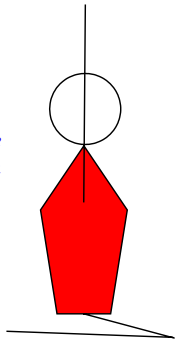


Emotive-influence sequence

Jane Wiesner 2006

Vajrasana variation
(hero or thunderbolt)
inhalation

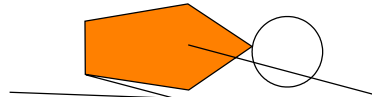
Commence kneeling in prayer position



I reach with trust

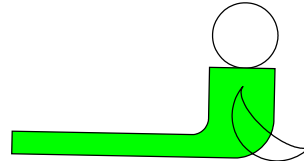
(tilt the head back gently and look up)

Mudhasana variation
(extended child pose)
exhalation



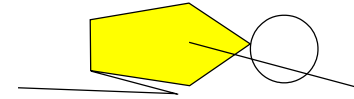
I move forward with enthusiasm

Bhujangasana (cobra pose)
inhalation



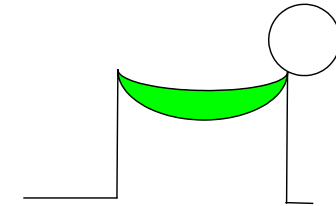
I open myself up to possibilities

Mudhasana variation
(extended child pose)
exhalation



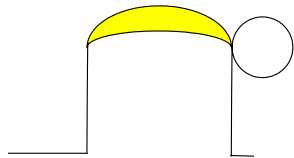
I bow to wisdom

Marjari-asana (cat pose)
inhalation



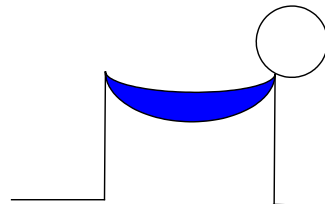
I breathe in energy

Marjari-asana (cat pose)
exhalation



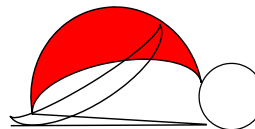
I release my fears

Marjari-asana (cat pose)
inhalation



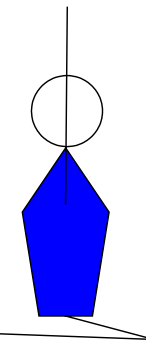
I welcome change

Mudhasana (child pose)
exhalation



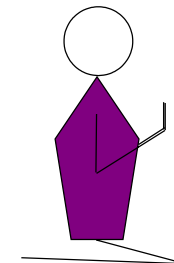
I surrender to peace

Vajrasana variation
(hero or thunderbolt)
inhalation



I feel joy...I feel joy...I feel joy
(tilt the head back gently and look up)

Vajrasana variation
(hero or thunderbolt)
exhalation



I honour life
(look forward and lift the crown of the head towards the ceiling)

The poses above focus on grounding - feeling strong and steady. Breathe in and out through the nostrils. There is an emphasis on 'opening up' while breathing in and 'releasing' while breathing out. While practising this sequence be with the emotion - feel the energy flowing through the body and embrace a sense of certainty and joy. Allow yourself to fully experience the inspiration of positive emotions. The affirmations can be spoken out loud or said silently in the mind. Repeat the sequence two or three times throughout the day (if possible). The sequence can be practised with the eyes open or closed. Smiling during the exercise is thoroughly recommended. Yoga works to dissolve negative emotions and to enhance positive feelings.