

YOGA RESEARCH

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Power Living®

excerpted from *40 Days to Power Living®*

by Teresa Kay-Aba Kennedy

*Take the first step in faith.
You don't have to see the whole staircase,
take the first step.*

- Dr. Martin Luther King, Jr.

Take Stock

In order to initiate change, you must acknowledge where you are. Though truthfulness is empowering, it is not easy to face - which is why we often avoid it. It's bad enough to tell a lie to another, but to deceive your Self is just plain foolish... yet we do it anyway!

- "One more (drink, donut, etc.) won't make a difference."
- "He really does love me (even though he never calls)."
- "I need this (pair of shoes, new car, etc.)"
- "That didn't hurt me (even though I am crying inside)."

My Dad, Dr. James Scott Kennedy, was a professor, philosopher, playwright and preacher. He would often talk about "specificity" - *being specific about your thoughts, words and actions* - and then ask his children to ponder his **Three Core Questions**:

- Who Am I?
- Where Am I?
- What Must I Do To Be Me?

When my Dad passed away in 2005, I realized that by honoring these Three Core Questions every day and by being very specific in his choices, he led a full life... in fact he *truly lived all the days of his life*.

The entire Power Living® Practice is based on *letting go of the unnecessary things so that you can let the sacred in*. The concept of letting go applies most tangibly to *things*, such as the "skinny jeans" you still have from high school or the dusty fax machine that

doesn't work anymore. When you finally clear the physical clutter from your world, you can visibly *see* the space it creates.

What is harder to deal with is *recognizing and releasing emotional strongholds*, such as the responsibility for your son who has a drug addiction or the dreams of what you



might have been if you had followed your heart. Holding on to unproductive emotions - such as guilt, shame, fear and anger - is fertile ground for even more dysfunctional feelings to grow, such as regret, pain, obsessive thinking, and bitterness. Living in denial and not owning the consequences of your actions, leads you down the path of self-destruction. Similarly, trying to "save" another person by constantly "fixing" a situation leads them down the rocky road of dependency and decreased self-esteem, which leads to a host of other problems. Holding on simply holds you where you are, and prevents you, and possibly, another person, from growing.

*To be wronged is nothing
unless you continue to remember it.*

- Confucius

Letting go is the first step in the journey toward a more authentic life. When you let

go emotionally, you're not throwing things away, you are simply leaving things as they are without attachment to them. You are liberating your Self and others from suffering. Think of things, relationships, and life itself, as precious gifts that are on loan to you. Cherish the moments, learn from the experiences, and move on. Let go of the assumption that you know what is right. Have faith in the Universe and trust that no matter what happens ALL is working for your highest good. Instead of simply surviving, make a commitment to thrive.

*Many are the plans in a man's heart,
but it is the Lord's purpose that prevails.*

- Proverbs 19:21

Live on Purpose

Live on Purpose - align your spiritual energy to be fully Present and on Purpose.

Have you ever fallen in love? Do you remember the feeling? You couldn't wait to see your sweetheart. Just the thought of your love brought a smile to your face. You would steal moments together. People would say, "You're glowing. You must be in love."

How would you like to fall in love with life? Your heart is racing as you wake up in the morning with excitement about the new day. You capture moments along the way. Life is good. Living on Purpose is like falling in love. *Life flows*.

When you live *outside of your Purpose*, you exist in a state of perpetual frustration and stress. Satisfaction is fleeting. You can have material wealth, yet be spiritually poor. On the other hand, when you are *living on Purpose*, you feel a sense of peace, experience progress, and release your divine, spirit-based power. You come from a place of joy, passion and self-less service. You can achieve true prosperity, on your own terms.

Your greatest work is to discover why you're here, and then nurture and share that gift.



Yoga Research Society
341 Fitzwater Street
Philadelphia, PA 19147

phone: 215-592-9642
email: YRS@YogaResearchSociety.com
website: www.YogaResearchSociety.com

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When you get a glimpse of your Purpose, it becomes uncomfortable to simply exist. Your Purpose becomes a strong personal motivator - it wakes you up in the morning and fuels your action. It's related to everything you do in life and *how* you do it. If you view your entire life as an offering to the Universe, every thought, word and action becomes sacred.

Understanding your Purpose generally requires you to be an active investigator and student. It will be revealed to you at the right time, given that you are ready to receive. You must do the work of discovery. You must remove the blocks so you can achieve clarity.

Regardless of your religion, it is important to become inwardly focused and cultivate a ritual that includes some form of daily contemplation. Contemplation is the act of thoughtful observation or study. It is a form of mantra meditation that is focused on spiritual matters, and can be coupled with prayer. It is not tied to any form of religion. It simply allows you to tap into the voice within to be open for inspiration and direction.

For as he thinketh in his heart, so is he.

- Proverbs 23:7

Tune your mind to the Positive

Tune your mind to the Positive. Tune your mental energy to create positive manifestations, achieve focus, and spur inspiration. According to most ancient philosophies, if you have controlled your mind, you have controlled everything. Thoughts - the movement of consciousness - have power and take form. There is a direct Mind-Matter connection. Each thought has a corresponding physiological effect. Science has shown us, for example, that a mind filled with thoughts of fear can cause acceleration of the heart rate.

Your attitude - about your Self, others and life itself - affects everything you do. It can result in high or low self-esteem. It can draw people to you, or repel them. It can make a situation joyous or simply bearable. In fact, the quality of your thoughts and your disposition is often more important than mental capacity in terms of predicting long-term success.

Use your mind for good - to heal your Self, to create wealth, to share joy, to direct your life and achieve your individual destiny.

Dr. Kennedy will appear November 9th at the YRS Conference, "Paths to Well-Being 2008"