

# CHAPTER ONE

## OPPOSING FORCES

### WITHIN THE MIND AND BODY

#### YANG QUALITIES

MASCULINE

THE SUN

SYMPATHETIC  
NERVOUS SYSTEM

ACTIVITIES RELATED  
TO THE LEFT  
HEMISPHERE OF THE  
BRAIN

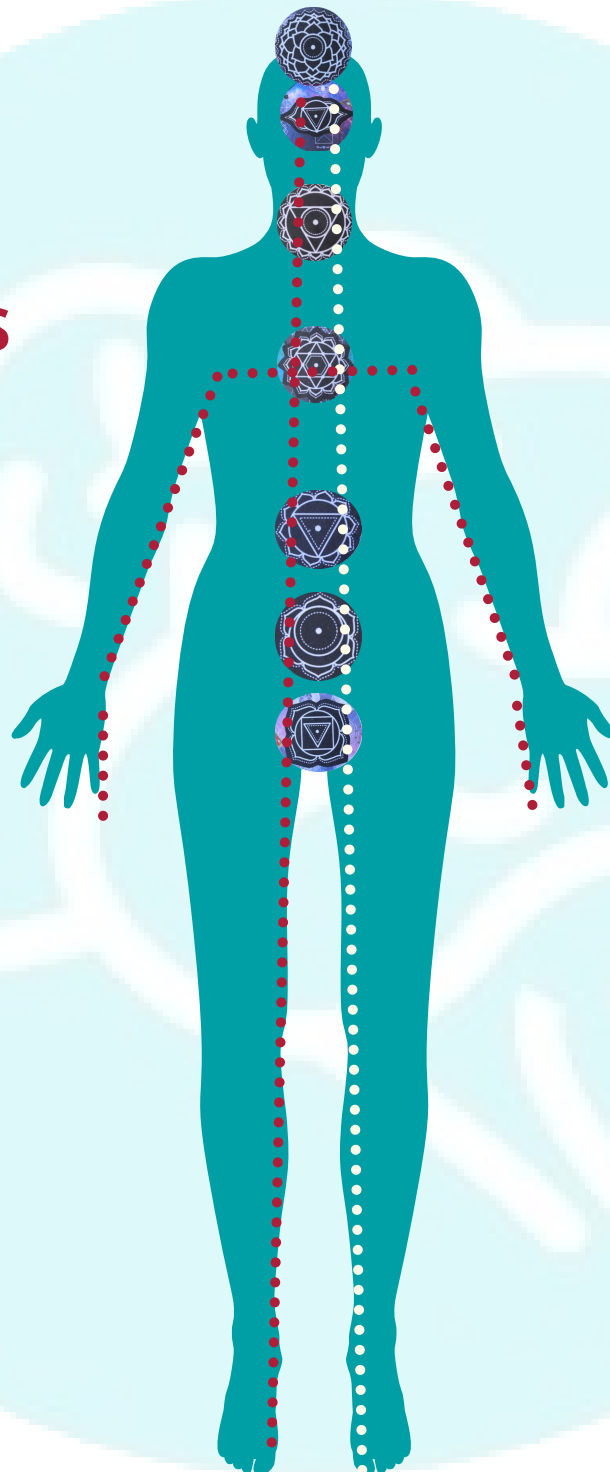
#### YIN QUALITIES

FEMININE

THE MOON

PARASYMPATHETIC  
NERVOUS SYSTEM

QUALITIES RELATED  
TO THE RIGHT  
HEMISPHERE OF THE  
BRAIN



# CHAPTER TWO

## EMBODIMENT

At this stage of the programme we start to build your inner resilience to

- Convert physical stiffness into flexibility
- Harness conflicting thoughts so they become useful in helping to move towards your final goal
- Develop an internal fire to remove stagnation and release more energy  
Harness the energy of anxiety into directed focus
- Build greater confidence in the body for overall strength
- Release stagnant energy flow for more freedom and flow  
movement  
Reclaim the mind-body integration with mindful practices

We will share with you:

- Breathing techniques which give you choices as to your state of being:
- Expand stillness within the mind so you have more space to re-frame your thoughts and actions
- Gain more energy and focus for when you need to perform at your peak
- Provide more steadiness and calmness for those times when sensitivity is needed  
Increase your repertoire of movements to challenge your sense of balance by using opposing muscle groups to steady the body and steady the mind

A large, stylized orange silhouette of a bird, possibly a hummingbird, is positioned on the left side of the page, facing right. Its head is at the top, and its tail feathers extend towards the bottom. The bird's body is partially obscured by a light orange rectangular area that serves as a background for the text.

