



Your Strengths

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spell has been lifted for a little while.

So, starting now with your present spell, just starting with this way, you are thinking and feeling and knowing life now. Starting here, starting now. We're going to look at our strengths because the strengths you have are the main glories that you've already received from the infinite to some degree. Your strengths are places where the spell is weak or thin. Your strengths are the main glories you've already received from the divine that are moving through you and expressing through you. So, you can say, "I've got these strengths." You can know that you're less hypnotized in those areas because something good from your soul is coming through there—that's why it's a strength. Something from deep within is expressing wherever there is a nice strength coming through.

So, strengths are a wonderful way to appreciate what the infinite has and what the infinite is giving through you to the world. You could call your strengths your talents also. Now and then it's amazing to see talents. Your strengths are often characteristics of your true nature. Your strengths are ways that you can tune in and connect with spirit more easily. Your strengths help you to tune in with spirit, the Infinite Spirit. So, what are your strengths?

Pranayam of the Month

Kundalini Awakening

Why do it? This is a powerful pranayam that stimulates the energy that is typically dormant at the base of your spine to move to the upper chakras (heart, throat, third eye and crown). This pranayam stimulates a lot of energy, so it is not necessary to do numerous repetitions. Only do it up to 3–5 times.

How to do it:

- Using your right hand, close your right nostril with your thumb and inhale through your left nostril mentally chanting Om 3 times.

Yoga Center Theme of the Month Visualization

As someone who is practicing yoga, you may find that your desires and needs are changing, growing. You naturally are more attracted to what is good, true and beautiful in life for yourself and for others.

Whatever you truly want and need—that which will enrich your life and enhance your growth—don't mentally and emotionally block it from you. Instead, use your focusing skills to "picture it!" and "feel it!" Focus on one single need, then:

1. Attune with your inner self until you reach a place of poise.
2. Attract this need to you by opening and making room for it in your life.
3. Expect that this need will be fulfilled, then release your request.
4. Believe in your heart and mind that this change is already under way.

In January classes you will learn about:

- » The Five Levels of Mind
- » Creative Visualization
- » The great Zen and Yoga practice of "Seeing"
- » Forming your Mantram to aid in Meditation
- » Spiritual Awakening through the Mystery of Kundalini

- Close both nostrils, and while retaining your breath mentally and gently send your awareness and energy down, striking a triangle with its point down 12 times, mentally chanting Om each time.
- Close your left nostril with your ring finger and, exhaling through your right nostril, mentally chanting Om 6 times.
- Then reverse, inhaling through the right nostril for 3 Oms, retaining your breath and striking the triangle and chanting Om 12 times. Close the right nostril and exhale through the left nostril for 6 Oms.