

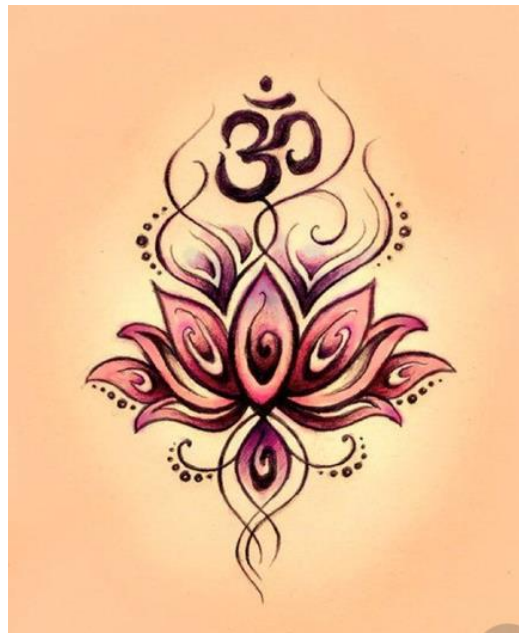
# *JOURNEY TO ME*

## *30 Day Yoga Journey*

*The yoga pose is not the goal. Becoming flexible is not the goal. Standing on your hands is not the goal. The goal is to create space where you were once stuck. To unveil the layers of protection you've built around your heart. To appreciate your body and become aware of the mind and the noise it creates. To make peace with who you are. To love, well... You.*

*Come to your yoga mat to feel; not to accomplish. Shift your focus and your heart will grow.*

*~ Rachel Brathen ~*



Namaste!

Welcome to a thirty-day journey to you!

Congratulations on choosing yourself!

If you are reading this that means you are ready! You heard your soul's call. Somewhere deep down inside you knew this was your time.

Full commitment to yourself and your journey will be required of you to reap the rewards of inner peace, freedom, self-love and many, many other aspects just waiting for you to unlock the doors to!!

No two journeys will be the same as we are unique expressions of the divine that have experienced different life lessons. I will share my journey here but yours may not look the same. Be okay with taking this path and awakening to it all being the same just played out in different ways. Your wounds will be different than mine and yet some may be the same; you may even find resonance in feeling emotions that I share that awaken you to something in yourself. Your ability to jump in with a heart wide open, vulnerable, committed and ready for change is what will give you the best results.

We all have these moments that are divinely orchestrated by our higher selves, and spirit guides giving us the opportunity or choice to heal and live in happiness. Sometimes we miss these turning points and keep on running because that's how the modern world works.

"Keep it movin'" is a theme in my family. No time to feel, only time to keep moving so the feelings don't drown you. That's the way we are strong and empowered woman. When in reality it's the exact opposite.

Our children fall down and cry and instead of sitting down and saying "Oh my! I bet that hurts, this isn't fun but it's ok to cry", what we do is say "You're ok, get up and keep playing". So, when you get up and suck back the tears where does that pain go? All the pain has to go somewhere. It goes into our body and over time we become a vessel full of pain, painted up on the outside with beautiful colors so no one can see how much is bottled up inside. We do this so much we no longer live in the body, we live in the mind. After all the mind/ego is always there to make sure we don't

hurt but by doing this we risk living our life as a meat suit with a monkey mind completely running the show!

We live as a shadow of all that we could have become.

Devastating right? Even more so that we have done this so long that most will deny that they have ever had anything bad happen to them or have any trauma to heal from, when in fact we all have trauma. It's layered from being raised in an unconscious world. All trauma is trauma, from what we define as itsy, bitsy small things, to the bigger things. This isn't about blame, it's about change and personal responsibility for our own journey.

This is why I believe we in the West have been turning to yoga as a step or a choice to slow down and go inward, the risk has become too great to continuing living this way. We are awakening to the fact that living this way means possibly end up dying never once really living, or being fully present, missing the entire journey we came here for.

When we repress the pain we repress the capacity to see all the beauty as well. So it might be hard to take in all the steps that have been laid out here for you but I promise the pain, the tears, and all the times you will feel yourself break into a million pieces will be worth it when you look back one day and say "Look at all I fought my way through".

So, congratulations on showing up here for yourself. For seeing the sign that your higher self sent and taking it. This means stepping away from the norm, from what society says success looks like.

Every great journey starts with one choice and one step, and then choosing the same step and same choice again and again even when it gets hard.

This journey will push you to your edge and teach you what it means to soften into that edge. It will allow you the space to integrate the divine feminine, fluid healing, and nurturing the nature we all carry within that has been repressed.

There will be days you say "I am too busy, I just couldn't fit it in". I am here to tell you that you can, and you will if you choose to. So, make yourself a priority above all else right now before beginning this journey. If you skip days that means you skipped yourself and ultimately missed the depths that you may have reached. We are committing to filling our cup first so we

can then be of greater service to the collective. We have not been taught this so it will be a learning curve for some. I encourage you in these moments where you have the choice to choose you or something else that feels more important than you, to choose yourself. Know that whatever else is happening will work itself out, our example of self-care is teaching our children an invaluable gift that most will never receive. Choosing to wake up early and go to bed early may be a shift you take. Your journey may help you understand what it means to let go and how letting go may be exactly what the Doctor ordered! What you used to know as priority may now just become noted as distraction. If you miss a day the only one you neglect is you. So make the decision now that for just thirty days you are going to give this a shot and every time you have the choice to walk away from this gift you gave yourself, you won't take that temptation.

The exciting part of this journey is that the part of you that always longs for more and wonders what her life purpose is, is going to get the answers to those questions. She is also going to discover how beautiful and perfect she is exactly as she is! You will start to embrace and love all the parts of yourself you once thought were unlovable. You will realize how strong and capable you are. You will remember this is your life and not anyone else's! You will discover the freedom you have always longed for. The answers you always looked outwardly for you will find have been inside of you all along, just waiting for you to ask.

You will remember a part of yourself that will light you up! She will shine through your eyes with the radiance of the sun and moon.

## **What is Yoga, why and how do I start a thirty-day challenge.**

Yoga translates from Sanskrit to English as to yoke or create union with, not a stretch class or hot sweaty class where you put your body in shapes and take a five-minute nap in silence at the end.

