

BrainBrush~::~Embracing Opportunities for Change

In every class of Transformational Yoga, I incorporate "BrainWork" ~ in the form of crossing lines of Energy and blending asanas & opposites to coordinate the dimensions of our Beings. The purpose of this Work is to unify the hemispheres of the Brain, balance our neurochemistry, and "defrag" pathways to the Body/Being regenerating Wholeness and Harmonious Function. The alchemy of Yoga and BrainWork cultivates receptive, fertile internal environments conducive to Transformation ~ of the Mind, Heart, Body, and Spirit....refreshing our connection to the ever-fresh and forgiving Foundation, Depth, and Function of our Amazing Being. Neuroscience calls this innate capacity to repattern ourselves "neuroplasticity". Others relate to this receptive fabric of our Being as a "Matrix".

Proactively welcoming *manageable* changes conditions us to capably embody more resilience, fortitude and aptitude for Gracefully traversing the *uncertain* topographies of change in our Lives. By experiencing opportunities *Consciously* differently: lovingly-mindfully-respectfully-patiently-compassionately-curiously-productively-passionately, we can liberate ourselves from proverbial "ruts" by refining our Awareness to shift our patterning.....to cleanse our Perception.....to sculpt an Exquisite Masterpiece of our Reality~

"if nothing changes, nothing changes"

"the same mind that created a problem cannot solve it" ~Einstein

Change is inevitable; resistance is futile; struggle is optional.

"The action of my Inner Holiness consumes all reaction and belief of my fragmented Soul" (Dr. Dan Matthews)

Amusing case in point: I was given a SuperSonic Toothbrush. Wow~! What a nifty and effective invention! There I was, about a week into this budding relationship....turbo toothbrush loaded with minty ammunition, brushing away at my happy buckies....when I realize I'm brushing them *anne*-alog - -!!!

Spontaneous laughter spattered the mirror with a snow flurry of foam~!
Reloading the toothbrush, I switched it *On* for another go....

Change arrives in many packages.... and Opportunities & Assistance for unwrapping the Masterpiece of our Reality are all around and within us. Yoga is a *wonderful* multi-dimensional, re-chargeable Tool of Empowerment for the Physical, Emotional, Spiritual, and Mental Hygiene of our Awareness and Perception~~~we just have to turn it *On*~!
Anne Marie