

Testimonials and Wisdom from October's Yoga Philosophy participants

Yoga Seeks
to Awaken
Our Greatest
Potential

"I am so happy to be back in conversation with such a wise community. I loved your videos this month, and maybe especially those where you show how much we can learn from nature. I took your perspective to the ocean recently and had an truly inspiring experience listening to the tide's message. It was calm and peaceful and I took this in. I have long listened to messages from within and from others. But I have never realized how much I could gain and feel by paying attention to the rhythms of the universe as they reflect back wisdom all the time and all around me. I can't wait to join again next month!" ~Joy M.

"The videos this month were very timely for me, as I've been struggling with reality. I believe that "what we focus on expands", and I found that the yoga philosophy gave me a nice lens, to focus on acceptance and compassion, and not get caught up in fixing and changing. ~Julie G.

"What an amazing wisdom circle this month. Throughout the videos it held a wholeness that was accessible and relevant as much as it felt esoteric. Great gratitude for the deepening of my awareness and sense-making of my own incomprehensible (at times) world. You are doing so much good in the world by offering this wisdom circle to spirit open in all of us. And you are helping us understand and accept this hard and painful role we are each called to play in our own little worlds. That's the collective energy here that is joined with the collective energy moving all over the planet. It gives me hope for what is possible in the midst of all the disharmony." ~Angela M.

"To add to our conversation about the importance of deferring talking, and making space for conversation, I learned a lot from my work in negotiating. People hate awkward silences. When we allow them, the other tends to respond more quickly and negotiate for themselves." ~Neil H.

"I have found it very helpful to "name" the dominant emotion (i.e. outrage) I observe in myself or another while in conversation. When I feel sucked into a charged emotion, I wonder how to add more "emotional space" between the naming and my holding of that emotion as a key ingredient for something to build its own energy to resolve. Additionally, I contemplate how I can maintain a sense of wholeness in this societal polarity. Especially since wholeness can only come from wholeness, and we cannot bring it in from polarity." ~ A Roy.

"This month's course has helped me listen from my "third eye wisdom", a "knowing" that is hard to explain, but has felt like a direct line from the heart to the crown. From this place, especially with clients, I find I am better able to hear the sub-stories that tend to underlie the dominant "negative" story, as well as subtle commonalities we share." ~Grace Z.

"That was a great discussion and I'm so glad I joined. I found the information on "how to find comfort in the unknown" really helpful during this very stressful time. I also enjoyed meeting new people. Thank you!" ~Joan P.

"I'm really grateful for this month's video & discussion around "sensemaking". I connected the topic of "sensemaking" to a recent documentary I watched that explained how the social media apps we enjoy using to connect with friends & family have also



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created great polarization and division in our country and that those who developed these apps use human psychology in ways to manipulate and control us... and we all need to become more aware of this! I also appreciate the reminder of how beautiful the Witness Perspective can be in order to step back and not get so caught up in the narratives. The work of a local author Ashley Davis Bush has been very helpful to me. She offers a self-compassion practice called "ACT" and it stands for Acknowledge your emotions (validate and name them), Connect with others (remind yourself that you're not alone) and Talk kindly to yourself (this is a difficult time). Thanks again for sharing such thoughtful and timely topics to help us during these times."
~Allison P-D.

"Thank you, Julie. The meetings have helped strengthen my meditation practice as well as connecting me back with like-minded folks, so I am grateful." ~Sally S.

"This month's course enabled me to be present with my sister in a new, more symbolic way, and nature around us mirrored what was happening in our conversation, the dark, thundering clouds giving way to sunshine." ~Pam H.

"Everything funnels down to the one thing you can rely on--Change. I appreciate the practice of Acceptance...that we can't know what is going to happen. Be here now. This is all we have." ~Maya B-H.

"I love reminders of the Witness perspective, and going within to that place when I am confused. When in difficult conversations, I remind myself that I have bias. Others can have their truth. I can have mine. I don't know them. We are all living in uncertainty. Supporting my Self helps me support others." ~Terry R.

"The practice of non-attachment is so relevant these days. Everyone thinks they are right. I try not to go down that rabbit hole because I know I become a different person, and I don't like how I feel. The Witness perspective helps me stay grounded and not get caught up in the chaos." ~Tracey M.

"The idea of "spiritual emergency" really spoke to me--the idea that something important is emerging, and can also be scary and overwhelming. As someone who has lived my whole life in this place of Oneness, I am grateful to now be able to share the grounding techniques of Yoga that have comforted me, including the creation of a safe space, and being in nature." ~Michelle

"Julie, in one of the videos you had mentioned seeing others as yourself. I try to see others as God. Funny enough, I had been wanting to share this with you and then came across a Ram Dass quote, "treat everyone you meet as if they are God in Drag." ~Cynthia L.

"I loved how these videos awakened my confidence in the wisdom I know is coming in all around me, when I pay attention, listen, and trust my Self."
~Karen B.

"The material this month helped me perceive a situation differently and it was as though it changed everything. I loved the connection to the color red, as I'm a red-head, but have also noticed that my energy can be too much for a lot of people, or may represent my tendency to want to help and fix people. As usual, the timing of this month's course was perfect for me!" ~Dalyne V.

“The material this month was very humbling for me. At first, I couldn’t get it. I recognized that I was feeling disconnected and lost, hyper-focused on parenting, COVID and the elections, getting in my own way with unhelpful patterns. I wasn’t ready to hear it. It finally settled in as I settled in, recognizing how much I needed to cultivate my inner world, realizing that there are a lot of answers available to me as if I am able to see them.” ~Tonia B.

*“Julie, What a great class yesterday. You are an incredible gift as a person and as a teacher. Thanks so much and I plan to sign up for the following few months”
~Carla F.*

“I really liked the way you incorporated the nature videos into the course. Discussing that there is light and shadow (good and bad) in everything and bringing color symbolism into it as you talked about the red leaves. During this pandemic, I’m finding that being in nature soothes my soul more than ever.” ~Gerry H.

“The current situation with COVID and politics is a reminder that I’m not in control, which is usually terrifying. Your nature-based teachings remind me of how small I am, but in a good way, as it is uplifting and inspiring to feel a part of the great web. It’s a big, beautiful, crazy mess. I can’t control it, and that’s ok.” ~Eve S.

“Your videos gave me support, and permission, to not feel as though I need to convince, change or fix someone or something. I never knew what to do with that energy, but I realized I can choose not to contribute to the grippy viewpoints or negativity, even with one person. I also appreciated the guideposts you provided in the meditation practice, especially how to invite in guidance.” ~Jeanette B-D.

“When I find myself in victim mode, I see you Julie! I see you saying “How Interesting!” and it helps me transcend and not feel so grippy. It helps me let go of control and take responsibility for my part.” ~Libbie B

“What I really got from this month’s course is that Nobody is Right. I found myself thinking about my mother in law, and the way in which she was always curious. Serendipitously, that same day, I found the pamphlet from her funeral, and it both inspired me and also helped me let go of control.” ~Rebecca H.

“What really resonated with me this month was that no one side has all the right answers. In most conversations these days, everyone is so intense, loud and abrasive. I want to turn down the noise, feel the space, not say anything. That sounds good. Be quiet.” ~ Matt B.

