



Thriving Yoga Teacher



Module 2

Release **Fears** and **Doubts** and Move Into **Ecstasy** with Goddess Kali



Move into higher levels of bliss in your teaching and gain confidence as you release the fears and doubts that have held you back for years.

Let go of activities that no longer serve you, and dance the ecstatic dance of Kali.

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Contents

Envision Your Life as the Ecstatic Goddess	1
Thoughts that Keep a Yoga Teacher from Living her Bliss.....	2
Thoughts of an Ecstatic Teacher	3
Ways to Find Limiting Beliefs	4
Patanjali on Karmic Impressions (<i>Samksaras</i>) and Veils (<i>Kleshas</i>)	4
Recognizing Limiting Beliefs and Empowering Beliefs.....	5
Most Common Areas for Limiting Beliefs	5
Finding Empowering Reframes	6
Three Methods of Transforming Limiting Beliefs	6
Limiting Beliefs Self-Assessment.....	7
Emotional Freedom Technique (EFT) or “Tapping”	8
Mental Inversion Postures	9
Surrender Your Character Defects to the Divine Mother	11
Assessing Your Relationship to Time	12
Activities to Consider Delegating As You Grow	13
Activities You CANNOT Delegate as the Owner of Your Business	13
Letting Go of Activities That No Longer Serve You	14
Your Personal Bio Makeover.....	15
Bio Makeover Example for A Website	17
Things to Consider When Writing Your Bio	18
Module 2 Summary Page	19



ENVISION YOUR LIFE AS THE ECSTATIC GODDESS

Who is Kali?

Kali is the Compassionate Mother who cuts off the ego with surprising force and sometimes even painful losses. She is the Dark One, the goddess of time, night, and cremation grounds.



Her Sacred Mantra

“Om Kleem Kalikaye Namaha”

Kali wears a garland of skulls; her hands and sacred weapons covered in blood. Her tongue hangs out and she dances in frenzied ecstasy after slaying the demon Raktabija.

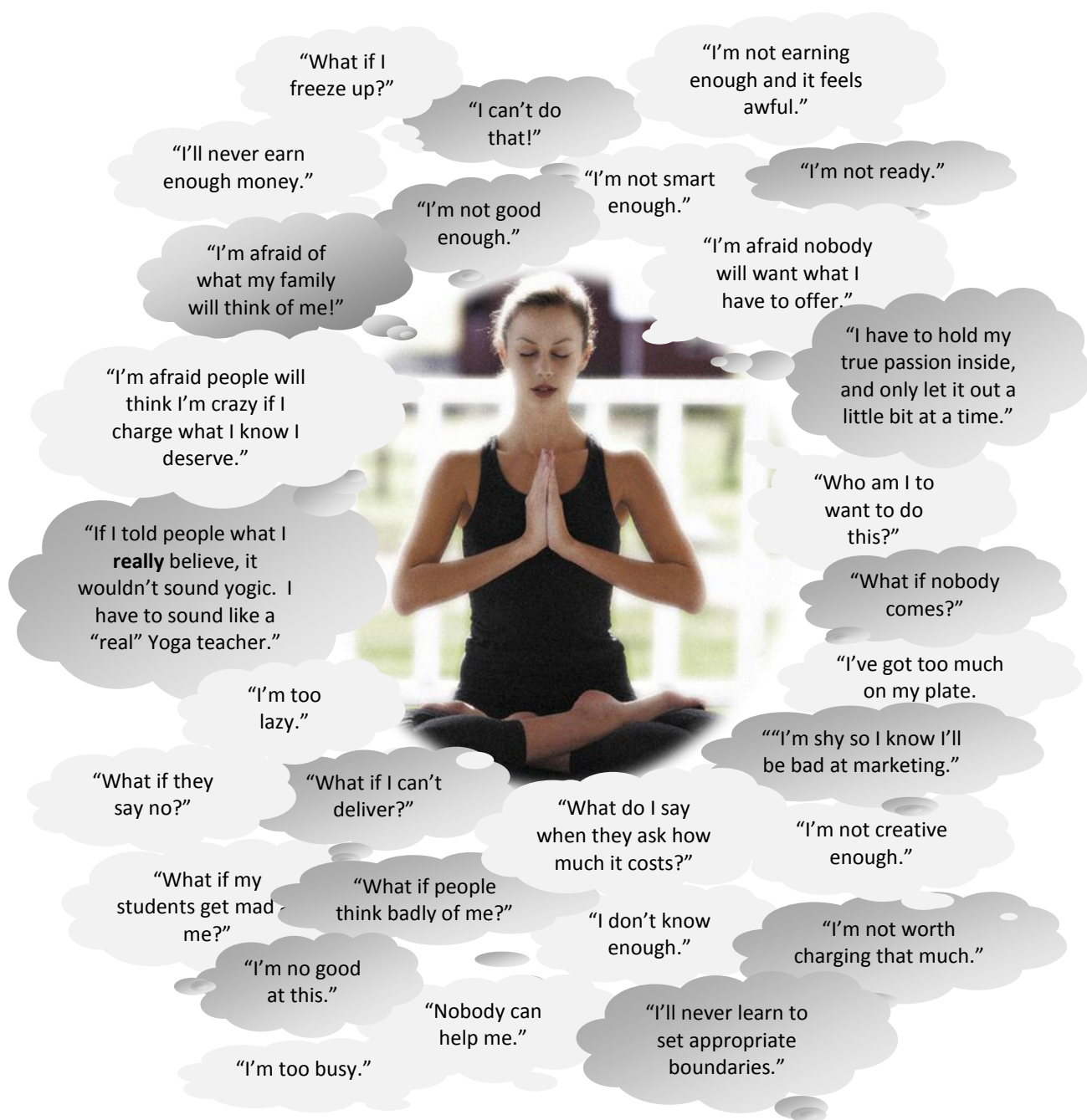
- What limiting thoughts or beliefs most hold you back from living your vision in the world?

