

HAPPINESS RELAXATION

Lying on your back in an animal pose, become aware of each part of the body and slowly let them release onto the floor. Full Yoga Breath with hands positioned on body in different places.

Now take a deep breath in and as you exhale, feel your thoughts, worries and tensions move away; as you breathe in feel calm and cool. Breathe out, feel your muscles letting go and feel the contact of your body onto the floor. Breathe in, feel your body expand; breathe out, feel your body relax and surrender into the floor. Let your breath become natural, do not force it but be aware of your whole body, expanding like a balloon and then relaxing in peaceful harmony.

Now go back to yesterday and recall what you did in preparation of your weekend... You are here on your mat and I am welcoming you, without judgment, who you are with your joys and your pains. Be who you are in this moment.

Now as you breathe in, mentally say to yourself BE; as you breathe out, say HERE and in the pause at the end of your exhale and before inhaling again, mentally say NOW. Follow your breath between your navel and your throat as it moves in and out. If a thought comes in, acknowledge it and then re-focus on your breath. Be gentle with yourself as being with the breath takes practice.

BE HERE NOW because NOW is really all there is. **Yoga teaches us that with our thoughts we create our world. Our yoga practices help us to fine tune our awareness of these thought patterns. Yoga is the art of listening and in listening being present to our thoughts and feelings. We then understand that our life is really an expression of our mind. There is an old Indian saying that says:..... " If you want to know what your thoughts were like yesterday, look at your body today. If you want to know what your body will be like tomorrow, look at your thoughts today".** Every cell of my body responds to every single thought I think and as our thoughts create our actions, we create our own happiness.

Practising awareness of the breath allows us to live in the NOW moment by moment. In the NOW, there are no worries because worries are generated by the mind and projected into the future (and the past). In the NOW, we connect with who we really are, we allow ourselves to just be and in that connection, we find harmony. Harmony means that we are at peace with life; we surrender to it not because we do not care but because we accept the ebbs and flows of our experiences as opportunities for growth. When we do this, we are able to clearly see our purpose; we become aware of our intuition or inner voice that knows best how to meet our needs; with practice and experience, we learn to listen to

it and trust it. It is pretty much a question of openness and personal experience.

We have the choice to stay attached to our negative thinking patterns or to create the reality we would like for ourselves, our children, our family and society. In the present moment, my disabled child is perfect; he has no needs and I am not the victim of society. I am free to express pure love for who he truly is. For in the NOW, there is no fear, just unconditional love. In the NOW, my tainted thoughts do not see my child as needy, as every moment is a new moment and in that moment, he is the whole of who he is, perfect Gift of Nature. His impairments are just the finite aspects of his manifestation; his mind, not coloured by his senses of perception, is limitless and infinite. His finite shell or body is only a concept created by the Divine Thought for the benefit of wisdom and awakening. Beyond this, he is the other part of me who I choose to devote myself to in order to gain my own life experiences and wisdom. These experiences are neither good nor bad and I do not need to blame anyone for them, myself least of all. Releasing the need to hate or blame cleanses me and purifies the attitudes I have that are anchored in deep emotions.

So allow yourself to experience love and positivity. Now breathe in your favourite colour and breathing out visualise it surrounding your heart. Each in-breath brings in more of your colour and each out-breath expands it outward until your whole body is completely saturated with it. In that colour, include anyone you would like; send that light too to people you feel in conflicts with.

Giving selflessly is very powerful; the more we give, the more we receive.

In the word GIVE, we have:

G for gratitude
I for intention
V for vision
E for effortless ease.

When we are grateful, we acknowledge that what we have envisioned and intended in the past has come through; life becomes effortless, transforming us into loving beings.

Life is a dance, the dance between joy and pain. It is not meant to be a struggle. So learn to dance it with grace and fill your days with love, acceptance, gratitude and the multitude of soul qualities you feel drawn to. Happiness will then become an integral part of you.

Namaste: I honour the place in you where the Universe resides, in peace, in love and in truth. If you are in that place in you and I am in that place in me, there is only One of us.

Written specifically for a yoga class for mothers of disabled children.

I would like to acknowledge Louise Wiggins for the text in bold.

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