

## Ancient YOGA for Feeling Fit with FSHD

Rita Lynn Lawrence

Credits: [www.miu.org](http://www.miu.org) and <https://www.tm.org>

March 14 and 18, 2024

### Welcome Community

Slide - "Whatever we put our attention on will grow stronger in our lives. Put our attention on the highest."

We will be tending to the Ancient and Sacred subject of Yoga. Yoga means UNION or to JOIN together referring to the mind, body and soul. There are many types of ways people practice this and we will learn some today and next week which work well for our community with FSHD.

The term "yoga" in the Western world often denotes a posture based physical fitness consisting largely of [asanas](#); this differs from traditional yoga, which focuses on [meditation](#) and release from worldly attachments.

We will focus on the traditional YOGA of meditative techniques that you can use anytime to transcend and go beyond your stress to find creativity and improve health - meditation has been proven to reduce high blood pressure and perceptions of pain. (include clinical research link)

### Day 1. Food, Body Doshas Website for test

<https://mapi.com/a/dosha-quiz/questions>

Slide- "Take it easy in your life, do not strain. If you feel something isn't right, then stop and change it."

In the ancient traditions the 1st Rx is always food and plants. These are said to connect us to the rhythm of the universe. I have a recipe to offer for a dish called Kitcheri, this is an Ayurvedic one dish meal including healthy protein, fats and carbs. It provides minerals and nutrients to balance gut health, detox and create homeostasis and aid body functions.

Protein = 1 g per pound of body weight = Amino Acids 22, 8 are essential to muscle and tissue formation and building.

Eliminate processed foods and harmful substances including alcohol and msg

Have enough water

Have a routine-routine-routine, be inspired to prep ahead of time and plan ahead.

### Day 1. Mental Exercise - Meditation

Slide-"It is from the direct experience of our inner Self that creativity, confidence, and clarity come."

Breath is life - we will practice a breathing exercise today before we get into our meditations, priming the mind and body for relaxation and transcendence. Transcend means to go beyond limits.

### **Day 1 and 2 Relaxation - Breath is life - pranayama**

We move all day, we go, we think, we work, we DO, DO, DO

Today we are focusing on BEING, stillness and healing within

4second inhale

16sec retention

8 second exhale

Pranayama builds mental health when it comes to concentration, memory and stress reduction. Our mind is a powerful tool that can guide what our entire day will look like. Pranayama helps bring serenity to our nerves as it increases oxygen supply in the body “We cease to be caught by the world around us and naturally let go of everything, when we come out of meditation we feel more fresh and ready to face our world.

### **Day 1 Guided meditation - The ABC's of Meditation -**

meditation is the easiest simplest form of self care, quickly beneficial - minimal rules - Allow - Be comfortable - Self Care

NOW as WE close OUR eyes, We invite the Highest states of consciousness and our ultimate human potential to join us now, we might understand this as God, The Universe, The Angels and or our Ancestors

And now we are in our WHOLENESS, our COMPLETENESS we will go on a guided journey in Love.

Thank you Father Cosmos, Thank you Mother Earth, Thank you God, Universe, Angels, Ancestors for being here and staying as long as we need, Thank you.

We place our hands on our heart space, our chest, we feel LIFE within us, With this LIFE pulsing within we know we have been created for something. Today we realize this something is LOVE, not the love we see in this world with gifts and treasures and keepsakes but the Universal Love which transcends all we put our eyes on, this LOVE transcends all.

Now we remember a LOVE that is completely

unconditional,

all-knowing,

all-forgiving,

all-understanding and this is the LOVE we will give Ourselves, we give this LOVE to ourself today, we transcend feelings of unworthiness, fear, doubt, pain.

We can imagine a golden ball of light in our hands and we hold this to our heart, we receive power from this unconditional universal LOVE.

As we soak this love in we can now begin spreading this LOVE outward.

We can open our hands now if we are ready to share.

We send love to each other here in this space.

We send love to the neighborhood, the community,

We can spread our arms wider now and send this LOVE to our entire state and now to the USA,

Beyond that we send this Universal Love to all of the World and The Universes. Love is why we are here, Love is where we can BE every moment. LOVE is how we can choose and know what to do next, what would LOVE do?

Love shares, extends, gives, heals.

Love is the answer.

Now we bring this LOVE back to our heart space, we hold this Universal Love, within, without, around our BEING, Universal Love IS OUR ENERGY, our most valuable ASSET - we are never lacking - we are always receiving, always giving.

### **Day 1 Silence - Mantra Meditation - Transcendence - Alpha1 EEG patterns**

Slide - "Transcending helps us overcome smallness and see things from a more holistic perspective"

A mantra is a syllable, word, text or utterance that is said to possess mental and or spiritual efficacy - AT MIU a mantra is our vehicle to transcendence and we receive a personal and individual unique mantra.

