

Happy Memorial Weekend



Dear Yogis.

Isn't it wonderful that we have a practice to go to, that can help us to stay healthy, balanced, keep us centered and gives us a positive outlook on life? The best is that it gets better and better and easier to stay in that place, the more you practice. My first teacher's, Rama, (now Swami Nirmalananda) saying, "Do more Yoga" still echoes very often in my head. And she is right, it sure paid off. (I would change that to "practice more yoga" while we try to "undo" and allowing ourselves to simply more "be".

Is it easy???? No..... you have to work for it. Of course! To be the best version of your self at any given day, takes courage, commitment and dedication. (I also think/know that this is working the same way if you like to be successful in life whatever you choose to do to support yourself)

When you practice yoga once or twice a month, it is not given you the results you would like. It needs more commitment. Especially when we struggle physically or mentally. Everyone face challenges in life. That is the way life is. Yoga can help us to move through these obstacles a little easier. When we understand that situations and events are not happening TO us, but FOR us. We can take responsibility, learn from the situation or event and move on. As long as we resist them, they keep coming to us. What we resist will persist.

Thank goodness for yoga.

Every time you do yoga, you are invited to travel inward and connect with Self, you get to that “healing place” a “sacred place”.

When you once have experienced that quietness, that vastness, a feeling that everything is all right the way it is..... you cannot help yourself but want to gift your self more and more of this “good stuff”. This is something we cannot find words for, you have to experience it yourself to get to "know" it. You get answers to whatever it is you need to know. All the wisdom we need is already within.

Alcohol cannot give that to you, drugs cannot not give that to you, sex also cannot give it to you. These avenues can give you a short lived feeling of happiness. Connecting with your higher Source, your true Self is the best there is, this happiness is yours which no one can take away from you. It is always there, we only have to connect.

When you are constantly connecting with the "Source". You cannot be manipulated easy anymore, you love, simply for the sake of love. Your Happiness is not depending on anything outside of you. Not a person or an event. You are able to live life as it is, with all the "good" and also the "bad". The "lows" are easier to move through and the "highs" are a nice bonus.

You can start to make choices that benefits you, YOU are the most important person in your life. From there you create your life and attract the people and situations that you need. Each person you come in contact with at any given time, create always an exchange of giving and receiving. It can be fun, it can be interesting or sometimes sad or challenging. Be open to everything that is presented at that time. Life becomes very interesting, full of surprises.

When I need to engage with people outside of the yoga community, I take it as a test. How can I move through this as easy as possible. (going outside of the box) I try to be present all the time. Engage with whatever is in front of me and when the time comes that I "don't like my own company anymore" it is time for me to leave.

Accepting that people have different interest and have conversations that are different I try to be open minded. It is all good, it shows where people are in their lives. I don't need to judge them. I simply do what I need to do.

So yes, then I make the choice of leaving and go home to take care of myself, I don't feel bad anymore. I can do a few poses and meditate to settle my mind. I then check in how I did and how I feel. Did I pass my test? At this point we don't have to please everyone, important is to stay true to Self. That is why we do yoga practice, when we experience the openness that our practice gives us, we want to feel that way all the time. The promise is: the more you practice, the longer you can stay there and you can bring it with you where ever you go, and what ever you do.

Contemplations:

Commitment is a promise made, not just outwardly but inwardly. It is the decision to keep showing up-even when the path is no longer exciting, when doubt creep in, or when results are slow to arrive. It is not a one-time declaration but a constant, quiet reaffirmation: I am the best I can be, at any given time at any stage of my life.

Dedication, is the matter in which commitment takes form. It's the attention to detail, the willingness to do the hard, unglamorous work, and the patience to build something worthwhile over time. Dedication is not driven

by external validation; rather, it is sustained by a sense of purpose and integrity.

To be truly committed and deeply dedicated is to invest in something beyond oneself - a cause, a person, a craft. And in doing so we not only shape the world around us, we also shape ourselves. The real award isn't just what we accomplish, but who we become in the process.

More Yoga Nidra session coming up.

New dates for Free Yoga Nidra sessions.

June 15, July 13 and August 10 at 9:00 a.m. CST You can order your link through [the website](#), but I also will send a link out before each session.

"Make this world a better place by being the best yourself and let your light shine to others, to lift them up".

Namaste.

Marianne