

# Light

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

# 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)*

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# MBCYIN THERAPEUTICS PRACTICE

THE GLANDS area beautiful portal to the light body.

The language of the glands is subtle and integrating.

The glands elicit a levitational remembrance of the body, and all aspects of the body.

In only 5 minutes you can shift to all potential available in this moment.

# 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 AWARE OF THE SACRED in order to have more ease in my body, mind and heart?

Describe how connecting to a sense of THE SACRED can be helpful in releasing fleeing (disassociation) in the body, mind and emotions?

How do you support yourself in a Yin pose with breathing and Journaling to cultivate living closer to your Sacred nature in parts of your life where you check out?

# ELEMENTS OF YIN INQUIRY: SPACE ELEMENT

- *PROMISE*: : Uphold an attitude of lovingkindness to support the vulnerable~ the Sacred (Ishvarapranayana)
- *Prenatal sound*: HEEEE
- *Emotional Freedom Technique Script*: "Even though can become confused and stuck, I know that I have the capacity to see clearly from my infinite life of no past and no future. No beginnings, no endings."
- *Senses*: inSIGHT

# ELEMENTS OF YIN INQUIRY: SPACE ELEMENT - CONTINUED

- *Organ/GLANDS*: Ajna - glandular map: mammillary, cartoid, parathyroid, thyroid, thymus, adrenal, heart, gonads, coccygeal complex
- *glandular map*: GONADS :: ADRENALS :: HEART :: THALMUS :: THYROID :: PARATHYROID :: MAMMILARY :: PITUITARY ::: PINAEAL
- *Vagal Nerve Toning*:
  - Sounds: ah; uyyu, soh, eee, sunnn, summm,
  - Colors: red; green; blue; blue; indigo, violet
  - Bija Mantra: Lam, Vam, Ram, Yam, Ham, Ohm
- *Transmutation*: grasping, aversion, delusion into mindfulness, graciousness, clarity
- *MBCY MATRIX*: Releasing
- *Yang to Yin*: softening the acceleration of cultural forward momentum allows the body, mind, and heart to restore, process, and evolve

YANG	YIN
Pathology	Potential

# 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 ::

- FAINT (disassociation)

Resources for TRANSFORMING TRAUMA Through the Whole Body::

- Pathology~Potential

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

- Integration
- Grounding
- Stabilizing
- Strengthening
- Balancing
- Expanding
- **Releasing**



# 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::*

*Consciousness~light, insight, sight, belief:: From your self-knowledge developed through this course find a posture for each organ element that releases; fidgeting, freezing, fighting, fainting, following.*

- SAVASANA
- GLANDULA NIDRA
- BELLY DOWN
- DOWNWARD DOG WITH HEAD SUPPORT

Where/how do you find quiet in your Yin practices?

# 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...

# 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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