

YOGA *fiction*

YOGA *truth*

Book 1  
Transmuting Wounds,  
Walking Into Your Self

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**YOGA FICTION**

**YOGA TRUTH**

*Book 1*

*Transmuting Wounds,  
Walking Into Your Self*

Learn the PRINCIPLES of Yoga.

PRINCIPLES of Yoga apply to ANY Yoga system.

POWER of Yoga rests in YOUR hands.

TRANSMUTE your body, mind and emotions.

SELF-GROWTH expands *forever*

No matter **limitations, circumstances** or **age**.

Yoga as a way of life.

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*To all of my students, who courageously stepped into their bodies and felt the transformative nature of spirit.*

*With dedication love and appreciation.*

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## What Shaped My Yoga

*“It’s not the strongest of the species that survive nor the most intelligent. It is the one most adaptable to change.”* Charles Darwin

My marriage ended in 1971. I was thirty years old, and an emotional wreck. The **pain from behind my left eye, extended down through my shoulder, into my hip, and it ended in my little toe!** The neurologist said this was impossible.

However **the pain was there and it made me nervous.** I couldn’t sit quietly or even read a book. He prescribed muscle relaxants and then my family doctor recommended Valium.

Terrified, I sought my mother’s advice. When **she suggested Yoga** (it had calmed her nerves) I registered for the local class and learned various Asanas (Yoga positions). They **elongated my muscles** and soon I was feeling CALMER and more CONFIDENT than I had in ages.

Around the same time, I met spiritual teacher, Jack Schwartz. He taught classes at the local university called “Voluntary Control of Internal States.” I signed up, hoping to **control and heal my body without medications.** Soon I was learning a method he called Creative Meditation.

Following Jack’s instructions, Creative Meditation put me in touch with the sensations and feelings **in my body.** Also, imagery, associations, direct messages and insights, invoked through Creative Meditation, gave me a deeper UNDERSTANDING into my life, **in spite of my ongoing anxiety, pain and confusion.**

For instance, when an exciting opportunity at a budding television station came my way, instead of rushing to accept the invitation, as was my usual pattern, I sat down, closed my eyes and breathed deeply. Following the steps outlined in

Creative Meditation I simply asked myself, “Should I take this job?”

To my amazement an inner message whispered, “This work is too demanding. Your children need you.” I was dismayed, but quickly realized—even though there would be less money, there would be more time—for Yoga and for my children.

THAT MOMENT CHANGED ME FOREVER.

Contacting the **wiser part of myself** flooded me with a sense of **personal power**. In this case, once the decision was made, I felt more **peaceful**, my children were **happier**, and I never once regretted my decision.

I began relying **more and more on intuitive states** gained through Creative Meditation to **forge the direction of my life**. I stopped worrying about what other people thought about me and, instead, trusted in my own INSIGHTS to guide my work, play and love life. I even began to teach Yoga.

Although I was still grieving the loss of my marriage, I was **stronger** and my children were **happier**. Staying true to myself and to my own way of being in the world, I felt more AUTHENTIC and my life became more meaningful.

Creative Meditation naturally transferred into my Asana practice. Sometimes, after closing my eyes, breathing deeply and stretching; **deep feelings, intuitive flashes and psychological insights** SPONTANEOUSLY bubbled up. **They seemed to pop right out of my muscles!**

Once while stretching through the tightness in my upper back my breath became heavy and hot tears burned down my cheeks. I sobbed for my lost dreams, broken family and fractured self. Just then, **intuitive flashes** told me what **really** happened between my husband and myself compared to what I **thought** had happened. I was overcome with anger.

Afterwards I noticed, the PAIN down the left side of my body DIMINISHED,

and my intense fear of being alone with my children DIMMED.

The **connection between my body and emotional states** stunned me, while the information I received **emboldened** me. Expressing these insights to my husband and others, I felt an even GREATER SENSE OF SELF.

**Experiencing** the POWER of Yoga, for myself, encouraged me to **share** what I was learning with my Yoga students. We used the altered states that Asana provided to **contact deeper feelings, needs and views**. Seeing my students **prosper** in my classes and **in their personal lives** spurred me on.

After practicing and teaching Yoga this way for several years, I engaged in a more **physical** form of Asana—*Iyengar Yoga*. Practiced with eyes wide open, it **focused more on muscular strength, rather than on inner sensing**. My muscles got bulkier and more defined; however the intuitive states I had grown to rely on in my subtler Yoga practice grew distant and harder to reach. Then they left me all together. I had fallen out of heaven and didn't know why. Later I realized, **coarse muscular bodies inhibit energy flow and therefore inner sensing**.

Asana, once so enlightening, was now an addictive, demanding practice. A slave to my body, I needed it to feel good. This seemed **contradictory to the freedom one usually associates with Yoga** and I seriously considered quitting altogether.

To the rescue came Yoga teachers, Rama Vernon and Angela Farmer, who synchronized the practice of Asana with breath flow. **Focusing on breath**, rather than brawn, my body became more GRACEFUL and the WISDOM of my body, as expressed through images, insights, intuitive flashes, direct messages, hunches and inspirational awareness, returned. My inner world was once again filled with information, confidence, and **most of all, a sense of safety**.

This was the early 80's and under Rama's direction, my students and myself

organized several American Yoga Conferences called *Unity in Yoga*, which later evolved into *Yoga Alliance*, the American governing board of Yoga. In those early days teachers from all over the United States Canada and even Europe, arrived to present their views to eager students like myself.

I was attracted to the techniques, **no matter the system**, that could transport what lay in my UNCONSCIOUS mind into my CONSCIOUS awareness. This laid the foundation for my current belief—**my body is a vehicle to receive wisdom**—driving me closer to my AUTHENTIC, **true self**.

Around this time, I met Eleanor Leatham. Eleanor created healing sounds with her voice, called TONING. When Eleanor toned me, **deep emotions burst forth through my sighs, groans and tears**. Afterwards a flow of energy pulsated through me. It felt **nourishing and whole**.

Eleanor said, “**Unexpressed anger, sadness and grief get lodged in our bodies and discharging these unconscious emotions restores energetic flows.**” Free flowing energy is called *Chi* in Chinese medicine and *Prana* in Yoga. The Yogis believe that Prana embodies all animate and inanimate objects. Free flowing Prana develops an **experiential** awareness of what Eleanor called “**inspiration**” and some people refer to as their soul.

After this, **Prana was a vital part of my Yoga practice**. I looked for and developed Yoga techniques that could release **Prana in my body**.

The final foundation or cornerstone of my search appeared through Sanskrit teacher, Dr. David Teplitz, when he explained that SELF-REALIZATION and ENLIGHTENMENT, according to the Yoga Sutras (the wisdom literature of Yoga), rely on **intuitive knowledge and inspirational awareness**. The refinement of intuition ensured an EXPERIENTIAL understanding of various spiritual states. To know them, it was **necessary** to EXPERIENCE them, **for ourselves, FIRST HAND**.

This **information flowed right into my Yoga practice** and teaching. It

reinforced my commitment to live my everyday life through my **intuitive awareness**, in spite of my limitations and fears. From then on the study of the **Yoga Sutras**, which I shared with my students, **was a necessity**.

The teachings of Jack Schwartz (Creative Meditation), Eleanor Leatham (Toning) and Dr. Teplitz (Yoga Sutras) pulled together in my consciousness. By combining them I began to look for, notice and **experience** the **PRINCIPLES** of Yoga, that live **within the various forms and names given to the different Yoga systems**.

My Yoga practice was working. It helped me to **know and trust in all parts of me—the good, the bad and the ugly!** I felt more alive, whole and, most of all, **AUTHENTIC**. The fruits of **Yoga were supporting me** through the clear and murky waters of my life.

Encouraged by Rama Vernon, I began a Yoga Teacher Training program just as Yoga was becoming popular. Over the years hundreds of students passed through my training programs, **right into their own CREATIVITY**. My Course Vision was to **“bring forth the inner beauty and unique gifts of each student to share with others”** and then to “train and inspire Yoga teachers.”

I also wished to “relax and purify bodies and minds through Yoga” as well as to “promote Yoga as a way to self-realization” and, finally, “to bring individuals from different Yoga paths together to share in fellowship and love.” It wasn’t until 1996 that the last part of my Course Vision was achieved when my students and myself, founded **Yoga Outreach, a non profit organization dedicated to teaching Yoga in places without access**, such as prisons, addiction centres and halfway houses.

Since its initial annual Fundraiser teachers and students from various systems came together to share and teach for a greater cause. In 2004 I turned the reigns over to my student, Beth Sampson who, along with her team, **extended Yoga Outreach into the larger Yoga Community**.

Before this time, in 1991, I met Bob Berger, my husband-to-be. Together we built a beautiful healing center overlooking the water. Named *Kairos*, Greek for a “**place or state of timelessness**” it was dedicated to love, laughter and authenticity. We taught workshops there, alone and together for over 18 years, while **I continued to train Yoga teachers.**

Sharing my personal experiences and insights with my students through classes, workshops, retreats and teacher trainings, they too **descended into the underworld of their bodies to unhook stuck emotions, strengthen Prana and ascend into richer, fuller and more AUTHENTIC lives.**

We knew we were on the right track because **revelations from deep within, rather than those from sheer fantasy and wishful thinking, GROUNDED us in our EVERYDAY LIVES.**

Our bodies were generally healthier and, **in spite of changing moods, conditions and difficulties, deeper INSIGHTS assisted us in dealing with the on-going challenges of life. This led to a sense of self-fulfillment.**

Seeing my students **evolve beyond their former selves** inspired my Yoga practice. Diving within, to retrieve the best way to execute a particular Asana or breathing technique; or to discover better ways to manage my household and kids thrilled me. I **felt vibrant within an expanding sense of wonder and wholeness.**

Even though the path to my true Self is **UNIQUE** to me, the **YOGA PRINCIPLES** I met along the way are the **SAME** for all of us.