So, what are we yoking or creating union with exactly?

Mind, Body, and Spirit is what we are yoking, through the means of The Eight Limb Path, which is described by Patanjali in the *Yoga Sutras* when writing about the Vedas, or the ancient text from Southeastern Asia. We are mostly living in a mental state disconnected from spirit and body, through yoga we bring all of this into harmony. Some of the Sanskrit words may seem confusing but stick with me and I will explain more as you read on.

Originally yoga was a cultural and religious practice that we in the West adopted and made our own. Making it our own is slowly beginning to change as yoga instructors seek deeper wisdom and look to the people whose culture/religion created this practice and lived it as a way of life. Yoga is sacred to those who follow the Eight Limb Path and have experienced the true transformation that comes with it, and we strive to not appropriate a cultures sacred practice. As we dive deep into appropriation some teachers stop teaching however in my case I love yoga and feel I can share its wisdom and roots in an authentic way with the deepest respect and honor for where it began, as I have studied with those who's culture created and brought this gift into the world. This is part of why I have created this journey, so you can more fully understand the practice, honor its roots and live your yoga without unknowingly doing harm. I believe all should have the experience of inner peace, contentment, and understanding that living your yoga can bring.

Yoga started out a fun class at a gym for me and then led to strengthening and stretching for some health conditions that I was working with. It then transformed into an awakening which led me to challenging myself to a thirty day journey and from there I became a yoga teacher. The consistent practice of yoga for me took a natural flow and became a journey home to me, because of my desire to know and understand more. I want to guide you through a thirty-day journey because I realized during my own journey that so much is left untaught, unexplained or

undefined in even the most advanced studios in the West. Unless you attend a yoga teacher training, you will always feel a bit lost and may not fully understand what it is you are practicing making the word yoga becomes this vague, obscure word you aren't even sure how to explain after ten years of practicing.

I did not know what was happening when I began to practice regularly. It seemed the more I practiced the more sensitive I became, I started having more psychic abilities and memories resurfacing. After resting in savasana I would open my eyes to the most brilliant indigo light creating geometric shapes above my body. I would be the last one laying in class just watching this happen above me and would leave thinking what was that? Some thought I was losing my mind as I more fully stepped into a part of myself that no one had ever seen before. I started speaking up for myself and proclaiming that I would no longer live my life the way I used to. Not everyone thought I was crazy; many admired the transformation and were curious about what I was doing, asking how they could find what I had found. "What was yoga doing to Harmony and maybe she should stop" was the hot topic in my family, and yet I knew with everything in me that yoga was the key to unlocking all of the parts of myself that were wounded and unhealthy. I innately knew that this practice was untangling the messy web of trauma I lived in my younger years, I didn't fully understand how but I knew I wanted more of it. It didn't matter what anyone thought of my path because I was done being a hundred pounds overweight, being on antidepressants, self-harming and living as a shadow of who I was meant to be.

My thirty-day journey consisted of studying and practicing one asana a day, journaling about that asana, and taking one full yoga class a day. The scary part of my thirty-day challenge was that I also decided to publicly journal my feelings and thoughts about the challenge and post a picture of myself doing the pose on social media. Why would I torture myself in this way you ask? Well, after reading Rachael Brathens book *Yoga Girl* that sparked the idea in me of thirty days and how I knew that there was far more to yoga than meets the eye. Maybe this was the way I thought. I was following Yogis on Instagram that suggested posting a picture of yourself in a pose was a way to stop fearing being seen and to fully own your body as it was, as well as all of the darker and lighter aspects of self. So, I thought I will do a challenge for me and added my own twist of posting,

journaling, self-reflection and added in some studying and created something unique that I have now guided other women through.

You will see in the following pages copies of my Facebook journal entries from my first thirty day challenge. You will also see that my journaling became more vulnerable, open and authentic as the days went on and I became less afraid of being seen and heard. This is something I always struggled with, I always blurted out way too much out of emotion or I hid in my shell saying nothing at all. My husband's work friend referred to me as the mute.

I did this challenge at a hot yoga studio, which probably wasn't the healthiest thing to do. Thirty days of ninety minute classes in a 100 degree room can dehydrate you and cause weakness and adrenal fatigue, along with other issues and conditions, so I don't suggest all of your daily practices be at a hot yoga studio unless you've consulted with your Doctor and they agree it's safe for you. I don't discourage hot yoga as it was my first love when I was introduced to a consistent practice for healing, but I do suggest being mindful of what your body needs on a daily basis. Seek balance - one day do yin, next day vinyasa, the next hot yoga, and then maybe add a home hatha class. Mix it up, just make sure you do one class a day. I suggest eating a healthy and balanced diet, possibly try switching to a plant-based diet during your journey and drink a lot of water, at least half your body weight in ounces per day.

This challenge will require planning. I had to go to 6 am classes some days and 7 pm classes other days to make journey work for me. I had to go in my room and shut the door to write alone. I also often asked my kids to take photos. I asked my family before my 30 Day Journey began to support me in this challenge that I was going to take for myself. It required planning as well as commitment. I did this challenge while working, caring for my family, and taking my kids to all their daily activities. It is not easy, but it can be done with some support from your family and good planning. Plan your month ahead so you will succeed!

**Every day for thirty days you will do the following.**

- Complete a full yoga practice every day in a studio or at home.
- Practice the pose listed for each day.
- Take a photo of yourself in the pose.

- Study the roots of what the pose is doing energetically.
- Meditate, journal and write about what you learned and how your body, mind, and spirit seem to be adjusting and learning from this practice.
- Post all of this to your choice of social media, this isn't a must, but I highly suggest it unless you're working on not always advertising your life on social media. Make sure that you know your 'why' for posting on social media, or not posting, is true to you and not just based on your fear or judgment around social media, or fear being seen and heard or on the opposite spectrum, based on your need of an outside source of gratification.
- Read your workbook and study one of The Eight Limbs
- Add a mantra practice to your class or pose practice and study
- Add a short silent meditation at the end of yoga class or set aside a specific time for a silent meditation, such as first thing in the morning. Just make sure you practice this silent meditation at the same time and place daily.
- After meditation journal about your experience.
- Be mindful of your energetic body- check in daily with how you feel physically in the chakras and auric body you are creating and not just in your mental state while journaling.
- Check in with the Divine, God/Goddess/Spirit/Source through prayer. Many spiritual people have trouble with this word, so they avoid a connection with any religion-related work and it actually may be hindering their journey if you do not have a connection to source of some kind. All words are welcome here, don't get stuck on my choice of words. Mostly this is a time to consciously give thanks and set daily intentions and ask for help from your angels, spirit guides, ancestor's or whoever you want to ask help from. Once again, try not to get hung up on words here and use this time to connect in gratitude, clarify your intentions, and ask for help where needed.
- Check in with your physical body, are any shifts occurring?
- Eat healthy and drink a lot of water (half your body weight in ounces daily).
- Do not weigh yourself, this isn't a weight loss journey it's a spiritual evolution.
- Do not miss a day!



