

Welcome to September My Friends,

I don't remember where I learned it or when.....the idea that **everything** is energy, you, me, the animals, the trees, the earth, it is all energy, just in different shapes. **IF** you look closely with a super-powerful microscope, you will see tiny particles moving and shifting even inside a **rock**.



It took a bit longer for me to learn that Included in this "everything", is our emotions. Emotions are energy attached to a story. Seems logical to me.....I know that I can chop a whole lot of wood when I am **angry** or eat a whole lot more than I remember when I am **nervous** and sweetly cry with **joy** from seeing my grand ones enter the world. So the notion that emotions are energy is easy for me to understand, agree with and feel.

Recently, I was contemplating the times we are living in and how it is triggering so many emotions for us all. Seems that the most prominent emotion I keep feeling and hearing about is fear.

Iyanla Vanzant writes that there are four primal fears.
Fear of losing someone's love or having your love rejected.
Fear of being powerless or helpless.
Fear of losing control, (this is a biggie!)
And the fear of not being seen as valuable, worthy, or necessary.

So here we are, in the middle of "Unprecedented" times and as I mentioned above, fear is everywhere. So, now what?? How do I shift this bundle of "energy" I have? I believe that it can help to identify for ourselves the underlying emotion (energy) that can be creating the fear. However sometimes, that is just too much thinking and I can stay stuck in "IT" by keeping on **thinking** about it....



I mentioned chopping wood!!! Come to find out, as a kid I discovered what the yogis teach. That it is not helpful to bury or try to forget those uncomfortable emotions (energy). Not helpful to tell ourselves that there must be something wrong with us so we keep carrying or hiding it. It is also not helpful to ruminate or think about it from as many different perspectives (*my specialty*) as we can. What can be helpful is, as the yogis teach, you just gotta get up and move!!



Move From Thinking to Feeling
From Worry to Being
From Fear to Here

"Everything is Energy" and energy does not go away, especially the emotionally charged energy, it must be **transformed**.

The magic of yoga happens when I move from thinking about my story to feeling what I AM feeling right now as I move through the practice. Shifting worry for what may or may not be, to consciously breathing and Being in this moment. Moving from Fear to being Here and questioning the story that created the fear. A few questions, like How much of this is true for me NOW, and What else is possible? can and will change the energy.



Roll out your mat, take a deep breath and indulging in this beautiful practice. Feel, really FEEL every delicious movement that your miracle of a body creates. Let this practice transform you, your mood and your life.

My Sankalpa (intention) for us all is that we know that we have the power to shift. and then we DO!!!
May all beings be at peace, peace within and with each other,
Bonnie