This book is about understanding and using the **PRINCIPLES** of Yoga to gain a sense of inner **POWER** and **FREEDOM**. This is the reason I call what I teach, simply, **YOGA**. By **understanding** what Yoga attempts to do and **where we are on the continuum**, we develop the **FREEDOM** to negotiate our **OWN** journeys.

This is the true meaning of Yoga. Yoga guides us through EXPERIENTIAL awareness towards sustained happiness in spite of our unique limitations, ongoing challenges and the changing times. This journey is **different** for each of us and **yet, the same**, because along the way we rely on the PRINCIPLES of Yoga and THEY birth us into the uniqueness of our TRUE selves.

Here is what I have learned so far.

*The stories in this book are of actual people I have met and worked with in my Yoga classes. Their names have been changed to protect their identities.*

*I suggest reading the whole book before attempting the Yoga practices presented.*

*Then, practice them in sequence—unless you are adept at the particular one presented.*

*Yoga is written with a capital 'Y' because Yoga incorporates the body, mind and emotions to initiate us into an EXPERIENTIAL AWARENESS of our true selves.*

*Let's begin our journey.....*

# Who Are You?

*“Knowing yourself is the beginning of all wisdom.” Aristotle*

Yoga changes your body. It also **changes your life**. While Asanas (Yoga positions) strengthen and balance your body they also connect you to **emotions, insights and inspirational flashes**. You find out what *really* bothers you; where it comes from; what you feel about it and how YOU can **make it better**.

Yoga provides the answers. Exploring deep within muscles, joints and tissues, while practicing Asanas, **feelings, needs and desires rise up to the surface**. Sensing inwardly, we feel our anger, joy, depression and grief. Also, we find out what we **need** to change; if we are healthy or on the verge of exhaustion, **and, if so, why**.

Focusing only on the physical aspects, we can easily bypass what our bodies are struggling to tell us. Important pieces that can light our way get shoved down, out of sight and lost, except **for the pain and erratic behaviour they cause in our lives**.

Until circumstances or Yoga lifts them up and out, like what happened to Patricia.

Patricia arrived at the class complaining of a sore back. Since her husband's death, she managed the household and kids with little time left over for herself. In the Yoga class, **she lay down, breathed deeply and moved gently** through the Asanas. Her contracted muscles softened and tears, **waiting to happen**, streamed down her stricken face. By the end of the class **the pain in her back was gone**.

What happened? How did Patricia's back get better so quickly? Rather than worrying about striking the best pose or keeping up with the 'Jones', Patricia's



**focus was inward.** Extending into **safe** variations of the Asanas, her contracted aching muscles slightly softened. **Deepening her breath,** they gave way a bit more and then—Patricia **felt** profoundly **sad.** Feeling **safe** to cry in my Yoga class, the grief, **no longer bound up in her tissues,** poured out through her tears. The soft heaving that accompanied her sobs relaxed her back even more and her muscles COMPLETELY released. **The healing of Patricia’s soul, through the wisdom of her body, had begun.**

Various Asanas are vehicles to enter into our internal worlds or **subjective realities.** Fluctuating sensations, messages and feelings inform us about our PRIVATE self. **This skill transfers into our daily lives.** A knot in our tummy says we are worried and anxious, while a warm glow in our chest reveals safety and happiness.

**Identifying inner feeling sensations and impressions, we make smarter choices, and are more in charge of our lives.** This is what happened to Heather.

Heather suffered anxiety attacks. To find out why, in the relaxation phase of Asana she allowed her mind to **free-associate** (stay focused, but open to random thoughts). Reflecting on her husband and how he exerted his will over hers, even in small matters, like where their couch was placed in the living room, her anxiety increased. She was afraid of her husband! With this **new awareness** and the **emotional strength gained from Yoga,** Heather began **expressing her feelings and views to her husband.** He reacted defensively but when Heather didn’t back down **she felt more alive and vibrant.** Her anxiety attacks **decreased.** Eventually she left her marriage, returned to university, became a theatre director and after some time, entered a more positive intimate relationship.

Like Patricia and Heather, **exploring inner thoughts, feelings and insights, RELEASED DURING ASANA, increases our awareness while RESTORING OUR BODIES.** Inner sensing develops gradually. As babies we

are a bundle of unconscious instinctual responses and feelings. Positive mirroring by thoughtful caregivers helps us to understand our emotions and what it is that triggers them.

However, if excessively punished, shamed or ignored, these feelings sneak ‘underground’ where they can’t **directly** hurt us. **Out of touch with our REAL feelings**, we **disconnect** from our AUTHENTIC selves and instead **tell ourselves ‘stories’ about whom we are and what we need to do**. Soon **fictional stories abound** about what has happened or is happening in our lives. Too bad they don’t bring us happiness.

Once Yoga quiets our ‘rascal’ thinking mind, faint whispers rise up from the **wisdom of our unconscious** to herald the birth of an **inner centre**, where we can go to ‘listen’ in on **deeper insights, feelings, needs and views**.

Then, at pivotal times such as when loved ones go away or die or we suffer some other catastrophic loss, **Yoga comes to our aid**. **It releases stress, calms our frayed nerves and provides deeper perspectives**. **STRUGGLING** through our pain **cultivates strengths we didn’t know we had, and we grow beyond our former selves in maturity and wisdom**,

The use of **pharmaceutical and recreational type drugs blankets these emotions** and tragically cuts short the OPPORTUNITY for self-growth. For intense depression, mental illness or severe pain, my recommendation is **the least amount of medication for the most amount of gain, with the least amount of side effects, along with Yoga**.

If mind-altering drugs are already in use consult with your doctor, since Yoga greatly reduces their need. **As our ability to sense inwardly increases and we are more in touch with our REAL needs**, we work with our physicians for **better results**.

**Paying attention to body sensations and feelings**, teaches us which ones to listen to, which ones to communicate with and which ones to hold in abeyance

until a more appropriate time. Now, we are becoming **the masters of our own destinies.**

## **Principle – Yoga Begins in the Subjective**

## Get Rid of Body Armour

*“Emotions are trapped in the physical body and can be released physically through loud emotive expressions. The result is a freer, more abundantly flowing sense of energy.”* Candace Pert, PhD.

**Body Armour** consists of RIGID MUSCULAR PATTERNS that occur when muscles tense up during sustained periods of stress or as a reaction to a one-time traumatic event.

The **painful emotions that accompany such trauma get lodged inside of our muscles, tissues, and cells** and, unless they are acknowledged and released, they **create emotional blockages and pain that distort the natural shape of our bodies.**

Most of us carry some amount of Body Armour. It serves to numb our feelings so our physical and emotional pain does not overwhelm us. While **Body Armour** does shield us from our pain, it also **robs us of creative thinking, enthusiasm and excitement for living. This contributes to depression and illness.**

Body Armour happens in other kinds of ways. **Excessive exercise builds overly developed muscles** that often **hide trapped feelings.** Once these muscles elongate and come into balance, one with the other, emotions discharge and the **extreme need to exercise disappears.** The following are some examples.

Most days Sylvia jogged for miles. While the **‘high’ from running** released surface stress it **unconsciously STIFLED** the pain from an unfulfilled love affair. After injuring her Achilles tendon, **Sylvia took up Yoga.** Asana **softened** her hard, dense muscle, and her repressed EMOTIONAL pain oozed out, along with the grief related to the early death of her father, **making**

**the loss of her lover more painful.** After FEELING her pain and GRIEVING her losses, Sylvia **felt** more balanced and whole. She still jogged, but at a more leisurely pace and, instead of avoiding new relationships, she ran (well, at least walked) towards them.

Susan's athletic legs built up over hours and hours of precision dancing contained harsh messages from her mother and then from herself about the need to practice, practice, practice, in order to be the best. The joy of dancing was replaced by an intense fear of failure. Over time, **Asanas relaxed and balanced those very same muscles** and new feelings of inner **strength, confidence and stability flowed through Susan's legs** and into her life. This gave Susan an appreciation of her body's **beauty** as well as an awareness of its **limitations**. Susan now enjoyed dancing, and her life, for its' own sake, rather than to please others.

**Body Armour also comes from scar tissue** left over after accidents and surgeries. While the **scar** pulls in the surrounding tissue to stabilize and heal the wound, it often **ensnares the shock associated with the traumatic event**. This happened to Yoga student Richard.

Falling dramatically ill during his vacation, Richard was air lifted home. After successful surgery he returned to the Yoga class bearing deep scars on his chest and abdomen. **As Asana tenderly stretched the scar tissue** Richard FELT the anxiety and fear he experienced when his life was in mortal danger! These **emotions, trapped in his scar tissue, dissipated** after several months of Asana, **along with the free-floating anxiety that plagued Richard since the incident.**

All **Body Armour** consists of impacted tissues that **unconsciously hold and**

**block feeling sensations from past hurts and pains, creating havoc in our emotional lives.**

The obvious **connection** between **Body Armour** and **unconscious emotional states** is **highlighted in phrases** such as “pain in the neck” “losing face” “standing firm” “both feet on the ground” “weak-kneed” “tight fisted,” “strong back,” “tight-assed,” “stiff-necked” and “cheeky.” Also, the tension in our bodies, the sound of our voice and the look in our eyes indicate how we **TRULY FEEL** underneath our social personas.

Once we **SEE** how physical bodies reveal **psychological states**, we are happy to stretch constricted hips, expand sunken chests, unlock joints and straighten bowed legs and knocked knees, to **EXPERIENCE greater harmony and peace** in our lives. The loosening, strengthening and balancing of muscles gives us **FEELINGS** of well being, **reducing the possibility of stress related illnesses.**

Anorexic sufferers, for example, wrench their muscles inwards towards their spines in a misguided attempt to disappear. The ultimate disconnection! However, as deep breathing and Asana relaxes their tense, tight cores, **habitual body tensions soften.** Bottled-up feelings **let go** and **the body**—once an enemy—**becomes a true friend.** Instead of causing discomfort and pain it helps them **release stress, feel better and discover what it is that is troubling them.** By understanding their **REAL** needs, they are more willing to stop ‘pushing the river’ and, like Britney, go with the flow.

