

Awareness
Movement
Breathing
practices

Stay Strong in You

Class Notes – Week 5
Stay Strong in You

Meditation
Mantra
Consistency

Our habits define us.

The way we feel, think, and behave is a reflection of our daily habits.

Our health depends upon us living in alignment with the rhythms of the natural world. We need to honor ourselves through good, daily, self-care just right for our unique self.

Questions:

- Are your daily habits aggravating your body, mind, and emotions?
- What habits support you staying steady?
- What habits aggravate you?

Fundamental Support at the deepest level:

- Rise early – face the rising sun
(The easiest time to connect to the universal truths is in the early morning hours)
- Practice your Sadhana!!

Outer stillness equals Inner Silence

****Affirmations: Affirm yourself daily****

Today's Practice:

- Kriya for the Instinctual Self**
- Mantra –Ong So Hung - Guru Singh**

ONG SO HUNG: This is "Creator, I am Thou!" It is a heart-opening and empowering mantra.

Dedicated to bringing world peace. We realized the connection between individuals and the divine

<https://www.youtube.com/watch?v=rQ3p3ohYPhE>

My wish is that you use the recordings to help you establish a daily practice. If you feel drawn to a particular practice or mantra go with that. Remember no effort goes to waste. D.

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