



IN THIS ISSUE by Alice Percy Strauss

• NEED VS. NEEDINESS

• MEDITATION ON NEEDINESS

• IN-TU-IT™ YOGA THERAPY

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Need unites people. On the other hand, neediness, the kind akin to laziness or fear, takes advantage and can literally destroy unity.

- Alice Percy Strauss

NEED VS. NEEDINESS

Though this may seem odd, and perhaps even a bit unnecessary or redundant, it's important to understand the difference between the words *need* and *neediness*. The healthier of the two words, *need* expresses a desire for assistance, guidance, a supportive ear, or a helping hand—until we can manage on our own once again.

The second word, *neediness*, demonstrates an emotional characteristic that is akin to a feeling of desperation, clinging, and at its worst, a mental obsession that seeks to avoid personal accountability for our own lives. Living and acting from a mindset of *neediness* is a form of self-sabotage that enslaves us to an illusion of personal weakness. By relying on others to fulfill our unmet needs we unconsciously manipulate our experiences, emotional environment, and relationships in order to force a particular outcome that satisfies our *neediness*. Eventually, we move into an open-ended dependency on someone or something that exceeds what is normally considered a "helping hand," causing a huge energy drain on enablers who are providing the need—not to mention our own drain of courage and confidence.

It is perfectly acceptable to need others when we've done all that we possibly can. However, keep in mind, that when we habitually react to our life and environment from a sense of *neediness*, we cheat ourselves of all that we are, and cheat those we rely on of their own precious time and energy.

MEDITATION ON NEEDINESS

- With each exhalation relax your body, releasing tension where tightness or contraction is felt. Breathe easily and rest softly.
- When breathing is gentle and rhythmic, consider the many times you depended on someone else to provide what you were unwilling to provide for yourself.
- On your next inhale, feel yourself pulling in the intelligence, power, and wisdom of the cosmos and the natural forces of Mother Earth. Physically experience your body and mind expand in this new appreciation for your own abilities, while remembering it is okay to ask for help when necessary until you can manage on your own.
- As you exhale, forgive yourself for treating others unfairly through your neediness.
- Continue breathing gently as you remind your mind, body, and spirit to rest easy in this moment. Love the newfound freedom you now feel knowing you can rely on your own wisdom and skills to take care of things. Breathe in your courage. Namaste.

*Give gratitude for every moment of neediness you've ever had and then bless yourself for now taking your needs into your own hands.
Namaste.*



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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.

SPINAL TWIST



- Opens and renews Root, Solar Plexus, Heart and Throat Chakras
- Activates and stimulates courage
- Triggers personal power, determination and tenacity

BOW POSE



- Energizes Solar Plexus Chakra
- Supports self-empowerment
- Deepens self-awareness, steadies mental patterns and strengthens self-regulation

CHILD'S POSE (CLOSED LEAF)



- Rests the Heart chakra and encourages renewed energy in Throat Chakra
- Creates clear, personal perspectives and self-honesty
- Relaxes sense of neediness from others or other things to avoid doing your work



"soul wisdom" by suzan stern

YOGATSU® WISDOM WORD OF THE MONTH

COURAGE

Taking action in spite of fear

- Courage comes from taking one step at a time toward fear, not away from it
- Courage is taught by example
- Courage has many faces. Is it in yours?