Britney was anorexic and bulimic. Her body was wound up as tight as a drum. By combining **Toning (see below) with Asana**, Britney crashed through her **Body Armouring.** As her emotions exploded with a primal scream, she felt her emaciated body, like a thin sheet of paper, blowing in the winds of her high-pressure job. After this experience, Britney sensed her body differently. Now it **FELT three-dimensional**—it had a front, middle and a back. **Inside of herself**, she met a neglected little girl determined to succeed, at any cost. Britney did succeed.

Today she leads seminars across the country, where she helps others to **reconnect with inner body sensations and feelings for greater health and well being.**

The body's need for exercise and nutrition is widely accepted. Now **we MUST recognize and release Body Armour for greater physical and emotional health.**

## **Principle - Look For and Get Rid of Your Body Armour**

***DO IT! Toning:*** *Deepens your breath and softens Body Armour. This breaks up emotional blockages, bringing unconscious feelings to the surface.*

1. Lie on your back with your **knees bent and feet flat** on the floor or **sit comfortably straight in a chair.**
2. **Close your eyes** and gently run your hands up and down the front of your body from the bottom of your tummy all the way up to your neck. **Rest your hands on the place where your body feels the tightest.** *This is where you hold the most repressed emotions; usually the lower ribs due to shallow breathing; but it can be your tummy, chest or another area. Trust in your intuition.*
3. Breathe in and hold your breath. **Drop your jaw and breathe out through a soft open** throat, while making the sound, **“Awe.”** *Your body slightly tenses when you inhale. It softens as you exhale with the sound.*
4. **Continue for at least five minutes or longer.** *ALLOW the sound of “Awe” to become spontaneous. It may be deep and mournful, soft and tentative, long and drawn out, and so on. SENSE what*

*FEELINGS are being RELEASED through the SOUND of your voice.*

5. **Notice bodily sensations and inner feelings. Contemplate their meaning.**

1. **TONING** [\*Click here for a short video of this technique.\*](#)

## ***DO IT! The Bridge (Dvipada Pitham): RELEASES BODY ARMOUR, lengthening your spine and increasing breath flow.***

1. Lie on your back with your knees bent. **Feet straight and flat on the floor. Feel your body move with breath, as you breathe in and out.**
2. On an Exhalation **press your feet into the floor and lift your pelvis up.** Keep your **knees in line with your feet.** *If your lower back is weak, come down to a lower position. If it hurts lay on the floor (on your back) to continue. You will still benefit because softening Body Armour gives extra length to your spine.*
3. Run one hand over your chest. Notice the Body Armour—the place that feels the tightest. **Exhale and drop this place away from your hand.** *This action softens your chest, which elongates your spine and stretches your hip flexors, pressing your feet into the floor.*
4. Use PAUSE, HOLD and MOVE. PAUSE the position and **breathe in and out.** HOLD the position and **soften the muscles you are not using.** Then MOVE with small TINY movements. Then PAUSE (breathe), HOLD (let go of excess tension) and MOVE again until you reach your EDGE (you can do no more because you are at your limit).
5. *PAUSE, HOLD and MOVE to extend further with less effort*



*because you **release excess tension**. Extending to your **EDGE** helps you master any Yoga position, quicker with less effort, as you challenge your body and then give it time to rest (a day or so) between sessions.*

6. Return your spine to the floor by coming **up on to your toes**. **The last to touch is your tailbone**. *Your spine extends all the way to the floor.*
7. Close your eyes and rest your hands on where your **Body Armour used to be**. *Feel your **spine resting more deeply into the floor** and your **BODY ARMOUR** reduced.*
8. Breathe freely and **sense for inner body sensations and feelings**.

**2. THE BRIDGE** [Click here for a short video of this technique.](#)

## Feelings Live In Your Body

*“Every muscular contraction contains the history and meaning of its origin.”* Wilhelm Reich

Whether you realize it or not, you THINK with your mind, you FEEL with your body and you KNOW from the depth of your being. To test this out, focus on a troubling situation and then ask yourself, “What do I THINK about this? What do I FEEL and what do I KNOW for sure?” You receive three different answers!

Your **feelings reveal more about you than your conscious thinking mind.** And, what you KNOW, well you just KNOW! You don’t KNOW how you KNOW—you just KNOW.

“Our **emotions** are in **our body**,” scientist Candace Pert told Bill Moyer in the television series, *Healing and The Mind*. Looking shocked, Bill Moyer repeated, “**In our body?**” “Yes,” said Candace, “**In our body.** They (emotions) are neuropeptides that **reside at the cellular level, in our tissues.**”

Yoga increases our ability to access FEELINGS. Otherwise they **get lost in overwrought everyday thinking.**

However, conscious thinking does have its place. It’s useful—**after the fact**—to **check if we, indeed, are on the right course.** But when it comes to making important decisions, whether we realize it or not, most of us **act from our feelings.**

Therefore, bringing our feelings into CONSCIOUS awareness, we have a better chance of moving our lives in positive directions. For example, the emotional ache in our chests and the “goose bumps” on our arms **speak to us** about our **longings and fears.** If we NOTICE and LISTEN to what they are attempting to tell us, we are more likely to ACT with Intelligence or

‘STRAIGHT THINKING’. After all, ‘**crooked thinking**’ leads to ‘**crooked actions**’!

The greater SENSITIVITY that Yoga generates increases this kind of awareness, guiding us towards **smarter actions**. Here are some examples.

At the age of fifty Shirley was diagnosed with breast cancer. **Along with conventional treatments, Shirley practiced Asana and Meditation**, which helped her **get in touch with her REAL needs**. After several months, Shirley left her dead-end relationship and moved into her own apartment, then across the country. Always interested in organic farming, she bought a farm and taught Yoga from her home. Twenty-five years later Shirley believes she’d be dead if she had stayed in her matrimonial home.

Over and over, a crying boy was scolded, “Boys don’t cry!” so he **swallowed back** his tears, **along with his humiliation, shame and anger**. Then, as an adult, he **unwittingly** scolded himself with self-talk, such as, “Don’t cry or you’ll be rejected, AGAIN!” The fear of crying held his feelings hostage. When **Asana removed his Body Armour**, his **tears burst out**. Practically overnight, his **panic attacks ceased** and he pursued his dream—if you can believe it— of PUBLIC SPEAKING!

Looking **outwards** while practicing Asana, we **often bypass body sensations, images, and associations** that inform us about **unconscious emotions held in our Body Armouring**. When undetected, these emotions creep underground where they hide, ready to ambush us **when we least expect them**.

For example, when someone who knows and loves us says or does something that reminds us, **consciously or unconsciously**, of the pain or trauma caused by someone else, our **response can be out of proportion with the present day situation**. Surprised by the intensity of our reaction, the other person, confused

and hurt, usually reacts impulsively, creating conflicts having **nothing to do with the original circumstance or relationship.**

According to Harville Hendrix, in his book *Getting The Love You Want*, **we all carry original childhood wounds** causing us, at times, to act irrationally. A loving touch in times of stress goes a long way in calming troubled waters. When someone responds with AWARENESS to our own irrational behaviour, we often respond in kind, and the opportunity for an intimate relationship is given a chance to **evolve and grow**. On the other hand, if underlying issues go unnoticed and conflict continues, **emotional distance increases** and we sadly **lead side-by-side lives**, with little REAL contact.

I was heading down this slippery slope by retreating into my Yoga community, like some do with golf or the computer, to AVOID addressing issues with my husband. This **physical and emotional** distance kept peace between us, while the Yoga community provided me with the **emotional closeness I really needed to receive from my husband**. After **spending time together** to address our core issues (including **getting to know and recognize** each others' VULNERABILITIES) we became more empathetic and supportive of each other.

An **intimacy grew for each of us, separately and together**, that helped us to understand each other's CHILDHOOD WOUNDS. This fortified and **deepened our connection**. I still remained committed to the Yoga community but it was no **longer a substitute for the warmth from my husband** and our relationship grew deeper and more intimate.

Ignoring our feelings doesn't make them go away. They simply **hide away in our tissues and cells**. The years roll by and one day we ask, "Is this all there is? Why do I feel anxious, angry or empty?" And, a **mid-life crisis is born**.

If we continue to ignore the **feelings that lead to our 'wounds'**, we end up like zombies, a shadow of our former selves. Masters of DISTRACTION and AVOIDANCE, if we remain that way, **we enter the final stage of our lives**

**disappointed, depressed, angry, or bitter.**

# Jump Start Hopes and Dreams

*“The debt we owe to the play of imagination is incalculable.”* Carl Jung

Attending to your inner world as you **breathe, strengthen and lengthen your body** fuels the VISIONARY **power of hopes and dreams**. Images, associations, inner sounds and colors rising from within, **liberate** the WISDOM of the unconscious mind. This stirs INSIGHTS that wake up your INTUITION.

The Yogis call the intuitive aspects of our minds, *Buddhi*, from “*bu*,” “to know” or “the one who knows,” as in the word, Buddha. The *Buddhi* mind is **highly valued** by the Yogis because to know our TRUE SELVES we need to **experience and understand what has happened or is happening to us in our lives and why**. The moment we step onto our Yoga mats, Asana guides us inwards, towards deeper insights that open up **intuitive awareness**.

**The development of the *Buddhi* mind moves on a continuum.** Initially, Asana softens Body Armouring and, as we have seen, unconscious feelings release. Bringing **unconscious feelings into conscious awareness increases our sensitivity, opening the door to our intuition.** As the *Buddhi* mind expands we think for ourselves and stand on our own two feet.

