

CLUELESS WOMEN SEEKING ENLIGHTENMENT

The Continuing Adventures of Milly

MINDY DWYER

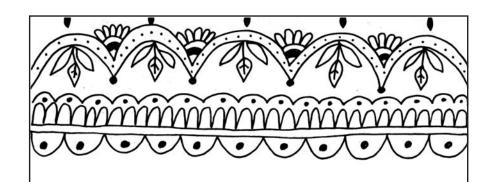


Dedicated to my yoginis P.M., M.P., & M.B.

by mindy dwyer
no of copies

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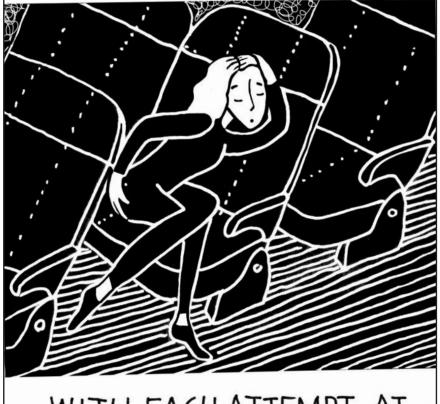




FRIENDSHIP. A PROMISE, A BEQUEST.



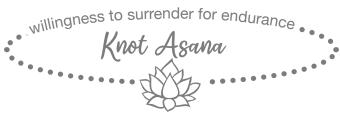
THAT'S HOW I FIND MYSELF ON A 16-HOUR BUS RIDE PLAYING ROCK, PAPER SCISSORS WITH MY BODY..

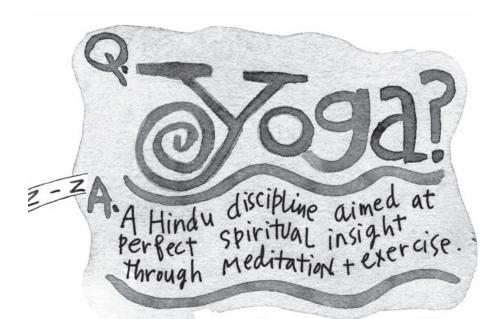


...WITH EACH ATTEMPT AT COMFORT I INVENT A YOGA POSE.

WHATEVER IT TAKES TO ARRIVE AT OUR SPIRITUAL AWAKENING.







Also described as meaning "the preparation for meditation."

I can't get comfortable.

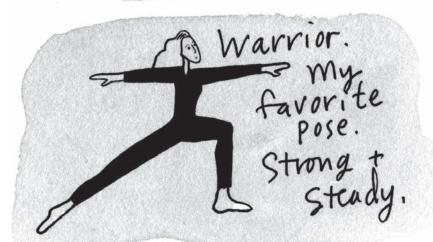
My knees furt.



My bones are pressing into the floor. Oh great.

I Looked at the clock.

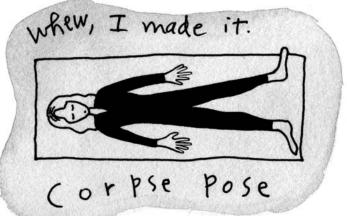
I forgot to breathe.



yog poses have weird names.

dolphin dog Lion Cow Cat



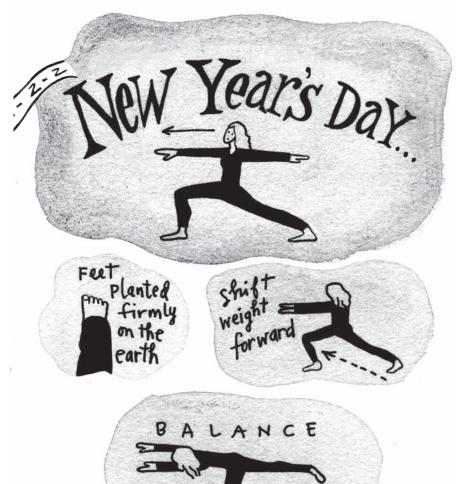




I'VE FINALLY UNPLUGGED FROM WORK AND THE DAY-TO-DAY ...









BREATHE

TO FLY WAITING I've been here 3 so long Ready for a big Take off ... Here I am. I started to wonder if I'd turned to stone. I think that is when led your a belief called Phrowise Sankarpa Kind of a resolution ... but not. Our instructor said it's not Something You change, it's already in you. You believe it. FIRST YOU HAVE TO FIND IT. OK, here goes. I trust that I

Amen. No-wait... Namaste.

have been given the gift of being an artist and I should share it.

