



SHANNON LIND YOGA

Finding Ground

Yoga for Navigating Difficult Times

A compassionate guide to staying present when the world feels overwhelming

A Letter to You

When the news carries weight that feels unbearable, when headlines break your heart, when the world seems to spiral beyond your control—you are not alone in feeling overwhelmed. This ebook is a gentle companion for those moments when grief, rage, helplessness, or profound sadness wash over you.

Yoga is not about escaping these feelings. It's about creating a safe container to feel them fully, to breathe through them, and to remember that you are more than the storm of emotions passing through you.

In these pages, you'll find practices rooted in ancient wisdom and adapted for modern overwhelm. Each technique honors your experience while offering tools to ground yourself, process your feelings, and reconnect with your resilient core.

Your feelings are valid. Your grief matters. Your rage is justified. And you deserve practices that help you navigate these turbulent waters with compassion for yourself and others.

Permission to Feel

Before we move into practice, we must first acknowledge a fundamental truth: your feelings are not obstacles to overcome—they are messengers to honor.

When devastation strikes through the news, you might feel:

- Overwhelmed by the magnitude of suffering
- Defenseless against forces beyond your control
- Profound sadness for those affected
- Grief for what has been lost
- Rage at injustice and preventable harm

These feelings are not weakness. They are evidence of your humanity, your empathy, your connection to the web of life around you.

The Practice of Validation

Validation means witnessing your emotions without judgment. It means saying to yourself:

"It makes sense that I feel this way. Given what I've learned, given what I care about, this emotional response is completely understandable."

Satya: The Yoga of Truth

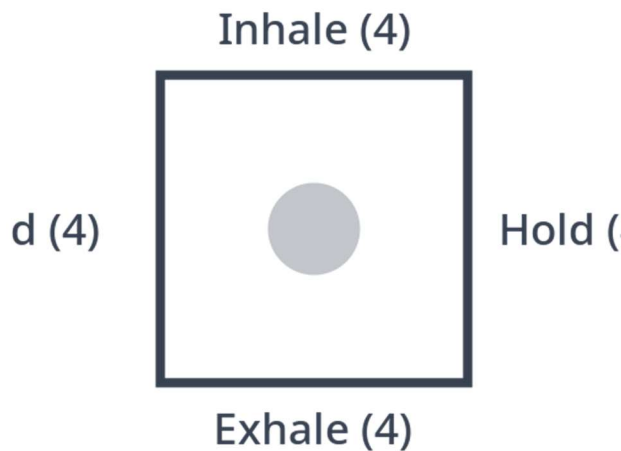
The yogic principle of *satya* (truthfulness) invites us to be honest about our inner landscape. When we deny our feelings, we create internal friction. When we acknowledge them, we create space for healing.

Practice saying aloud or writing: "I feel _____. And that's okay."

Grounding Through Breath

When the mind spirals and emotions surge, the breath is your anchor. It's always available, always present, always free.

Practice 1: Box Breathing for Overwhelm



- Find a comfortable seated position
- Inhale slowly through your nose for 4 counts
- Hold your breath gently for 4 counts
- Exhale slowly through your nose for 4 counts
- Hold empty for 4 counts
- Repeat for 5-10 rounds

Practice 2: Sigh of Relief Breath

This practice is especially helpful when you feel tension or frustration building.

- Inhale deeply through your nose
- Open your mouth and exhale with an audible sigh: "Haaaaah"
- Let your shoulders drop as you exhale
- Repeat 3-5 times

Remember: Your breath is a bridge between your conscious and unconscious mind. When you slow your breath, you signal to your nervous system that you are safe enough to feel.

Gentle Movement for Processing

Emotions live in the body. When we move with intention, we create pathways for feelings to move through us rather than becoming stuck.

Child's Pose (Balasana): Surrender



How to practice:

- Kneel on the floor, sitting back on your heels
- Fold forward, resting your forehead on the ground
- Arms can extend forward or rest alongside your body
- Stay for 1-3 minutes, breathing deeply

This pose says: "I don't have to hold it all together right now. I can rest."

