Namaste Yogis and Yoginis

As we move into our winter months and time of introspection, we welcome in Magnificent May, the fifth month of the year. Colour wise in nature, it is as beautiful as spring, and although the weather can be a little erratic, we mostly have beautiful warm sunny days, which cool off dramatically, as the sun sets. Sunsets are also particularly striking at this time of the year.

May is all about changes and seeing things from a different point of view, by changing your perspective. May is a fast moving and busy month. With the number of big changes going on right now, it might be very helpful to create a road map for ourselves to help us navigate it all.

Therefore one of the most important things we can do is practice grounding, which will allow us to create focus and still the mind, allowing for clarity and unhindered thought processes.  Grounding is all about connecting to the Earth and to the present moment. Not only will it bring calm and stillness to the mind, it will also help to provide a foundation for health and well-being, and support the natural defenses of the body ie the immune system.

There are 3 easy ways to achieve grounding, as you move through your day.

1. Connect with your breath. You can do this whenever you need to, just bring your awareness to your breath.

    Breathe in to a count of at least 3, hold the breath in for a count of 2 and breathe out to a count of at least 4.

    Just make sure you are comfortable with your count.

2. Meditate. Sit quietly and tune into the sound of the universe in your head.

3. Go out into nature…walk barefoot on the grass, sand, in water puddles, or lean against a tree or just sit on the

    ground.

Of course, if you can combine all of the above three, the results will be amazing!!

If you’re energetically grounded you will feel strongly connected to the Earth, stable, and at ease. Your fears, anxieties and worries will disappear. You will feel safe and protected. Understanding the basics of being grounded will help you to be more balanced, focused and productive.

                                               Our Stone for the month of May is Jade

                                                                         

Jade is considered to be the essence of love and connection to the Earth. It is a stabilizing gemstone maintaining a continual connection to the planet and its energies. It has an overall balancing effect on the heart chakra. It resonates with the Earth sign of Taurus, and is grounding and centering. This is a perfect stone to use while meditating. It is also known as the “dream stone” bringing clarity to your potential and purpose.

             Stone                      Colour                     Ess Oil                      Angel                        Chakra

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|               Green Jade\*Ultimate symbol of calm & serenity\*Stone of balance & healing\*Vibrates with the heart chakra unlike any other stone |                      Green\*Green is the central point of balance in the colour spectrum.\*Colour of nature – peaceful, calming & refreshing\*Revitalises and restores on a physical & emotional level |                      Bergamot\*Light green in colour\*Helps to regulate and balance – heart, emotions, digestion, hormones.\*Keeps energies moving at the right pace\*Flavour used in Earl Grey Tea |               AA Raphael\*The Master of Healing, not only the physical body, but emotional and spiritual bodies as well.\*Aids in healing Mother Earth |        Anahata / Heart\*The Chakra thatcreates the midpoint with 3 “physical” chakras below and 3 “spiritual” chakras above.\*Home of unconditional love, empathy & healing\*Centre of being connected to all that is |

Dates to Remember

**May 9**   Mother’s Day – celebration of Mothers

May  11  New Moon – time to plant the seeds for manifestation.
**May 12** Eid Al Fitr – marking the end of the month of Ramadan
**May 26** Full Moon Total Lunar Eclipse – not visible from South Africa – the only total lunar eclipse of 2021
**May 29-Jun 22** Mercury Retrograde

Now to matters on the mat……

Unfortunately we have a significant rise in the numbers of infections, which appear to be the beginning of our third wave.

This means we need to wait a little longer before we can re-open  

But….we have a massive online library from which to pick and choose according to your fancy. We continue to add in to the library on a weekly basis. Thank you to all who support our Online Classes, it is much appreciated, and like you, I can’t wait to get back to live classes.

The winner of our monthly subscription lucky draw is Ralph Mills…congratulations Ralph….hope you enjoy your gift.

You will find all our info and notifications on our website [www.yogawithyogiB.com](http://www.yogawithyogiB.com) which is continually being updated.

Wishing you all a positive, productive and beautiful month as we find grounding and connection in our lives.

Love and blessings

Bev