



the devon school of yoga newsletter

AUTUMN 2014

welcome to autumn!

Welcome to the autumn edition of the Devon School of Yoga's Newsletter.

This, the school's 25th anniversary year, continues to be inspiring as ever. We had a blissful North India Yoga Retreat in the spring at Basunti and a hugely successful Devon Yoga Festival in August. Plus, by the end of the autumn, there will be a long awaited new DSY website.

In this issue of the DSY newsletter, we pack in all manner of helpful information, experiences and opportunities to welcome you into the autumn months.

Thank you to everyone who contributes and reads the newsletter and please feel free to share it with anyone you think may be interested.

Enjoy!
Duncan, Sue & Jules
www.devonyoga.com/ info@devonyoga.com

DSY Holistic Autumn Retreat

10-12 October 2014
at Rill Estate, Near Buckfastleigh
with Duncan Hulin & Andrea Guest

Experience a weekend of yoga, pranayama and meditation with time to relax and enjoy the beautiful surrounding countryside of the privately owned Rill Estate near Totnes, Devon. Vegetarian cuisine. Spacious light studio. Price £260.00
Includes: Accommodation, all meals/drinks, three Yoga sessions per day, evening chanting and use of hot tub.

The residential venue is the privately owned Rill Estate near Buckfastleigh surrounded by lush Devon Hills between Dartmoor and the coast and almost hidden by 80 acres of woods, fields and organic farmland. There is a light spacious studio, a welcoming sitting and dining area with tables, sofas and a wood burning stove and accommodation in en-suite twin rooms (some single rooms are available at extra cost) which are cleverly designed to maximise natural light. In addition to the delicious vegetarian food, which depending on the time of year may well include organic food grown on the estate, there are miles of marked walks to explore through unspoiled woodlands

To book a place, phone 01392 420573 or email info@devonyoga.com or click onto www.devonyoga.com/residential-and-retreats for more details

Devon Yoga Festival Review

By Nicki Glassbrook

It is now the end of August and yet I can still detect a faint warm glow when I think back to this year's DSY yoga festival.

Almost as soon as the festival started a mood descended over Seale Hayne which was tranquil and yet bubbly as old friends re-acquainted themselves and new friendships were made, the good cheer soon chased the clouds away and left us all basking in blissful sunshine.

The organisation was fantastic, I could just drift along happily from one class to the next without a care. Ok, so the accommodation was not 5 star but it didn't detract from the overall feeling of being nurtured especially with such wonderful food.

All the teachers were extraordinary and made for a wonderfully eclectic mix from restorative to acro yoga, from philosophical debates, to storytelling. Shakti Dance reminded me that I am truly a warrior, David Sye made me cry (again) because of his overwhelming humanity and Helen put me back in touch with my Yoni! What a privilege it was to have so many amazing practitioners prepared to come and give their time and energy for free, a real testament to Duncan and the team - oh and did I mention the food, such lovely puddings!

I love chanting so Barry's Kirtan was a real treat as ever, but the highlight for me had to be Emily's yoga disco, such fun and great to have a proper dance.

The thing that really sums it up for me is this: at every event I have been to there is always a hierarchy which is highlighted by the different colour of wristbands, well not at the DSY yoga festival: there was only one colour of armband whether someone was a teacher, organiser or participant, which sent out a message that everyone was just as important as each other - nice touch. Oh and the food was great!





“A massive well done to Duncan, James and Jules - when’s the next festival?”

Devon Yoga Festival Review

By Tanja Bartlett

There was so much on offer at the second Devon School of Yoga Festival this summer that it’s hard to give anything other than a very subjective account; out of a possible 42 workshops, everyone had to somehow just pick 7...

The festival began with the first of many tricky choices and, although I’d vowed that this time I’d go for teachers I never usually get access to, I couldn’t resist the chance to do some Ashtanga with the lovely Andrea Durant, though it was tempting to go chill out in Alice Chapman’s ever-popular Restorative Yoga session... Once again, the festival offered the chance to practice with Devon teachers such as Duncan Hulin, James Russell and Gretchen Faust, as well as those from further afield such as Swami Saradananda, Bridget Woods Kramer, David Sye, Barry Elms and Sama Fabien.