- If you miss a day begin again.
- I highly suggest getting a massage or having Reiki done a few times during this journey if you can.
- Again, do not miss a day!
- Missing a day disrupts the flow of energy so don't let that happen!

# *HOPES AND DREAMS*

"It's impossible,"  
said pride.  
"It's risky,"  
said experience.  
"It's pointless,"  
said reason.  
"Give it a try,"  
whispered the heart.

This is where you set your intension!

It is tradition at the beginning of a yoga class to take a few moments in silence to set your intension for that particular practice. In these first few moments of class you drop the stories of your mind's to do list and focus in on why you are here. What is it you wish to bring into balance? What are your dreams and hopes? You take these moments to visualize and clarify in your mind what your 'why' is.

This time can also be used to dedication your practice to a person who may need the energetic benefits of your practice, or maybe there is a cause that you advocate for that all the strength and power of your practice can be directed towards.

Intension is everything, whether you are trying to manifest, do a ritual, create a spell or just make something happen in your life.

If you don't have a solid 'why' and knowing of what it is you want, energy just dissipates and spirals around like clouds in the sky. When we set a solid intension for anything we are doing, that energy is laser focused and gets directed right to what we want, and from there it seems like magic, like the way we turn coal into a diamond, or metal into gold, ultimately becoming the alchemist of our life!

We can cocreate our life with the universe.

The next page is blank to help you stir the creative sacral chakra energy and set a solid intension for your entire 30 Day Journey!

Make your intentions an artistic expression! Draw, write, color make it as lovely or as wild as you wish, let your intentions flow through you onto the page!





# *Thirty Asanas in Thirty Days*

Asana is the physical posture we put our body into in order to prepare for meditation.

1. Childs Pose – Balasana
2. Mountain – Tadasana
3. Tree Pose – Vrikshanasana
4. Downward Facing Dog – Adho Muka Svasana
5. Chair Pose – Utkatasana
6. Crescent Lunge – Anjaneyasana
7. Warrior 1&2 – Virabhadrasana
8. Triangle Pose – Trikonasana
9. Extended Side Angle Pose – Utthita Parsvakonasana
10. Humble Warrior – Baddha Virabhadrasana
11. Pigeon – Eka Pada Rajakapotasana
12. Staff Pose – Dandasana
13. Warrior 3 – Virabhadrasana
14. Standing Splits – Urdhva Prasarita Eka Padasana
15. Dancer – Natarajasana
16. Eagle Pose – Gaurudasana
17. Bridge Pose – Setu Bandha Sarvangasana
18. Goddess – Utkata Konasana
19. Garland Pose – Malasana
20. Plank Pose – Kumbhakasana
21. Side Plank – Vasisthasana
22. Monkey Pose – Hanumanasana
23. Half Moon – Ardha Chandrasana
24. Easy Pose – Sukhasana
25. Legs Up The Wall – Viparita Karani
26. Extended Hand To Bid To Pose – Utthita Hasta Padangusthasana
27. Standing Forward Fold - Uttanasana
28. Supine Spinal Twist – Supta Matsyendrasana
29. Seated Forward Fold – Paschimottanasana
30. Corpse Pose – Savasana

## *The 8 Limbs Of Yoga*

We find The Eight Limbs of Yoga in the Vedas/ Hindu ancient philosophy and explained in Patanjali's *Yoga Sutras*. Veda is knowledge or truth. The Eight Limbs are a strict and specific path to self-realization or nirvana. Many Westerners believe yoga to be exercise or a practice of poses and stretches, when in reality yoga means to yoke and what is it, we yoke? Mind Body, and Spirit. We bring union to Mind, Body and Spirit through the Eight Limb Path to self-realization, which part of is asana, or otherwise known as a pose.

I encourage you to familiarize yourself with each of these concepts and ethical ways of living. You will find it doesn't miss a thing in creating a healthy lifestyle. You don't have to be a Buddhist or Hindu to utilize these practices, but I do ask that you do everything in this journey with great respect. Looking back at myself I cringe at some of the disrespectful ways I expressed yoga before my practice was consistent and I had a full understanding of the history behind the practice. You would find me in dancer pose on the street after a night of drinking and dancing. Oh life. How we learn and grow. I was doing the best I could with the information I had at the time, and I didn't realize the sacredness of this path. Now that I know better, I do better, and I don't judge myself for this or anyone else as we all do the best can with the information and level of consciousness we have at any given time. Ultimately through studying The Eight Limbed Path I started shadow work, started striving to live a more morally and ethically balanced life, and began to take care of my mental and physical health in a more profound way.

This path took me directly to a remembrance of who I really was, why I came here to this body, and I started to see glimpses of my soul's purpose. My body, which had always been a part of me that I denied, actually became my muse. How she so gracefully held all the things her mind said that she couldn't and she just kept taking it until the day I woke up and seen her looking back at me in the mirror and we both cried. I started to love all of my imperfections and have great respect and honor for all this holy vessel, body, and temple endured while I actively cursed it, hated it, or ignored it completely. I held all of me so deeply that I began to understand

what my soul was and how we are innocent, beautiful and one in this awareness.

1) Yama- The word Yama means to control. There are five virtues we wish to control in our everyday lives. These virtues help us in our relationships with others as well as the world: Ahimsa (non-harm, nonviolence), Satya (Truthfulness), Asteya (no stealing), Brahmachara (Moderation), Aparigraha (non- attachment).

