

YOGA RASA COMMUNITY NEWS

May 17, 2008 • Issue 93

Yoga Rasa exists to actively participate in creating peace on our planet by joining with others to grow an all-inclusive yoga study community, promoting total physical, mental, spiritual health and well being.

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☸ A "PEACE" OF MY MIND...

Tracie's message

For most people, the process of going to work is a necessary responsibility so it is possible to live in the world today. Often we begin the process of planning our careers with some measure of idealism and the thought that somehow we will make the world and the lives of others better. Far too many friends I speak with; however, begin to see their work, over time, as a necessary, unexciting and routine activity that enables them to enjoy a certain quality of life. We begin to live to work! Since our jobs are where we spend the greater number of hours in the week, we can easily become confused and feel that we are quite literally defined by our jobs and that our vocation is the means and the end! It is as if we join in a collective sleepwalking and take on these labels of who we are by our work, and employment becomes a process of showing up daily and our bank accounts reflect at the end of the week our efforts. The practice of karma yoga profoundly changes the meaning of work from mundane activity to a yoga practice that calls forth the highest and most benevolent of each human being. To commit to a lifetime sadhana of karma yoga means that you see your work as a way to become more conscious about the ways in which you can become more compassionate and of service and ultimately ease suffering in the world. Work begins to take on deeper meaning as a way to evolve by defining and living core values. After the conviction that you are in your right work for now you stop asking whether

or not your employment is right for you and giving you what you need. Instead you work to learn how you might give more to your working environment and what you might do to improve the culture of your professional world. Work becomes a path to become a kinder human being. Take note this weekend if you slightly cringe on Sunday evening, as if time is being stolen away at the end of the weekend and now you go into five days of showing up with the reward of another weekend. You may need a shift in how you view your coming days. Ask yourself "what ways may I be of service" and journal your answers, choosing a few new ways in which you may bring more depth and meaning to your working life. Inject new life and enthusiasm into your day-to-day job and love the life you are living at work. Practice being present and you will begin to notice that your job can be a place of sacred activity that clearly reflects to you the ways you may become a more compassionate member of this human tribe. Reflect this weekend on the many ways that your job serves you and spend some time in gratitude and appreciation around those gifts. Enjoy your weekend, live present, using your breath as your focal point look forward to going back to work, see with new eyes, be inspired and live a fun day everyday.

Love, T.



COMING ATTRACTIONS

May 31	Why Good People Do Bad Things (5/31)
June 11	Awaken Your Inner Teacher (6/11)
June 21	Sacred Warrior Retreat (6/21-28)
June 18	Early Bird Registration Due – Meditation Intensive I (7/12-13)

Note the early bird deadlines for great savings on great workshops!

Karma Yoga – The Yoga of Action

*“I long to accomplish a great and noble task;
but it is my chief duty to accomplish small tasks as if they were great and noble.”
~ Helen Keller*

Many of us spend 40 or more precious hours of each week engaged in our work. For some, work is the typical standard of an office, for others it is a classroom, or a household, or a host of other places. Whatever we have chosen to spend our days engaged in, our approach to it makes a dramatic difference in our well being. I am enthusiastic about discussing karma yoga in today’s newsletter, so let your weekend give you a little space in which to examine the role of karma yoga in your life.



, Liz

Working Toward Peace of Mind

The Sanskrit word “karma” means action. Karma yoga is the yoga of action, or using your actions to bring you into the state of yoga – union of mind, body, and spirit. I think this is of particular importance in our society today, since we have become a very task-oriented people. Every day is about getting something done, having our do-to list, running all the needed errands, staying on schedule, etc. We do this from a place of fear, anxiety, and impatience, rushing about cursing all the things that take us off track. In the practice of karma yoga; however, you use your daily tasks to actually create more peace of mind rather than less.

I know many people come to the studio as a relief from their job. But my challenge to you today is to take the studio into your job. You spend the large majority of time out in the world versus in the studio, so to make effective, long-term changes in your peace of mind, you must start to practice yoga outside the studio. Karma yoga is the place to start.

Finding True Intelligence

Karma yoga seeks to turn each action into a practice of being present – to do your tasks without reaction from the past or attachment to the future outcome, to do what is needed in the moment rather than what is on your list. Yikes! What might happen?!? Yes, this flies in the face of what most of us have been previously taught. But it is also the only antidote to any situation where you feel that you go up and down with the events around you rather than remaining centered throughout the day.