- Who would you be without these thoughts or beliefs?

- How would your Yoga teaching be different if you were free from these limiting thoughts or beliefs? What would you be doing, who would you be teaching, and how would you be feeling?



THOUGHTS THAT KEEP A YOGA TEACHER FROM LIVING HER BLISS





THOUGHTS OF AN ECSTATIC TEACHER

What if you could think these thoughts instead?



Photo courtesy of Photos8.com



WAYS TO FIND LIMITING BELIEFS

1. **Ask:** Where am I stuck? What would I like to do that I have been unable to do? Behind that stuck place is a limiting belief. For example, if you've been having trouble setting boundaries, possible beliefs might be: "People won't like me if I set boundaries." or "As a Yoga teacher my purpose is to serve, and service means it's not ok to say what I need as well." or "My students needs are more important than mine."

If you have been afraid to pick up the phone to set up a free class, possible limiting beliefs are "I won't be able to handle it if they say they're not interested." "What if the students don't like the class?" "I'm too afraid to try something new." or "I'm scared to name a price for the class, and I don't know what to say if they ask me how much it costs." (Do you see how that last one is actually TWO limiting beliefs?)

2. Whenever you have a "bad day" or upset feeling, notice the verbal self-talk in the back of your mind causing the feeling. Those are your painful beliefs! Write them down (it's eye-opening and also freeing to see them in print) and then use the processes on the following pages to release them.
3. Imagine the goals you would love to accomplish. Then imagine yourself getting into action to reach those goals. How do you feel? If you imagine that the process to get to your goal will be boring, unpleasant, or scary, that's a limiting belief! If you hear little voices in your head saying "You'll never get what you want because. . ." that's a limiting belief! Again, write the beliefs down, and follow the processes on the coming pages to release them.

PATANJALI ON KARMIC IMPRESSIONS (*SAMKSARAS*) AND VEILS (*KLESHAS*)

"When experiencing absolute true knowledge (Ritambhara Prajna) all previous Samskaras (impressions) are left behind and new ones are prevented from sprouting." I.50

"Dissolving the five Kleshas, or veils, brings forth the radiance of the Divine Self. The five Kleshas, or veils, are:

Avidya: innocence of our Divine nature

Asmita: undue trust in the individual self

Raga: excessive fondness of fleeting pleasures

Dvesa: excessive avoidance of unpleasant experiences

Abhinivesah: elusive awareness of immortality." II.3

"Intuitive Wisdom empowers us to expand beyond the constantly changing natural world (seen) to the abode of the Divine Spirit (seer)."

II.15

From The Secret Power of Yoga, by Nishchala Joy Devi



RECOGNIZING LIMITING BELIEFS AND EMPOWERING BELIEFS

“Self-observation without judgment is the highest form of spiritual practice.” Swami Kripalvananda

Learning to recognize our limiting beliefs when they occur is one of the first steps towards **personal power**. Rather than buying into them, we are then free to consider them as simply thoughts, and thoughts that can be changed!