**The *Buddhi* mind often bolts forward after life shatters and falls apart.** An unexpected illness or death, the breakup of a marriage or an unimaginable psychic experience, such as what happened to Julie, can leave us stunned.

Although at times Julie noticed an unsettling discontent she accepted her seemingly perfect life. She liked the money, perks and new people that came with her job. One day, while sitting on a park bench, the sky above appeared to **spontaneously** burst into radiating pieces of light. Thousands of rays reached down and enveloped her in a blissful state of rapture. Julie felt

suspended in ecstasy for what seemed like hours, even though it lasted only a few minutes. Afterwards **Julie's life was transformed.** Within a short while she embraced a simpler life style. Back in the world of business now, Julie's awareness has expanded. She is aware of her own and others **DEEPER** needs and aspirations.

My own Buddhi mind leapt up after receiving a wake-up call.

Ever since I could remember, I wanted to get married and have children, a lot of them. One day after putting my three children down for a nap the phone rang and a woman claiming to be my husband's mistress said she had been in my home, observed my children and myself from a distance and now she wanted to marry my husband. After dropping the phone I ran out of house and into the street screaming. **From that day on nothing for me was ever the same.**

These profound types of experiences **overpower** **INGRAINED** **CONDITIONED RESPONSES**, crashing and burning our **belief systems against the wall of our actual circumstances.** Afterwards our lives can appear empty and devoid of meaning.

However, if we grieve what isn't working and are **humble enough to learn where we went wrong**, in the midst of suffocating disappointment and despair, **INTUITIVE flashes ignite a flame of NEW promise and FRESH enthusiasm.** Hopes and dreams, reaching out of the ashes of our former lives, begin to **transform the shattered pieces of our lives.**

Even if these dreams don't come true or aren't all we imagined them to be, **they are still worth while because that's where our interests lie, that's where our hearts surge, and that's where we feel the most alive.**

Our attempts and failures are NOT lost. They **STRENGTHEN** and **REFINE**

**the weaker areas of our personalities.** The excitement of living on the **edge of possibilities** while dealing with the **practical realities of our everyday lives** heals us.

While pursuing our dreams we come back together again, only on a more **soulful and solid foundation.** By **identifying with the new,** rather than lamenting on what has gone or is falling away, **we inch our way towards self-realization and enlightenment,** the goals of Yoga.

Along the way Asanas REFINE our physical bodies; our organs are more PURIFIED and, in turn, our **hormonal secretions are subtler,** causing an even **greater sensitivity** to our outer and inner worlds. This **assists us in grasping or intuiting a situation DIRECTLY,** without the need to mull it over and over in our minds.

We simply *know* from our hearts. “I love you with all my HEART” is different than, “I love you with all my HEAD.” “She spoke from her HEART” is not the same as, “She spoke from her HEAD.”

The INTUITIVE energies of our HEARTS are difficult to intellectually understand and describe since they **touch us at emotional, instinctual and inspirational levels.** Daniel Goleman, author of the well know book, *Emotional Intelligence*, points out that while a high IQ is excellent for solving mathematical equations, it doesn't necessarily provide the empathy to be an effective parent, the fortitude for a unique and fulfilling lifestyle or the courage to guide our families through a crisis.

Facing these situations successfully we need EMOTIONAL INTELLIGENCE, which **originates in the INTUITIVE responses of our Buddhi minds.**

Once we connect with the POWER of our intuition, our **conscious thinking minds find their RIGHTFUL place.** Their **real** job is to oversee, review and process our feelings and resulting actions. In this way, **our trajectory forward is modified to accommodate inevitable adjustments and setbacks.** We then



continue trekking towards our hopes and dreams, like Lynne and Jim.

Lynne was sexually attracted to a woman. This greatly agitated and upset her. Using the **stillness provided by her Asana practice**, she searched within for the source of her distress. In the STILLNESS, Lynne suddenly got it! She dreaded being called a homosexual. Realizing her foolishness, she **set her thinking straight**, and pursued a romantic relationship with her friend.

Jim's spouse died five years ago. Although potent with his wife, he was impotent in future relationships. While **stretching and breathing with a focused but open mind** he contacted the REASON for his dysfunction. He was afraid of falling in love, only to experience another painful loss. Unwinding this **nonsensical thinking and supported by the calming effects of Yoga**, Jim embraced his new love with confidence.

My brother and his wife used their Buddhi minds to guide their friends and family through a crisis.

When Sammy, their 6-year-old son, suffered a devastating head injury they set up a table to receive stuffed animals, crystals, books, special prayers and messages. **Sammy's mother practiced Yoga** right there, in the hospital room. Family members hovered over him day and night, and even while still in a coma, they read and spoke to him. Once conscious, **Sammy repeated the very same stories**. Treated with special herbs and medicinal foods, Sammy exceeded all medical expectations. **The crack in his head brought light to him and inspiration to all** who knew him.

Yoga REFINES the Buddhi mind and as it evolves, we simply KNOW. We don't KNOW how we KNOW we KNOW, we just KNOW. And when

someone doubts us, and we cave in, to later find out that we were right, we say, “I *knew* that! I *knew* it all along!”

**No one tells us. We don’t read it in a book. We just *KNOW*.**

## **Principle – From Thinking to Feeling to Knowing**

***DO IT! Creative Meditation:*** *Helps you differentiate between the THINKING, FEELING and KNOWING aspects of your mind. Best practiced after Toning when you are more inward.*

1. In a lying down or seated position, close your eyes and breathe deeply and rhythmically.
2. Bring to mind a person or situation **you would like to know more about.**
3. Imagine the person or situation as if it is right there with you. **Sense it, feel it, and smell it. Surround yourself with it.**
4. Ask yourself what you THINK about that person or situation. You can say, “I think \_\_\_\_\_.” Then, ask what you FEEL, “I feel \_\_\_\_\_.” and finally, what you KNOW, “I know \_\_\_\_\_.” *You can write down these questions and provide the answers by filling in the blanks.*
5. Contemplate the answers and what they mean to you.

**3. CREATIVE MEDITATION** [\*Click here for a short video of this technique.\*](#)

# Emotional Blockages & Scripting

*“The body has its own wisdom. Accepting the realities of life and listening to the body leads to fulfillment.” Alexander Lowen*

**Emotional blockages hold unconscious feelings** left over from past life experiences. Mulling things over and over in your mind, without resolving them, causes them to **build up in your body. Eventually, if left unattended, emotional blockages turn into Body Armour.**

Heavily **embedded emotions create pain in our bodies.** They also UNCONSCIOUSLY eat away at our lives.

Yogis call emotional blockages and scripting (see below) *samskaras*, which translates as “activator.” These impressions **ACTIVATE** or trigger **future experiences.** Negative *samskaras* (emotional blockages) acquired, for example, at the hands of a dysfunctional family, often **generate future abusive relationships since we tend to gravitate towards what is familiar to us.** If raised by critical parents, for instance, we likely lean in to a partner who belittles us.

Emotional blockages formed when we are very young—pre-verbal—are so deeply ingrained **they appear to be an integral part of who we are.** Although these blockages serve to **protect us from feeling the pain associated with our hurtful past, they also rob us of our happiness.**

Once we understand these demons as the **ROOT CAUSE** of **issues** such as, extreme jealousy, fear of rejection and addictive patterns, we **CONSCIOUSLY delve into our bodies to root them out and truly break free of our hang-ups.**

While **addictive habits** involving alcohol, drugs, food and shopping temporarily block our pain, yet they **do not heal underlying problems.** The

**keys to our happiness** appear **only** after we **eradicate** the CAUSE of our pain. This is how Kirsten did it.

Kirsten's cocaine habit was fueled by the early death of her parents. Tragically, she was left without the emotional support she desperately needed. However, after being introduced to Yoga, **Kirsten practiced Asana relentless, sometimes all night long.** Asana built the EMOTIONAL STRENGTH **she** needed to FEEL the intense sadness of her loss WITHOUT being overwhelmed by it. Her tears spilled OUT all over her yoga mat. Soon Kirsten said goodbye to her cocaine-addicted husband and lifestyle and moved to the country, where she now lives and teaches Yoga.

In another example, I once worked privately with a recovering alcoholic, one of the Chicago Seven, a radical group from the sixties.

While still a boy, he delivered his mother to and from mental hospitals. To keep from crying, he UNCONSCIOUSLY tightened the muscles of his little chest. As a grown man, this UNCONSCIOUS **pattern kept him fearful** of giving and receiving love—it would only lead to pain. Although he INTELLECTUALLY knew about the pain he carried, he couldn't FEEL it. When I toned him and the sound waves broke through his EMOTIONAL BLOCKAGES he cried for his mother, he cried for himself, and he cried for the state of the world. Afterwards **his breath was fuller, his tears flowed more easily and he felt happier and more loved.** Furthermore, he looked years younger!

After an emotional blockage breaks up we **feel lighter and freer** with a greater sense of purpose and WILL POWER. However, the blockage often leaves behind a residue of **subtler** EMOTIONAL SCRIPTING (conditioning) that hovers around, whispering sweet nothings to our tissues. After we UNDERSTAND where this anxiety originates, we can rid ourselves of the

emotional scripting by **FEELING the fear and DOING it anyways.**

For example, remember the crying boy whose father incessantly shouted, “Shut up!” After his emotional blockage discharged his panic attacks ceased almost overnight. Yet, **due to the subtler emotional scripting** his anxiety, although much less, still gripped him when he spoke.

