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Times of Fast

Did you know that in 24 hours you can begin a process of purification that will impact yourself and the world around you? It's time to take a day to begin to understand this process of purification of physical body, and of maturation of light body, the essence of the Bliss Body or Ananda-Maya Kosha. There are five Koshas in Yogic tradition. They are layers, or sheaths, Ananda-Maya Kosha being the innermost sheath, "that stands between ordinary awareness and our High Self," says Folan in her book, *Lilias! Yoga gets better with Age*.

When we enter into the sacred space of a Fast, whether it be giving up sweets for a day, or our daily mainstay of food, we are brought to the moment. Each of those moments become a present as we are able to re-program our train of thought to maintain calm, ease, and contentment without reaching outside of our Higher Self. Appreciation and gratitude play a significant role in understanding the layers of our Selves and meditating upon this can bring one into a blissful state. Being thankful for all that Mother Earth grants us on a daily basis for survival, and feeling joyous that we are able to wake and dance and play on this beautiful Earth, Mother Gaia, is so important. As you honor the Divine Feminine within yourself, yes men too, feel your Shakti power begin to awaken!

My experiences have shown me the most beautiful things will come to you in moments of this unique presence. Take your mind on vacation and receive nourishment through the golden cord that spans to the heavens, harmoniously balancing your vital energy through the masculine power of Shiva..... yes women too! A glorious fast will not be forgotten. A time etched in your memory, a new seed planted at the chakra of wisdom- Ajna-will begin to flower each time you recollect the power of presence from a fast. Embrace the things you CAN have, and begin the art of Yoga, Self-Realization. When you find yourself looking at the world differently, don't be surprised.

Live well and Be well!

Jayne Cardell, Registered Yoga Teacher
Private, Group, Family, and Pre/Post-Natal