Many thoughts have created deep grooves in our mind before we become consciously aware of them. They have created powerful relationships and networks with other thoughts in our mind, and will require loving and steady attention to transform.

MOST COMMON AREAS FOR LIMITING BELIEFS

Beliefs around Money	Fear of Failure	Fear of Success
➤ Worry about what to charge.	➤ What if I don't succeed at my goal?	➤ If I succeed, I'll have to compromise my values.
➤ Worrying what people will think about your prices.	➤ What if no one comes to my event?	➤ If I succeed, I'll be too busy.
➤ Not making or having enough money.	➤ I can't tell my students about my failures.	➤ If I succeed, I won't have any friends.
➤ “Spiritual people aren't wealthy.”		➤ If I succeed, I'll have to do things I don't like.

Beliefs Around Self-Worth	Fears Around Marketing	Fears Around Sales
➤ I don't have enough training.	➤ If I send an email I'll be bothering people.	➤ Sales are sleazy.
➤ I'm too _____. (fill in young, old, thin, fat, unpopular, popular, smart, uneducated, etc.)	➤ I can't tell people what I do if I benefit from it financially.	➤ If I invite people to pay for my services, I'll feel uncomfortable or inauthentic.
➤ I'm made mistakes, so I'm not worthy.	➤ I don't want to sound like I'm tooting my own horn.	➤ I'm uncomfortable when people say no to my offer.

Fears Around Creativity	Fears Around Passion	Believing you are Obligated
➤ I won't be able to think of what to say.	➤ I have to tone down my real passion so I look “respectable”.	➤ I can't let my students down.
➤ I don't know what I want to teach.	➤ I can't show my emotions to my students.	➤ If I let go of this activity, people will judge me.
➤ I can only teach what others have taught me or what I read in books.	➤ A Yoga teacher is supposed to be peaceful all the time.	➤ I went through Yoga teacher training so I'm supposed to be a Yoga teacher now.



FINDING EMPOWERING REFRAMES

In each area where you have a limiting belief, a more empowering reframe is available to you. Sometimes it is possible to identify a reframe simply from looking at the belief. Enjoy the reframe, and allow it to surprise and delight you!

Often however, the limiting belief is so entrenched it will be difficult to see through it to the more empowering possibility on the other side. In this case, I recommend using one of the following three techniques move through the undesired thought, and open to the possibility of a more empowered perspective:

THREE METHODS OF TRANSFORMING LIMITING BELIEFS

1. Dialogue with Loving Wisdom Presence.

As you enter a loving space with inner wisdom, the strength of your love will grow and expand, ultimately becoming stronger than your fear. Allow your Divine Guides to give you new insight and expand your consciousness beyond perceived limitations. *See Guidebook Module 1, page 16, and listen to the Guided Visualization for Module 1.*



2. Emotional Freedom Technique (EFT) or “Tapping.”

In this method you feel the feelings and think the painful thoughts while tapping energy meridians, enabling you to temporarily enter the thoughts and release the stuck energy holding the thoughts in place. Use with any upsetting emotion or belief. [See page 7 for instructions.](#)

3. Practice mental inversion postures.

Experience the opposite of the thought with Yogic attentiveness to feelings and reactions. This frees the mind to choose a new possibility when the mental inversion is released. This practice is ideal for softening the tenacity of judgments and “shoulds.” [See questions on page 9.](#)





LIMITING BELIEFS SELF-ASSESSMENT

Directions: Write your limiting beliefs here. After you have written a list of beliefs, come back later and go through each one using either Tapping (page 8) or Mental Inversion Postures (page 9). When you have shifted each limiting belief, write the more empowering new belief (reframe) here. And feel free to use more than this one sheet of paper! Transforming the belief system is a life-long process.