However, since the larger emotional blockage was gone, he **FELT** the fear, **UNDERSTOD** its’ origin and spoke out anyways. This **action, repeated often, chips away at the emotional scripting until it withers on the vine and dies.** Now, he gives remarkable talks **without hesitation or even a trace of his former anxiety.**

EMOTIONAL SCRIPTING has many different faces. The delight of a **pleasurable experience imprints itself into our bodies** along with the **desire (samscara) to repeat it.** We are happy as long as we can partake in that experience but when it is withdrawn or taken away we are sad. With Yoga, we learn to en-joy our enjoyments without depending on them for our happiness. We don’t need them in order to be.

On the other hand, a painful event creates an aversion to repeating it. Although, if we visit it often enough—the opposite happens—we become addicted to the pain! Now an **emotional blockage is created that binds us to our problem.** Think of those individuals who marry for a second or third time, only to drown in the same old problems.

Society emotionally scripts (conditions) us according to the times we live in. Since I came of age in the 1950s, I am scripted to get married, have children and be taken care of—all at an early age. In the seventies, with the arrival of women’s liberation, the scripting changed. It said, “You are woman. You are equal. Go to work!” When I felt judged for not “working,” I answered the question “Where do you work?” with, “I work one-on-one with children” (my own!) to great applause.

Because of the **subtlety of emotional scripting**, it can be **difficult to detect**. Nevertheless images, **insights and feelings spontaneously arising from within during or after Meditation point us in their direction**. This happened to me.

Once while stretching and breathing through the nagging pain in my upper back, an **intuitive** flash of my mother sprang into my consciousness. She was ‘clinging’ to my back by her fingernails! Her fear about my going to study Yoga in India, or any distant place to do anything was **imprinted in my tissues**. After assuring her (**and myself!**) of my safety, **my back pain vanished**.

Even though, in the late 70’s, Yoga was considered foreign and weird, it still pulled me towards India. I shudder to think of what might have happened if I had allowed my own fearful scripting to dictate to me. **A sense of purpose and meaning would now be lacking in my life**.

The power needed to break through and dissolve blockages and the subtler insidious scripting **happens quickly when STRONG emotions are involved**. For instance, if someone is diagnosed with life-threatening cancer, the intense fear of dying often overpowers the physical and emotional need for a cigarette, and **they quit smoking instantly**.

This is the **reason Yogis chant mantras (Sanskrit prayers)—to evoke STRONG emotions**. If done **often** enough with **INTENSE FEELINGS**, the **blockages and scripting melt**, along with their negative effects, like with Tim.

After a road accident claimed the life of his wife, Tim was depressed and angry. Both father and mother to his young daughter he desperately wanted to provide a positive role model. To invoke **feelings of inner power and strength** (imaginary at first) Tim **chanted mantras and prayers** over and over, **even silently at work**. After a while, **Tim slept**

**better, was more energetic, and began to forgive the driver**  
who carelessly took his wife's life.

**We can conquer our physical and emotional demons** with a single dramatic stroke, like stopping smoking when one has cancer, or by the **SYSTEMATIC** and **POWERFUL** practices of Yoga.

# Energy Medicine of Yoga

*“...Prana (is) the infinite, omnipresent manifesting power of this universe.”*  
Swami Vivekananda

**Prana** is the **energy medicine of Yoga**. *Pra*, translates as, “bring forth” and *na*, “the eternal vibration.” Prana streams **energy medicine into every nook and cranny of your body** through 72,000 (some say 350,000!) *nadis* or “little streams”, unless these conduits are blocked by emotional blockages and scripting. However, once **Asana invokes Prana** and sends it **through the channels, the obstacles dissolve**.

Some of the obstacles are like a line drawn in water. **They dissolve quickly**. Others are like a line drawn in sand; **it takes longer for Prana to disperse them** but in due course they too wash away. Still others are like a line imprinted in cement. **It takes a long time for Prana to wipe them away**. However, **powerful Prana dissolves deeply ingrained blockages quickly**. This is what happened to Sheila, usually a private and reserved person.

Sheila looked blissful while meditating. At other times she appeared sad. I wondered why. Then I realized, **she didn't feel or even acknowledge Prana**. One day, while bending backwards, a **burst of Prana shot through a blockage** in her body. Startled, she fell to the floor, rolled into a fetal position, and through baby-like whimpering Sheila mourned her childhood abandonments. Placing our hands on her body to comfort her, some of us **felt her deep sorrow pass through our bodies**. This gave Sheila more space to deal with the intensity of her pain. When some continued to feel her hurt, it served as an impetus for them to **process their own childhood abandonment issues**. As for Sheila, over the next several years, **she grew into her creative life-enhancing self**. Even though she still faced challenges, most of the time, she appeared happy, **in and out of Meditation!**



Reiki masters, Touch for Health practitioners, and Cranial-Sacral therapists place their hands on their clients bodies to **initiate and move energy**. In Chinese medicine, energy (Prana) is called, “chi” and the nadis are referred to as ‘meridians.’ During Acupuncture chi moves through meridians to **clear emotional and physical impediments**. Afterwards the person **feels more balanced, healthier and happier, with less aches and pains**.

Like the above healing modalities, **Yoga is also an energy based healing system**. For example, during Asana, **aligning bones brings muscles, tendons and ligaments into balance, creating space in our joints**. This, along with **proper breathing GREATLY encourages Prana**. (More about the Muscles of Respiration in Book 2.)

Focusing on Prana rather than on the building of muscles **DISSOLVES emotional blockages and scripting**, allowing us access to our **FEELINGS**. When **Prana breaks up an impediment** we may, or may not, recall the events, which are stored there.

However, by **recognizing and experiencing** the feelings that are released from the blockage— **curiosity, intellectual inquiry and a greater understanding of our unique personal journey** grows. As time goes by and more Prana is released, our **AWARENESS INCREASES**. **We come to understand the circumstances of our lives better**.

**Prana flowing** through graceful bodies is the **hallmark of a seasoned Yogi**. This is why I am shocked and saddened to see Yogis housed in bulky bodies.

Once, while strolling through a Yoga store, I noticed pictures on the wall depicting muscularly defined bodies in various Asanas. Startled, tears leapt into my eyes and I began to hyperventilate. It alarmed me to see Yogis **blocking** Prana, the **ENERGY MEDICINE** of YOGA by building **large, defined muscles that restrict joints**. It had taken me several years to **soften my bulky muscles to experience the healing benefits**

of Prana.

## Principle – Prana Works Long After the Class is Over

### ***DO IT!*** Straight Leg Stretch (Supta

**PadangusthAsana):** *Stretch and vibrate your legs with Prana. Prana balances and elongates muscles, even while on the go. Your legs become vibrant and potent.*

1. Lie on your back with **your knees bent and with your feet straight and flat on the floor.**
2. Hold on **behind** your right knee and bend it into your chest. *Keep your knee **in alignment with your shoulder.***
3. Comfortably straighten and then bend your leg. *Do NOT pull your leg towards your chest or you will compress your hip joint. The top of your thigh does NOT touch your tummy. Your **sitting bone moves towards the floor.** This action creates **space** all around your hip joint.*
4. **Breathe in** as you **straighten your leg** and **breathe out** as you **bend** back in.
5. Then straighten your leg, **until you sense just the right tension** in your leg. *It is like **holding two ends of a string.** The bottom end is your right sitting bone and the top end is where your hands are holding your leg. Extend between the two to get **just the right tension.***
6. Straighten your leg **with just the right tension** until your leg begins to slightly vibrate with Prana. *Once your leg begins to vibrate*

*focus on the 'right tension' to encourage it to vibrate more.*

7. PAUSE, HOLD and MOVE—with just the right tension—until you reach your EDGE. *During the PAUSE, HOLD phase **imprint the feeling of Prana moving through your leg.** Once your leg is vibrating, to test if this is Prana and not the over stretching of muscles, **keeping an inner tension, slightly relax your leg.** If your leg continues to vibrate, **you know that it is Prana.***
8. Repeat with your other leg. *You will most likely need the video to help you master this technique.*

**4. STRAIGHT LEG STRETCH** [Click here for a short video of this technique.](#)

***If your legs are overly tight proceed to: 8. EASY STRAIGHT LEG STRETCH*** [Click here for a short video of this technique.](#)

## Yoga's Healing Crisis

*“When the body is going through a healing crisis, it is sometimes difficult to distinguish from a disease process ....however the healing crisis is a result of the body becoming very healthy and vital....”* Dr. Bernard Jensen

A HEALING CRISIS happens when toxins leave your body. If, for example, your body is overly toxic because of consuming heaps of coffee and junk foods, and you then go on a healing fast, toxins leave. As they depart you feel sick with symptoms such as nausea, headaches and fatigue (like when we give up coffee). This is called a HEALING CRISIS.

**“Healing”** because after the toxins leave, **you are healthier with more energy.** **“Crisis”**, because you feel sick, **BEFORE you get better.**

**Prana often invokes a HEALING CRISIS.** Symptoms such as warmth, heat, tingling, trembling, body vibrations, headaches, sweats, cold areas, chills, nausea, itches and/or body rashes that rise up suddenly, and just as quickly disappear indicate that **Prana is on the move, dissolving physical and emotional toxins.**

Emotions such as, **sadness, anger or grief felt during or after Asana,** also indicate a HEALING CRISIS.

Once **Prana travels more easily through the nadis, these symptoms subside** and we feel better. Prana now flows more freely and it continues to **CLEANSE** our organs. This deeper cleansing **REFINES** our glandular systems and **natural tranquilizers made specifically for us, without side effects,** infuses our bodies. **This, in turn, strengthens our nervous systems.**

The glandular and hormonal changes that occur during **PERI-MENOPAUSE** also send **Prana streaming through the nadis, breaking up physical and emotional impediments,** initiating a HEALING CRISIS. Symptoms such as,

hot flashes, sweats, tingling, rashes and cold feelings (like in Asana!) move through our bodies.

A woman, receptive to her inner processes, senses that along with her physical changes, a PSYCHOLOGICAL evolution is also occurring. She may lament the passing of her youth and reproductive abilities, think about and grieve lost opportunities and wonder about her future, while she juggles work, family and aging parents.

