



# THE SADHAKA

the seeker

A Monthly Newsletter from the Seattle Holistic Center

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## Know Yourself

When we make time to meditate and practice yoga, it is easier to hear the voice within. When we pay attention to our intuition, we gain much.

Though you are busy this time of year, don't forget to make time for your inner life, to listen to and enrich yourself.

This month's Sadhaka will help you hear to your body's wisdom with a reflection on breathing yoga, some dietary tid-bits on calcium, and a reminder on why raspberry leaf tea can heal you.

You'll also get to read about why babies need to crawl, and why we need to listen to ourselves even more during pregnancy.

We wish you an enriching November, with many moments of reflection and peace.

## Quick Links

[www.seattleholisticcenter.com](http://www.seattleholisticcenter.com)

[Prenatal Yoga](#)

[Parenting Classes](#)

[Workshops](#)

Dear Friends,

These days when we hear the word yoga we see images of bodies that are super flexible, upside down or twisted like a pretzel. Yoga, however, is much more than what the advertisers tell us. It is a science that was given to us thousands of years ago by the great sage Patanjali. He outlined specific steps in his text, the Yoga Sutras, to be done systematically for the practitioner. The first are the *Yamas* - restraints and *Niyamas* - observances. They are the foundation that cannot be neglected if we are to experience the goal of yoga, which is meditation. They remind me of my upbringing as a Catholic with the 10 commandments.

The first verse of the Yoga Sutras says: "*Yogascitta vritti nirodha*." This means, "Yoga is the control of the modifications of the mind." The real meaning of yoga is to control the waves of the mind and make it perfectly still and peaceful. The great yogis say that if we attend to the foundation of the yamas and niyamas, meditation will come automatically. No separate effort has to be made for that.

We can still practice the yoga poses to help the body be healthier and to soothe the nervous system. And it is helpful to still meditate, yet, at the same time, remember to practice the basic foundation of the Yamas and Niyamas.

The *Yamas* are: Ahimsa - non-violence, compassion for self and others; Satya - truth in thought, words and communication; Asteya - not taking that which has not been given; Bramacharya - moderation, conservation of energy, abstinence; Aparigraha - non-covetousness, generosity in spirit and action.

The *Niyamas* are: Saucha - cleanliness, purity, care for ones' physical body; Santosha - contentment, willingness to accept what is; Tapas - inner-fire, ardour, self-discipline; Svadhyaya - self-study, self-reflection, study of spiritual scriptures; Ishwara pranidhana - self-surrender, devotion to God.

Om Lokaha Samastaha Sukino Bhavantu: May you be peaceful and happy!

Blessings of love,

Colette

## Breathing Yoga

By Robin Rothenberg

Like a labyrinth, the practice of yoga has taken me in an ever deepening spiral towards the core of my being.

After a childhood plagued with bronchitis, strep throat, and chronic fatigue, strong Iyengar asana enabled me to move

