



pathways
navigate series | zen programs

Pathways 2021 Yoga Series

January 28 — I Am

February 11 — I Feel

February 25 — I Can

March 11 — I Love

March 25 — I Speak

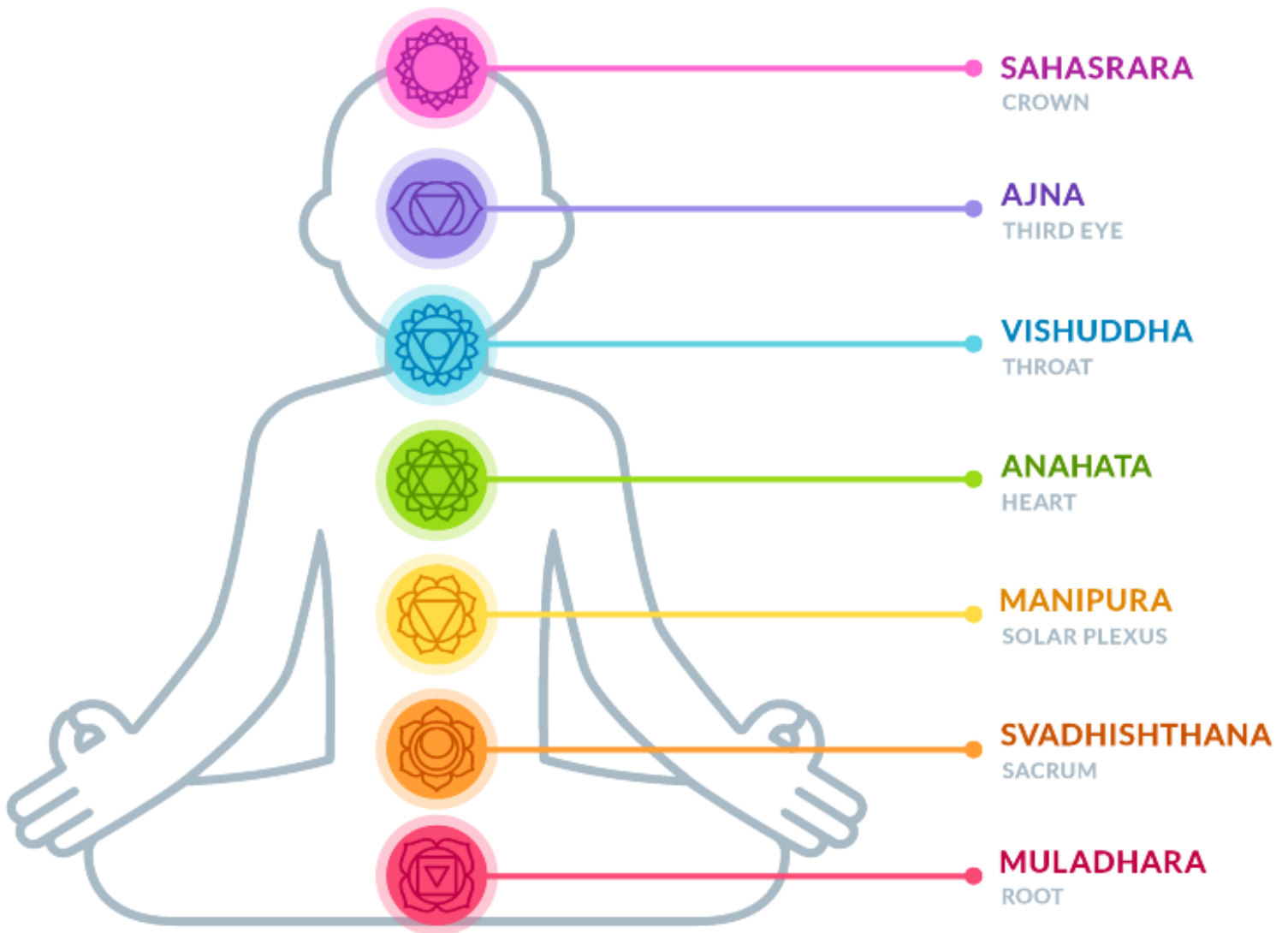
April 8 — I See

April 22 — I Know

THE SEVEN CHAKRAS

The main energy “highway” is the spine and it has seven primary centers of energy.

In yoga we call these Chakras.



Pathways Yoga Series Session #2

Energy Center: Sacral (bottom of the spine)

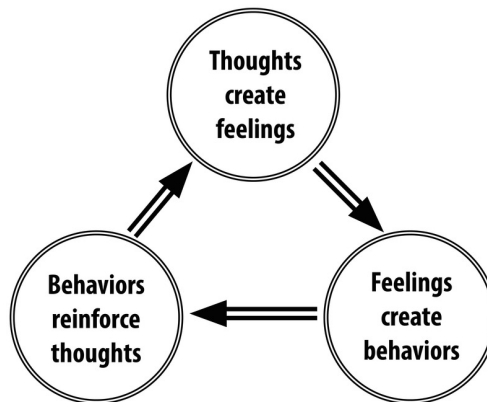
Emotions

- Physical body reactions and sensations
- Hard wired, automatic, quick
- Universal among humans
- Six basic emotions: Happiness, sadness, disgust, FEAR, surprise, and anger. (Some researchers include other emotions such as pride, shame, embarrassment, and excitement.)

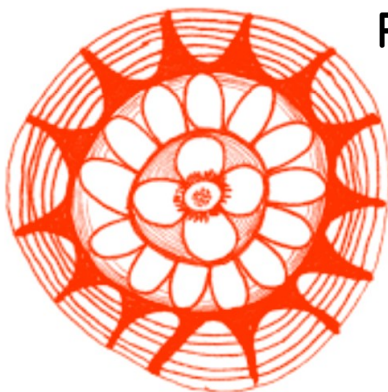


Feelings

- Occur in the mind
- Conscious reactions (after taking time to think about it)
- Are how we interpret our emotions based on our upbringing, experiences, memories, and more
- Personal and subjective; we have choice



The Layers of the Body



Physical

Mental

Emotional

Energy

Emotional State Affects Our:

- Learning, focus and memory
- Decision making
- Relationships
- Health
- Creativity and performance



I Feel

- Loving
- Helpless
- Lonely
 - Sad
 - Angry
- Betrayed
- Frustrated
 - Hurt
 - Lost
- Supported
- Annoyed
- Cheerful
- Guilty
- Important
- Vulnerable
 - Anxious
- Determined
 - Insecure
 - Secure
 - Nervous
 - Worried
- Embarrassed
- Confident
- Reliable
- Curious
- Confused
- Thankful
- Optimistic
- Courageous
 - Peaceful
- Disappointed

• _____
• _____
• _____

RAIN Technique by Tara Brach (meditation teacher)

Strategies to bring mindfulness and compassion to your strong feelings:

R – Recognize what is happening. Pause. Name it to yourself
(i.e. *I am feeling very angry and disappointed right now.*)

A – Allow the experience to be there, just as it is (no judgment).

I – Investigate with interest and care. Explore what it feels like in the body.

N – Nurture yourself. Examples: Place one hand on heart is soothing. Say to yourself what you would say to a friend you want to comfort.

Questions for your Reflection:

- What words do you typically use to name your feelings?
- What gets in the way of expressing your feelings in healthy ways?
- What are some of the strategies you use to deal with strong emotions?
- Many people try to appear happy even when they're not feeling that way. What emotions are you most comfortable showing? Which ones are least comfortable?
- Reflect on the list of ways emotions affect our lives (from the previous page) and write one example that you experienced.



Reflection



**If you don't manage your emotions,
your emotions will manage you.**