2) Niyama- These are the five observances of one's self, and the things we do to keep our body and mind clear and clean. Shauca (cleanliness, healthy living, and purity), Santosha (contentment), Tapas (Heat, Desire for self-purification through heat or self-discipline), Svadyaya (Self-reflection and inquiry), Isvara Pranidhana (surrender, acceptance).

3) Asana- This is the physical practice most people in the West consider to be yoga. Postures for the body to create strength and flexibility along with clear the mind and develop awareness. The practice of asana was designed to prepare the body to sit for long periods of time in meditation. We must have the strength, focus and flexibility to sit for long periods without causing harm. Each posture is designed to awaken particular body parts and what has been stored in them emotionally, to release one's self from physical or mental tension.

4) Pranayama- Breathing exercises to stimulate the flow of prana/life force energy in and around the physical body.

5) Pratyahara- Developing the ability to shift the conscious mind from the distractions of the outside world to the inner world. Otherwise known as a withdrawing of the senses to be able to focus on the true self.

6) Dharana- After the body has been well practiced in asana it is prepared for focused concentration. This is the ability to have one point of focus in what most would call meditation. The mind and body have been refined by asana, pranayama, yama and niyama that we reach a state of focused meditation- candle or mirror gazing for example.

7) Dhyana- A complete withdrawing of the senses in deep states of meditation to become one with awareness. We leave behind the consciousness to yoke with the universe.



8) Samadhi- Nirvana. Bliss Self Realization. Complete release from the ego and become one with source, God, or the Universe.

# *Meditation*

Meditation is a formal practice of strengthening specific mental abilities for the purpose of greater states of being as well as awakening, it is intentional and ongoing. It is important to note that relaxation and meditation have different emphasis. Relaxation is laying down in savasana quieting the body and mind, relaxation is the focus here, this can be considered a meditative practice. Meditation is usually done seated and requires the mind be in a deep state of focus to enter other frequencies - Yoga has two parts to the Eight Limbed Path, the physical-asana and the mental/spiritual-meditation, and in-between these two we incorporate all the other limbs. In the West we often only think yoga is postures and a stretch class when really it is far more and should be practiced as a lifestyle to reap all the benefits. Meditation is a specific and important part of yoga, you can reach meditative states of being while in the physical practice, but to be honest, they don't hold a candle to what can be experienced through the heightened states of being you can unlock and access through meditation.

There are many forms of Meditation. Here is an example of just a few that are well known: Shamata, Vipassana, Transcendental, Guided, Zen and Vedic.

A meditative practice is an activity to relax the mind. Examples are savasana, mantra, pranayama, walking, drawing, chanting, dancing, or making a cup of tea.

Mindfulness is a word people wonder about. So, what is mindfulness and how is it different from meditation? Mindfulness can be practiced in a meditative state, everyday life, or in meditation there are many definitions for mindfulness, I will give you a few examples.

Mindfulness can be the words definition, the awareness, the practices, the path, the translation, the fad, the shadow, or the revolution.

In the West we live a highly stressful lives and the popular way of practicing yoga as just an exercise or stretch class reflects that collective state of mind and is appropriation of the practice. It is important as a means to fully experience the benefits of a yogic path to understand the full spectrum of the word yoga. Meditation is an equally important part of the path of yoga

as is the poses, if not more important. As disease and stress related conditions rise, we turn to medicate it away instead of adjusting your life into a state of balance. We can create a harmonious way of living by honoring The Eight Limb Path to living your yoga.

Meditation takes a person into a deeply focused state of mind while seated comfortably. Stilling the mind is an important part of meditation, however unlike many think, we don't have to sit down and have a blank mind. The mind think hundreds of thousands of thoughts a day and when we first begin to practice we slow the mind down and practice focusing on seeing the thoughts roll by like clouds in the sky, creating space between the thought. Over time with a consistent practice we can achieve states of no mind and being one with all or Samdhi, Nirvana, the states of bliss you may hear of that come from a meditation practice. The inner peace that comes from a meditation practice could significantly reduce stress related disease and illness if everyone practiced it. We all have been very blessed to have had this Southeastern Asian practice come to the West and we should honor the religion and culture that it is rooted in by fully understanding what it is we are practicing. Without the Eight Limbed Path, the breath or meditation, yoga is just a stretch class

#### Steps for Silent Meditation

- 1) Find a comfortable seat sitting upright with a long spine, sit bones grounded and chin level
- 2) Set a time anywhere from one to sixty minutes
- 3) Close your eyes
- 4) Notice where your body touches the seat beneath you and feel your feet on the earth
- 5) Notice your breath
- 6) Focus on the breath entering and exiting the nostrils, specifically the place above the top lip and below the nose.
- 7) Become aware of where your thoughts are wondering to without judgment, just watch them.
- 8) Be kind to your mind and bring the breath deep in the belly, about two inches below the belly button, and two inches above the pubic bone and inside your body about halfway to the spine. Release the breath,

and repeat this process. Here you will find awareness. Stay here until your timer goes off.

9) When your timer goes off take a deep inhale and exhale and blink your eyes open.

10) Journal about how long you stayed on the object (Breath) and when you found your mind wandering, where was it your mind was going? How hard was it to redirect focus, how did the breath fill in the body, what sensation did you have when blinking your eyes open upon completion, and how do you feel different now than when you began?

Mental Noting Practice is used to quiet a really busy mind. It is the meditative practice of labeling thought patterns. It can be helpful for some and others may spend too much mental energy trying to think of a word, if this is the case for you come back to this practice later as it may become a hindrance to meditation.

I hated this at first and then it became helpful for a while so I suggest you always be open to trying at a later date if it doesn't work at first. This is a practice of labeling a reoccurring thought pattern to help the mind file away the reoccurring thoughts and let them go, so you can then come back to the object (Breath) with a clear mind and continue your meditation.

- 1) While in meditation become aware that you have been mind wandering (Monkey Mind)
- 2) Label the reoccurring thought pattern by making a mental note to yourself "Thinking". If you were thinking of a fight with a friend it would be "Angry", or you may be thinking of working all the time "Stress". You get the point, right?
- 3) Once you have noted a thought pattern then soften your muscles, relax your body, especially the face and shoulders, and take a deep breath if needed, and return to following the breath or object you were on for your practice.
- 4) Every time you find your mind wandering you repeat this process.