One of the highlights of the festival for me was Mik Burley’s fascinating philosophy session (it was too open to describe as a “lecture”, more of a led discussion really and all the better for it) on the question “Do you have to be a Hindu to practice yoga?” Exploring everything from the roots of yoga philosophy and whether yoga originated from Hinduism, questions such as “What is ‘yoga’?”, “What is ‘Hindu’?”, “Is yoga religious?” and exploring topics such as Hindu fundamentalism, Christian yogaphobes, notions of what constitutes “authentic yoga”, whether yoga can ever be completely secular/non-religious, and much else, this session was real food for the mind and very engaging.

I missed the Friday evening kirtan sadly, but Emily Katsuno’s dance session on Saturday night was

a great, liberating experience - and a reminder that when not sinking their teeth into philosophy, of course a bunch of yogins & yoginis are gonna enjoy busting some moves! (I heard there was some of that going on at the kirtan too...)

Taking their cue from the feedback after the first Devon Yoga Festival, Duncan and his team wisely chose to keep this event fairly small, totally non-commercial and entirely focused on yoga - “inspired by the yogic principles of the spirit of learning, giving and sharing.” They couldn’t’ve

done a better job - and the Fresh Organic team outdid themselves with an abundance of amazing food throughout the weekend - special mention has to go to the tofu strawberry cheesecake...

I know of people who’d travelled from as far as London and Cambridge, and I’m sure there were people who’d come further for the chance to soak up some Devon yoga magic - it’s surely the yoga capital of the country. A massive well done to Duncan, James and Jules - when’s the next festival?

“Do you have to be a Hindu to practice yoga?”



Ongoing Support of Ganga Prem Hospice

By Jules Yount

The Ganga Prem UK is a spiritually-oriented charity whose aim is to work with and for terminally ill cancer patients. The charity provides medical, social, emotional and spiritual support for individuals and their loved ones as they face cancer and in their ongoing grief.

As many of you are aware, the Devon Yoga Festival donates a large percentage of its proceeds direct to the Ganga Prem and many of you will have met Swami Saradananda and April Pierrot at the festivals.

We are very pleased to announce that this year's Devon Yoga Festival donation to the Ganga Prem is £1000. (Previous year's donations from the Devon Yoga Festival to Ganga Prem were £515 in 2012 and £500 in 2013 at the Summer Sangha.) The total donations to date equal £2015.

As the autumn months lead us towards more fresh cooling weather and we start to bring out warmer clothes, you can now stay warm while supporting the Ganga Prem UK Charity at the same time. Starting on the 23 October, the Lotus Loft yoga studio in Exeter along with The Ashtanga Yoga Workshop will be selling hand-knitted woollen socks from India as-well-as locally hand-crocheted leg warmers with proceeds going to the Ganga Prem. For more information on pricing and how to purchase socks or leg warmers (or to stock them in your local yoga studio), please contact Jules Yount via yogawithjules@hotmail.co.uk

"If I can stop one heart from breaking,

I shall not live in vain:

If I can ease one life the aching,

Or cool one pain,

Or help one fainting robin

Unto his nest again,

I shall not live in vain."

By Emily Dickinson

Ways you can support the Ganga Prem Hospice:

- If you are a yoga teacher, you may like to donate the proceeds from one class each month.
- You might arrange a fund-raising event. If you need advice with this, please contact: swami.saradananda@virgin.net
- You may celebrate a festive occasion (such as a birthday) by donating the proceeds of your evening to Ganga Prem Hospice.
- You can make a donation by sending a cheque to: GANGA PREM HOSPICE 75 Kitto Road London, SE14 5TN
- Or you can make a donation directly into the Ganga Prem Hospice HSBC bank account: Sort Code 40-20-17 Account number: 71545280

For more ideas, please visit:
www.GangaPremHospice.org

Giving thanks at Basunti

By Sally Ornellas

The decision to book my place on Duncan and Andrea's Basunti residential holiday in India earlier this year was sort of made for me. I was at last year's DSY Sangha, participating in Helen's lovely Tantric Yoga workshop, a fun and intimate exploration of our inner selves. Using our bodies and breath, we were connecting with our Hara, or seat of Ki, checking out the various energetic centres within the soft belly area. As I pressed into my Spleen area, it just came to me "I need to go to Basunti".

Physiologically, our spleen, about the size of a fist, is the largest lymphoid organ within the body, responsible for managing, cleansing, recycling and storing blood, crucial functions to maintain health and wellbeing. As part of the lymphatic system, the spleen also provides a site for lymphocyte proliferation and immune surveillance/response, essential to help ward off harmful bugs and disease. Altogether, a very important organ. In Eastern traditional medicine, including disciplines such as Shaitu, Spleen energy is concerned with nourishment and nurturing on all levels.

