

Healing the World One  
Mind at a Time

# CONSCIOUS LIVING

Yogatsu Institute for Conscious Living and Healing Studies

## In This Issue

- Forgiveness? Why?
- Meditation Practice
- In-tu-it™ Yoga Therapy

### Scheduled Events:

-Yoga: Tues. 6:00-7:00 P.M.

-Meditation: TBA

### Services: Conscious Life Strategies Counseling

At:

Chiropractic Healing Center  
7250 Peak Dr. Suite 106  
Las Vegas, Nv. 89128

Call for more information

(702) 215-2090

or

(702) 504-5602



*“Forgiveness is fundamentally for our own sake, for our own mental health. It’s a way to let go of the pain we carry.”*

*- Jack Kornfield, The Wise Heart*

## Forgiveness? Why?

Forgiveness is necessary. It’s something we do for ourselves, not for the person or event responsible for hurting us. The relentless anger and resentment that fuels an unforgiving attitude becomes the weapon of our self-inflicted wounds. An unforgiving attitude keeps the past alive and active, taking away our ability to enjoy the freedom of fully and completely immersing ourselves in the present. To make matters worse, every moment we spend living without forgiveness we give added power to whomever or whatever hurt us, and we remain stuck in the past.

Forgiveness can be an extremely difficult task. We believe we have the *right* to remain angry for as long as we want due to the harm inflicted upon us. Rational as this may seem, our refusal to forgive keeps us fighting an internal battle: wanting revenge on the one hand, and wanting an end to our emotional torment on the other. Think about how mentally disturbing and emotionally painful it is to know we are *still* being victimized—not to mention how physically unhealthy it is to remain unforgiving. Medical science has found that the harsh emotionally charged chemicals produced by an unforgiving attitude live in the cells of various body parts: heart, lungs, muscles, and connective tissue (which is extremely sensitive to emotions) until forgiveness occurs. Here are the facts: Forgiveness is in our best *physical interest*. Forgiveness is the most peaceful *emotional state*. Forgiveness it is our highest *spiritual calling*.

## Meditation Practice:

- Begin by finding a comfortable sitting position. Breathe easily and softly. With each exhalation relax your body, releasing tension where you feel tightness or contraction.
- Use a meditation *mala* (prayer beads) and a *mantra* (sacred word or phrase) if they help to keep you focused and in the moment. Remain relaxed, breathing gently and smoothly.
- When ready, bring your attention to a time in your life when you felt hurt by someone. Where does tension settle in your body? Once you have pinpointed the area, breathe out and relax, letting that part of your body soften.
- Be kind and gentle as you let go of the past and its emotional turbulence. If this feels very difficult, think about the life you’ve missed being stuck in resentment, anger, and daydreams of revenge. Give yourself permission to take your life back, to move on and away from a past that cannot be changed, but can be healed and transformed into something useful and beneficial.
- Inhale and bring your attention to the middle of your chest, your heart chakra. As you allow the resentment to fade, feel the freedom you now experience in your chest, in your body, in your mind. Now, ask yourself: “What have I learned from that incident?” “How have I grown because of it?” Decide you are no longer willing to give up peace, happiness, and contentment for resentment and an unforgiving attitude. It’s no longer worth the pain and suffering.
- Embrace your new life. Remain here for a few moments breathing in the love you are giving your own being, your own spirit. Namaste.

## Contact Information

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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.*



*\*Plank Pose opens the Heart, Solar Plexus, and Sacral Chakras, assisting forgiveness, courage, and letting go of the past.*

### Plank Pose

- Sit with legs outstretched in front of you. Place hands behind your body, with fingertips pointing toward feet. Squeeze shoulder blades together, and on an inhalation lift entire torso up from floor. Keep feet and toes pointing down toward floor., and torso strong and straight. Place head so that nose points to ceiling. Maintain squeezing action of shoulder blades. Hold pose for 3 complete breaths. Breathe smoothly. Keep neck soft.
- Think thoughts of courage and forgiveness, knowing you are giving yourself the gift of freedom from the past.
- On exhalation, slowly bring body back down. Relax.



*\*Seated Chest to Thigh gently and slowly activates all seven chakras, creating time and space for uniting all the spiritual qualities of each chakra center.*

### Seated Chest to Thigh

- Begin sitting on floor with straight legs. Extend through heels and keep thighs active and strong.
- On inhalation raise arms overhead, lifting chest high.
- On exhalation bend from thigh joints, keeping back straight and chest moving forward.
- Continue sliding chest forward and out over thighs. Relax head and neck while moving shoulders down.
- On inhalation come back up while keeping back straight and chest moving forward. Half way up, exhale and gently draw abdominals inward, which assists chest coming up without rounding back.



*\*Hero Pose generates healthier energy flow throughout all chakras, and instills a sense of self-esteem, confidence, and harmony.*

### Hero Pose

- Sit on heels. If this is difficult or painful, place a folded towel or pillow across calves, easing bend of knees and ankles.
- On inhalation, raise both arms overhead, interlacing fingers. Lift ribcage with each in breath, while keeping mind and body soft, avoiding any straining. Keep buttocks grounded on calves, or pillow.
- Close eyes and sense the lengthening of your spine and body. Feel your power, and experience your stability. Remain here for minimum of 3 full breaths.
- On exhalation bring hands down to rest lightly on your lap.