## *Chakras & the Energy Body*

Chakras are energetic organs of the body. Everything is energy and a chakra is an energy center in the body. The word chakra in Sanskrit means circle or wheel. In yoga we often refer to the seven major chakras, when in reality there are tens of thousands of chakras in the human body. Chakras act as a gateway for the soul to manifest into a physical body and begin at the root or sacrum and end beyond the crown of the head. From what you eat to what you watch, your thoughts, emotions, life circumstances and how you treat your body will affect the chakras ability to spin as a healthy wheel of light. Each chakra resonates with a different color as well as different mental, emotional and physical states of being.

We all have a physical body as well as a subtle or energetic body. Within these energetic bodies we have pathways that carry prana or life force energy.

In yoga we can clear and activate each chakra through asana, breathwork, focused intention and visualization. If we visualize a chakra spinning clockwise, we are drawing prana/life force energy into the physical body. If we visualize counterclockwise, we are clearing any blocked stagnant energy or emotions. Each asana or physical posture resonates with a different chakra. Coming into a posture with focused intention can shift the way a chakra is functioning as well as sitting in meditation using visualization. A healthy chakra is spinning at its coordinate color in a clockwise direction energetically starting at the front body moving in towards the spine in the shape of a tornado. The chakras were first mentioned in the ancient texts called the Vedas in 1500 to 1000 BC. Some say the Chakras are new age yet they have been spoken and written of for centuries.

Auras are an electromagnetic field of energy that surround the physical body about 3-9 feet out. All life on earth including humans, plants, animals and the earth herself, have an auric body. Your auric body is color and light

projected by the chakras. Your aura can change as the health of the chakras change. Some people can see and feel a person's auric body and receive information about your state of wellbeing. Same as the chakras colors are meanings of the auric body's colors.

Root Chakra- Base of the spine/sacrum. Color red. Grounding, survival, safety, security, money, physical intelligence.

Sacral Chakra- Between the pubic bone and belly button. Color orange. Emotions, mother, manifesting, sexuality, and creative intelligence.

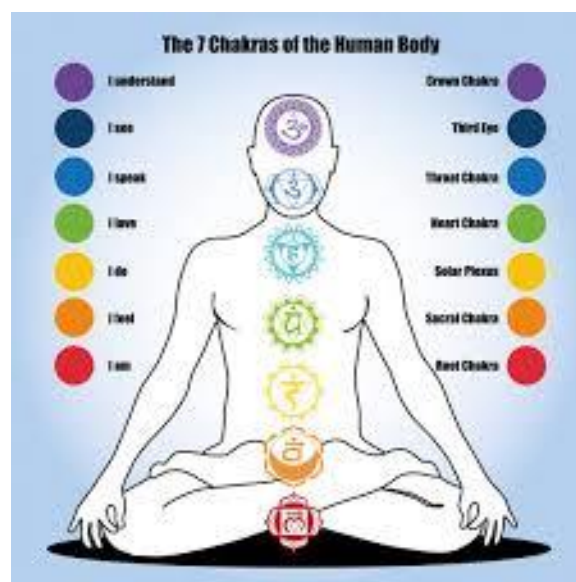
Solar Plexus- Between the belly button and bottom of rib cage. Color yellow. Personal power, courage, strength, self-confidence, and mental intelligence.

Heart Chakra- Heart space center of chest. Color green or pink. Unconditional love, healing, compassion, and empathic intelligence.

Throat Chakra- Throat. Color blue. Voice, self-expression, speech, and communication intelligence.

Third Eye Chakra- Between the eyebrows. Color Indigo. Psychic gifts, intuition, inner knowing and intuitive intelligence.

Crown Chakra- Top of head or crown just above the head. Color purple or white. Higher self, spirit, God, creator, universal oneness, spiritual intelligence.



# *Pranayama*

Pranayama means breath of life, force, or breath sustaining the body.

Breath is life. It's important to explore the breath in its symbology as well as life sustaining benefits, both are important to become familiar with. Breath acts as a strong stimulus to the natural flow of energy. The breath removes waste from the body as well as gives life and energy. The breath carries the prana-life force energy. Prana is connected to the breath but is not the breath itself. Life force is an energy is connected to source.

Whether the belief is in God, the Universe, or the All, yoga classes will always have focus on the breath and if it doesn't, it isn't yoga.

We live life in between the inhale and exhale. This sacred pause is one we so rarely take and is actually where we experience from. The pause is important to become familiar with and practice being with, without resistance.

We come into life with a big inhale after being born and in this pause at the top of the breath we live life on earth.

When we leave these bodies, we take one final exhale and return to the other side to live in a new state of scared pause before we are reborn again for another incarnation on earth.

A mentor of mine always said we live earth life in one breath, one inhale as we come in, pause and live, and an exhale as we leave. Now yes, we take several breaths throughout life but exploring this concept can awaken new brain waves and levels of spirituality.

Experts say that very few people in the West know how to breathe correctly. We are taught to suck in our bellies and puff out our chests which causes our heart rates to increase and muscles tense. Many of us do not like this feeling and we become shallow breathers using only the middle and upper parts of the lungs which is only 20% of our lung's capacity for breath. Babies breathe from their belly but over time they shift to the shallow breathing techniques most of us have. Often, we breathe through the mouth in a result of stress and then becomes habit over time instead of the healthy inhale that comes from breathing through the nostrils.

Breathing Patterns can tell us a lot about our emotions which are reflecting the thoughts in our minds. Our emotional states will be reflected in our

pattern of breathing. When we are upset the breath becomes erratic and rapid.

This can also be seen in the opposite process. The breath can actually change the emotional state of reactivity to thoughts. Just as breath is effected by emotions, emotions can be effected by the breath. In yoga you will find yourself almost always leaving feeling an overall state of peace, acceptance and harmony. This has a lot to do the practice of pranayama (breathwork). “One breath one movement” is a common practice in asana and leaves you feeling grounded and calm even if life has brought you some tough circumstances.

Many scientific studies have proven the breath actually changes the state of brain activity. Three deep breaths can bring you from a state of fight or flight to a state of functioning normally. There is growing research on mediation, and breathwork at Universities proving the long term benefits of training the nervous system in this way rather than just using it in the moment.

