

*Changing the World  
One Mind at a Time*

# CONSCIOUS LIVING

Yogatsu Institute for Conscious Living and Healing Studies

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- Meditation Practice
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- Scheduled Events:  
-Yoga: Resuming  
Jan.15<sup>th</sup> 6:30-7:30 P.M.  
-Introduction to  
Meditation: Beginning  
date to be announced

At: Chiropractic Healing  
Center

Call for more information

(702) 215-2090

or

(702) 504-5602



*“That the yielding conquers the resistance and the soft conquers the hard is a fact known to all men, yet utilized by none.”*

-Loa Tsu

## Emulating the Willow

We can learn a lot from the Willow Tree. When the wind blows hard it does not crack or break. And though it knows it is different, it doesn't *feel* different. The Willow nobly accepts what it is and goes about its business without comparison or judgment. Thus, it has a grace, beauty, and resiliency that can yield to the various rhythms of the wind and the moods of nature.

How, then, can we live like a Willow without being seen as a wimp in our rigid, unrelenting, and competitive society? The idea of graciously yielding with quiet strength in the face of challenging circumstances may seem counterintuitive to many, yet this is exactly what the Willow demonstrates and teaches. The Willow does not resent its environment, nor does it insist on changing what cannot be changed. It simply does its best in all situations. And the reward for its inherent suppleness in the face of adversity? A life lived with little damage.

With the image of the flexible Willow deeply rooted in our consciousness, we not only survive the storms of life with little damage, we *thrive* because we know we can tap into our own inherent traits of mental suppleness, and emotional resiliency when the winds of life blow strong and hard.

## Meditation Practice

- Find a comfortable sitting position, and begin slow relaxed breathing. Repeat a mantra (sacred word, or short uplifting phrase) if you like, and bring your breath and body into a very calm, restful state. Keep your eyes softly closed.
- Imagine you have become one with the willow and for a few moments give yourself the joy of being a strong, beautiful, and flexible. See yourself as the most feminine of trees. Feel your roots firmly planted in the rich, dark earth. Soak in the sense of the willow, absorbing its relaxed nature.
- Embrace the wisdom you've acquired thus far in life, and experience your ability to observe the world without reacting to it. Feel how empowering it is to live like this, always knowing when to stand strong and when to bend with the changing environment.
- Now, sense your durability and steadiness, knowing exactly what to do—stand strong or bend—regarding a troubling situation. See yourself with no doubts, resolving to do your best, and then see yourself acting out your insight and wisdom.
- When ready, bring your attention back to your breathing, and slowly open your eyes.
- Journal what you have experienced, and refer back to this meditation when you feel rigid or defensive about a situation that you perceive as threatening or challenging. Namaste.

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## In-tu-it Yoga™ Therapy

The following three asanas (postures and stretches) emulate the power and flexibility of the Willow Tree. Visualize the willow in your mind as you move into these asanas.

*\*Always use the breath to move in and out of asanas.*



*\*Mountain Pose grounds and stabilizes awareness of each new moment with power and majesty.*

### Mountain Pose

- Stand with feet together, big toes touching.
- Keep knees soft, and thigh muscles strong so that knee caps are slightly lifted. (Avoid locking knees back.)
- Gently tuck tailbone under, and lift ribcage upward toward head. Drop shoulders down away from ears.



*\*Chair Pose builds concentration, balance, and strength--teaching steadiness during challenging times.*

### Chair Pose

- Begin in Mountain Pose. On an inhalation, raise arms overhead.
- On exhalation, bend knees and line knees up with front of toes.
- Keep heels planted on the floor. Continue lifting chest without overarching lower back. Hold for 3 full breaths.
- On inhalation come back up to standing, concentrating on using front thigh muscles.



*\*Standing Nose to Knee teaches mental focus, balance within mind and emotions, strengthens tenacity and purpose, and stability.*

### Standing Nose to Knee

- Begin in Mountain Pose. Separate feet 3 ½-4 feet. Clasp hands behind back. On inhalation lift chest while keeping neck relaxed.
- Turn left leg and foot about 60° in and right leg 90° out, revolving hips and trunk to the right so that entire body faces forward.
- Keep legs strong, especially the back leg and foot.
- With an exhalation, extend the trunk forward and then down over the right leg. Maintain extension of chest out over leg. Keep the back as flat as possible.
- Continue moving shoulder blades back toward spine. Relax neck and head.
- On inhalation come back up, using back leg and foot as base of power. Keep chest extending forward as you come up.