1. A limiting belief I have:

A reframe I choose instead:

2. A limiting belief I have:

A reframe I choose instead:



3. A limiting belief I have:

A reframe I choose instead:

4. A limiting belief I have:

A reframe I choose instead:

► A past “mistake” I have been holding onto for years: _____

My belief about the “mistake”: _____

A reframe I choose instead: _____

► Something I’ve been wanting to do that I’m afraid to do: _____

I’m afraid of _____ because _____

A reframe I choose instead: _____

► A personal flaw I’ve been using as an excuse for years: _____

I’m not good enough to _____ because _____

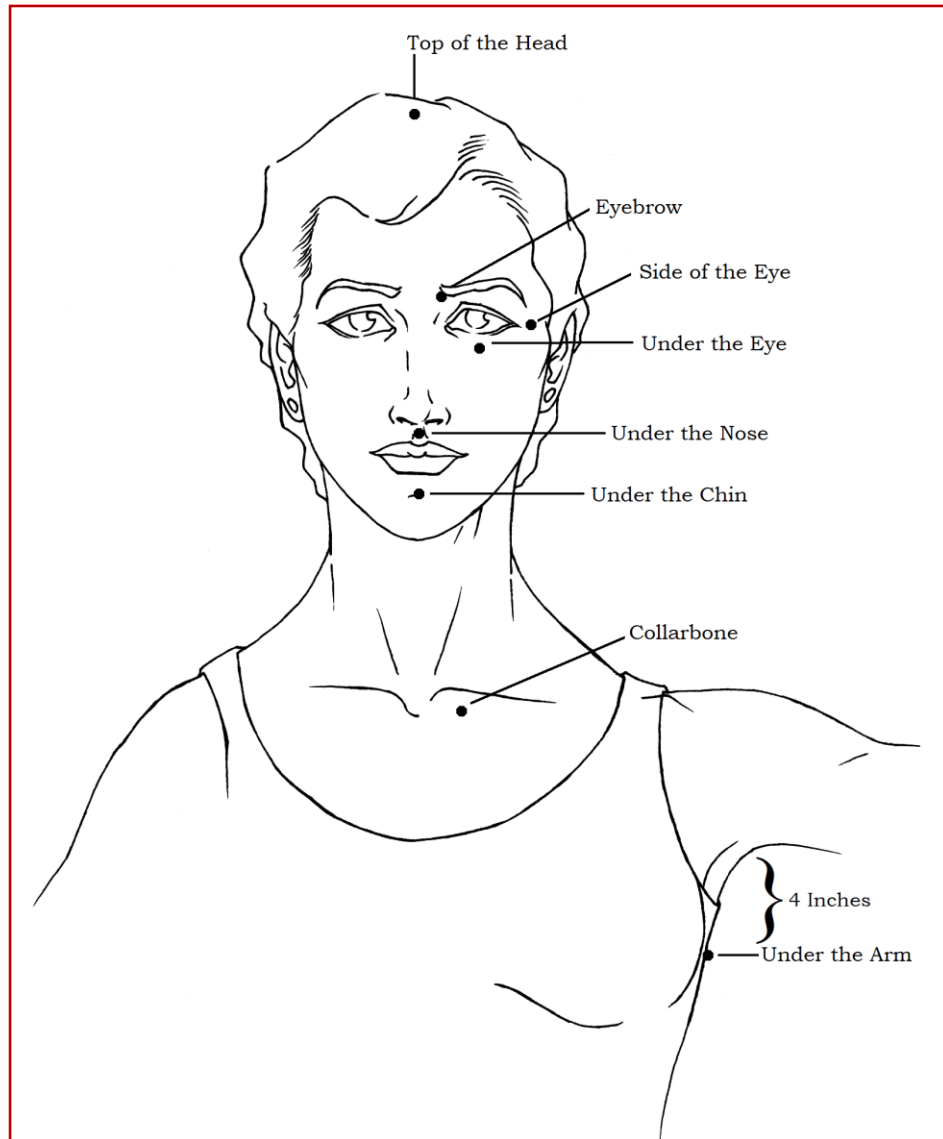
A reframe I choose instead: _____



EMOTIONAL FREEDOM TECHNIQUE (EFT) OR “TAPPING”

Directions: In tapping, you choose a painful thought or belief, and tap lightly on the meridian points while allowing yourself to feel the associated feelings. Stay with one thought, but allow yourself to name closely related associations, images, memories, impressions, worries, doubts, and feelings.

As the intensity of the feeling lessens, allow yourself to open to a more empowering possibility. As you tap, transition by saying “I’m open to a new way of seeing this.” As a new possibility comes to you, say it aloud, and consider how you feel about it. Tap this new possibility into being, and feel it fully.



(Diagram used with permission of Pamela Bruner. See Pamela's upcoming book with Jack Canfield published by Hay House: Tapping into Ultimate Success, coming March 2012.)