# PRACTICES : HUMMINGBIRD

## **The practice of Beginners Mind**

Simplify – reduce the clutter

Serpent – literally clear out the excess stuff

Do not be possessed by your possessions

Jaguar – clear limiting beliefs

Hypothetical relationship of the world

Hummingbird – stop identifying with your thoughts

Take every belief about the nature of reality and throw it in the

Eagle – then we find spirit

Engage your life as love “thank you for life and for each moment

## **2. Practice of Living Consequentially**

Every word, thought and action sends out vibrations

Each of these has consequences

Full awareness of your actions and the ripples in time

## **3. Practice of Transparency**

Allow self to be completely seen with nothing left to hide

Stop hiding the parts of yourself that make you uncomfortable

Be transparent, completely congruent – walk your talk

Do not explain self – its ok if they don't get who you are

Don't be a target, no need to be right

Become conscious of your beliefs.

Choose being useful and valuable over being liked

## **4. Practice of Integrity**

Be true to your word and recognize its power to create reality

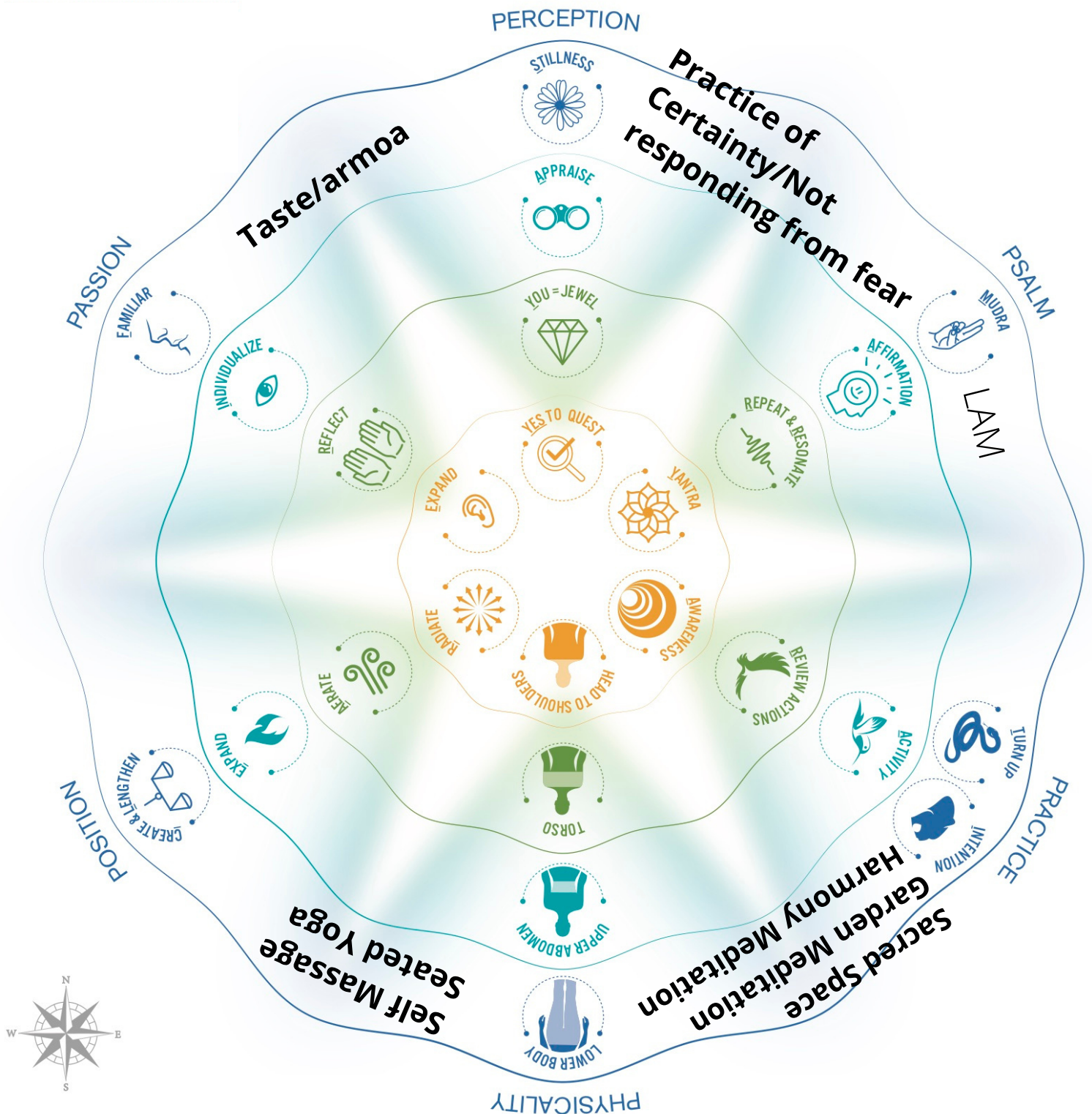
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# CHAPTER ONE

