

YOGA

in the deep end

DAY TWO / Stirred, but not Shaken

LET THE EMOTION STIR

Today we are jumping into the wave of emotion - which serves as a bridge between the body and the brain. Emotion is defined as a conscious mental reaction experienced as strong feeling, usually directed toward a specific object and accompanied by physiological and behavioral changes in the body. In yoga, emotion is considered part of our energy body - which makes sense because emotion can be exhausting. And, maybe that's why some of us choose to block it out?

The truth is we are all emotional beings but some of us are better able to acknowledge & release the emotions we feel. Others may struggle with emotion - either blocking them out (to the extent possible) or denying them while they are clearly playing in the background.

Today's practice is about finding a healthy relationship with emotion & recognizing that emotions are signs of life. Let them stir, but don't let them shake us down.

EMOTION AS A TOOL.

Because emotion is a form of energy and a link between the physical body and the mind, it can be a powerful tool. We get good at what we practice - if we practice "numbing" emotion we can become quite sufficient. Today we'll be practicing "feeling" and "flowing" - letting emotions rise, acknowledging them, and following the reaction of the mind & body.

Emotion is also a part of our intuition and can become another way of tapping into wisdom. This does take some practice but, if we can notice the emotions we feel we can use them as a tool to help guide us and, when necessary, course-correct us.

PRANAMAYA KOSHA

As we move beyond our physical body - we go into our second layer --> pranamaya kosha

This layer consists of everything related to our energy. Breath, nadis (similar to nerves), chakras, emotion are all part of this energy body. The same way we can experience life physically, we also experience it energetically. Some of us are very adept at viewing life from this kosha. In this instance our emotion might override our mental awareness and we become led by emotion. If this sounds like you - some of your work today might be to slow down and reconcile how emotion can be balanced by the body and the mind.

If you avoid emotion - if you don't feel connected to breath or energy...can you begin to see emotion as a gentle stirring that wakes us up but never completely shakes us out of our house?

STIRRING MY EMOTION.

Where I am standing right now in life feels...

If I were still here in 5 years time I would feel...

Success to me feels like.....

I would like to cultivate more (this feeling) _____
_____ in my life. In order to do that I will need to
allow myself to feel _____ which I typically
avoid.