Cat-Cow (Marjaryasana-Bitilasana): Flow with Feelings

How to practice:

- Come to hands and knees (tabletop position)
- Inhale: Arch your back, lift your chest and tailbone (Cow)
- Exhale: Round your spine, tuck your chin (Cat)
- Continue flowing for 10-15 breaths

This practice reminds us that emotions have rhythms—they rise and fall, contract and expand.



Being Present in This Moment

When the world feels chaotic, the present moment is your sanctuary. Not to bypass pain, but to find the ground beneath your feet.

5-4-3-2-1 Grounding Practice

This practice engages your senses to anchor you in the here and now.

5 things you can see

Look around and notice details

4 things you can touch

Feel textures, temperature, weight

3 things you can hear

Near and far sounds

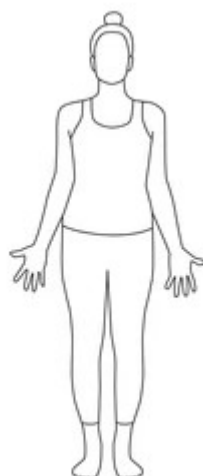
2 things you can smell

Scents in your environment

1 thing you can taste

Or imagine a comforting taste

Standing Mountain Pose: Embodied Presence



- Stand with feet hip-width apart
- Feel all four corners of your feet pressing into the earth
- Let your arms hang naturally
- Lift through the crown of your head
- Close your eyes and notice: "I am here. Right now. I am breathing."

In this moment, you are not defined by the news. You are a living, breathing being, connected to the earth.

Ahimsa: Non-Harm Toward Self

Ahimsa, often translated as "non-violence" or "non-harm," is the first yama (ethical guideline) in yoga. During difficult times, the most important application of ahimsa is toward yourself.

What Ahimsa Looks Like in Hard Times

- **Taking breaks** from the news when you need to
- **Not judging yourself** for feeling overwhelmed
- **Asking for support** instead of suffering alone
- **Setting boundaries** with people or situations that drain you
- **Choosing rest** over forcing productivity

Loving-Kindness Practice

Place your hand on your heart. Feel your heartbeat. Breathe and silently repeat:

"May I be safe."

"May I be peaceful."

"May I be kind to myself."

"May I accept myself as I am."

You can extend these wishes to others affected by the difficult news, to your community, and to the world.

Santosa: Finding Contentment Amid Chaos

Santosa (contentment) doesn't mean pretending everything is fine. It means finding moments of peace within yourself, even when the external world is turbulent.

Ask yourself: "What small thing can bring me comfort right now?" Perhaps it's a warm cup of tea, wrapping yourself in a soft blanket, or three deep breaths.

Holding Pain and Taking Action

Yoga teaches us that we can hold two truths simultaneously: We can honor our pain while still taking meaningful action. We can feel defenseless and still contribute to healing.

Tapas: The Discipline of Showing Up

Tapas (discipline or heat) is the niyama that asks: Even when it's hard, even when I'm tired, what small action can I take?

Micro-Actions for Difficult Days:

- Send a message of support to someone affected
- Make a donation, however small
- Share accurate information
- Show up for your community
- Vote, volunteer, or advocate
- Practice extra kindness with those around you

Warrior II: Standing Strong



This pose embodies the warrior spirit—not aggressive, but peacefully strong.

- Step feet wide apart
- Turn right foot out, left foot slightly in
- Bend right knee over right ankle
- Extend arms parallel to the ground
- Gaze over your right fingertips
- Hold for 5-10 breaths, then switch sides

"I am strong enough to feel. I am capable enough to act. I am enough."

In Closing

The yoga mat is not a place to escape from the world's suffering—it's a place to build the resilience needed to meet it with an open heart.

Your practice doesn't have to be perfect. It doesn't have to be long. Some days, three conscious breaths is enough. Other days, you might flow through poses for an hour. Both are valid. Both are yoga.

Remember these truths:

- Your feelings are valid
- You don't have to hold it all together
- Small practices create big shifts
- You are more resilient than you know
- You are not alone in this

When the news is devastating, when the world feels too heavy, when you don't know how to keep going—return to your breath. Return to this moment. Return to the practices that help you feel grounded.

And know that by tending to your own wellbeing, you are better able to show up for the healing this world so desperately needs.

*With compassion,
for you and for this world*



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