To SUPPORT herself through this physical and emotional transition, she needs to **boost her nutritional intake, get extra rest and practice Yoga.**

Once the woman arrives at menopause (usually three to five years), her **energy**, scattered during the hormonal adjustments of peri-menopause, **returns in abundance**, along with a greater UNDERSTANDING of where she has been, where she is and where she is going. She steps into her mature years as a worthy and INSIGHTFUL guide for the younger generations.

The use of **pharmaceutical hormones**, even BIO-IDENTICAL ONES, **truncates** the delicate dance between her hormonal system and its ability to FINE-TUNE her body according to her UNIQUE **physical and emotional needs**. To uproot emotional baggage **hormones are continually adjusting.**

If the woman relies on the **wisdom of her body**, the prize is a more **mature and wiser self**. However this takes PATIENCE and ENDURANCE, just the traits **needed** for the challenges faced in our **elderly years**. On the other hand **most** women (but not all!) **who opt for medications and bypass the tunnel of introspection**, usually act like debutantes, or teenagers, into their elderly years.

During my menopausal years I influenced women to STOP taking hormonal replacement therapy. The **negative side effects of those therapies are now apparent**. No need to be a guinea pig for medical research.

Pharmaceutical companies are increasingly targeting men to recreate their youthful years. **Yoga, exercise and a healthy diet are a far better way to go due to the long-term side effects of medications.** If medication is needed, my recommendation again is—**the least amount of medication for the most amount of gain with the least amount of side effects—along with the practice of Yoga.** This is what my husband Bob discovered.

When Bob turned 68 we recalled that his father (who Bob physically resembles) had a devastating stroke at about his age. Shortly after this Bob suffered heart problems and ended up in the hospital with doctors recommending drugs to control his heart rate and cholesterol levels. Instead, **Bob chose a high nutrient vegan diet recommended by Dr. Joel Fuhrman,** on the Internet. Bob lost 30 pounds and two years later his **doctors gave him a clean bill of health.** Although Bob's diet is more relaxed, it is still high in nutrients, his weight is down, and he keeps up his swimming schedule.

Sexual energies NATURALLY decline with age and ALL muscles become softer for good reason. The LOWERING of testosterone SOFTENS muscular tissue, increasing Prana, which has a high potential to increase sensitivity in men. This increased **vulnerability** frightens most men but if they use it to delve into their fears and OLD WOUNDS they, too, GROW **beyond the realm of the 'aging adolescent' and the 'grumpy old man' into the 'WISE ELDER.'**

Michael, a young man, is well on his way to understanding how this works.

Michael CONSCIOUSLY **relaxed the Body Armouring** held in his chest, and then breathing softly, he stretched into the Asana. Immediately, without due exertion, he was drenched in a hot sweat. **Prana, passing through the nadis, was quickly dissolving layer upon layer of frustration** due to recent work related struggles. After slowly coming out of the Asana, Michael sensed a **deep relaxation permeate through his body.** So much better (sometimes!) than the beer after work! In

this calm state of mind, he gained insight into the difficulties related to following in his father's footsteps at the firm.

Not everyone experiences the effects of Prana as quickly and intensely as Michael. Although, **once we sense the warmth and/or vibrations of Prana, we can easily make more.** This is an **innate ability** we forgot about, until we EXPERIENCE it again. Children are adept at this and some have told me that when they are physically cold, they increase Prana to warm themselves up!

As mentioned previously, **cold sensations** felt deep WITHIN the body—**not** on the surface—also point to a Healing Crisis. The expression, 'cold with fear' describes what happens when we are frightened. Our hearts beat fast, adrenalin pumps and sometimes we are paralyzed with anxiety. After the threat is gone **some of the cold accompanied by the fear lingers inside of our muscles and tissues.** If the threat—**real or imaginary**—continues the **cold sensations increase and we EXPERIENCE** free-floating anxiety.

However, once we sense the cold and direct the WARMTH of Prana into the cold areas, the **emotions dissolve and the free-floating anxiety DIMINISHES. Over time it DISAPPEARS altogether.**

## **Principle – Prana Dissolves Blockage & Stills 'Rascal' Mind**

### ***DO IT!* Child's Pose, Downward Dog and Upward**

**Dog:** *A series of Asanas to electrify Prana, liquidate blockages and still the 'rascal' mind.*

***Child's Pose (Balasana):*** *Calms the 'rascal' mind.*

1. Come down on to your **hands and knees.** Extend your **pelvis**

**backwards, towards your heels.** Rest your arms **straight out in front of you** with your **palms down**. *If this is too difficult, lie face down with your head turned to the side. If needed, place your head on a small cushion. Alternate lying on the right or left side of your head.*

2. Breathe in and out for a minute or two.
3. Come up on to your **hands and knees**. Press down into your hands ([Click here to learn how to align your wrists](#)), bring your **knees off the floor, come up on to your toes and push back** into **Downward Dog**.

**Downward Dog (Adho Mukha Svanasana):** *Increases Prana and sends it up your spine into your head. If Downward Dog is too difficult, move quickly through into Upward Dog (see below.)*

1. If you can hold the pose with relative ease, **stretch** from your **hands** all the way through **to your pelvis**. *Do NOT square your shoulders. Do NOT drop your chest. Do NOT lock your elbows. That would armour your torso, lock your shoulders, elbows and hip joints, which shortens your spine. If your wrists hurt, click here for [10. HEALING HANDS](#) Also, check [other videos here](#) for more information.*
2. **Come up onto your toes.** Drop your pelvis and move into **Upward Dog**.

**Upward Dog (Bhujangasana):** Moves Prana **upwards into your chest**, stimulating your **thymus gland, the centre of your immune system**.

1. Press down into your hands. Keep your **elbows soft and close to your body**. Your **legs** are straight out **behind you**. *If needed, move*



*your pelvis toward your hands as far as you are comfortable. If you have lower back issues, rest your knees on to the floor.*

2. Straighten your arms **without locking your elbows**. Stretch your chest by widening your rib cage. **Breathe deeply**.

## **Child's Pose, Downward Dog and Upward Dog:**

*Dramatically increases Prana in your body.*

1. On an exhalation, come up **onto your toes**. Swing backwards into **Downward Dog**. Then, lower yourself into **Child's Pose** (as above).
2. On an exhalation, **tuck your toes under and swing back up** into **Downward Dog**.
3. Continue moving between **Upward Dog, Child's Pose** and **Downward Dog** in any combination of these three that you choose. Breathe in and out evenly. **PAUSE, HOLD and MOVE to let go of effort in each position**. Move between these positions **for as long as you are comfortable**. *If they are difficult, move more quickly from one to the other and stop before you think you need to.*
4. End by sitting back on your heels. *If you have difficulty sitting on your heels, sit on a folded blanket or block OR extend your legs out in front of you.*
5. **Close your eyes**. Breathe in and out and **sense for the warmth, vibration and/or tingling of Prana**. Once you sense Prana you can **easily make more** just by breathing deeply while imagining yourself increasing the warmth, vibration and/or tingling that you feel in your body. **Allow Prana to spread throughout your body**. *Do NOT end in the Child's Pose. Most people trance out and dissipate Prana in this position.*

**5. THREE ASANA POSTIONS** [\*Click here for a short video of these Asanas.\*](#)

## ***DO IT!* Get Rid of Cold Sensations in Your Body**

1. Place your **hands on the sensed inner cold sensations**. **Imagine and sense warmth** penetrating deep into the area. *Breathing deeply invokes Prana and warms the area up.*

# Heal Deep Trauma

*Ultimately we become aware of what is going on within us mainly through the muscles.*”Moshe Feldenkrais

**Life-threatening trauma sends you into shock.** This not only protects your vital organs, **it protects you from psychologically falling apart.** It could be a one-time shocking event, like a rape or an accident, or severe prolonged stress, as experienced in wartime or during abusive relationships.

As previously observed, unless these feelings are **RETRIEVED** and **PROCESSED**, **they settle into dark, hidden places, where they disrupt our lives.** This is called **POST TRAUMATIC STRESS.**

To **successfully** recover we need to **GET IN TOUCH WITH** and **BALANCE PRANA.** However, **this can be terrifying,** especially when **kick-starting Prana plays back FEELINGS associated with harsh traumatic memories.** Like a recording on a CD, **the trauma plays the same tune, with the same intensity, as when it first occurred.** This can be frightening.

Nevertheless, **no matter how scary the trauma, we can stay calm** by **REMEMBERING we are no longer in the offending situation.**

Now, we are in the Yoga class or at home **healing our bodies, minds and spirits.** Besides, no matter how horrifying the trauma it is at most—**ONLY 5% OF WHO WE ARE.** We can **USE THE OTHER 95%** of our **AWARENESS** to guide ourselves through our sighs, screams and tears.

Tears of pain contain toxins. Tears of joy are light and effervescent and almost drinkable. Tears that **FEEL hot** indicate an intense **old trauma: the hotter the tears, the older the trauma.**

Hot tears pointed Emily towards a timeworn ordeal.

While practicing the Cobbler Position Emily made **spontaneous** guttural sounds. Curious about these grunts, she CONSCIOUSLY made more. Then a **subtle** ‘smell’ of ether drifted into her nostrils and HOT tears trickled down her face. She recalled the delivery room, over twenty years ago, when she gave birth to her son, all by herself, except for the hospital staff. After many intense hours, she was put out with ether, and he was delivered with forceps. Now, **breathing deeply** and **grunting fully**, Emily CONSCIOUSLY passed through the SHOCK ASSOCIATED with the birth. After that she CONSCIOUSLY **imagined** a beautiful birth, with family by her side. Afterwards, resting quietly, Emily felt **warm nourishing Prana circulate through her pelvis**. It felt **good, whole and healing**. Just then, the phone rang. It was her son! Did he, too, UNCONSCIOUSLY receive a healing? She believed he did.

