



## YOGA COMMUNITY NEWSLETTER – May/June 2008

"Any relationship that is important to you will either be so wonderful that it allows you to surrender and find new parts of yourself, or it will be so difficult that it will cause you to confront parts of yourself you do not Love."

~anonymous

### ALLOWING TRANSFORMATION TO MOVE THROUGH YOU ...

With Spring, comes transformation, and with transformation, there can be accompanying discomfort. As we transform, we become aware, sometimes not, of a change that is taking place, on some level or many levels at once. Transformation can happen on a physical level, from simply changing your hairstyle to losing/ or gaining weight. Emotionally, we may find an awakened sense of inspiration, due to the birthing of life which is happening all around us. We can witness this as grass begins to transform itself into brilliant shades of green, the sun visiting earlier in the morning, staying longer into the evening, and, as beautiful colors of the rainbow appear in flowerbeds. Mentally, we may be transforming our thoughts about our relationship with our bodies. "What would happen if I actually took advantage of the brighter mornings, got out of bed, exercised and stopped complaining about how tired I feel during the day?!" These are more obvious signs of transformation that may take place for you.

On a subtler level, or unconscious level, there is also transformation going on, which offers us tremendous insights, if we can learn to tap into our own unique "inner-language". Our *inner-language* may not be so obvious to us, as looking in the mirror and seeing that we need to lose weight is. Our *inner-language* offers us symbolic messaging and a myriad of sensations. From that feeling of angst in your solar plexus (stomach) when you come into contact with someone that you know doesn't have your best interests at heart. Or the deep pain in the chest and upper back when you have chosen to reside in a relationship too long, long after knowing that your heart is no longer invested, yet you feel guilty (or, fill in the blanks ...) and just don't want to hurt "them". *Your denying your own TRUTH is causing you tremendous hurt on not just a physical level, with chest and upper back pain, but also deep emotional pain, and maybe trauma, for not being able to align with your deepest needs – LOVE.*

How often do we actually stop to consider how NOT acting on something that may cause temporary discomfort to someone else and our Self, inevitably causes **US** long term personal, mental and emotional discomfort, which may even lead to more serious health issues??

Let's revisit the scenario of being in an unhealthy relationship too long, as it is one most of us can relate to. Now, *I'm looking at a relationship that has passed the point of any more talking, therapy, time-outs, and any form of holidays that may offer up one more chance ...!* There is a time within these relationships, that your heart center - *Anahata Chakra*, (which represents compassion, kindness, acceptance, harmony, peace and love) "intuitively senses" that what it most wants to align with, just isn't a reality, or TRUTH at this time. Our mind keeps working towards what we want, ignoring the obvious and sometimes not so obvious, *signs*. We so desperately want to be loved, that we will sometimes go after it at any cost, even if that cost is to us – our mental, physical, emotional, or spiritual wellness – or "theirs". If you choose to remain in an unhealthy relationship that is void of any trust, intimacy, balance and love, your physical body may begin expressing its unease with your choice to stay in an unhealthy

environment, by adopting some very obvious physical maladies. *These may resemble symptoms such as: High Blood Pressure, Passiveness, Lethargy, Asthma, Compromised Immune System, Breathing Difficulties, Pneumonia, Emphysema, Cell Growth, Muscle Tension, Heart Problems and Chest Pain.*

With the loss of emotional and/or physical intimacy, you may also disconnect from your sacral center – *Svadhithana Chakra*, (which represents feelings, emotions, intimacy, procreation, polarity, sensuality, confidence, sociability, freedom and movement). *If this happens, you may manifest physical dysfunctions such as: Impotence, Frigidity, Ovaries/Uterine/Testes Problems, Candida, Eating Disorders, Drug Use, Depression, Alcoholism, Polarity Imbalances, Gout, Allergies, Asthma (Oxygen Deficiencies).*

These disconnections from ourselves are natural occurrences, which usually serve to protect us initially, as well as offer us some solace and respite from the pending discomfort that accompanies awareness of a fundamentally needed transition. It is when we choose to reside in this place of disconnect, without any awareness, any need for transformation, or, our own deep sorrow, that we set ourselves up for potentially long standing physical, mental, emotional and spiritual deprivation.

*These disconnections don't only happen in intimate relationships, but in relationships with our friends, family, colleagues, and most importantly – with ourselves.*

If you were to sit and inquire into *what makes you feel most complete, fulfilled, sensual, creative, expressive, joyous, alive, confident, magnetic, healthy, inspired, delighted and fluid*, would you know the answer(s)? Most of us can't, because we have not been taught that our intimate and sensual selves need to be honored, nourished and nurtured in order for us to be the most compassionate, loving and intuitive that we can be – for ourselves, and in turn, for others. It is a brave and courageous person that delves deeply into themselves, excavating for hidden gems and taking the time to blossom and evolve into that which would be considered captivating by another conscious human being.

Beginning shortly, I will be introducing a new element to my Coaching services, which is called ***“The Yoga of Intimacy & Sensuality”***. The Yoga of Intimacy & Sensuality will offer individuals and couples, an opportunity to truly discover what offers them deepest sensual pleasure, (with taste, sight, sound, touch, smell) being explored. *You will learn how to honor the sacred within your own Self, creating practices that support and encourage you to live a life that is rich and vibrant, fulfilling and ecstatic.* ONLY then, can you attract a relationship that is fulfilling, honest, committed, trusting, inspiring and sustaining, because you will have unveiled those magnificent qualities within your own Self.

Now, I leave you with an invitation to *“step out of your own way”, trust that everything is as it should be, and to not be afraid of personal transformation. Know that your discomfort will also transition, as you create inner space for you to discover you.*

Namasté,

Lana Boyuk  
Director,  
OM Yoga Space & Manipura Boutique

**UPCOMING EVENTS & WORKSHOPS - Please visit [www.yogasudbury.com](http://www.yogasudbury.com) for more details**

**Awaken your intimate and sensual qualities at our next PRANA YOGA TRANCE DANCE**  
**Saturday May 31<sup>st</sup> 7:00 – 9:30 pm \* A PRE-REGISTERED EVENT \***

15 minute Personal & Collective Intentions - 45 minute **PranaYoga** Kundalini Set - 75 minute **TranceDance** Set **With a LIVE D.J.** - 15 minute Savasana so you can bask in your newly awakened Ecstatic Energies! *This event is open to Men & Women.* Cost is: \$20 (student) \$30 (non-student)