MENTAL INVERSION POSTURES

This process works to release judgments about yourself or others. Try it when you are really angry or can't get rid of a deep-seated resentment about another person or a specific situation in your life.

First, write out your resentments:

- I'm angry because _____
_____.
- I judge _____ (name of person) for _____
_____.
- _____ (name of person) hurt me when they _____
_____.
- I can't believe that _____
_____.
- I resent _____ because _____
_____.
- I think that _____ should _____
_____.
- In order to feel better about this, I need _____ to _____
_____.
- I have to _____
_____.
- I should _____
_____.

*(This process is a modified version of **The Work** by Byron Katie. To learn more, visit www.thework.com.)*



After you have completed the previous page, pick the hottest resentments to work on using the following questions as guide. Find a quiet place to sit for this work. Take one resentment at a time through the following questions:

1. Is this thought true? Can I really KNOW that it is true?
2. How do I react when I think that thought? *(Notice body sensations, other thoughts that come in a chain reaction, your energy state.)*

3. Who would I be without that thought? *(Imagine you were sitting there without the thought. How would you feel in your body? What would happen in your mind? Your energy state?)*

4. Reverse the thought. *(This is where you practice mental inversion postures. Reverse the thought to find a logical inverse. Imagine the opposite of the thought. Try to come up with three inversions for each judgment. Think of three reasons for each why that inversion is at least as true or truer than the original thought.)*

Inversion #1: _____

1) _____

2) _____

3) _____

Reasons

why that is

at least as

true or

truer

Inversion #2: _____

1) _____

2) _____

3) _____

Inversion #3: _____

1) _____

2) _____

3) _____

5. After you release the inversion, notice how you feel. What do you choose to believe now?



SURRENDER YOUR CHARACTER DEFECTS TO THE DIVINE MOTHER

In this practice of surrender, you intensify your awareness of a habit or tendency in your life that causes difficulty, and then offer this “character defect” to Goddess Kali. To complete the exercise, you will humbly ask Her to replace this shortcoming with a more empowering tendency or even a virtue!

- Write down the *samskara* (shortcoming, habit, or tendency) that you are aware of, in your own words.

- Journal in detail the ways this has affected your life and Yoga teaching. What messes has it created? How has this *samskara* affected you? How has it affected others? How has it diminished your life? How has it dimmed the light you have to shine in the world?

- Write "I am now willing to have the karmic seeds of this *samskara* removed from my life."

- Write "I now ask Mother Kali [or insert here the name of a Goddess, deity, guiding light you have a relationship with, or Higher Power] to remove this *samskara*, and to replace it with . . . [insert here the positive qualities, actions, or virtue you would like to have instead]"

Share this with someone you trust. Say a prayer, and ask for the *samskara* to be removed, with Goddess Kali's help.



ASSESSING YOUR RELATIONSHIP TO TIME

Think of ALL your work projects related to teaching Yoga and associated business tasks. List each activity and note how you feel about each by indicating the following symbols next to each.



Love it!



I can stand it.



This really isn't fun. It drags me down!

Daily Activities	How You Feel	Weekly Activities	How You Feel

Monthly Activities	How You Feel	Yearly Activities	How You Feel

Tip: Be honest with yourself about those areas of your business you don't enjoy. Be willing to give them up as you grow.



ACTIVITIES TO CONSIDER DELEGATING AS YOU GROW



- Tax preparation
 - Cleaning
 - Running errands
 - Shopping
 - Repairs
 - Bookkeeping
 - Data entry
 - Sending emails to your list
 - Editing your emails, blogs, fliers
-
- Designing fliers, posters, postcards
 - Replying to admin. emails and phone calls
 - Follow up for routine tasks
 - Building your website
 - Posting to your blog
 - Social media outreach
 - Teaching entry level classes or assisting in higher level programs

ACTIVITIES YOU CANNOT DELEGATE AS THE OWNER OF YOUR BUSINESS

- Planning and guiding all marketing and outreach, including creating basic copy
- Networking and developing partnerships
- Speaking to grow your business
- **Teaching/serving** your highest level, most committed students
- Meeting with your highest level, most committed **potential** students
- Planning and creating course materials
- Leading your staff, including training, selecting, and guiding them





LETTING GO OF ACTIVITIES THAT NO LONGER SERVE YOU

When you are making an important decision about letting go of a specific class or other activity in your work, use these questions to help you evaluate your decision.