Just as the physical spleen is constantly trying to maintain our physical wellness, so our energetic Spleen tries to maintain our emotional and psychological wellbeing and is easily imbalanced if we 'overdo it' especially in terms of what we offer and receive on an emotional level.

Typically, Spleen energy is weakened when we cannot say "no" to requests and demands by others. While this can be seen as a very virtuous characteristic, if it goes on too long, or we take on tasks without a true belief in their value, we can become a person who eventually has to say "no" because our resources become depleted. This can manifest physically by challenging the spleen's function resulting in tiredness, low iron levels and weakened immune system.

A balanced Spleen allows the free flow of what we need and give, both actions coming from a loving heart and soul. At the time of the Sangha I was coming to the end of a 25-year career in the NHS, where demands were high and, more importantly, I was asked to work in a way that didn't match my integrity. I had already decided to retire in a few months, just before Duncan and Andrea were teaching in Basunti. What a gift! Worth every penny, the 2 weeks recharged me on every level. I was able to receive just what I needed to restore my Spleen energy to a much more balanced level.

I continue to teach Yoga and offer Shiatsu and psychological therapy, but on my own terms, practicing what I truly believe will benefit the person in front of me, incorporating some 'me time' in my week too.

Basunti offered many opportunities to give thanks and before one of the early morning practices, feeling the sun, then the breeze, the first part of this poem came to me and the rest just grew as the days went on.

*I give thanks for the sun that warms my face,
For the breeze that cools my brow,
For the sound of the birds, their songs alive,
Note by note, celebrating the now.
I give thanks for the trees, the fruit and flowers
And the insects that live within them.
For the lake and the mountains, so deep and so high,
Ever changing yet constant, Amen*

*I give thanks for the storms that rage above,
Thunder, lightning and rain,
Feeding the garden with all she needs,
Moving on, then sunshine again.*

*I give thanks for the sights and the sounds and the tastes
That enrich every one of my senses;
Let them in, let them go, make room for more,
No need for any defences.*

*I give thanks for the service of others,
Those who clean, cook, serve and teach;
Who nurture my space, my body and soul,
Heartfelt thanks to you all and to each.*

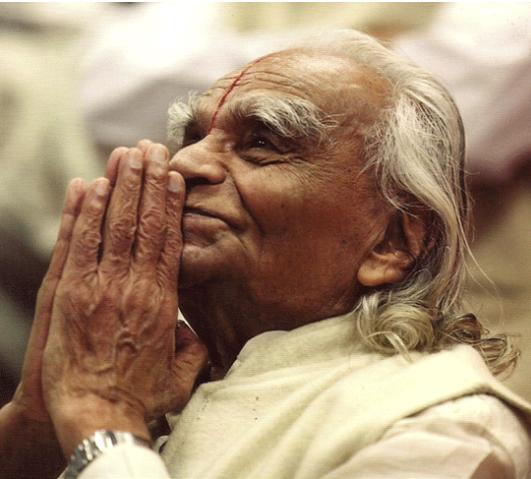
*I give thanks to the smiles I receive and give,
Smiling lips, smiling eyes, smiling hearts.
Kind words, soft silence, no need to discern
Where one's practice ends or starts*

*I give thanks for my memories, rich to remind me,
And for every future day
And for this breath, right now
That offers me life in perfection.*

Namaste.

Ps, thanks to Helen too for inviting me to truly connect to my lovely Spleen!





OBITUARY FOR BKS IYENGAR

With great respect we share the news that BKS Iyengar passed away on August 20th in a hospital in Pune, India. One of the greatest yogis of the modern age, he revolutionised the practice and teaching of yoga throughout the world.

As the Devon School of Yoga students are aware, the school offers a holistic and eclectic approach to yoga. Iyengar yoga, along with many other lineages and styles, has influenced the development of the school. As a yoga practitioner, whether you are aware of it or not, your yoga practices will have been influenced by BKS Iyengar as well - mainly in the areas of focused anatomical alignment and the development and use of props.

