

# September 2025



Dear Yogi's

You can feel that Fall is in the air. It feels good to have the cooler nights, and fun to see the shadows getting longer again. The sun is moving away from us here in the northern part of the world. Our friends in Australia move into springtime. We are moving into shorter days and on the other side of the globe their days are getting longer. And you know, when we come together in class, everyone is simply present. No matter in what time frame we are in or even living in another day, it always is the present moment as we get together. When you let that all sink into you, it is quite a special feeling, there is a sacredness to it. Amazing that this is all possible. Have we ever thought about this possibility just a few years ago?

Many years ago I met Gail Minoque. Gail is the author of “Devine Design” and is specialized in numerology. Gail told me in that time that I would be/doing something on video/film, being in front of a camera?????

Just the thought about that made me nervous. And look what has happened after Covid, everyone is on video. There is nothing special about that at all. It is a different way of communicating. Interesting how things unfold in life, and how they happen. I believe more and more, that things come to you at the right time when you need it. Living in “sink” and in the present moment. Accepting what is and acting to that what is in front of you. Being open to it all. And do what needs to be done. Life becomes such a mystery and very exciting. The more you are connected with the higher source within, answers will come to you.

When you are in conversation with someone simply listening to what is said, waiting for a moment before we react. What kind of emotion is going with the words? Even when I don’t understand what someone is saying, can my answer be nice or is it harsh. When I don’t understand what is said I can simply ask for an explanation?

What I have learned over the years is, what I experience now, is a reflexion of what I have done in the past. When it is easy and happy, that is nice. But when it is challenging, I have to go a little deeper and see where I have may done the same to others. Whatever we say or do is coming back to you. We may want to be careful with what we put out there.

Especially in the time we are in right now with so much hatred and power over others, showed everywhere. We as yogis can show more understanding, compassion and love to anyone we meet. In the grocery store, postal office, on the street. There are constant opportunities to

practice your yoga skills. Take your teachings of the mat/blankets and into the world. Making the world a better place.

Edgar Tolle talks about a “New World”, Pam Gregory (Astrologist) talks about the world changing in a way, we cannot even imagine yet. It will be so much better. We as yogis have to carry the light forward and through our continue practice making this light/energy stronger and brighter. Imagine the light of a candle becoming a torch lighting the whole sky in your city.....,country.....the world. Let's do it.

Namaste.

Marianne

**The next Free yoga Nidra sessions are:**

Sunday September 7 at 9:00 a.m. Chicago time

Sunday October 5 at 9:00 a.m.

Sunday November 9 at 9:00 a.m.

Sunday December 14 at 9:00 a.m.

Some of you have asked when the next 2 hour workshop will be. Here it is.

**Next 2 hour workshop is Wednesday October 8 at 9:00 a.m.**

Moving all the muscles and joints.

Booking is available through the website. All levels are welcome.

I am looking forward to see you soon.

Contemplations:

Surrender does not mean inaction. Surrender is action done on the Divine plane.....

Papa Ramdas

When water surrenders to the flow of the river it reaches the ocean, so also  
must we surrender in order to reach our source.....

Anonymous