Here for our community we will learn a universal mantra meditation technique 1st practiced in the Vedic Traditions dating back for 1000's of years. There are science backed effects of improving health and wellness with meditation and the US Pain Foundation recommends meditation as a complimentary therapy to traditional medicine.

**Mantra Instruction, 5 minutes - Day 1 OM, Aum** - Yoga is unity and this mantra is one of unification with the foundation of our universe and God if you believe in God and if you do not you will unite with your own inner Power and Higher Self - of infinite potential and All possibilities, no limits and ultimate love, peace and calm.

#### **Guide out of meditation**

As we return to the state of NOW we ground ourselves into our body and life.

Moving your toes, fingers, arms, legs....

breathin in nose, breathing out mouth,

blink your eyes but close them again,

we slowly come out of our meditation so that our body has time to adjust and balance out all the physiological and neurological functions needed.

All experiences are different, we focus on results and taking it easy and take it as it comes

## **Day 2**

### **Welcome Community**

#### **Day 2. Sleep - circadian rhythm**

Slide- "Peace in the world can only be established if the people in the world are at peace with themselves."

Create a routine of a regular bedtime, this should be relaxing and routine daily  
++get early morning sun, reduce substances and sugar

#### **Day 2. Exercise - Asanas handout pdf**

Slide - "In all ages and cultures, people have gone beyond the surface of reality to gain insight and understanding."

Educate yourself and keep a community around you of supportive people or pets.

#### **Day 2 Grief -**

Slide - "Peace in the world can only be established if the people in the world are at peace with themselves."

repressed feelings are stored in our physiology over time but if we process the feelings for whatever we have lost (physical limbs, functions, abilities) we can get through the steps of shock, denial, anger, bargaining, depression and reach acceptance of who we are today and that is healing.

#### **Day 2 Relaxation - Breath is life - pranayama**

We move all day, we go, we think, we work, we DO, DO, DO

Today we are focusing on BEING, stillness and healing within

4second inhale

16sec retention

8 second exhale

Pranayama builds mental health when it comes to concentration, memory and stress reduction. Our mind is a powerful tool that can guide what our entire day will look like. Pranayama helps bring serenity to our nerves as it increases oxygen supply in the body

#### **Day 2 - Guided Meditation - The ABC's of Meditation -**

meditation is the easiest simplest form of self care, quickly beneficial - minimal rules -

Allow - Be comfortable - Self Care

NOW as WE close OUR eyes, We invite the Highest states of consciousness and our ultimate human potential to join us now, we might understand this as God, The Universe, The Angels and or our Ancestors

And now we are in our WHOLENESS, our COMPLETENESS we will take a guided journey beyond space and time -

we allow our bodies to rest and relax

as our mind finds the transcendent and divine world of BEING.

Here there is nothing to do, there is no worry, here we are connected to all that is and all who are.

We are unifying with our Higher Self and ultimate potential and even God.

There are no limits

only possibilities here.

On this journey we find peace and quantum understanding,

we find love in our heart and soul,

we find divine guidance for all the questions we have in life.

Here are also the answers as we listen and allow the inner peace and calm to overtake our heart. Inspirations and infinite creativity are also born here.

Now we journey forward to wholeness and great wellness

there is no sickness or disabilities or any body at all, here is only ultimate potential.

Thank you Father Cosmos, Thank you Mother Earth, Thank you God, Universe, Angels, Ancestors for being here and staying as long as we need, Thank you.

## **Day 2 Silence - Mantra Meditation - Transcendence - Alpha1 EEG patterns**

“Just a dive into the transcendent, and the mind comes out saturated with happiness.”

A mantra is a syllable, word, text or utterance that is said to possess mental and or spiritual efficacy.

Here for our community we will practice a universal mantra meditation technique 1st practiced in the Vedic Traditions dating back for 1000's of years. There are science backed effects of improving health and wellness with meditation and the US Pain Foundation recommends meditation as a complementary therapy to traditional medicine.

## **Mantra Instruction, 5 minutes - Day 2 Sat Nam**

“Truth is my Identity” - We all want the truth of who we are, of our world and our life, understanding of others comes with ultimate truth, today we meditate with this mantra for peace and happiness.

### **Guide out of meditation**

As we return to the state of NOW we ground ourselves into our body and life.

Moving your toes, fingers, arms, legs....

breathing in nose, breathing out mouth,

blink your eyes but close them again,  
we slowly come out of our meditation so that our body has time to adjust and balance  
out all the physiological and neurological functions needed.

***All experiences are different, we focus on taking it easy and we take it as it comes***