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# THE VILLAGE VISHUDDHA

A Newsletter by Bleevable Prana Yoga & Wellness

*Greetings Kula!*

## Let It Go

*The importance of letting go for self-care*

Control! That was a fun 90's song by Janet Jackson. Her lyrics said, "I get what I want." Who doesn't like that? Getting everything you want is not always a reality. Controlling everything is nearly impossible and causes a ton of stress.

There is a saying "let go and let God." Whether you believe in God is not the point, it is the action of letting go and letting things happen as they will. Life usually has a way of working out. Let go of the past, of what could/should have happened, of the need to be right all the time, of the urge to defend yourself against someone, of the desire have things go your way. According to Psychology Today, some people have trouble letting go of their pain or other unpleasant emotions pertaining to their past because they think those feelings are part of their identity. In some ways, they may not know who they are without their pain.

If you find yourself ruminating over the same thing or telling your friend about the same issue repeatedly, it is probably time for you to let that thing go.

### HOW TO

- Allow the feelings to come and allow them to go.
- Accept what you can control. You can't control others. It is very possible that you may never receive that apology or have closure from another.
- Choose to have an attitude of bridge-building rather than attacking or retreating from someone.
- Forgive. Not saying that you have to forget, but yes, forgive.
- Take a breath. Or several breaths.
- Express yourself in a positive way. Be it verbally, artistically, or even by going to a safe gun range.

You may be afraid to let go for fear of actually not having that issue be a part of who you are or thinking that it helps to define you. Nevertheless, you are so much more than that. So, continue to bloom and grow. It will all work out.

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## Loving Kindness Meditation

### Helping you let go

Loving kindness meditation (*also known as Metta Meditation*) is a popular self-care technique that can be used to boost well-being and reduce stress. This practice is first practiced toward oneself, since we often have difficulty loving others without first loving ourselves.

Those who regularly practice loving-kindness meditation may be able to increase their capacity of forgiveness, connect to others, self-acceptance, and more. The technique can be easy to practice and may provide a sense of calm within minutes.

Conversely, when one begins to focus outwards, the practice can become challenging; but then again that is where the work is seen and felt. When practicing this meditation, the words are often similar to what I will recite in a few seconds. You may change out a word or two, but the phrases are fundamentally the same.

First towards oneself:

May I be happy

May I be at ease

May I be free from danger

May I be loved

Next towards someone you may not like or strongly dislike:

May you be happy

May you be at ease

May you be free from danger

May you be loved

Finally towards those you do not know or have a relationship with:

May all beings be happy

May all beings be at ease

May all beings be free from danger

May all beings be loved

#### HOW TO

- Find quiet time.
- Focus on a feeling of inner peace and inhale love, exhale tension/stress
- Either silent or aloud, say your personal desire
- Practice this and hold gratitude for yourself. Eventually, you can focus your energy on others.
  - o Begin with one person you know and care deeply about.
  - o Move on to others, perhaps family, friends or co-workers
  - o Finally move on to people you may have difficulty with.

Meditating toward people you have difficulty with can boost feelings of forgiveness and helps you let go of whatever the issue was. It also helps with deepening a sense of inner peace.

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**BE STRONG, BE FEARLESS,  
BE BEAUTIFUL. AND BELIEVE  
THAT ANYTHING IS  
POSSIBLE WHEN YOU HAVE  
THE RIGHT PEOPLE THERE  
TO SUPPORT YOU.**

**~ MISTY COPELAND**

*Bleevable Prana is here to support you.  
You are not alone.*

# Pose of the Month

## Upward Facing Salute

(Urdhva Hastasana)

### Benefits:

- Opens heart, chest, lungs, shoulders, abdomen, hip flexors, psoas and quads.
- Strengthens frontal body, arms, back and abdomen.
- Great for opening frontal body, especially after slumping on your couch or hovering over your phone.

### How to:

From *Tadasana* (Mountain pose), inhale as you lift both arms overhead. This can be done either by lifting them in front of your or out to your sides. Wrists and hands should be shoulder width apart.

Keep arms straight and rotate your shoulders externally so your palms face each other.

Gaze should be natural and not uncomfortably facing the sky or allowing the head to drop back.

### Watch out for:

- Lifting shoulders to elevate arms. Keep space between earlobes and shoulders.
- Forgetting to keep legs activated.
- Over exaggerating your shoulders by pressing chest out.
- Sinking into your lower back



*In this image, she added a backbend by leading with her heart. Traditionally, one stands straight without a backbend.*

### Note:

- If adding a backbend, keep your arms inline with your legs rather than bringing them back with you and keeping your biceps in line with your ears. Always protect from crunching the neck by imagining an orange behind the base of your head.

### UPCOMING OFFERINGS

Regular classes are not being offered currently. Please watch our social media accounts for weekly inspirational/educational messages and random pop-up class announcements.



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