*When I practice, I am a philosopher,
When I teach, I am a scientist,
When I demonstrate, I am an artist.”*
– **BKS Iyengar**

Guru: teacher, spiritual preceptor, remover of darkness and ignorance

Brahma: the Lord of creation

Vishnu: The Lord of preservation

Mahesvara: Name of Lord Shiva, he who dissolves or destroys

Saksat: before one's eyes, clearly, visibly

Parabrahma: the Supreme Spirit, the Absolute

Tasmai: unto that

Sri: lustre, splendour, radiance; respectful title

Namah: I bow

gururbrahma gururviṣṇu gururdevo maheśvaraḥ
guruḥ sāksāt parabrahmā tasmai śrī gurave namaḥ

गुरुर्ब्रह्म गुरुर्विष्णु गुरुर्देवो महेश्वरः ।
गुरुः साक्षात् परब्रह्मा तस्मै श्री गुरवे नमः ॥



The Foundation Yoga Course 2015

The foundation course is for Students wishing to deepen their practice and/or as a prerequisite for the Teacher Training Course if the other entry requirements are not met. The course comprises ten days of practice and study over five weekends in Devon, two of which are full board residential. The emphasis is on non-competitive personal practice and self development, learning through experience. Comprehensive course notes are provided.

Subjects include:

- Preliminary Exercises
- Asanas - Yoga Postures
- Kriyas: exercises to cleanse and purify the internal organs and to strengthen the immune system using breath and bandha only
- Pranayama: breathing exercises to retain and extend the flow of vital energy
- Relaxation Technique
- Basic Meditations
- Mudras and Bandhas: psychological processes acting on the nervous and subtle energy systems
- Subtle Anatomy: Chakras, Koshas, Nadi's, theoretical and practical understanding
- Basic Anatomy and Physiology
- Yoga Philosophy: Patanjali Yoga Sutra, Ashtanga (eight-fold path), Klesha and introduction to classical texts
- Mantra: chanting sound vibrations
- Dietary Guidelines: Ayurvedic and naturopathic approaches

Spring Foundation Course Dates 2015 (5 weekends) January 31 - February 1, February 27 - 28 (residential), March 28 - 29, April 25 - 26, May 15 - 17 (residential)

A course syllabus along with the course enrolment form is available to download via the following website: www.devonyoga.com/courses-and-workshops/the-foundation-of-yoga

For further information, contact the school directly either via email: info@devonyoga.com or via telephone: 01392-420573



Notice Board

DSY Workshop

1 November 2014, 10am-5pm
Postgraduate Yoga Workshop
with Duncan Hulin
The Barefoot Barn, Chagford
**To book a place, phone 01392 420573
or email info@devonyoga.com**

DSY Workshop

15 November 2014, 10am-4:30pm
The Yoga Loft, Plymouth
Cost £40
To book a place, see: www.yogaloft.co.uk

Other Workshops & Residentials:

11 October 2014 & 17 January 2015:
Yoga Workshops with Jacqueline Lawes at Lewdon Farm Yoga Studio and Spa, Cheriton Bishop, Devon
The Program: We begin at 10.00 with warm-up exercises followed by Yoga Asana, Kriya, Bandha and Pranayama. This will be an opportunity to work with Mula Bandha and gain more experience of the chakras and kundalini energy. In the afternoon we will exchange Shiatsu Massage and break at 4.30 for tea and the Spa experience.

Whats Included: Alongside the tuition, a yummy two course vegetarian lunch is provided plus use of the hot tub and steam room (from 4.30)
The cost for the day is £55.00
Please note the group size is held at 9 people. **To book your place please apply by email to jacqueline.lawes.xx@gmail.com or call 01364 621227**

June 6th-13th 2015.

"Journey Home" Yoga Residential with Sally Ornellas and Alex Giffoni Casa de Laila, Andalucia, Spain.

"Be easy. Take your time. You are coming home. To yourself."

Spend an inspiring week immersed in breath taking surroundings deepening all aspects of your practice through yogasana, mindfulness meditation & movement, breathing, walking and creative expression – and there's always the pool...

Cost: £795.00 all inclusive: flights and Spanish transfers, full board vegetarian meals, 3 Yoga sessions daily. Beautiful bell tent accommodation (2 sharing). Price excludes: UK transfers, optional excursion, any on site holistic treatments and personal travel insurance. A £195 non-refundable deposit required to secure your place – only room for 12 so don't leave it too late!