The first requirement in karma yoga is to be able to pay attention to your breath throughout the day. In the beginning, setting standard times, scheduling a reminder every hour or so, is a great way to go. When that time comes, you take a moment to notice your breathing – just as we do in the beginning of class. You can notice your breathing in the midst of any activity – while you are talking, listening, reading email, etc. – especially the more you practice. The act of paying attention to your breath brings you into the present and creates some stillness within the moment. You are using your breath to cultivate awareness, taking yourself off autopilot or breaking the cycle of emotional reacting rather than coherent thinking. Becoming present is the place where coherent thinking becomes available to you.



Once you become present, you ask yourself – what is needed right now? Ask that question from a place of willingness to hear and follow the answer. We become connected to our intelligence when we ask this question; we cut ourselves off from our intelligence when we blindly follow our planner or our habits without regard to the present as it unfolds.

Then, whatever action you choose to take next, do it with a strong intention of service and a letting go of the results. Rather than acting with expectation, focus on your humble service to the world that is coming through that action. This is a drastically different experience.

All yoga takes practice, and karma yoga is no exception! As you progress, you will find you remember more often to pay attention to your breath, you become more organic and effective in your work, and your intention of service becomes more and more natural.

The time we spend outside of the studio must become part of our practice to turn yoga into a way of life that brings the ultimate bliss – whether we are at the office or on a beach in the Caribbean!

Tracie and Liz welcome all comments, criticisms, and loving support!

Tracie: virarasa@comcast.net | Liz: tararasa@comcast.net

Fundamentals Mastery Clinic



Join Tracie Brace,
E-RYT 500,
for this Extended Workshop
& Develop **Mastery!**

Offered on
Selected Saturdays
throughout the year.

The student will:

- ॐ Learn Yoga in depth and gain an experiential knowledge of the fundamentals
 - ॐ Be empowered to practice powerfully
- ॐ Discover how to live the most excellent quality of life possible
- ॐ Develop focus, strength and ultimate respiratory efficiency
- ॐ Become inspired to be internally directed

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Newsletter & archives can be found online at: <http://www.yogarasa.net/newsletter.html>



INNER HARMONY...practical Ayurveda

STAVE OFF SLUGGISHNESS

One of the most powerful ways we have to affect our energy level is our diet. There is no magical formula that everyone must follow, and each person needs to respond not only to their own unique constitution, but also to their life circumstances and the changing of the seasons. In spring, a common symptom of imbalance is a feeling of sluggishness and inertia. While there are many levels on which to address this imbalance, a very effective way is through diet. In the case of low energy, it is often indicated to reduce food intake by exchanging heavy grains, sweets, cheese, and other dairy with vegetables and stimulating spices. Avoid very large meals, particularly at night. Begin to notice your energy level in relationship to your food choices and you will find what will work best for you. Diet is how we take in all of the necessary physical building blocks for our body. If your body is not feeling vibrant, it is not getting what it needs somewhere. Diet is a huge area of information, and one that affects everyone. I encourage you to continue to educate yourself in this area. Like the changing seasons, diet too must change to continue to be of maximum service to us.

Ayurveda originated ~6000 years ago from India. This sister science to Yoga is a complete, natural system of health that addresses you on all levels – body, mind, and spirit. It seeks to balance you according to your unique needs, maximizing your quality of life.

Spiritual Gangster

Three Great Events

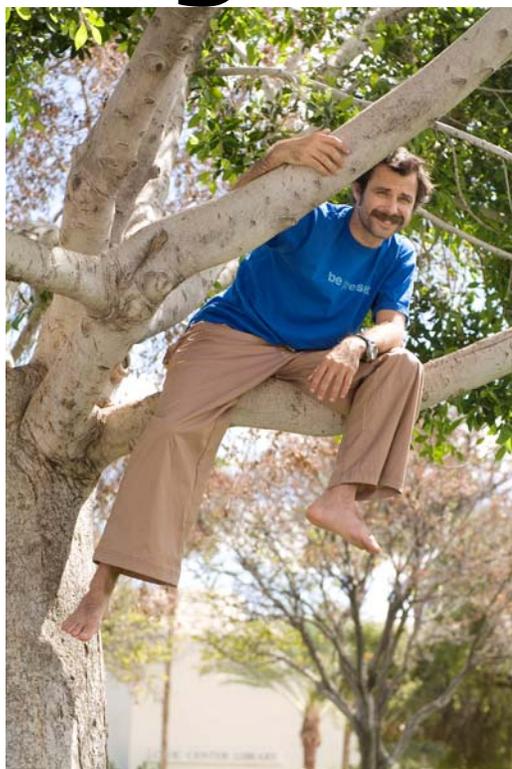
Sponsored by Yoga Rasa & Yoga Student Association