STILL ON THE BUS. grice I had to find a new was nervous





Suddenly, three women appeared

We traipsed around at least 5 little buildings...

I never would have found it.





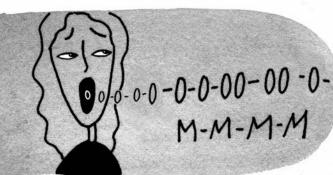
we sat cross-legged anietly for a moment and she said, "We'll start with..."

3 oms.



OJO) UH-OH. Really? I'd never done that before.

OK, Here goes, ahem...









Maybe I'll get the hang of this yogathing after all.

my muscles Resisted, I pressed down splaying my fingers to distribute the weight up through my arms like pillars. My body made a triangle to look through Chickens cackling, rooster crowing,

gazed out the glass door into tall grass and flowering weeds.

I held onto the rhythm of my breath, continued the pose, feeling resistance, breathing...





I glanced around to see if anyone else heard?

YOU GET TO BE HERE NOW. OF COURSE I LISTENING: LISTENING: HERE YOU ARE.



When the rooster crowed I was reminded to feel lucky - and not look at the clock. Not even once.

I bent head-over into my human triangle and looked behind me. There he was smiling...

...with a bird next to kim.

I had not noticed this lovely Ceramic bird?

In my thoughts, I asked him. He kept smiling and said, "SN ± 0 × NOT ¥ LON ± SN ± 35,"

One day in my upside-down triangle, I panicked ... "Where's the Buddha?!"

Did Somebody move him? nadha?!"

Why? weeding? Forgot to Put back?

FOR SOME REASON THIS WAS SO UNSETTLING!?

Hewas there smiling unwavering all-knowing

just as always. I was the one who changed?





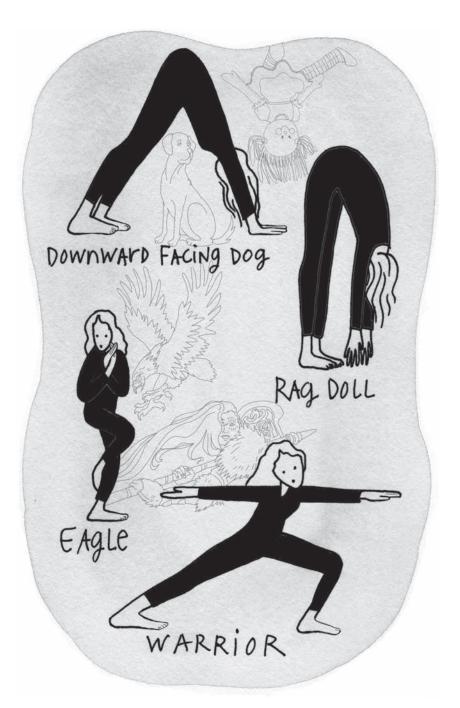
the virtual instructor said,

- 2 - 2 - 2

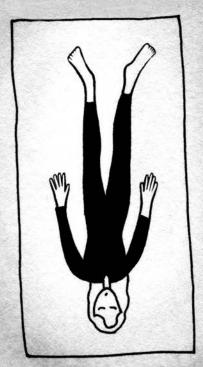


Place your hands at your heart.



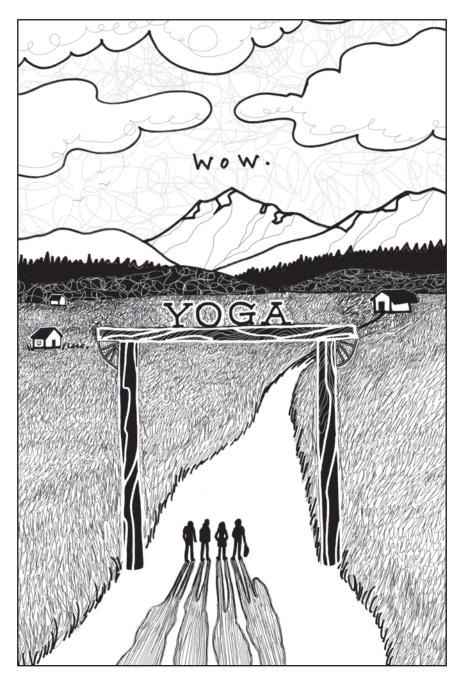


OK. I get it. I have often thought of My sisters when I do yoga. I've been devoting part of My practice to them.