Activity I am considering releasing: _____

Mission	
How closely is this activity aligned with my core mission?	
Does this reflect my current level of highest service?	
Other Needs	
Does this activity address other unmet needs such as for play, human connection, meaning, etc?	
Time	
How much time is this currently taking per week? Per month?	
Is there something else I would rather be doing with this time?	
Financial	
How will releasing this directly affect my income?	
How will releasing this free me to increase my income in other areas?	
What are my current financial reserves?	
What other sources of income do I have?	
Integrity	
Is there an integrity issue at stake here, and if so what is it?	
Will releasing this free me to complete other tasks with greater integrity?	
Am I being true to myself in releasing this? In keeping this?	
Important: Other People	
Have I consulted family members, and how do they feel about this decision?	
Have I consulted a mentor or trusted advisor?	

Remember: *It's ok to grow and change. It's ok to let go of activities that no longer serve your mission at your current highest level. Pass this on to someone else, and share the opportunity to serve!*



YOUR PERSONAL BIO MAKEOVER

We will completely redo this bio together on the training call. Read along, and think about what YOU would keep and what you would change in this bio, designed for the bottom of a flier for a talk on “Healthy, Happy Aging Through Yoga.”

VERSION ONE

Maureen Farnsworth is a Registered Yoga Teacher with National Yoga Alliance and an Occupational Therapist. Her experience as an Occupational Therapist was in the area of Cardiac Rehab and Mental Health. She spent 14 years as a career parent of 2 boys, homemaker, community and church volunteer. She did her yoga teacher training at Sun Moon Yoga Studio in Mankato Minnesota where she also has taught classes for the last 2 years. She currently is pursuing her advanced yoga teacher training, teaches yoga classes at Central Lakes Healing Arts in Baxter and offers private sessions. She has had additional training in the Art of Yoga, an empowerment program for at risk teen girls, as well as attended numerous workshops and retreats over the years. She offers the wisdom of her personal experience and education to empower women through yoga toward greater health, and happiness as they age and re-define themselves during the “third phase of life.”

HERE IS MY INITIAL RESPONSE TO MAUREEN:

I received your bio. Good first try. Very detailed!

My initial suggestions to you are to write specifically to your ideal clients. What you have written so far might work better with a prospective employer than an ideal client. Think of a specific person you want to invite into a private session. Write the bio for HER. What would she want to know about you?

Experience is good, others you have helped is good, and your own experience is good. How has Yoga transformed you? Put some of THAT in your bio. Move the last sentence up higher in the bio, as it is some of the juiciest stuff in there.

MAUREEN'S REWRITE

Maureen Farnsworth is a Registered Yoga Teacher with National Yoga Alliance and an Occupational Therapist. She offers the wisdom of her personal experience and education to empower women through yoga toward greater health, and happiness in the third phase of life.

Maureen started her yoga journey at the age of 40 and found herself experiencing a “female midlife crisis.” She couldn’t seem to find the feisty, questioning exploring and full of wonder person she used to be. She was depressed, had developed arthritis and was experiencing symptoms of peri-menopause. Feeling poorly directly affected her ability to serve her family and to experience a sense of purpose in life. She would ask herself...”Is this it?” “What now?”

Yoga became a healthy way of nurturing herself that lead to better health physically, mentally, and spiritually. She has found strength, flexibility and balance in her body and her life.



Yoga has given her more energy and zest for living empowering her to embrace this next phase of her life with questioning, exploring, wonder and a little feistiness.

She hopes that the health and happiness of women will inspire them to join her in adopting a more positive third age identity and be able to see aging as a time of potential and a harvesting of wisdom for the world.

SOME OF MY FAVORITE WORDS AND PHRASES FROM WHAT SHE HAS WRITTEN SO FAR

- Registered Yoga teacher
- Occupational therapist
- Wisdom
- Greater health and happiness
- Maureen started Yoga at age 40.
- Yoga became a healthy way of nurturing herself.
- Physical, mental, and spiritual health
- She has found strength, flexibility, and balance in her body and her life.
- Yoga has given her more energy and zest for living.
- Next phase of life
- Positive
- Harvest wisdom for the world

QUESTIONS I HAVE FOR MAUREEN:

- Will this talk be specifically aimed at women? (Bio says women)
- Do your ideal clients use the phrase “third age?”
- Can we find another word for empower? How do you most want to help women?

