT :

When can I be Clean in order to have more ease in my body, mind and heart?

Where can I flow into caring & sharing instead of being rigid in my body, mind and heart?

How could freezing, forcing & franticness possibly be an indication of distress or **trauma**?

ELEMENTS OF YIN INQUIRY: WATER ELEMENT

- *PROMISE*: : Be aware of potential effects of 'negative' imprints of one's thoughts, words and deeds. ~Cleanliness ; Hold peaceful abiding ~Caring
- *Prenatal sound*: CHOO
- *Emotional Freedom Technique Script*: "Even though I am afraid, I know I am wise and connected to the depths of me."
- *Senses*: Hearing
- *Organ/GLANDS*: Bladder / kidney
- *Transmutation*: Worry, shock, trauma INTO wisdom, cool flow, and vitality
- *MBCY MATRIX*: Grounding & Stabilizing
- *Yang to Yin*: softening the acceleration of cultural forward momentum allows the body, mind, and heart to restore, process, and evolve

YANG	YIN
Freezing	Thawing
Shoulding	Allowing

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 ::

- FREEZE
- FORCING/FRANTIC

Resources for TRANSFORMING TRAUMA Through the Whole Body::

- CLEANLINESS:: Freezing~Thawing
- CARING:: Shoulding~Allowing

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

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

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:: Water, Cleansing

blood, lymph, ocean/moving ocean/sacrum/Kidney, Urinary meridian postures

- *BELLY DOWN*
- *DANGLING*
- *TOE SQUAT*
- *PIGEON/ LUNGE FLOW*
- *RECLINING TWISTS*
- *BACK BODY ROCK & ROLL/
KIDNEY MASSAGE*
- *CAMEL FLOW*
- *SEAL*
- *SPHINX*

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 could freezing, forcing & franticness possibly be an indication of distress or **trauma**?