



Experienced
Registered Yoga Teacher

Heaven



on Earth

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Yoga

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Newsletter

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Yoga

Y You

O Owe your Self

G Generous

A Attention

Why do you do yoga?

Most people start doing yoga when they have a problem. It can be anything, physical, emotional or mental. They feel stressed, they heard that Yoga is good for them and/or maybe even their Doctor advised them to start doing yoga.

Whatever brought you to yoga, good for you and thank you for trying. Now that you have tried it, do you stick with it? Are you totally committed to helping your body/mind to be the best "YOU" you can be? Do you take regular classes, 1-2 times a week, or do you choose to take a class once in a while when you feel you need a "fix"?

When the latter is the case, you may find other situations in your life that are getting that same attention. The important part is, when you want to change a pattern, you have to commit to stick with it regularly at least for a few weeks. The long standing students remember that I had an expiration time for the class passes. This was why. Committing oneself to 5 classes, at least once a week. After that your body will know: 1) stick with it forever or, 2) This was a nice try, but it is not for me. That is it.

Everyone has obstacles in their life, that is called "being human" welcome to the human race. We do have a choice how to deal with it.

Have you noticed the thoughts that are floating around in your head? A regular person has 65,000 thoughts per day. If you look/observe these thoughts, how many are positive, how many are useful, and how many are negative? How many are new and creative thoughts and how many are repetitive depressing thoughts? Which ones would you like to choose?

The goal of your Yoga practice is to slow down the thought process. This will make you more aware of the thoughts that are floating in your mind. Only when you become aware of the thoughts are you able to change something. In Yoga, you are invited to become aware of your breath. By following the breath and slowing down your breath you are invited to slow down the activity in the mind. You bring your awareness into the body. As soon as you bring your awareness into the body, the mind slows down on its own. It is like discovering a scenery you never noticed before. Just observing without judging. It can become a nectar for the soul.

It is interesting to hear the response from people after class: "I feel so good"; "I am so glad I came."; "I did not wanted to get out of bed, but I am so happy I did."; "When is your next class?"; "You should have a class every day, so I can come every day." It is that moment after class when you really want to remember how the body and mind feels. The next step for you is to observe how long that feeling stays with you after class.

Maybe it is 1 hour, maybe a day. When you are lucky, 2 days, and then you go back into your old repetitive behavior while your body is tightening again, and you forget all about how yoga made you feel. And then you start all over again. This can happen especially when you skip one week and then another week until you really need another fix. You are the only one in charge who can make a difference.

If you want to make a difference in the world, you start with yourself. The more wholeness and truthfulness we bring to our existence, the more we can change the world around us. Why don't we commit more to yoga and find the truth about why we are here on the planet and how we can serve humanity best?

When yoga is a little difficult, we often find resistance in the body and mind. We might feel some irritation or frustration in a pose. That is the part where the pose becomes your teacher. Try to see/hear what the pose is trying to teach you. Can you be in the pose with ease even

when it is challenging? Soften your body and your opinion about it, and focus on the breath.

Each part of the pose is important. When you listen to the instructions, allow yourself to follow each step without thinking how the pose is supposed to look. Hear the words, follow them and move the body, without thinking much about it.

When the pose is demonstrated and it seems "a lot", simply let go of the picture. Then apply what you hear in the instructions to your body. And all of a sudden you are in a pose you thought you couldn't do. The body is quite very interesting to work with. It is the mind that usually stands in the way.

Wishing you a wonderful summer.

Namaste

Marianne



Look into your own heart.

Finding fault with others is never justified.

What you judge or try to fix in others reflects your own unworthiness.

Don't project your unworthiness.

Look at it and find its roots.

Every attempt to fix others is an attack and every attack stems from a wound that you need to heal.

Stop trying to heal others from the wound you perceive in them.

Others are never the issue because your pain is not outside of you.

It is within your own heart.

Let others off the hook.

Use the trigger to look into your own heart and to feel where the pain begins.

– Paul Ferrini