REWRITE

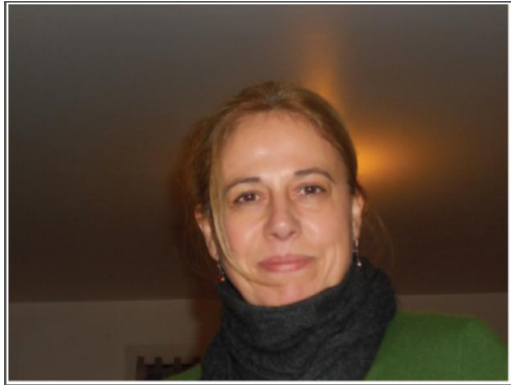
Listen to the Training Call for Module 2 and follow along as we rewrite Maureen’s bio together.



BIO MAKEOVER EXAMPLE FOR A WEBSITE

Violaine Herliz, Prenatal Yoga Instructor

BEFORE



Violaine grew up in the country side of France enjoying the practice of gymnastics and dance. She has a medical background as a medical laboratory technician in human biology and biochemistry. She began her Yoga practice in 1997 after having her first child and gratefully discovered that yoga was for her as soon as she experienced the power of deep relaxation. She explored a variety of physical exercises but always returned to yoga for the benefits of the breathing exercises. She decided to take her practice further with a 200 Hrs. teacher training at Yoga Heaven in Tuckahoe as her "40th Birthday new beginning" in

September 2008. She continues to enjoy studying the holistic path of yoga that helps her balance strength and flexibility in body and mind and help her ride the waves of her life more gracefully. She dedicates her work to all of her students wishing them the access to the privilege of the practice of yoga. Violaine owns a Prenatal and Restorative TT from Yoga Haven as well.

AFTER

My passion is supporting pregnant women in their journey to becoming loving mothers.

I love the community that is created among the women in my Yoga classes, where women get the benefits of Yoga to prepare for labor and delivery, and also receive the support of other moms-to-be.

Before I became a Yoga teacher, I gave birth to three babies. In my final pregnancy, my practice was the deepest and I learned what an incredible difference it made on this unique experience and on all levels of recovery! That's why I now love to bring relaxation, safety, balance, and strength to other women through Yoga.

I am a certified prenatal Yoga instructor, and hold a 200-hour registered Yoga teacher certificate. I also have training in restorative Yoga and training as a medical technician in human biology and biochemistry. I am the proud mother of three healthy children, and waiting for them and raising them has been the best experience of my life.

What do you like about Violaine's bio?

Your bio will always be a work in progress. Writing a bio is an art, not a science! Give Maureen and Violaine a shout out on the group forum to acknowledge them for their efforts and courage in sharing.





THINGS TO CONSIDER WHEN WRITING YOUR BIO

Your audience:

- The problem they are facing ~ in THEIR words
- The solution they hope to find with you ~ again, in THEIR words
- How they self-identify

What your audience wants to know about YOU

- Your ability to solve their problem
- Your personal experience with their problem (did you learn from the school of hard knocks?)
- Your passion, your mission, your expertise
- Your professional credibility
- Are you likeable? Can they relate to you?

The context you will use your bio in

- Print flier, web, stage, etc.
- Desired length

Your hoped-for result from the bio

- What are you wanting them to do with your flier/website/talk? Call for a free session, come to your Yoga class, refer you to a friend, sign up for a training, other?

What to Consider for Credibility Points

- Personal experience solving the ideal client's problem
- Professional training or certification RELATED to the problem your ideal clients are facing
- Well known places where you have studied, interned, worked or taught
- Years of professional experience
- Numbers of people you have helped
- Endorsement from a well-known person
- Being featured in a magazine, TV, news show, or online
- Being a leader in your field through founding a training, Yoga studio, or organization
- Being a published author, online or in print, articles or books
- Winning an award

You do NOT need to have all of the credibility points listed above. Two or three are great for a short bio. Weave them in to the all-important information about your passion and who you LOVE to serve.

My top 2 or 3 credibility points:

1. _____
2. _____
3. _____

Now turn the page and write your own short version bio on the Module Summary!



MODULE 2 SUMMARY PAGE

- What I learned about myself from completing this module:

- Activities, thoughts, and beliefs I am releasing:

- Empowering beliefs and activities I am choosing instead:

- My new short version bio:

- How I feel as I complete this module:



“Tell me, what is it you plan to do
with your one wild and precious life?”

~ Mary Oliver