**The re-experiencing of body trauma releases the shock associated with the event** that eats away at our tissues and cells. In Emily’s case this trauma caused numerous female health issues, which DISAPPEARED after her healing. Unless healed, these dysfunctional patterns are given free reign to **pass down through future generations**, until **someone digs deep and brings them up** to be dealt with. The following story presents an example of this.

Janet’s father pushed her away with unflattering comments about her weight. **Feelings** of shame contributed to her marrying a distant, angry man. On first meeting I was astounded by Janet’s large wooden-like legs. She was unsteady on her feet. After several years of Yoga, Janet STOOD FIRMLY in Asana. Feeling supported by her legs, she then EXPERIENCED intense **anger, towards her father and then her husband**. After this, Janet began STANDING UP (pun intended!) to her husband and to her amazement he backed down. In due course, he **recognized his own abusive past**, entered therapy, and they grew into a more CARING couple. Their children, **exposed to more positive role models**, were calmer and happier.

A warm and supportive Yoga community assists students in **feeling safe enough to explore a jarring inner world**. When powerful emotions surface, most Yoga students understand what is happening and are able to process their own feelings. Their emotions tend to release in layers. For example, rage gives way to anger, then disappointment, frustration and finally grief and, finally, acceptance.

When a student is overwhelmed or confused by what comes up I encourage them to seek out a **counselor or therapist**, who can assist them, until they are strong enough **to face inner demons** on their own.

My heart sings when a student's "stuff" surfaces. Then I know they are on their way to discovering how to bring a sense of **deep satisfaction and happiness into their lives**, in spite of the on-going trials and tribulations, we all face.

When, on the other hand, I see UNCONSCIOUS feelings of shame, fear or anger going unnoticed, I feel sad. Sometimes when a new student lays down in my Yoga class, I imagine them to be in deep crisis, as they look so vulnerable. Yet, when the class is over, they jump up, put on their power suit, look very powerful and run off to manage companies or teach at universities!

Conversely, some look very together, strong and peaceful and later I discover they are in a time of transition and are looking to Yoga to help re-define their life direction. This reminds me—it is our PRESENCE, **and all it stands for**, that is more important than the degrees that hang on our walls or the money that is stuffed into our wallets.

Arlene was a person who, although **highly** successful in her work, suffered **deeply** in personal relationships.

Arlene attended my Yoga classes for several months and then she'd disappear. After a while, she'd show up again. Yoga would unearth her deeper emotional states and she'd head back to her therapist. **With his help** she **PROCESSED these**

**feelings**—associated with the sexual abuse perpetrated on her by her father. **With my help**, she learned to FEEL and run Prana through her body and, eventually, **retrieve and process her emotions on her own**.

My husband, Bob Berger, a master psychotherapist, says, “**The movement is in the awareness.**” Once we are AWARE of what is hidden we SPONTANEOUSLY begin to heal. To keep emotions, images, associations and insights **anchored in our consciousness** until they are **integrated into our daily lives**, we can jot them down, draw pictures of them, act or dance them out. Also, talking to a trusted friend or a counselor **keeps new realizations alive until they are FULLY integrated into our daily lives**.

In any case, when trauma has places to hide, **it will**. In time, we often forget it is there. Therefore, creating a CONSCIOUS RELATIONSHIP with the negative aspects of ourselves such as, jealousies, insecurities and fears helps us root out the CAUSE of our problem and **usurp their power to rob us of our happiness**.

While presenting Yoga to **sexual abuse survivors**, my assistants and myself used Asana to **stretch into the pelvises of the participants**. Then, along with **breathing techniques and Toning**, we **encouraged them to FEEL into their open pelvises**. Soon the room was alive with moaning, groaning and screaming. Afterwards, the participants **looked more alive, and they felt more whole**.

Later in the Conference during the round table discussions, I noticed **trauma lurking in the bodies** of several high profile presenters. Although they **spoke eloquently about their past abuses and subsequent recoveries**, some **held tightly to their unconscious rage and depression**. It showed in the restrained movement of their bodies and in the dead stillness behind their eyes.

This made me sad because with SUFFICIENT EGO STRENGTH and proper

guidance they could **enter into their bodies, confront their repressed emotions, acknowledge and own their feelings and, eventually, FEEL Prana touching EVERY abused place.** Over time they would FEEL their bodies, as they used to feel, BEFORE THE ABUSE OCCURRED. Even though, they FORGOT what this forgotten body felt like, it was there, whole and innocent, waiting for them to embrace it once again.

I believe Prana is the Holy Spirit manifested in our bodies. Once Prana touches even the most horrible of abuses, **HEALING is assured.**

# Your Body Type

*“In the most basic sense we are our bodies, and more, that our bodies are an expression in microcosm of the creative organizing principle of the universe.” Stanley Keleman*

The way Prana moves through your body and **how it is experienced** depends on your specific BODY TYPE.

SENSITIVE BODIES are generally **thin with delicate bones** or they are **round-bodied with hyper-mobile joints**. In either case, **the muscles, joints and tissues of SENSITIVE people are more malleable**.

This causes **Prana to run easily** through SENSITIVE bodies, resulting in **extraordinary impressions, feelings and intuitive flashes**. To protect themselves from being **overwhelmed** by what they “pick up”, SENSITIVE PEOPLE **unconsciously** dampen their feelings.

**Round-bodied SENSITIVES** block their emotions by **UNCONSCIOUSLY padding their middles with extra weight**. They also **lock their knees and other joints**. **Thin SENSITIVES tighten their diaphragms, restricting their breathing** and, in most cases, **they too lock their joints**.

The extra padding, locked joints and constricted breathing **slow Prana down**. With **less Prana**, SENSITIVE people are **less vulnerable** to the **underlying emotions and psychic currents** in their environments. On the other hand, **armouring themselves** in these ways, also **interferes with their joyful moments**.

When SENSITIVE people **stabilize through their joints and build a strong core**, they FEEL grounded in their bodies. More centered within, they **CONSCIOUSLY** access insights and intuitive awareness—**without being affected by what is there**.



After all, the **purpose of Yoga** is to develop **sensitivity and intelligence in a GROUNDED body** so we KNOW more about our world and ourselves. With greater awareness, SENSITIVE individuals make better choices and live happier and more rewarding lives.

**Highly sensitive people** need to learn how to **access and MANAGE Prana**. Otherwise, like Janine, Prana runs wild.

Registered in the advanced Yoga class, tall and willowy Janine **trembled** and got **extra hot** with each Asana. (These symptoms also occurred in her daily life when she was excited or anxious.) Switching to the Introductory class, Janine **slowed Prana down by pulling back on her breath**. Also, **aligning her bones** balanced and strengthened the muscles around her joints, contributing to a **strong core**. More stable in her body and **CONSCIOUSLY managing Prana**, Janine turned into a GREAT counselor. Her innate **sensitivity** helped her **sense beneath the surface of her clients' presenting issues**. NOT affected by what she found there, the **DEPTH** of her insights supported the healing of her clients.

An example of a **round-bodied sensitive** is senior citizen, John.

John arrived at the Yoga class with locked knees and a tilted sacrum that propelled his round belly forward, compressing his lumbar spine. The perfect storm for lower back pain and old age! **Aligning John's bones and increasing the space in his ankle, knee and hip joints, lifted him up and out of his pelvis**. His legs and torso **lengthened** and he learned to NOT lock his joints. Feeling stronger and more stable in his body, he no longer needed to protect his vulnerability. His **belly fat diminished and his back pain vanished**. More **CONFIDENT** in himself, John became **COMFORTABLE** in defining new directions, and **DELIGHTED** in **NEW** beginnings.

Beautiful, EXTREMELY SENSITIVE Sylvia, **unconsciously**, used her **bright, intellectual** mind to stop Prana. Feeling Prana would only lead to childhood pain.

A master at living through her well-developed educated persona, **overly sensitive**, Sylvia cased a room to make sure she was emotionally safe. When she took up Yoga, she learned everything about it, **intellectually**. She had Yoga all figured out, in her MIND. However, when her deeply HELD core caved in under the onslaught of Prana, **Sylvia's persona crumbled into tears of childhood pain**. Today, as a wise elder, Sylvia's sensitivity guides her life. She **consciously** "sees without seeing," "hears without hearing" and "knows without knowing." Sylvia moved from PERSONA to AUTHENTICITY accompanied by a Yoga practice that guides her elderly years.

Now **Prana, NOT her mind**, guides Sylvia's Yoga practice, while Janine and John manage their Prana by **slowing down their breath, aligning their bones, increasing space in their joints and developing balanced muscular strength**.

However, those in SOLID, COMPACT BODIES **need just the opposite**. **Sensing Prana is difficult** for them to do so they **need MORE** stretching and MORE breathing with LESS emphasis on strengthening. Once SOLID, COMPACT BODIES are **softer and more flexible**, they, too, FEEL the tingling of **Prana**.

Then, since **Prana flows long after the class is over**, SOLID, COMPACT BODIES continue to relax and soften throughout their day. **Prana** also brings SOLID, COMPACT individuals in **touch with their feelings** and, as they become more sensitive, their **relationships are more authentic and satisfying**.

Many individuals **inherit** their SOLID, COMPACT BODIES. However, raised with **respect and caring** their sturdy structures **remain**, like a teddy bear, soft

and cuddly. But, if **emotionally or physically traumatized** muscles and tissues **tighten** and, as we have seen, the **internalized pain solidifies in their bodies**.

**Hard muscles are also a result of excessive weight training and conditioning programs.** Although all exercise is good, **addictive over-training is harmful for the body**. After overly athletic people, like Patrick, lay down their **emotional baggage**, the need to **push their bodies vanishes**.