For more information and bookings contact Sally: sally_shiatsu@btinternet.com or 07879478747 or Alex: xgiffoni@yahoo.co.uk, 07794917674 or visit: www.breathinyoga.co.uk or www.facebook.com/breathinyoga

To see whats going on in Exeter click onto www.exeterlovesyoga.co.uk



Laid Back in France 2014 with Helen Humble and Jacqui Payton

Boarding the plane in a very rainy Liverpool, I was very nervous about our decision to take 14 unsuspecting yoga friends to a collection of small gites in the far South of France. Would they like the place we had booked? Would we manage to teach yoga twice a day for a whole week? Were there any arrangements we had forgotten to make?

Stepping off the plane in Carcassonne to bright sun and gentle breezes, everything suddenly felt fine. Of course it was a long wait for the hire cars.....about an hour at least. But the roads were typically French and free of traffic, the drive into the countryside was beautiful and the gites

'The setting was serene and quintessentially French. A perfect place for interesting discussions with new friends.'

– Phil

were simple and basic, but so homely, peaceful and comfortable. Best of all, the yoga studio felt just like home; fantastic views and a quiet peaceful energy. Our hosts couldn't have been more welcoming and when we sat down to eat on the first evening it felt so good to be there surrounded by people waiting to share a week of yoga with us.

We had a fabulous week. Yoga in the studio was just as comfortable as we had hoped and we shared a week of very diverse sessions with a central theme of 'The Chakras'. Folks even turned up to the early morning sessions looking bright eyed and bushy tailed! We played and worked hard in equal measure, some of our more focussed sessions ending with a couple of

people saying they had never felt as strong or as confident, and were able to attempt, without fear, some postures they had never attempted before. Helen was able to offer everyone who wanted one a Shiatsu session and she was inundated by requests.

Our wonderings took us to Carcassonne and to the peaceful and beautiful peak of Mont Segur, as well as the busy market at Mirepoix. We enjoyed the tennis courts, table tennis and swimming pool, we walked in the rolling hills on quiet tracks and down farm lanes and we enjoyed lovely convivial evenings around the tables where we were served delicious home-made veggie food and unlimited wine. We were even thrilled to find that the Tour De France was coming so close to us that we went and had an exciting few hours standing at the side of a French road with the locals, having promotional materials flung at us out of cars and trucks! (...you had to be there!) So, first thing on the 'To Do' list on returning home? Booking for next year of course!

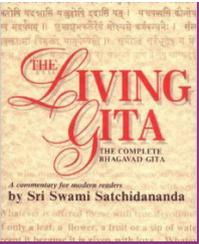
'A contrast in teaching styles from two excellent teachers gave an added depth to my yoga experience. Highly rated.'

– Sophie

Details for next year's relaxing and very French yoga get-away from Helen or Jacqui, or email Laidbackyoga@gmail.com for the information. Helen can also be reached on Facebook on Blackdown Yoga and Jacqui on Laid Back Yoga.

Announcement

"The Devon Yoga Festival is happy to announce that we have made another donation to the Ganga Prem Hospice of £1000 www.GangaPremHospice.org and another donation to David Sye's Yoga Beats Conflict charity of £250 www.yogabeats.com



The Living Gita

A book review by Mel James

The Living Gita is my favourite yoga book for inspiration and confirmation of how to live my life peacefully and harmoniously. I read the book from cover to cover while doing my yoga teacher training, and I found the text clear and easy to understand, as well as relating to the message behind the words.

My copy is filled with highlighter pen and short summaries at the end of each chapter!! Below are some quotes that resonate with me, and help me to bring yoga into every aspect of my daily life: We must create harmony between theory and practice (Chapter 2, 39), applying the theory in day to day activities in order to generate congruence between thoughts, words and actions.

By practicing yoga, our mind becomes steady and tranquil, leading to clear thoughts and decisions. In this way we are protected from fear. (Chapter 2, 40-41) Equanimity of mind is yoga. Do everything centered in that equanimity. Renouncing all attachments, you'll enjoy an undisturbed mind in success or failure. (2:48) In order to excel, mentally control the senses, [and] let go all attachments (3:7) He [who] has let go of attachments to the fruits of his actions, he is ever content. (4:20) In order to let go, we must withdraw attention from external things, mentally focussing back between the eyebrows and equalizing the in and out breaths (pranayama), thus you control the mind, the senses and the discerning intellect.

Then personal desires, fear and anger naturally drop away. (5:27-28) Peace is experienced by anyone who lives without longing for anything, free of all personal desires. (2:71) Yoga is so much more than just getting on your mat and stretching. It is easy to forget this in the western world. Yet people return to yoga classes searching for those feelings of calmness and relaxation they find from within, without necessarily understanding that this is the journey of yoga; the postures, breathing and relaxation are our tools for attaining yoga, but what really matters is how we take that peace forwards, off our mats and into our daily lives...

