

2022_06_23 - Letting Go Half-Day Virtual Retreat - Part 1 - ...

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SUMMARY KEYWORDS

shavasana, breath, letting, deep, moment, practice, ease, thoughts, breathed, tension, heard, place, release, arise, move, gratitude, lifeforce energy, legs, today, body



00:00

To begin with, so this is June the 23rd 2022. This is our letting go, half day retreat. And we are going to begin in Charleston today. So just some quiet space. shavasana is a deep letting go practice. And so if you're in a place that you can only be seated, you can do a seated meditation. If you're in a place where you can lie down, I suggest you do so. And I suggest you have camera off for this part, just so that you can go deeply inward. So you can just let go of the world let go of things swirling around you and



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be deeply present in this moment and for yourself. So take the time to get comfortable lying on your back.



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low back is comfortable. So extending through the low back, the neck is comfortable. Shoulders are comfortable, find ease here. The chest is open, shoulders roll back and down. So find a place that's at ease. And aligned. Arms are about 30 degrees away from the body. The legs are a comfortable distance apart. That's different for each person and each practice. Right. So if you have your arms away out your legs way out or spread eagle, you dissipate your energy. If the arms and legs are hugged in too close to the body, it's tight. So find that place that is at ease for you. Maybe arms about 30 degrees away from the body, the legs, I don't know I give you a number you'll think it's exactly that 18 inches apart maybe I don't know how are how far apart your feet are and they may be two feet they but notice that place that is aligned and when you feel at ease, that's that sweet spot you're looking for. If the low backs uncomfortable place something beneath your thighs roll blanket or bolster or place your legs up on a coach a chair something so that the low back can be at ease



02:10

just off the close your eyes if you haven't yet



02:18

and with this next exhalation just let go the whole body released to the earth



02:30

so holding anywhere a body released to gravity



02:40

as though you could sink through the floor through the earth



02:45

everything released



02:51

let go of any tension that you're aware of in the body like have any need for this practice to be one thing or another in this moment Let it be as it is. Whatever it is be with it be at ease with that embrace the moment in all its perfect imperfection



03:20

be at ease




03:27


Miko thoughts that arise each thought that arises it's not as time right now it can have time later. It's probably most of them aren't even necessary. We have thoughts coming through us all the time they just bounce around, they just leak energy. Most of the thoughts aren't even our own we picked them up somewhere. So, the moment you notice the thought forming without tension without concern, just let that thought go as soon as you notice that there just let it go is so unimportant right now that fade away due to lack of attention, no energy there, because you return return to the breath. This moment here and now. This breath and this movement of this breath be present. Go have any tension in the face, the jaw,





04:41


cheeks, the tongue bridge of the nose.


 04:49
space between the eyebrows.


 04:53
Forehead. Let's go


 05:13
letting go with each breath. Every time we exhale we don't know if there's going to be another inhale one day there won't be so we let go with each exhalation it's a practice of letting go. I release that air I release that prana life force energy I, I let that breath go in faith and trust that in this moment in this day, perhaps there will be another and I receive it with joy with opening here's yet another breath. How beautiful is that? With each and every breath we let go

 05:55
feel that letting go with this exhalation now

 06:00
just let go of any analysis of the words I'm saying or what you ought to think or do right now. Just be be with this moment that when when I was talking about the breath that was seconds ago, it's in the past.

 06:28
Let it go. Be Here

 06:32
you that go with each moment of our life we let go this moment and now And now and now. Be here. Watch the breath

 07:02
in the deepest levels of Shabbat some were not breathing. We're not trying to breathe we're not acting. It's like we're simply being breathed by the universe we're not trying to do the breath we be breathed you're not your thoughts



07:29

that path through past three you know the breath that passes through you even you're the witness consciousness the one who's watching all this the one who's watching the breath.



07:43

Watching the thoughts there is a deeper you than your thoughts are you couldn't watch them and release them. You are the witness consciousness the one who observes the one who watches



08:05

and then even deeper in the yoga tradition beyond that, even that dissipates. And in a long practice of Austin, you touch it in this moment or not, it's all good. Whatever you're experiencing is perfect for this moment today. But as we release to the earth as we release the thoughts as we release, release and let go of each breath it's like the space between the floor and our hands or legs and the hands dissolves it's like there's not a distance and separation between us and the floor and the ground beneath us. So we let go even have that witness consciousness



08:55

does dissolving into connection with the earth beneath us. So there's only breath simply breath being breathed by the universe



09:16

just this moment being breathed



09:22

no separation Us and Them floor and hand. Simply breath life force energy here now.