## RESTORE & RE-ALIGN

THE STORY OF YOUR STRENGTHS



# CHAPTER TWO

## BUILD RESILIENCE: GETTING TO KNOW YOURSELF

Jalahara Bhandha

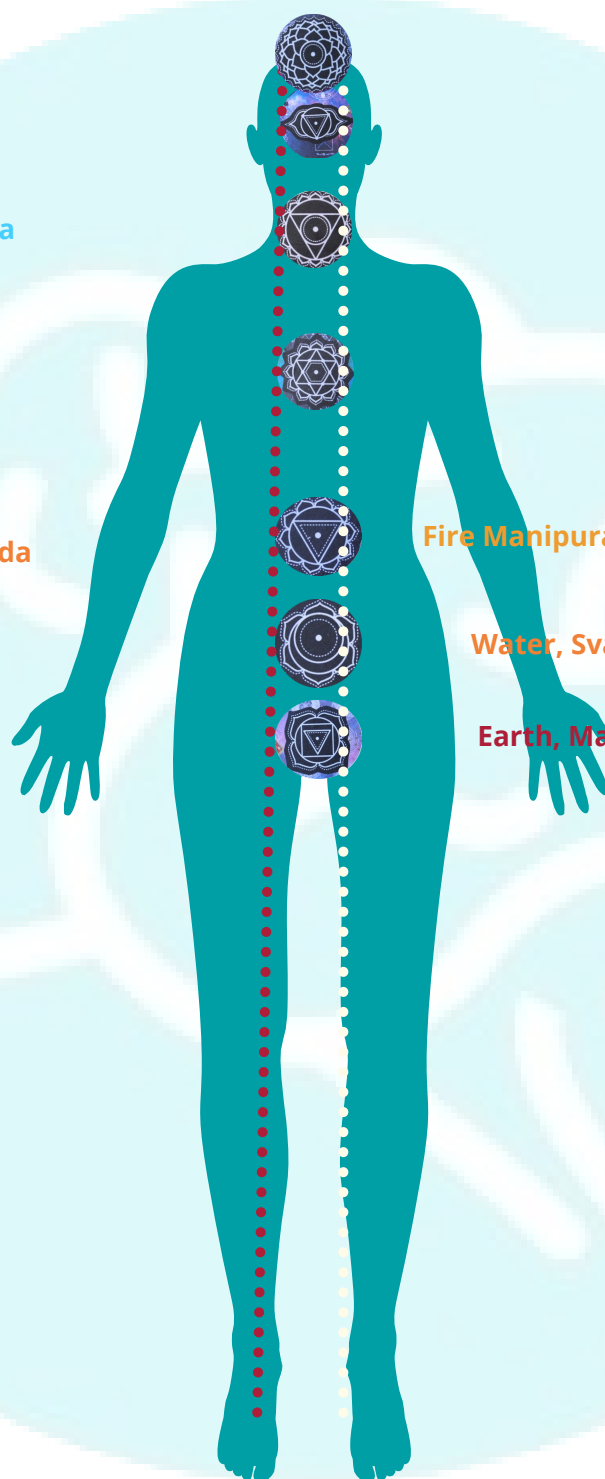
Uddiyana Bhandha

Mula Bhandha

Fire Manipura Chakra, Masculine, Humming bird,

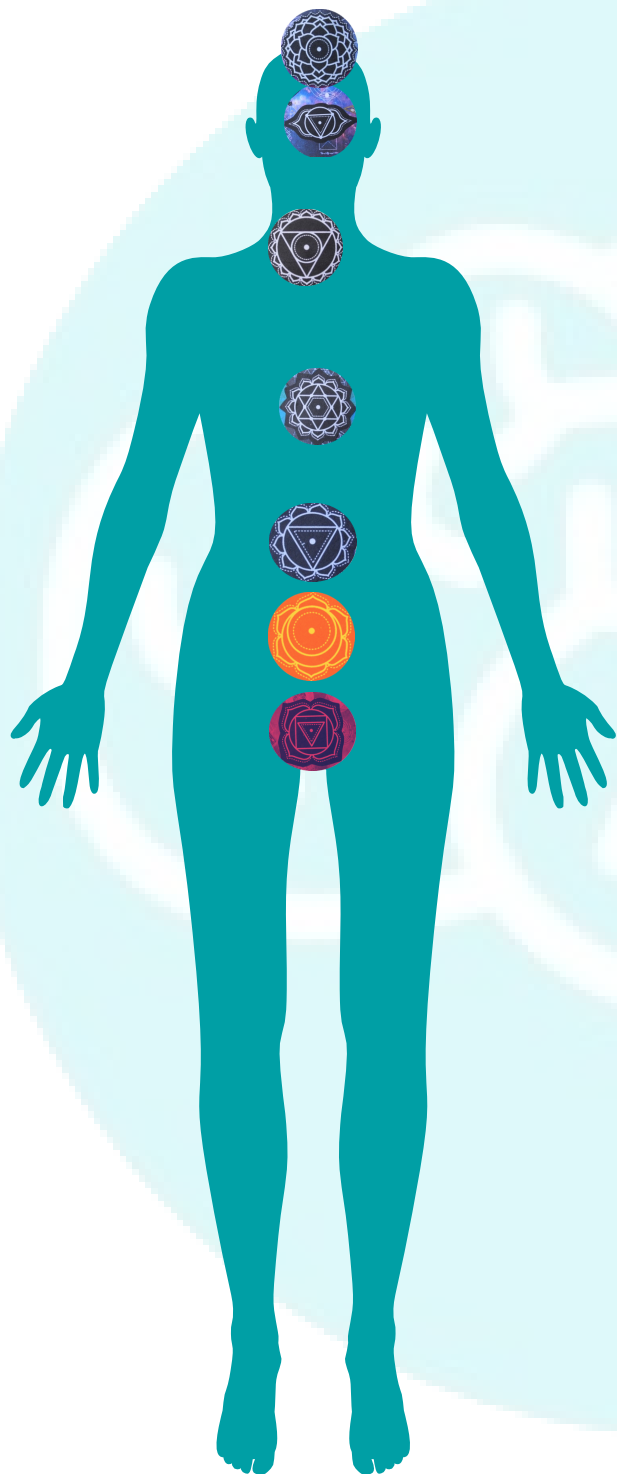
Water, Svadisthana Feminine, Jaguar,

Earth, Manipura Chakra, Snake,



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# MEANING OF MOOLA BHANDA EARTH & WATER ELEMENT OF THE PELVIC BASIN



## **Spiritual Qualities :**

Seeing things as they really are without the story; a calm mind that can relate to symbols; Represented by the serpent and jaguar

## **Personal Qualities :**

Grounded, in touch with emotions, trust of gut feelings, passionate, nurturing, caring and supportive

## **Represented in the body :**

Bones and joints, adrenals, bladder, kidneys prostate, womb

## **When in balance :**

Centered and strong in mind and body, present and aware, sympathetic, content, flexible and adaptive, brave, faithful, considerate, open and sharing, passionate

## **Strengthened by:**

Harmony, singing, being in a domestic environment, feeling secure and eating good food, silent jogging and good rest.