I first saw Patrick lying on his Yoga mat with his eyes wide open. His tight jock body almost lifted off the floor. My first thought was, “He’ll never stay in this class.” I was wrong. Patrick came, year after year, and his **muscles got softer and more elongated**. When I first saw Patrick **sink into his Yoga mat with a soft smile** on his face, I knew he **was feeling the glimmerings of Prana**. Before Patrick came to Yoga, he was very up tight emotionally, which contributed to heart problems. He came after his heart bypass surgery. As Asana **STRETCHED** and **SOFTENED** his body he got more in touch with his **DEEPER FEELING STATES** and his life became **FULLER** and **RICHER**.

Then, there was Brittany whose tight defined muscles revealed a daily running and biking regime.

While her skin glowed, her **legs were dense, knotted and confined** under the burden of her regime. “If I could just stretch my legs, they would feel better,” she said. **After several years of Asana, Brittany’s legs were softer and more flexible**. Although she still biked for pleasure and sometimes went for a run, Brittany craved the **RELAXATION** that came from her Asana practice. Her face still glowed but it looked **less stressed, and more happy and childlike**.

Although we generally live in either **SENSITIVE** or **SOLID COMPACT**

**BODIES most of us are combinations of both. Therefore, particular areas of our bodies need loosening up, while others need to strengthen.**

By **understanding** our **particular body** we can address our **particular needs**. As these needs change, our Yoga practice shifts too. Adjusting Asanas to address distinctive needs creates a **balance** between **flexibility** and **strength**. It also decreases the necessity to “look” and “do” asana like someone else. Instead, we **develop our individual practice to meet our changing daily needs**.

**Stretching** tighter muscles and **strengthening** weaker areas, our bodies elongate and our muscles look graceful. This, in turn, creates space in our joints, **protecting us from injuries**. Also, our bodies become more graceful, balanced and aligned **as we age**. When I look at pictures of myself from years ago, I am amazed at how my body is now subtler and my legs are less bowed.

Whether we live in mainly a SENSITIVE or a SOLID, COMPACT body, when we align our bones, space is created in our joints and Prana flows, ushering us towards AUTHENTICITY and WHOLENESS.

## **Principle – Know Your Body Type**

***DO IT! Body Review:*** *Stand in front of a full-length mirror and gaze at your body. Decide if your body is generally loose jointed and sensitive or compact and dense. Also, become aware of the areas that need more strengthening and those that need to soften.*

1. Notice where you carry your Body Armour—these areas will be compacted and tight.
2. Become aware of your particular body misalignments and how you can correct them.
3. Read below and adjust your Asana practice to reflect the needs of your particular body.

## Principle – Build Strength, Without Body Armour

**DO IT! Wall Pushups:** *Builds inner strength with outer softness. Great for all body types but a **must** for sensitive bodies. Strengthens deep muscles, while the more surface muscles stay smooth, elongated and graceful.*

1. **Stand facing the wall.** Place your **hands on the wall at shoulder height** with your **fingers pointing upwards** and your **elbows touching the sides of your body.**
2. Adjust your **body to a straight, neutral position** so you can easily push back and forth. **Exhale** as you **push away from the wall.** Practice until you reach your **EDGE.** *Elbows brush the sides of your body.*
3. **After your strength builds move to the floor.** In a **kneeling position**, with your **elbows touching the sides of your body**, push yourself up and down from the floor. *Exhale as you push up.*
4. **PAUSE, HOLD and MOVE** until you reach your **EDGE.** *If there is too much Prana pull back on your breath flow.*

**6. WALL PUSHUPS** [Click here for a short video of this technique.](#)

## Principle – Align Bones to Balance Your Joints and Muscles

**DO IT! The Tree (Vrksasana):** *Aligns bones to create space in ankle, knee and hip joints. Good for all body types but **ESPECIALLY** sensitive people with hyper-mobile joints. It teaches them how to align their joints.*

1. **Stand close to a wall** with your feet flat on the floor. Place **ONLY your right foot on a Yoga block**. *Rub your hand along the bulge on the right side of your hip where your bone (greater trochanter) bulges out. This indicates compression in your hip joint. Use your other hand on the wall for balance.*
2. [Click here](#) to see how to place your feet. **10. HEALING FEET**  
*Working this way alleviates foot problems such as plantar fasclitis and bunions by creating arches and space in ankle, knee and hip joints.*
3. **Lift your left heel up off the floor and stand on your left toes.**  
This movement lifts you up and out of your right hip socket. Notice **the bulge on the right side of your hip is GREATLY reduced.**  
*Keep your knees pointed straight ahead and do NOT lock them. Imagine you have balloons in your knees and blow up these imaginary balloons from the inside out. Be sure the "balloons" are round.*
4. *Repeat #3 several times, until you feel yourself **lifting out of your right ankle, knee and hip joints.***
5. Then come off the block and **stand directly on the floor. Lift up your left foot and rest it on the inside of your right leg** in a comfortable position. *If this is too difficult, rest your foot on the inside of your left ankle. Use the movement you learned on the block to lift up and out of your hip joint.*
6. PAUSE, HOLD and MOVE until you reach your EDGE.
7. Bring your foot down, flat on the floor. *Feel the side of your hip. It is noticeably smoother. And, your hips are narrower!*

**7. FOOT ON BLOCK** [Click here for a short video of this technique.](#)

## Principle – Compact Bodies Need to Stretch

**DO IT! Easy Straight Leg Stretch for Compact, Tight Bodies.** *Compact bodies need to stretch, stretch, and stretch. Great way to stretch for those with **lower back problems**. Can be done with **no extra time** by lying down with your legs up the wall, **while you read a book!***

1. Sit sideways to the wall with legs extended in front of you. Rotate your pelvis towards the wall as you bring both legs up the wall with your back resting on the floor. *Keep both sides of the **buttocks on the floor**. If your legs are tight, move your pelvis away from the wall so it rests **COMPLETELY** on the floor.*
2. With straight **legs** and your **knees in alignment with your feet**, rest the centre of your heels on the wall. *Your **feet** are pointing **straight forward away from the wall**. Your pelvis rests **fully** on the floor. Do **NOT** lift your tailbone off the floor.*
3. **PAUSE, HOLD and BREATHE.** *Close your eye and rest or read your book.*
4. **MOVE** by shifting your pelvis towards the wall with tiny movements. ***Pelvis stays on the floor.***
5. Repeat until you reach your **EDGE**. *Overtime your sitting bones will touch the wall, **while your pelvis remains on the floor.***

**9. EASY STRAIGHT LEG STRETCH** [Click here for a short video of this technique.](#)

Once your sitting bones touch the wall go to: **4. STRAIGHT LEG STRETCH**  
[Click here](#)

**DO IT! Cobbler (Baddha Konasana)** *Ideal for compact bodies and for those with tight hip joints. The hip joints **hide** our secret emotional blockages, usually related to sexuality, toilet training, birthing trauma and chronic mother/father issues. Therefore, **Cobbler, if done with aligned bones, gives GREATEST relaxation.** Also is essential for practicing Standing Asanas.*

1. After the EASY STRAIGHT LEG STRETCH bring the soles of your feet together on the wall. **Press your lower back into the floor** by pressing the edges of your feet into the wall.
2. Extend your **knees out towards the opposite sides of the room** by pressing outwards with your hands. *Do NOT press towards the wall. This compresses the hip joints. Move your knees towards the opposite sides of the room. This creates space in your hip joints. . Keep your lower back on the floor.*
3. **Breathe deeply.** PAUSE, HOLD and MOVE with small movements until you reach your very best EDGE.
4. Bring your knees back together on an exhalation. With knees together, **push both feet into the wall** to press your lower back firmly into the floor.
5. **Breathe deeply and sense the warmth and tingling of Prana.** Once you sense Prana, make more by focusing on increasing the warmth and/or the tingling.

**9. COBBLER** [Click here for a short video of this technique.](#)

*FOR EXCESSIVELY TIGHT HIP JOINTS Lie on your back (I like to do this on my bed!) with the soles of your feet together. Pile cushions under both thighs. Stay for **at least 15 minutes.** Close your eyes and focus on your breath or read your favorite book. Before coming out, move the cushions away and notice how **more***



*open your hips are, without any stress. Tight hip joints hold deep stress and set us up for injuries.*

## ***EPILOGUE***

*Yoga plunges you into the depths of your being. The healing wand of Prana opens your wounds. Deep insights and intuitive awareness inform you of what has and is, shaping your life—guiding you towards your true self. Promise and excitement fill your heart.*

*Along the way Asana lengthens, strengthens and balances your body; opening your mind and releasing your emotions—initiating you into the Principles of Yoga through direct experience.*

*Experiencing for your self what Yoga is meant to do and why, you understand and gain insight into the various forms of Yoga. This sets your heart free to uncover who you truly are. The power of Yoga rests in your hands.*

*Your practice, shaped by the Principles of Yoga, according to your individual needs, uncovers your authentic self.*

[To leave a Comment Click here](#)

## **THANK YOU**

*I would like to thank my main teachers: Jack Schwarz, Rama Jyoti Vernon, Eleanor Leatham and Dr. David Teplitz.*

*Each one of them introduced me to different aspects of Yoga. However, the main thrust of their teachings was the same. By teaching me to trust in my own feelings, intuition and inspirational guidance they helped me to acknowledge and look at all aspects of myself—the good, the bad and the ugly.*

*Each, in their particular way, placed me firmly on my own two feet, which led me to my true self. For this I am eternally grateful.*

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*To the many students who graced me with their presence in my classes, I bow to each of you in warmth and love for teaching me the beauty of Yoga and for showing me the depth of the human spirit.*

**YOGA FICTION**

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**eBook 3.**

**Your Dazzling Diamond Body  
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**eBook 4.**

**You Are This ETERNAL Moment  
Everything Else is Constantly Changing**

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