



Nowhere are the subtleties of honest, open, direct, and careful communication more apparent, and crucial, than difficult relationships.

- Alice Percy Strauss

RELATIONSHIPS ARE ESSENTIAL – PART 2

In last month's newsletter, we looked at how important healthy, loving, and caring relationships are to overall good health and well-being. In this month's newsletter, I am sharing some thoughts about the value of *difficult relationships* and how they help us evolve and grow.

Difficult, unavoidable relationships — like an insensitive manager at work, a cranky neighbor, or an uncompromising family member — provide perfect opportunities for us to become more self-aware. Every problematic relationship we have is indicative of what we're afraid of. Whether we're conscious of those fears or not, they arise every single time a person says or does something that disturbs the tranquility in our lives. Immediately we want to run away, defend, or completely ignore the relationship tension. These avoidance activities simply blind us to what a relationship is attempting to show us. For instance, if we fear confrontation, we are blind to the freedom that truth brings. If we fear intimacy, we are blind to the comfort and caring of emotional connection. If we fear change, we are blind to the creative and exciting mystery of the unknown. If we fear saying "no", we are blind to our own needs, power and courage.

Closing our eyes to what we're afraid of is a common human trait, yet not how we're *supposed* to be dealing with our fears if we want to stop being tortured and imprisoned by them. This requires dedication and discipline. However, the personal insights gained through troubling relationships help us identify internal conflicts. Taking a moment to ask what the disturbing relationship is about, what fears we're supposed to be identifying because of it, and earnestly listening for the answers that arise from asking, we realize the insights they offer, even if reluctantly.

RELATIONSHIPS MEDITATION

- With each exhalation relax your body, releasing tension from your body. Breathe easily, and rest softly.
- When breathing is gentle and rhythmic, bring your attention to the relationship that disturbs you. Move deeply into your body and sense what feels so frightening. Now, ask yourself if the fear is real or is it simply your defense mechanism?
- Continue breathing gently as you relax your mind, body, and spirit with gentleness and ask yourself what you can do to keep yourself safe, yet earnestly growing within this relationship. Note how your fear has kept you from moving into the personal "gifts" offered via the relationship. Feel your spiritual eyes opening. Namaste.

Give gratitude for those you find easy to love. Similarly, give gratitude for those you find challenging and difficult to love because they need love too. Namaste.

IN THIS ISSUE by Alice Percy Strauss

- RELATIONSHIPS ARE ESSENTIAL – PART 2
- RELATIONSHIPS MEDITATION
- IN-TU-IT™ YOGA THERAPY

UPCOMING WEEKEND WORKSHOP

LA JOLLA, CA
SEPTEMBER 27-28
CONSCIOUS ENERGY
PSYCHOLOGY
WORKSHOP

Instructor: Alice Percy Strauss

FOR MORE INFORMATION
OR TO REGISTER:
www.yogatsuinstitute.com



IN-TU-IT™ YOGA THERAPY

Always breathe smoothly and fluidly while moving in and out of asanas - inhaling as you prepare to move into the asana, exhaling as you move into the deepest part of the stretch.

WIDE LEGGED FORWARD BEND



- Opens and renews energy to the Heart, Solar Plexus, Sacral, and Root chakras
- Expands acceptance of self and others
- Stabilizes self-awareness, safety, authentic compassion and healthy relationships

STANDING NOSE TO KNEE



- Energizes and renews all seven chakras
- Strengthens understanding of purpose with varied occurrences and challenges of daily life
- Creates allows newer, greater perspectives

SEATED SPINAL TWIST



- Rests the Heart chakra and energizes Solar Plexus chakra
- Softens mental and emotional tension
- Helps identify and deepen personal truth

CLASSES

- **THERAPEUTIC YOGA**
Tuesdays 6PM – 7PM
- **CONSCIOUS MEDITATION**
Thursdays 6PM – 7PM
(every two weeks)
held at:
Chiropractic Healing Center

COUNSELING

- **CONSCIOUS LIFE STRATEGIES**
Individual and family counseling either in person or via skype

TO REGISTER FOR A CLASS OR SCHEDULE AN APPOINTMENT:
702-504-5602

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Authentic Compassion by susan stern

YOGATSU® WISDOM WORD OF THE MONTH

FEAR
apprehensive,
afraid,
intimidated

• Fear is a protective emotion. Most modern fears are psychological rather than physical

• When we are emotionally fearful, we self-doubt