## **In excess :**

Can be angry and violent

## **Weakened by:**

Excessive travel, moving home, excess concern for others, eating sweet, cold or raw foods, lack of rest and irregular lifestyle, stress, noise

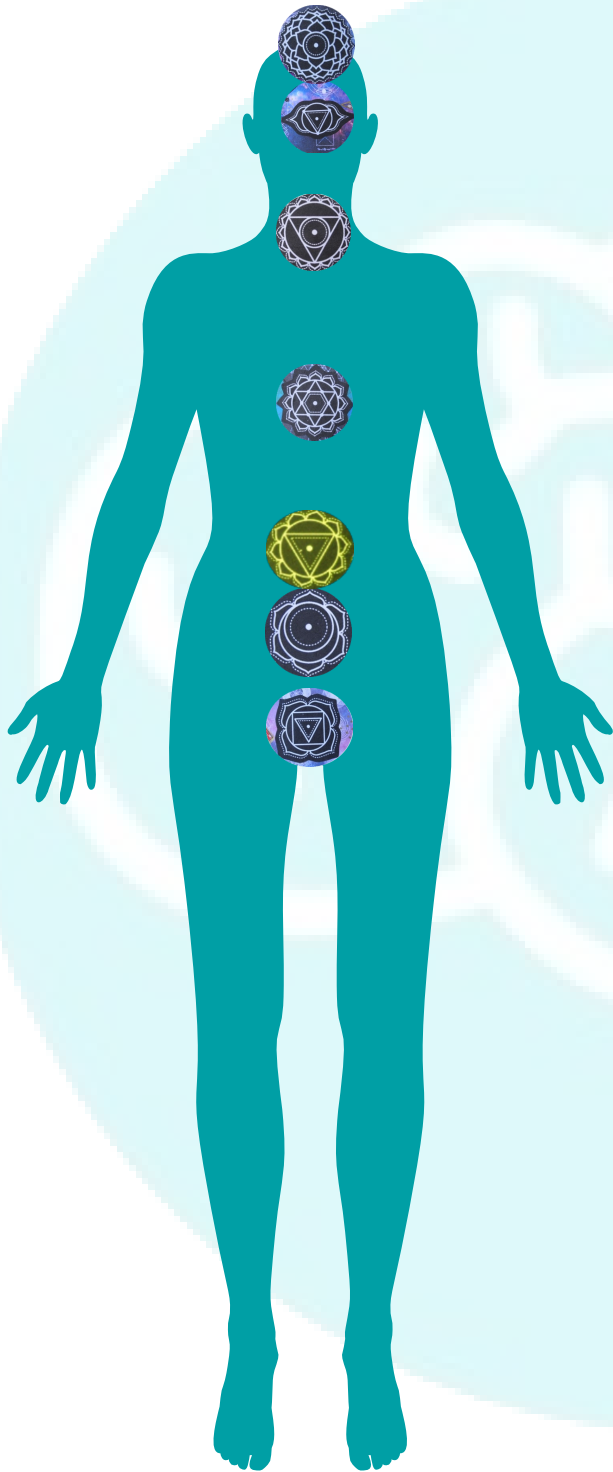
## **When depleted :**

Worry, fearful, insecure, prone to addictions, fear of ageing



# MEANING OF MANIPURA CHAKRA

## FIRE ELEMENT OF THE SOLAR PLEXUS



### **Spiritual Qualities :**

Taking a leap of faith and exploring beyond the known. Represented by the Humming Bird

### **Personal Qualities :**

Good will power, steadfast, in personal power, assertive and confident

### **Represented In The Body :**

Digestive organs, compromised immune and nervous system, change is muscular system

### **Strengthened by:**

Much laughter, parties and joy

### **When In Excess:**

May experience impatience and insomnia

### **Reduced by:**

Not enough exercise

### **When Depleted :**

Lazy