



Being deeply loved by someone gives you strength, while loving someone deeply gives you courage...

- Lao Tzu

SPIRITUAL LOVE

The most interesting thing about relationships is that we need them to grow spiritually. When we've been hurt by someone, we want to hold a grudge, retaliate with anger, and return the pain. However, there are two sides to the personality. One side lives unconsciously, feels habitually threatened and frightened, and wants nothing more than to feel powerful and strong to avoid feeling weak and vulnerable. This is the part of the personality that addictively clings to familiar, ancient, and disruptive emotions that prevent us from absorbing our own infinite love; thus forcing us to seek it from others.

The second side of the personality is fully conscious, and experiences love in a sacred way. It knows the value of self-acceptance, and the awe of life and relationships. It is this side of the personality that loves other people, sincerely interested in their lives, wants what is best for them, rejoices in their successes, and is empathetic to their deepest pain and frustrations. While not allowing any form of abuse, it is tolerant and accepting, forgiving and compassionate, loving and loyal.

By becoming acutely aware and conscious, we strengthen our mind's ability to rise above the primitive, self-esteem lacking personality. Each time we make the choice *not* to act from that frightened side, we liberate our imprisoned authentic power. When we love consciously, we create relationships that are fluid and resilient. When this happens jealousy, resentment, inferiority, superiority, and anger dissolves, and we realize how vital relationships are to the evolution of spirit.

SPIRITUAL LOVE MEDITATION

- With each exhalation relax your body, releasing tension where you feel tight or contracted.
- When relaxed and breathing is gentle, bring your attention to a relationship, past or present, that feels difficult or painful. Imagine a sacred, universal light creating space between this particular relationship and your emotions. Visualize this person and repeat:
 - May you be happy*
 - May you be healthy*
 - May you be safe*
 - May you be at ease with life*
- Now, exchange the word "You" for "I". Notice your body and breath softening. Sustain attention on your conscious personality, and fully embrace this relationship as your spiritual development tool.

Give a moment of gratitude for this meditation, and appreciate the fact that you have choice, that happiness is within, and that you can determine the kind of love you wish to give and receive.

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YOGA THERAPY

SOULutions WORKSHOPS

CHICAGO, IL
SUNDAY, AUGUST 18

- CONSCIOUS INTUITION
9:30AM - 12:30PM
- CONSCIOUS LIFE PURPOSE
1PM - 4:00PM

CARLSBAD, CA
NOVEMBER 8-10

- MIND, BODY, SPIRIT HEALING STUDIES RETREAT
held at:
LaCosta Resort & Spa

**TO REGISTER
FOR WORKSHOPS:
702-504-5602**



CLASSES

• **THERAPEUTIC YOGA**
Tuesdays 6PM – 7PM

• **CONSCIOUS MEDITATION**
Thursdays 6PM – 7PM
(bi-monthly)

held at:
Chiropractic Healing Center

COUNSELING

• **CONSCIOUS LIFE STRATEGIES**
Individual and family counseling either in person, phone, or via skype

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

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IN-TU-IT™ YOGA THERAPY

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



MOUNTAIN POSE

- Brings stable energy to the Root Chakra.
- Assists the greater consciousness through the practice of paying attention to details.
- Realigns all seven chakras.



TRIANGLE POSE

- Regulates energy and blood flow to the Third Eye Chakra.
- Aids concentration and stamina when mental training or shift of perception is needed.
- Strengthens the Root and Heart Chakras.



PLANK POSE

- Supports the life-lessons of Heart Chakra.
- Strengthens inner resolve emotional equilibrium.
- Brings out the courage to forgive, releases resentment, creates emotional freedom.

YOGATSU® WISDOM WORD OF THE MONTH

CHOICE
To have options

- To have choice means we are not powerless
- Choice eradicates helplessness



love & gratitude created by suzan stern