### **Cleansing Breath to calm the nervous system and let go of tension.**

- Empty the body of the breath
- With the lips sealed slowly inhale through the nose taking in as much as possible and then take one more sip
- Pause
- Open the mouth and audibly exhale using the strength of the abdominal muscles to fully expel any stuck stagnant breath at the bottom of the lungs
- Repeat three times

### **Ujai Breathing to Activate the Parasympathetic Nervous System**

- Close your eyes and mouth
- Constrict the back of your throat as you begin to pull air in through the nose slowly, you won't feel air moving in the nose, you will feel it in the throat and will make an oceanic sound.
- When you cannot take any more air in, slowly exhale, keeping that same constriction in the back of the throat.
- Allow these breaths to be full, complete and rhythmic for five minutes.



# *Mantra*

Mantras are words or phrases repeated or chanted repetitively. With every time you repeat a word or phrase it strengthens it in your mind and body. We anchor the mind in the present moment and prevent the monkey mind by repeating a mantra.

Mantras can be used in an asana practice as well as meditation.

A commonly used mantra is 'Namaste'. In the West we have adopted some patterns of using the Sanskrit word "Namaste" as a way to say "farewell" at the end of a yoga class. The original use of the word "Namaste" was cultural and began in the Southeast Asian Indian religions and communities. It is important to note this as it is a religious practice at its roots. The way this is used by the Southeast Asian culture is as a greeting, and accompanied with a bow as a gesture of honor and respect. The word "Namaste" actually means "I bow to you".

We as Westerners have adopted the practice of yoga as an exercise or pose based practice when the practice began as a religious practice and it is very important that we use a great deal of honor and respect with these traditions. This means that on a shirt or a coffee mug really isn't an appropriate place for sacred words. The same goes for many words we have adopted in the west from the Southeastern cultures such as AUM(OM). Be mindful of the words you use and how you use them.

Some say the word "Namaste" is similar to the Hawaiian word "Aloha" and it can be both hello and goodbye. My suggestion here is to always put honor and respect first when using any other languages words and really understand the meaning of this word from someone that is part of the particular culture, such as Sanskrit words that originated in the Southeastern Asian and Indian Cultures.

To begin a mantra practice start by chanting a word or phrase that resonates with you ten to twenty times and notice how it feel in your body as you speak or chant it. Then notice the energy in and around your body when you are complete and come to silence. You can do this in conjunction with a yoga or meditation practice.

Mantras carry an energetic frequency that will vibrate seed sounds, activating different chakras, meridians, physical organs, mind and body parts as well as the light body. This brings them into a place of restored balance and good health.

We each have a different sounding voice. The sound of our voice was specifically created to heal our own bodies, as well as our children's. This is why you often see a mother sing to her baby. We have lost the reason why women originally did this, and it is because the sound of the mother's voice energetically soothes the baby because her body was created to do this by source, God, nature or the Universe.

Every word we speak carries a vibration. Be mindful of the mantras you have unknowingly adopted and are unintentionally inviting a frequency you may or may not want in your life.

## **Mantra Practice**

- Find a comfortable seated position on a chair or on the ground with your sit bones gently anchored into whatever is beneath you with a long tall spine, and level chin, although this takes strength you will actively soften into this strength, and close your eyes
- We will use Aum for this example
- Take three cleansing breaths by sealing your lips and fully fill the lungs with prana until you can take in any more air in, pause for one to two seconds then part lips and audibly exhale in the nose out the mouth.
- Take three grounding breaths by sealing the lips and pulling all of the air in you can for the count of six, pause at the top and count to three, keeping the lips sealed slowly exhale for the count of eight or ten, the longer the exhale the better, as it activates the parasympathetic nervous system (the part of the nervous system that is calm and present).
- Take a deep inhale to prepare, make it as deep as you can
- At the top as you begin to exhale you will start to tone the sound Ahhh (A)

- When you feel a quarter of the way through your breath allow the ahh sound to softly melt into the ooooooo (U)
- When two quarters of your breath is used allow the oooo sound to melt into the mmmmmmm sound do this until you are completely empty of breath
- Seal your lips and inhale again preparing to chant Aum again
- Traditionally Aum is done in sets of three in a yoga class, when using it as an actual meditative practice you will want to chant this for at least five minutes consciously allowing the breath to guide and anchor the mantra. I like to go for ten to twenty as the vibration in my body can be more fully experienced the longer I chant
- The word is spoken OM Yet spelled AUM, the vibrational healing will happen in saying all three syllables
- The word AUM is creating a vibrational match between your body and the universe, linking you back into the place where all is one

Here a few other Sanskrit mantras that can be used in this way:

- Lokah Samaste Sukhino Bhavantu (In the universe, may all beings be happy and free, may it so be)
- Shanti Shanti Shanti (peace, peace, peace)
- Aham-Prema (I am divine love)
- Om Mani Padme Hum ( Om Primal sound of the universe, Ma take you away from the physical needs and guides you to the spiritual, Ni Releases you from desire, Pad frees you from prejudice and ignorance, Hum liberating you from hatred)

# *Mudra*

A Mudra in Sanskrit means a gesture, a mark or a seal. Each Mudra has unique symbolism and an individual meaning. Each Mudra has a specific effect on the body especially when used in union with meditation. They have powerful effect on the prana and why you so often see them used in yoga and pranayama practices.

The concept is using your hand or fingers in certain positions as well as body parts to create an energetic clearing or pathway to different organs or frequencies of energy. Mudras affect the flow of energy in our bodies. Some like to think of these different placements of the hands or locks in the body as similar to acupuncture points. Usually a Mudra is used in combination with a yoga asana or meditation practice as well as a pranayama practice. Hand Mudras are most common in yoga however you will find many other body parts used as well such as tongue, eyes, pelvic floor, and others. Mudras are used in many religious practices. They are considered a sacred ritual practice and were originally only used by masters and kept secret.

One of the most commonly used mudras in yoga is Anjali Mudra, this is when you bring your hands together at heart center. You see this used many times in a seated position at the end of class before many instructors will say Namaste as well as in Tree Pose (Vrksasana). Many will refer to this mudra as prayer hands.

