



# Yoga Your Way Today ...

Live in the now and awaken within

## Connect with the Energy of Change

In Canada, we are lucky to have the 4 seasons being so distinctly different. It is a reminder that everything in the world is constantly changing. It is adapting, evolving, and being reborn. There is no resistance, just change. It is truly inspiring.

Why do we try so hard to resist change? We are aware of the negative effects of our habits and patterns and yet we use all of our energy to resist the change and make excuses as opposed to using that energy toward change. The biggest road block is, and will always be, excuses—your emotional reasoning.

Excuses are explanations we use to justify continuing in our old patterns. Most of them have become a part of us and we actually believe they are true. Even more discerning is that we believe we are powerless to change them. We pick them up at a young age—most likely from a friend or family member. They are thoughts that reinforce the notion “you can’t do this, you are not strong enough, it will be too difficult, you are too weak, it is too risky, I do not feel it, I do not have time” etc.

We become accustomed to doing things in a certain way, and then we become spoiled. We end up doing things that are comfortable to us (despite any negative implications this may have), instead of challenging our mind and bodies to be better.

However, no matter the challenges that lay before us, the good news is that we can establish new patterns by using habituation to our advantage. We have to challenge ourselves to create new positive patterns that put all of our efforts into generating new habits. The key is steady effort. Be patient and stay positive!

At first, a lot of effort is required. But after 40 days, or less, it becomes a set routine and you won’t need any special effort. After this point you may have moments where your previous old excuses, or patterns, come back—but this time it won’t be nearly as hard to fight them off as it once was. All of your momentum, power, and energy are invested in your newly developed pattern. This is the force, and power, of **habituation**.

## Tapas

It is one of the Niyamas (observances of self-control) described in the Yoga Sutras of Patanjali. Tapas is the disciplined use of our energy and help create purification. The discipline is required to stop taking actions that lead to suffering and as a result it helps you purify your body, mind and soul.

Discipline is required to have enough respect for yourself to make the choices that will truly nourish your wellbeing and provide opportunities for expansion and growth. Tapas allow us to direct our energy toward a fulfilling life of meaning and one that is exciting and pleasurable.

Within society we view discipline as a taking away of our freedom. A more accurate way of looking at it is to see discipline as a road to change. It keeps us focused and on track to achieve the positive change we want in our lives.

With that said, to stay disciplined we need to love, respect and surrender ourselves to our thoughts and ultimately it will lead to freedom of our negative thoughts.

The gift of self discipline is that it has the power to take you beyond the reasoning of temporary emotion to freedom. Think how empowered you felt when you haven't given in to the "I do not feel like it" syndrome and honoured your commitment to yourself.

## Svadhyaya

Svadhyaya, which works hand in hand with Tapas, is the fourth of the five niyamas (observances towards ourselves). Sva means "self" and adhyaya means "investigation, inquiry, or education. This is done through meditation, reflection and studying of external sources or spiritual texts.

Self-inquiry is a very important part of yoga. It is a process of stillness and quiet with ourselves, and observing our bodies, breath, and thoughts. It is within this stillness, we have a chance to see how the breath and emotions have responded. Gradually, we learn more about who we are – the bodies we live in, the emotional habits we have adopted, and our reactions to challenge and to stillness. This information can be of tremendous value to our relationships with our selves, and with all the people in our lives.

Overall, svadhyaya is about taking the time to get to know 'you' better. When we are honest with ourselves, we can take back control of our moods and emotions. We are increasingly able to distinguish between reactions that sit well with our hearts and reactions that we would rather avoid. We learn to live in the moment instead of being lost in constant thought.

Check out this article from the Yoga Journal. It is called Polishing the Mirror, all about lifting the veil of elusion and seeing yourself for who you really are. [Click Here](#)

## The Process of Change

1. **Awareness** of area(s) where change is required, as well as the knowledge of how harmful these bad habits can affect our lives if we continue without making changes.
2. **Determination** and drive to want to change and to establish new positive habits.
3. **Action**—to do what is required to change these habits.
4. **Commitment** to maintain these changes.
5. **Willingness** to do what it takes. Be prepared and willing to put up with a few pains in the beginning in order to create change.

# Tips for Success

- Believe in your power and practice is. Practice makes perfect.
- Believe that the mind and body's natural state is pure, free of negative patterns and emotions.
- Start small with things you can handle. Then move on to more challenging issues.
- Remind yourself of your ultimate goals and purpose.
- Increase the awareness of destructive effects of the negative behaviour.
- Generate enthusiasm to change and develop a strong willingness to keep at it.
- Widen your perspective. There are always several different ways of looking at something. Choose something positive.
- Set reasonable expectations. Setting your expectations too low will remove your willingness to challenge yourself—limiting your true potential. But, setting expectation too high can set you up for disappointment.
- Maintain a healthy lifestyle which makes our minds more alert and gives us more energy.
- Look at the long term and be committed to the superior and healthy benefits in the future. Cultivate compassion, patience, kindness, and tolerance toward yourself and your effort.
- Investigate your thoughts! Do not believe everything you think. Usually, our excuses lie in the mind which is driven by thoughts. Thoughts are not reality, they are just ideas.

## News

### *Inversion Table*

I am excited about my new inversion table. This is very highly recommended by Dr's and chiropractors as an effective way to lengthen and align your spine. Book a private or group session today to try this back saver!

## Events

### *Custom Events*

Are you organizing a bachelorette party, dinner party, birthday party, or any other celebration? Why not try something different? Have a day of de-stressing and stretching out your body. Get some close friends, wear some loose-fitting stretchy clothes, and get ready to laugh, love, and share. Practice breathing exercises, partner yoga, and connect with friends through laughter yoga. Call or email me to design an event to meet your specific needs! [Click Here](#) to book today...

Laughter yoga is all about laughing for no reason, mixing exercises, the breath, and deep relaxation to cultivate inner joy and happiness. Did you know are body produces the same benefits if we are laughing for no logical reason? Some benefits include: increasing your energy, strengthening your heart and immune system, and decreasing the negative effects of stress.

Did you know children laugh over 400 times a day? Has life become too serious and stressful these days, you can't relax or let go? Unwind and connect with your inner child self and see life in a new positive light.

## ***Weekend Winter Retreat***

We are organizing the second yoga retreat located near the beautiful Gatineau hills minutes from Ottawa. Last year's retreat was a real success and I am delighted to do it again! This is the perfect winter getaway that's not far away. Dates are yet to be determined. Our goal is to have the get-a-way for February or March. This weekend will rejuvenate your body, mind and spirit. Take time out to enrich your soul and enhance your well-being.

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*"I really loved the discussion groups and of course the yoga classes. Jessica is a phenomenal teacher (yogi) I also really enjoyed the love circle. The entire weekend was planned out very well. I found this weekend to very enlightening super relaxing and just wonderful experience all around. Meeting new people and sharing so openly gave me warm fuzzies all weekend! I would most defiantly recommend this retreat to everyone, even if you have never done yoga before. There is so much to learn and experience, it is very inspirational."*

***--Jenny Seatter***

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Email me today if you are interested in joining us.

## ***Quotes***

You will never "have" the time. You have to "make" the time and then "take" the time.  
**- -Jenny Seatter**

If I cannot change when circumstances demand it, how can I expect others to?  
**--Nelson Mandela**

Namaste,

Jessica Ballard

<http://www.YogaYourWayToday.com>