

Air

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

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

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

Let these MindBody Centering Yin Therapeutics & Expressive Writing enhance love and Truth in the Heart through the air element.

As we breathe with and into the consciousness of the heart the Truth of all of humanity harmonizes and nourishes all of life.

We all travel a the ultimate form of love and compassion as our Path and practice. These practices help to develop heart health of the body, mind and spirit.

ELEMENTS OF YIN INQUIRY

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

JOURNAL PROMPT :

How can I be more present to Love & Truth to release feeling isolated from others?

Describe how devotion to my TRUTH can dissolve falsehood & lethargy in the body, mind and emotions?

How do you support yourself in a Yin pose with breathing and Journaling to cultivate LOVE & TRUTH in the parts of your life that are dishonest and /or not awake?

ELEMENTS OF YIN INQUIRY: AIR ELEMENT

- *PROMISE*: : Respect each person's autonomy to support the diversity of this vital circle ~Love (Asteya); Show up fully, as presence within a sense of cultivated noble Truth~ Truth (Satya)
- *Prenatal sound*: haaa
- *Emotional Freedom Technique Script*: "Even though I am judgmental, I believe in my ability to love all beings. Everything is love."
- *Senses*: Touch
- *Organ/GLANDS*: heart
- *Transmutation*: Intolerance, hatred, judgement into patience, love, compassion
- *MBCY MATRIX*: BALANCING
- *Yang to Yin*: softening the acceleration of cultural forward momentum allows the body, mind, and heart to restore, process, and evolve

YANG	YIN
Isolation	Compassion
Tensing	Unwinding

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 ::

- FALSIFY / FOLLOW

Resources for TRANSFORMING TRAUMA Through the Whole Body::

- Love & Truth to move from Isolation to Compassion

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

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

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:: releasing false isolation

Cardiovascular System~air, Universal reality, compassion

- *DEER*
- *FROG*
- *SHOELACE*
- *EAGLE ARMS*
- *SHOULDER GIRDLE*
- *EMBODIMENT*
- *MERIDIAN PINKY FINGER STRETCH*
- *COMUKASANA*
- *SEATED SPIRAL*

YIN IN 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...

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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