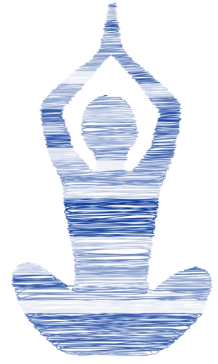


Pathways Yoga Series Session #5

Energy Center: The Throat



OM is the most basic sound of the universe. When chanted, it vibrates at the same frequency found throughout everything in nature. It's both a sound and a symbol with deep meaning - that we are connected to nature and all living things. It's correctly pronounced like three letters or sounds: AUM. Awe-oo-mmm. This relaxing preparation is often chanted at the beginning (and ending) of a yoga class to bring awareness and presence to the practice.



I Speak

My Voice:

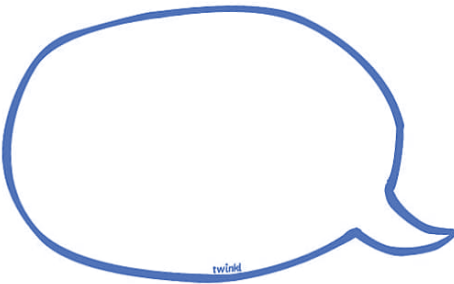
I need to speak up

I'm afraid you will
tease me

My voice gives
me power

I'll tell you what
you want to hear

I want to be nice,
but I also want to
be REAL



- Truthfully
- My voice
- From the heart
- Up for others
- Clearly
- Honestly

- _____
- _____
- _____
- _____
- _____
- _____
- _____

It's not about
finding your voice;
It's about giving
yourself permission
to use your voice.

—Kris Carr

Listening is an essential part of communication. In taking the time to be quiet, we are able to truly listen to ourselves. The chatter of the mind eventually dies down and the song of the heart pours forth. —Anodea Judith

We must be willing to take the risk to tell ourselves the truth
and grow ourselves into someone who can trust themselves.
Being truthful with ourselves makes us trustworthy and frees up all the time
we normally spend in guilt and regret from our dishonesty.

—Deborah Adele

Our voice is powerful. Before we speak, THINK:



T— Is it true?

H— Is it helpful?

I— Is it inspiring?

N— Is it necessary?

K— Is it kind?



Questions for your Reflection:



- What keeps you from speaking your truth?
- Reflect on the difference between being nice and being real. Can a person be nice and be real (authentic) at the same time? What would that take?
- Have you ever said yes when you really wanted to say no? Write about that experience and what you learned.

Reflection