09:49

of Austin itself is a deep practice of letting go on many levels. And then we let go as we come out as well. Whatever you found a beauty in that practice whatever you found, whatever it was. Now it's time to start letting go of that. Just with a thought that soon you will move soon you'll be coming out of Shivas. Letting go of needing to be in the next moment, Oh, I gotta come out right away. You're just here. Soon I will let go the sooner I will come out of Shivas and

nothing needs to happen. Letting go of the anxiousness of moving into the next moment. Just be soon I will move. Soon I will come out. No reaction. Still same. But soon I will move one thought out it. But soon I will move



10:42

and keep being allow the breath to deepen.



10:57

Start to move in any way that feels good to you. Let go of what you think you're supposed to do. Now. What actually feels good to you in this moment. Do that. Start to move in that way. Can you listen that deeply to you. Slightly bend the knees. Give yourself a big hug and then roll to the right side. Support your head with your upper arm and wait. Knees bent. I still closed in this in between place. Letting go of the need to to be before or after. Be in this in between moment of lying on your side. Without it needing to be formed into intervals in or out of shavasana in between the here softly open your eyes, gaze toward the floor. And then keeping the head and neck heavy. So we let go of any tension and head or neck where we don't let them arise. Or we don't give them space to arise. Keep their eyes toward the floor, gaze toward the floor. Use your hands slowly, slowly press yourself up to sitting. So we keep that sense of ease and release in the body. Even as you come back to waking a moving life slowly returned to your place in our the sacred circle. And camera on whenever possible. Trains that one pointed attention so that we're here and now not somewhere else not multitasking. That feels we feel like we speed up. They multitask too. I'm not above any of these things I teach I do them all. I'm learning right here with you. But the more we have one pointed attention the more we live a better life the more we make better decisions, the more we are ourselves. And the more energy we have multitasking, one a two B three C four D is tiring. My head started I could just feel the tension in my head even saying four numbers and four letters. That tension doesn't arise when I say 1234 ABCD if you're sensitive to what happens in your body did that happen to you too? I could feel the tension you multi some of you could feel it right then in five seconds, the tension and the leaking of energy with multitasking. And the ease with just four numbers and four letters. Thank you. And as always take care of yourself. I see you Carly and we know in this community small things you've been through in the last while and and Karen you might not have heard the story Carly's been Carly said a lot I hope you okay if I say that Carly and and also done magnificent things so always also take care of yourself I see you here all good. So letting go of the things we cling to you letting go of the negativity letting go of Yeah, but there's these things that bother me or it wasn't quite right or whatever. And instead focusing on what we love because what we focus on expands that's gonna be a theme for the day I don't even know like or one of the things we'll touch on right? Are we let go of those things by focusing over here. What did you love in this practice today? Who would like to who would like to share first



15:02

Do you think you've true I have been emotional lately. I was very moved. When you said Michelle watching the breath in one day, there won't be a next and then after you said that, and I breathed the next breath,



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I, the tears came, I was so grateful that in this moment, I did have another and it felt very beautiful.



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Before you say anything more, I want to make sure people were with you and heard you. That was crucial to everything we're going to be diving into today.



16:13

Deep, letting go at that depth. That's a deep letting go. And actually, you experienced it not had knowledge experience of it. And out of that natural spring of gratitude for this moment, for this breath. Think chapter seven of the Science of Getting Rich, all about gratitude, why we have a whole afternoon together about letting go. Just that one piece that you just said. Thank you. And before you say more, and thank you for letting go of what you're going to say next. So that I can train on this piece, we're perfectly poised to hear this. I even in this community, I very rarely say this, I've maybe mentioned it once before in the last couple of years, probably, you know, I don't know, definitely some of you in the room would have heard it. The literal translation of shavasana when you're lying down and breathing, we call it in most yoga classes we call it final relaxation pose is the usual translation. If you've done a yoga class ever, or you've done it with me, you've probably heard that the literal translation is corpse pose. In the east, they're okay with that. And we just call it they call it that whatever, in the West, among beginner students, I would never call it that they would run away. But you just touched in what you said, Heidi, and I'm sharing this with you now because we're at a place of opening where we can hear it in shavasana, and we do that we let go with every single breath. And and we're there releasing everything is corpse pose. And in that the depth and beauty of our lives arises. But it's not some intellectual thing. It's not something we're supposed to think about is it's deeply experiential. And if you go well that didn't happen to me today. Whatever I want to tell you there's a depth to this practice, like I can't tell you in words. And the reason that we returned back and back to it when you just touched another level of it Heidi and the depth of letting why we have this workshop on letting go and how you know, we live in such a an everyday workaday world, we don't even notice we're breathing. Chapter seven in the science of getting rich is actually living in gratitude. Not even a gratitude and I do a gratitude practice every morning, every morning as far as probably half an hour just like sometimes it's 10 minutes, sometimes it's if I miss a day, go back and fill in the other day just because I want to and it's the it's so far beyond that. That what you're just talking about, I suggest you roll out of bed and start with your everyday wish of Austin. Here's just a couple of the reasons why. Thank you Heidi. What else were you going to say? It's beautiful.