In the West there is a religious practice of bringing the hands into this position, so we correlate it to that, the beautiful thing about Anjali Mudra is that it is timeless and universal. Over the years the practice of mudras has become less of a secret only used by specific people to an understanding that our bodies hold energy and energetic potential, meaning this is our birth right as a human. When you see a baby sucking its thumb have you ever wondered why? The thumb energetically holds the energy of worry. Can you imagine being a new baby fresh out of the womb where you have always been safe and cared for, now having feelings of hunger and having to rely on others to provide these needs for example. The baby instinctively

sucks its thumb to sooth its natural worry of “Will I be cared for, will I be fed, changed, or held?” along with many others I am sure. A mudra holds a similar energetic potential by changing the flow of energy. The baby is creating a lock with the thumb in its mouth and sucking. The roof of the mouth when either a thumb or tongue is pressed up to it creates a flow of focus and calm energy bringing a sense of safety and wellbeing. Mudras we use in yoga work in a similar way.

### **Steps for practicing Anjali Mudra**

- **Begin in a comfy seated position**
- **Lengthen your spine and energetically reach through the crown of your head.**
- **Bring your arms out to the side body and then draw your hands together at heart center pressing the palms together as if you are gathering everything you need into your heart space.**
- **Repeat this action three times exploring the feeling of the right hand/your masculine energy coming into union with the left hand/your feminine energy**
- **Now gently bring your thumbs to your sternum, hands still together in prayer as you broaden your chest ,close your eyes and slightly tip your chin down towards your chest.**
- **Stay here for as long as feels right and explore what it feel like to return to LOVE, and return to your center.**

### **Steps for Lotus Mudra**

- **Lotus Mudra is tied to the heart chakra, it is a symbol of purity and rising from the muddy swampy depth of this life into a state self-realization.**
- **Seated comfortably bring your hands to heart in Anjali mudra**
- **Keep the thumbs and pinky fingers pressing together as you begin to pull the other fingers away from one another and seal the heel of the palm**
- **As you inhale float your hands now shaped as a lotus and specifically your thumb up to the third eye and pause**
- **Now as you exhale bring your hands back to heart center and back into Anjali mudra.**
- **Repeat this several times with your eyes closed**
- **This practice will ground you and remind you of the grace available to you at all times that lies within**

# *Shadow Work*

What is shadow work?

This word seems scary to many when really the only thing scary about shadow work is how conditioned our minds are to judge something as bad or to keep the unconscious hidden so much that it actually prevents us from living the life we've always dreamed of.

Shadow work is the practice of embodiment. With full acceptance, love and compassion we accept and embrace all aspects of ourselves. Even the ones we see as bad.

Shadow work by definition is making the unconscious conscious. What is hidden in the unconscious? All the wounding we have collected over a life time, from small things, to big trauma, from our mind/ego perception all wounds are trauma and the egos job is to protect us, so it hides these things way down deep at the bottom of the ocean so they can't hurt us again. The problem with this is that the hidden things at the bottom of our unconscious mind are actually running the show!! The unconscious wounds are still there just filed away in a place of your mind that your ego thinks is nice and safe, the wounds are triggered by other life events that have similar emotions or thoughts as did the original wound. We act on these triggers not even consciously realizing we are being triggered. We are going around reacting to situations, unconsciously creating more of the same type of situations and we keep asking ourselves why this keeps happening. The wound is under the surface infected and oozing through the seams of your conscious life.

In shadow work we explore all of our darker aspects. The personality traits we know that we have, and also the ones we dig deep to find, the parts of ourself we don't admit that are under the surface in our mind that we think no one sees, when actually many can. Then we dig even deeper to ask the questions of "What am I completely unaware of that is my shadow?" We explore what all these things are and then we dig deeper and figure out the first time we ever experienced these shadow aspects and when was the first time they arose. Then we find the wound and ask ourselves what made

me as a child react the way I did. Was she protecting herself? What were her fears and how did these fear or wounds that yourself as a child experienced create this personality trait/shadow? The next step is learning to send ourselves the same compassion, empathy and love that we would our own child. From here we become so mindful and self-aware that we notice when the wounds have been triggered and we speak to our inner child so gently and lovingly that it becomes a practice of reparenting ourself and slowly but surely we set ourself free from all the old wounds.

In this practice you will also learn to recognize and identify the voice of your own inner critic and who that voice belongs to. Is it your mother, father, teacher, babysitter or best friend and then when we hear that negative self-talk arise in our mind we recognize that it isn't our voice but maybe something someone once said to us that we believed and then carried through life like a weight holding you back and making it a little harder to achieve your goals. After doing this work, when you hear the inner critic you can start changing the inner dialogue and start talking to yourself in an empowering and kind way.

It important to note that we do this work slowly and gently without judging or blaming ourselves or anyone who caused these wounds. Sometimes in life we truly are the victim to injustice or a crime and we have every right to hate or blame someone who took our power away. If that is the case here, try to focus on you more than the perpetrator and keep in mind we forgive not for the other person's peace, but for our own peace and healing. If these wounds require professional help, then seek that out for yourself and lovingly give yourself permission to wait on shadow work and continue with the rest of the projects in your Thirty-Day Journey. We are learning where our edge is and that it is okay to not be ready for this work and seek professional guidance. On the following page write down any shadow aspects that come to mind after reading this. Then continue through these thirty days to write down any unconscious wounds that come into the light of conscious awareness to be integrated through the shadow work portion of your journey. You may want a separate journal for this work. I have composed a list of just a few areas you can look at to begin this work.

## Areas you can explore wounding and shadow

- Sense of self
- Self-Expression
- Pleasure
- Relationships
- Partnerships
- Intimacy
- Sexuality
- Power
- Control
- Education
- Religion
- Teachers
- Travel
- Life purpose
- Authority figures
- Parental figures
- Ancestral wounds carried over in DNA
- Spiritual Beliefs
- God
- Money
- Self-Worth
- Body Image
- Addiction
- Grief
- Intelligence
- Family
- Health
- Work
- Security
- Communication
- Projection

*One does not become enlightened by  
imagining figures of light, but by making  
the darkness conscious.*

*~Carl Jung~*





# *Stream Of Consciousness Journaling*

This is actually quite a fun process and a great way to clear a busy mind! I use this when I can't stop thinking! Do you ever have those times where there is so much going on you feel pulled in a million different directions and the choices or thoughts running through your mind just have you on over drive and they aren't taking you anywhere but in circles? If you said yes, then this is a great remedy!