Namaskaram

Namaskaram is the online magazine and newsletter of The Independent Yoga Network

Here you will find news, views, and authoritative articles on all matters Yoga, plus an up-to-date list of workshops, retreats and seminars put on by Independent Yoga Network members. If you are an Independent Yoga Network member you can list your classes, workshops and events - go to the 'what's on' page to find out how to add your listing. For more information:

www.namaskaram.co.uk

YOGA BLOG

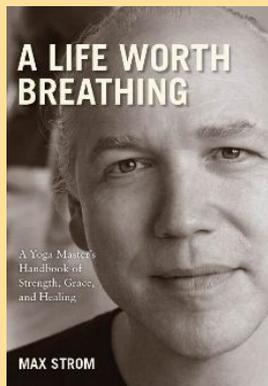
Elixir Wellbeing Solutions

My name is Mel and I completed my DSY teacher training whilst pregnant, and through the first year of my sons life. I write a blog online about the challenges I have faced as a parent (which I'm sure other parents can relate to) and how yoga practices have helped me to cope. Please come and take a look at www.facebook.com/pages/Elixir-Wellbeing-Solutions/153338794877259.



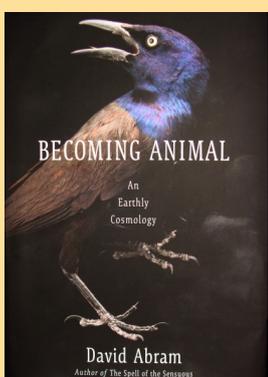
BOOK RECOMMENDATIONS

From: Marie Kelsall, Evelyn O'Malley, Jules Yount, Georgia Stuart and Paula Kaminska



A Life Worth Breathing” By Max Stroms

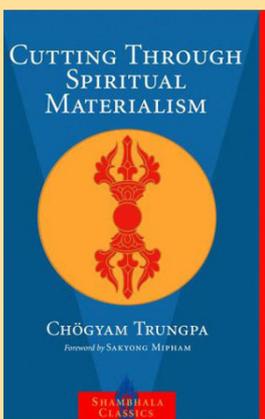
“Remember the goal is not to tie ourselves in knots -we’re already in knots. The aim is to untie the knots in our heart.”



Becoming Animal By David Abram

“The space between oneself and a nearby bush is hardly a void. It is thick with swirling currents, adrift with pollens and the silken threads of spiders a medium instilled with whiffs and subtle pheromones and other messages riding the

unseen flows that compose the atmosphere of this breathing world”.



Cutting Through Spiritual Materialism

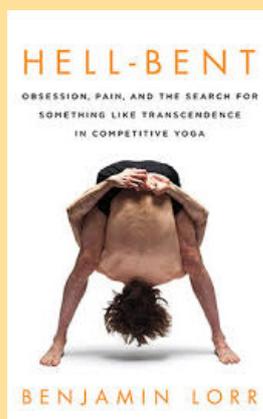
In Trungpa’s presentation, spiritual materialism can fall into three categories — what he calls the three “Lords of Materialism” (Tibetan: lalo literally “barbarian”) — in which a form of materialism is mistaken to bring long term happiness but instead only brings short term entertainment, followed by

longer term suffering:

1) Physical materialism is the belief that possessions can bring release from suffering. In Trungpa’s view, they may bring temporary happiness but then more suffering in the endless pursuit of creating one’s environment to be just right. Or on another level it may cause a misunderstanding like, “I am rich because I have this or that” or “I am a teacher (or whatever) because I have a diploma (or whatever).”

2) Psychological materialism is the belief that a particular philosophy, belief system, or point of view will bring release from suffering. So seeking refuge by strongly identifying with a particular religion, philosophy, political party or viewpoint, for example, would be psychological materialism. From this the conventional usage of spiritual materialism arises, by identifying oneself as Buddhist or some other label, or by collecting initiations and spiritual accomplishments, one further constructs a solidified view of ego. Trungpa characterizes the goal of psychological materialism as using external concepts, pretexts, and ideas to prove that the ego-driven self exists, which manifests in a particular competitive attitude.