19:08

It was it was related in that in the breath before that one as I was exhaling and and and I thought this could have been the last one going out and for a flash it was Oh Would that be okay and what about what at the end then it was like no, there's peace now. And it is what it is.

And then the next came

 19:49

what if we could live like that? Again? Like can you take three minutes at the beginning of your day and do show Vossen? There's countless benefits more than I can say here, like that. transformation that happens is so deep. But how about just for this one? How might your day be different? There, this is a very, if you're here in this room, and I know each one of you, but you know, being in this room, people don't walk into this room without living in some level in gratitude. You know, it's not the like, fended off a club, it's not the you know, those people are the reason that, you know, my life is horrible. It's like, this is not the polar opposite of that. But there are deeper and deeper and deeper levels. And this is one of the ways we access that. Heidi, thank you. Beautiful. What did you love about your practice today? And also, there's letting go in as like, wow, that was so profound. I just want to say I feel a little better. And then we get to let go of that too. It's like all mine is supposed to be like hers. And then, and then we don't let go. And then we get stuck on our words. It was like it was what it whatever you want to say is perfect and beautiful. And give space for others to say it. So who would like to share shavasana I wanted to do a deep dive wish of Austin today because this is all about letting go and shove Austin. Like I say it's a deep practice. I was trying to show you in the show awesome. Practice. Some of the multi levels of letting go into Lawson.

 21:19

Yeah, Karen.

 21:23

Doing this practice is beginning of all your meetings is new to me since I'm new to this group. But I really like it. Because I've been running around this morning, I texted you saying you might be late. It just puts a pause from where I was before, to starting here. And then moving forward. It just is a nice bookmark or

 21:47

or place to start.

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Everything at the door. I quote literally close my door. I don't need to I'm the only one here. But it just feels like I'm fully present and ready to go now.

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Yes. Thank you for that. And that's, you know, also beginner's mind, because yes, new to you

and for others to go Oh, right. You know, and sometimes we think, Well, you know, we're gonna get to the real stuff after that almost, you know, it's not funny, our minds are, just hurry up and get to the things that really matter. But that's how our world is, is like, gotta hurry up and go slower, because I'm trying to rush everywhere. That deep, deep pause, I'm going to make different decisions, I'm going to see my life differently. I'm going to walk in the room differently. Thank you for bringing that presence to what that the how important that pause is. And sometimes in this journey together, we'll start there. Sometimes we won't start there. Sometimes it'll be like this one deep, deep dive. Sometimes it's going to be two minutes. Sometimes it might be a seated meditation, it's going to be different things. There's one meditation teacher, I remember reading about I wish I could remember where I read it knows years ago. And it was a complex, complex, meditative meditative practice that students were being taught and her little frustrated with it. But man, it was really deep, it was really important. And finally the student, oh, the students are going like, Oh, I got it, you know. And that day, the teacher changed the practice.



23:12

My go, let go, let go, let go. I'm gonna say I would do that intentionally. It's more like



23:20

sometimes we will do this, but I will promise also that we will always do this. We're in a new place. Right? And, but you can always do this. You can. That's how my day started out. I do miss some days. But since I don't know how long I started practicing yoga, when probably in the 90s first and then when Dana was just one I think she was she's 23. Now, deep and long practice, and I've missed a few days since then, you know, so I don't waste my time with things that don't matter. So thank you. Thank you for that. Beautiful. Thank you, Heidi. Thank you, Karen. Anything else wanting to be said about this practice today? For you. Some of you know this from Tuesday, I'm doing little mini recordings. Now. Sometimes Sometimes I'll do that sometimes I might not. But let's let this one be our shavasana recording so you can go back to it.