All you have to do is set aside some time, get a journal or piece of paper, pick a few topics, and set a timer, start with five minutes, you will most likely surprise yourself and go longer. I can write for thirty minutes when I am in a flow. It is as easy as that! I always like to light a little palo santo before I begin and set the intention to clear my mind or resolve something.

A really great time to do this is right before bed, but any time works really. Pick a time of day and try doing this at the same time daily for seven days. You will find that you really start getting some great information from your higher self and you will start to see patterns that are unhealthy that you can clear just by writing. Bringing pen to paper is an actual mediumship between you and your higher self. Your higher self can channel through your consciousness and into the pen and onto paper allowing you to give yourself the messages you need.

You can do this typing as well, but try the actual pen and paper method first, there really is something about letting your hand and the pencil bring the energy in you onto the paper. This isn't to say typing won't work, if that is your way then go for it! These are all suggestion to help guide you to your own truth!

We all have the answers we need within. The challenge is getting out of our own way. This is usually the mind that we need to get out of the way and this practice really helps funnel out the chaos of the mind so you can channel your very own guidance!

This is a simple practice and the directions are on the next page.

## Here are the exact steps!

- 1) Get a journal or piece of paper
- 2) Light some palo santo and set your intentions
- 3) Write a phrase sentence or question that will be your lead, listed below will be some examples. Choosing your own statement is powerful, you have an idea of what your mind can't stop thinking about, so choose a question or phrase to do with the situation.
- 4) Set a timer, and just start writing without stopping, don't pause or pick up your pen until the timer stops and just let whatever you write be perfect, even if you keep writing *I don't know the answer* and *I don't know what to write* again and again, eventually more will come.

## Here are a few leads

- 1) I am grateful for
- 2) I feel
- 3) A dream I've always had is
- 4) My higher self really wants me to know
- 5) The next step I need to take is
- 6) My inner child really wants me to
- 7) Future me wants me to know
- 8) Everything I need to let go of is
- 9) I am calling into my life
- 10) My heart is asking me to

# *Stream Of Consciousness Journaling*

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# *AUTOMATIC WRITING MEDITATION*

Automatic writing is said to be a form of divination, but it can also be a practice of letting the things that are stored in the subconscious or unconscious mind surface. In this case we are going to write this way after our yoga or meditation practice as a means to check in with ourselves and see if anything that was stored in our body is beginning to surface. You can start by writing with your right hand and then switch to your left to let the inner child share some things. You can use the paper provided or have a sketch book that is completely blank and dedicated to this practice. If this doesn't resonate with you stick to journaling in a traditional way. These are just ideas of practices to support yourself in the awakening process.

My first try at this looked like I wrote a bunch of crazy stuff and the more I stared at it I seen the name of a movie, "The Never-Ending Story". This was a movie one my little sister watched when we were kids but I had never seen it, so I got the movie and watched it and low and behold there was so much relevant information and signs in that movie pertaining to the journey I was on I was in shock. That was the only thing I took from that first session, but it was powerful enough that I still remember it.

Try not to judge the crazy stuff that comes out onto the paper and if it doesn't feel light and doesn't resonate you can rip it out and throw it away. We only resonate with information that is for our highest good.

Words and images can show up that make no sense, but leave them if this is the case and come back to it later to see if you notice that there was actually relevance and maybe you just didn't pick it up a the time it came through.

This practice will help you learn to trust yourself, develop psychic abilities that have been dormant by activating the third eye. You will also be able to connect to your guides and higher self more easily if you practice this!

## Here are the steps

- Take some time alone in a quiet room after some form of a mediative practice.
- Clear your mind with a few deep breaths in the nose and out the mouth.
- Consciously say out loud or silently, I am asking for information for my highest good and the highest good of all.
- Bring your pen or pencil to paper.
- Without trying to write or thinking about writing just start writing, it doesn't have to make sense or have a rhyme or reason just let the pen move and write what it wants without your judgment.
- Do not stop writing at any point. Keep the pen on the paper and the word may even run together like one long word.
- You might even close your eyes while writing and avoid looking at the paper.
- When you feel complete take a deep breath open your eyes if they were closed
- Look over at the writing, the images, and anything that you drew and see if you notice any messages or clues to something you have been working on
- If it just looks like gibberish and it makes no sense save it and come back to it later and see if anything catches your eye.
- Decide if you want to keep practicing and if you do as time goes on it will become easier to just let the words flow from your mind onto the paper without thinking as well as figuring out what they mean.

# *AUTOMATIC WRITING MEDITATION*

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And just like that thirty profound and sacred days passed where you will feel fully present. Ultimately yoga brings you into the present moment, where you aren't living in the past or future and you are only here now. Even in the moments of exploring your past and how it has created who you were there is a sense of acceptance, and unconditional love for your self and all you have been through. Moving forward from your thirty days don't be surprised if some challenges come your way. Some of my lives hardest lessons came during this time but looking back I can now see why it was this way. I used to look up at the moon and ask why? Why is this happening now that I am the healthiest most fully embodied I have ever been. The answer came swiftly, *you were never present enough to deal with these bigger issues that need cleared before you could accomplish all you were meant to in this incarnation. You are ready, know that spirit is working through you and clearing the way for you step into that person you were always meant to be.* And the same goes for you my friend!

Corpse Pose is one of the most powerful poses if not the most powerful, so just as you do in every class end your thirty days with some silent rest letting your mind journey back to all you learned in the last thirty days. Take this day and go out into nature and journal, lay on the dirt, dig your feet into her, embrace massage your hands with the dust she left behind as a gift, hug some trees and gaze up into the sky.

Let yourself sink into the earth and notice how she rises up to support you. Your connection to all psychic and healing gifts are found here when you are fully in your body and completely lit up crown to root chakra. Savasana is where God/Goddess Consciousness channels through you.

Treat this final day as a full day Savasana. Explore the connection of yourself and mama earth while in this fully embodied state and tonight before drifting off to sleep go outside under the stary, moonlit sky and remember all of who you are.

Look back at all you have accomplished in the last month and smile knowing that determination really is the will of your spirit working for your highest good, and whenever you feel that pull of determination again you will recognize it and dive in head first because you see the potential on the horizon.