

# October 2025



**Dear Yogis.**

We are in the 10th month of the calendar year. New beginnings, everything we have accumulated this year so far on knowledge, friends, and things, we can look at and sort out what we can use for our own evolution, or what we may can let go of. We may lost a friend along the way, we may have “found” some new friends or reconnected with some we have not talked to for a while. There maybe things we have liked at some point and our tastes

have changed and we want to clear things out or replace it with something else.

A student recently mentioned in class that she cleaned out (minimalized) her whole house. Gave away things she no longer wanted, brought it to goodwill and throw out what was no longer needed. She shared how “clean” she felt. It has inspired some others to look at their own surroundings and start cleaning out “stuff”.

Spring and Fall time is such a good time of doing that. The season changes and so we are changing. It is good to get a look at your diet and do some liver cleanse. At the same time you can look at your home again and see what you really want to use or love and let go of the things you don't need and which has served its time with you. (Put your home on a diet as well)

I can only speak from my own experiences and having moved internationally twice in little over 2 years, I sure have cleaned out a lot. And before I get something back into the house, I think twice about it. Do I really need it, do I love it, can't I live without it? It is really nice to know that we can make choices, to fill the house with “stuff” or have space in between things. So you can breathe and feel the calmness in your surroundings.

Years ago you it was Feng Shui that people talked about used. The art of placement. Then came Marie Kondo with “The life changing magic of tidying up”. Now you hear about “The minimalist” (Joshua Fields Millburn & Ryan Nicodemus) Simply saying: Less is more.

To clean out things doesn't only does your surroundings good, but also has an effect on the mind. By simply starting to clean a closet or drawer, can

make such a big difference. What you have not worn in a year or more or do don't like it anymore, you most likely can let go of it, give it to someone, sell it or throw it away. Goodwill is a great source to bring things and others may be happy with it.

You become more aware of what really is needed in life. We live in a time that is shouting at us with advertisement and all the things you really NEED to have, to be "happy". Do we really? Too much stuff drags you down. It's like overeating at a Thanksgiving meal. You just don't feel good.

When I have looked back sometimes, it is really laughable what we think what is important. Too much stuff also makes you feel heavy, carrying all that stuff with you energetically. When you understand that everything is energy, look at something for a while and notice how it makes you feel? Does it make you happy? Do you love it? Does it make you smile? Or, does it remind you of an unpleasant event/person. Does it make you sad. Energy that weighs you down, you don't really need. Also a good reminder is that everything needs care, washing cleaning dusting whatever the case may be.

The most important in this life is: that we get to know who we really are, the Spirit within. Yoga teaches us: we are not the body and we are not the mind. We are the ONE that has a body and a mind.

How can we best serve world. Live accordingly to the laws of the universe. Yoga is such a big part of it all, not just doing the poses once a week, but constantly being connected with all of life that surrounds us. Life becomes rich and so fulfilling. Simply remember how you feel after a yoga class, observe yourself and see how long it stays with you. Each time you take a

class, you can connect again and again with your true Self. The more you give yourself that opportunity, the longer it will stay with you. Until you can stay calm inside no matter what happens 24/7

That is amazing.

Any situation that happens in life you can see as a test and move through it as calm as possible. I test myself to go out in the world, even just by a simple task like, grocery shopping, constant noticing what I become aware of when I connect with others, how I react, can I stay friendly, can I be kind even when I may get a negative reaction? So many lessons to learn, not reacting to much but engaging in the moment.

Sometimes making a comment to the person that works there how nice everything looks, and that it is a joy buying in their store. It doesn't cost anything to be nice and you may make someone's day a little better. Making the world a better place really starts within, not waiting for the other person to make it better for you. When we feel strong and calm inside you become a magnet to likeminded people and you make new friends that are helping you in your spiritual and personal growth.

Growing older and wiser, not just adding years to your life.  
Constant working on being the best version of yourself at any moment and at any age.

**Do more yoga.**

Namaste

Marianne

### **Contemplations:**

Yoga teaches us Aparigraha- non-grasping

"When we declutter our outer world we practice letting go of grasping inside as well."

"To choose less is not to live in emptiness, but to live in fullness-free of excess weight."

"Decluttering is sacred work. Each item released, each thought set down, each attachment loosened, becomes an offering.

We return again and again to the essence: What is true, what is needed, what endures."

"Less becomes more - more lightness, more presence, more connection with Self."

### **Reminders:**

Sunday October 5: Free yoga Nidra at 9:00 a.m. CT.

Wednesday October 8: 2 hour workshop on line 9:00-11:00 a.m. CT