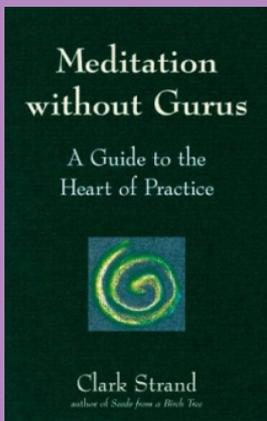
3) Spiritual materialism is the belief that a certain temporary state of mind is a refuge from suffering. An example would be using meditation practices to create a peaceful state of mind, or using drugs or alcohol to remain in a numbed out or a blissful state. According to Trungpa, these states are temporary and merely heighten the suffering when they cease. So attempting to maintain a particular emotional state of mind as a refuge from suffering, or constantly pursuing particular emotional states of mind like being in love, will actually lead to more long term suffering.



Hell Bent by Benjamin Lorr

The culmination of two years of research, and featuring hundreds of interviews with yogis, scientists, doctors, and scholars, Hell-Bent is a wild exploration. A look at the science behind a controversial practice, a story of greed, narcissism, and corruption, and a mind-bending tale of personal transformation, it is a book

that will not only challenge your conception of yoga, but will change the way you view the fragile, inspirational limits of the human body itself.



Meditation without Gurus by Clark Strand

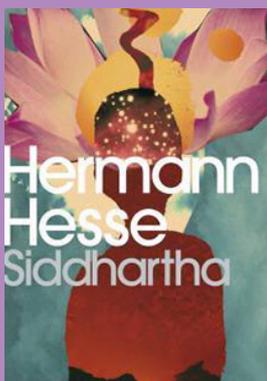
“When my daughter was three, we placed her in a local parents’ cooperative nursery school in Woodstock. One morning, as we were getting her ready to go to school, she began to look around at the last minute for something to share with the other children. She picked up

a rattle belonging to her younger brother, but then discarded it. Then she selected one of her dolls, but we reminded her that she wasn’t allowed to bring any of her toys to school. Finally she announced, “I’ll share me”. This seemed like a good idea, since it streamlined the ordeal of getting her to school on time, so we accepted her solution without further ado. (...)

As it turned out, on the day in question, as the children all sat in a circle on the floor waiting to see what Sophie had brought to share, she announced, “I’m sharing me”, and let it go at that. When her teacher, Cheryl, asked her if she wanted to stand up and show the children anything about herself, Sophie remained seated and said, “No. I’m sharing me.”

That morning the whole nursery school came to a stop. Never before had a child announced that she would just share herself and remained seated where she was, without telling a story about herself, holding onto an object, or showing something special that she could do. So they all sat there for a few moments, thinking about what it meant to share themselves with one another in such a simple, quiet way.

“I want to write a book about that moment,” said her teacher, Cheryl. “But I wouldn’t know where to begin. How do you teach that to adults?”
Clark Strand



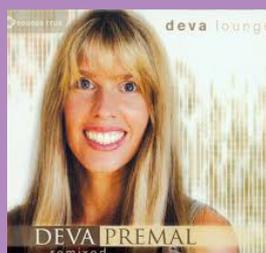
Siddhartha by Hermann Hesse

“Everything is necessary, everything needs only my agreement, my assent, my loving understanding. I learned through my body and soul that it was necessary for me to sin, that I needed lust, that I had to strive for

property and experience nausea and the depths of despair in order to learn to love the world, and no longer compare it with a desired imaginary world, imaginary vision of perfection, but to leave it as it is, to love it and be glad to belong to it.” Hermann Hesse

MUSIC RECOMMENDATIONS

From: Jules Yount, Paula Kaminska & Georgia Stuart



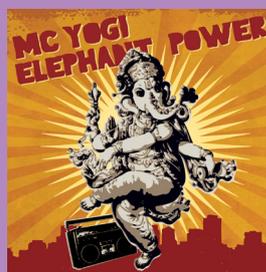
Deva Premal

www.whiteswanrecords.bandcamp.com/album/deva-lounge-deva-premal-remixed



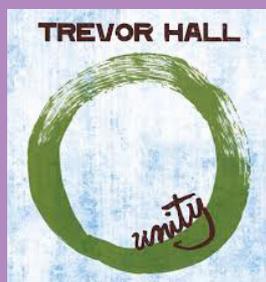
Ellen Molnia

www.ellenmolnia.com



MC Yogi

www.mcyogi.com/



Trevor Hall

www.trevorhallmusic.com



Snatam Kaur

www.snatamkaur.com