

*Changing the World  
One Mind at a Time*

# CONSCIOUS LIVING

Yogatsu Institute for Conscious Living and Healing Studies

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- December's Insight:  
*Asking for Help*
- Meditation Practice
- Therapeutic Yoga Practice

## Events

Therapeutic Yoga Classes  
-Mon. 5:30-6:30

Meditation Classes beginning  
in January.

At:

Chiropractic Healing Center  
7250 Peak Dr. Ste. 106  
Las Vegas, Nv. 89128  
(702) 215-2090

*"Perhaps the shortest and most powerful prayer in the human language is help.*

*-Father Thomas Keating*

## Asking for Help

The first thing we must do when we need help is *admit* it. Once we've taken ownership of the *need* for assistance the next two steps are easier, though some may disagree. The second and third steps require that we seek out those who can help, and then accept that help graciously and gratefully.

Refusing help has its own set of consequences. The most important consequence is that something inside that we cannot see hardens. This constant hardening builds, expands, and takes up space, eventually damaging the spirit. With deep gouges and wounds a slow leak begins to deplete the spirit of some very valuable human expressions: trust, emotional intimacy, grace, altruism, humility, compassion, and gratitude. To avoid this we must replace stoic pride with graceful acceptance, and when this exchange has taken place, immediately the hardness inside begins to soften. At this point we can breathe a sigh of relief knowing that we don't have to struggle alone.

## Meditation

Father Thomas Keating said that the shortest prayer there is in the human language is "help. Here's a meditation practice that can make asking for help easier.

- Breathe normally and gently while bringing your attention to where you are holding tension. On your next exhalation tell those parts to let go of the tightness, and rest.
- As your body softens, allow your guard to soften. Each time you exhale let go of the protective stance you've held over a particular issue or situation, and allow your pores to open more fully to the natural human tendency to gather together to assist and support each other.
- With each inhalation, let the air of calm arise in your mind and body.
- With each exhalation allow fear, pride, and resentment to flow out of your mind, and feel your body soften into a sense of trust and grace.
- Be gentle and kind to yourself as you allow this new experience into your life and body.
- Smile at your heart, knowing that there is no shame in seeking assistance until you can once again stand on your own.
- Feel yourself getting stronger and less frightened as you envision receiving from others.
- Experience gratitude welling up inside for the assistance you see yourself receiving.
- As you take your next inhalation feel renewed energy and strength. As you exhale feel your heart soften into humility and gratitude.
- Continue your meditation for a minimum of 10 minutes. Namaste.

## Contact Information

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## Therapeutic Yoga

### Bridge Pose

Bridge pose is terrific booster for courage. Practice it whenever you feel intimidated, unwilling, stubborn, or fearful.



- Begin resting on your back, with arms down at your sides, knees bent, feet flat on the floor hip width apart, and heels as close to the buttocks as possible.
- On an inhalation, press feet into floor, and raise pelvis toward ceiling, with neck soft and flat on floor.
- Keep your shoulders moving into toward the spine, and down away from your ears, keeping body weight on shoulders and arms. Gently tuck chin without constricting breathing.
- Remain for 3-4 breaths, then on exhale, come down. Rest.

### Closed Leaf

Closed leaf pose is a good way to come out of any arched back position, bringing spine back to normal. Good for resting the mind and body, helps with sleep, and creates a sense of humility and grace.



- Begin by sitting on heels. On exhalation, lower upper body and head down to floor.
- If knees or back are tight, place some books on floor and allow forehead to rest there. Hold for 5-6 easy breaths, and then on inhalation, slowly raise body and head back up to sitting position.
- Place folded towel under ankles if this pose feels uncomfortable.
- Remain for 5-6 easy, breaths. Remember to come up slowly to avoid dizziness.

*Happy Holidays.*

*As the end of 2012 makes way for 2013,*

*May each of you experience peace and harmony,*

*May your present suffering come to an end,*

*May you embrace the essence of true love and happiness that comes from within.*

*Namaste*