Location: Unity Pyramid
September 19 & 20

~ Hip Hop Power ~
~ Detox Flow ~
~ Holotropic Breathing ~

With
Ian Lopatin & Vanessa Lee



www.yogarasa.net

Visible Belief Campaign



Visible Belief Affirmation

*I expand my mind and heart to include
the highest and greatest possibilities for myself and Yoga Rasa.
Any and all obstacles are stepping stones to expansion
in a way that serves me and all my friends, family and community
under Grace in the most perfect ways and means!*

*I hold in my mind a picture of a community that is supportive,
stable, powerful, peaceful, joyous and free!*

*I am the Power and Presence of the Force that created me
and offers all that is possible to me now,
which is unlimited abundance and prosperity!*

It is done under Grace...Namaste'

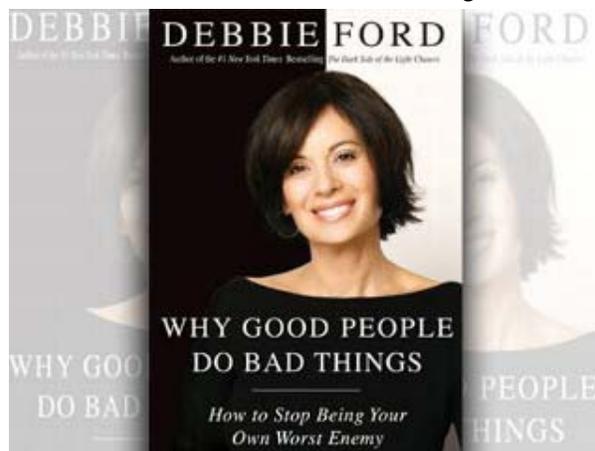
To read more about any of our workshops & retreats, go to:
<http://www.yogarasa.net/workshops.html>

Why Good People Do Bad Things

How to Stop Being Your Own Worst Enemy

Join Tracie Brace
for this illuminating workshop
based on the book by
best-selling author Debbie Ford

Saturday, May 31
1-4 pm



EVENTS AT YOGA RASA...schedule/changes for the next two weeks

Saturday 5/17

9 am – Yoga Foundation

Sunday 5/18

10 am – Yoga Stability

12 pm – Belly Dance

Monday 5/19

7 am – Yoga Foundation

5:30 pm – Yoga Foundation

7:15 pm – Being Yoga Teacher Training

Tuesday 5/20

4:30 pm – Yoga Foundation 2

6 pm – Introductory Orientation (RSVP)

7:15 pm – Meditation

7:45 pm – Yoga Fundamentals

Wednesday 5/21

11:30 am – Sringeri Rasa Flow

12:30 pm – Meditation

5:45 pm – Shanti Rasa Flow

Thursday 5/22

5:30 pm – Power Yoga Foundation

7 pm – Yoga Foundation

Friday 5/23

7 am – Yoga Foundation

Fitness Evolution Continues!!

Saturday 5/24

7 am – Being Yoga Teacher Training

9 am – Yoga Foundation

Sunday 5/25

No classes

Monday 5/26 – Memorial Day

9 am – Yoga Foundation

Free for Family & Friends!

Tuesday 5/27

4:30 pm – Yoga Foundation 2

6 pm – Introductory Orientation (RSVP)

7:15 pm – Meditation

7:45 pm – Yoga Fundamentals

Wednesday 5/28

11:30 am – Sringeri Rasa Flow

12:30 pm – Meditation

5:45 pm – Shanti Rasa Flow

Thursday 5/29

5:30 pm – Power Yoga Foundation

7 pm – Yoga Foundation

Friday 5/30

7 am – Yoga Foundation

Fitness Evolution Continues!!

OM SHANTI

What would you like to read about??

Please submit newsletter ideas!

Email Liz at tararasa@comcast.net.

If you wish to unsubscribe from this, or any Yoga Rasa email communication, please let us know!