I guess?









CLASSES:

Cooking Yoga DESIGN

Fang Shut more Yoga
Tea Making & Yoga

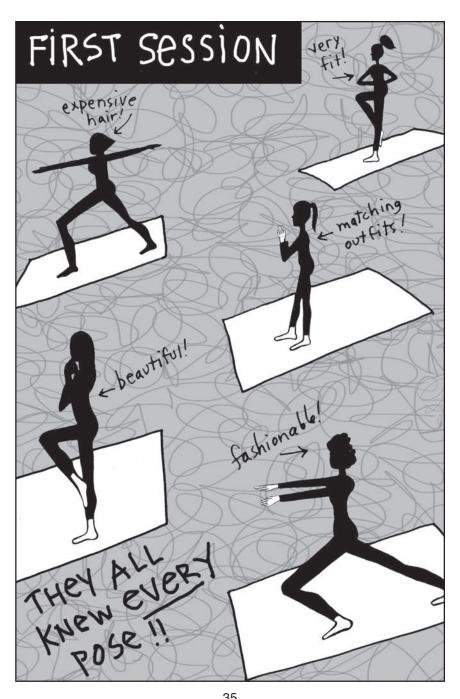
Yoga Sillill

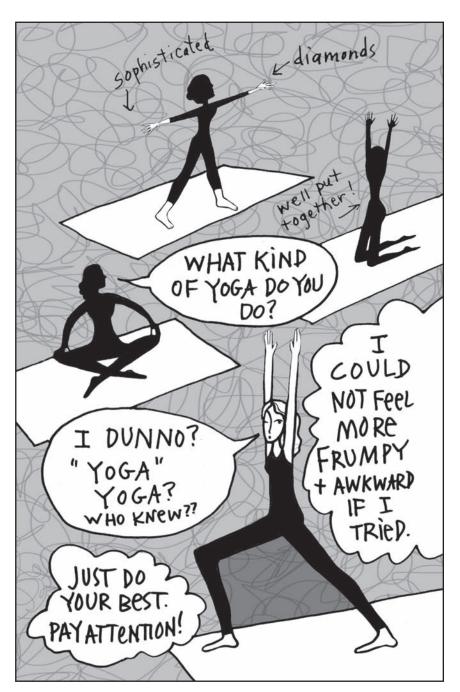
REALLY JUST LESSONS IN ELEGANCE + HOW TO TREAT YOURSELF RIGHT

BECAUSE You deserve it!

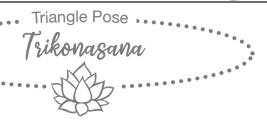


OUR CORE IS OUR CENTER AND AS WOMEN WE HAVE A LOT GOING ON THERE IT'S WHAT. MAKES US WOMEN ENGAGEIT. ALWAYS.

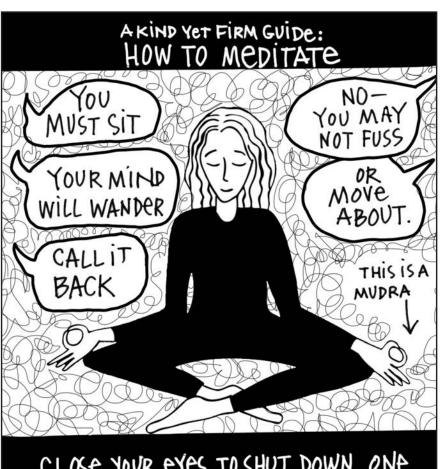












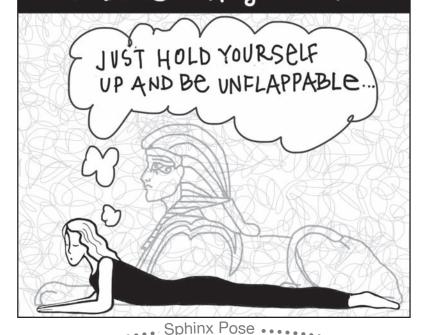
CLOSE YOUR EYES TO SHUT DOWN ONE OF YOUR SENSES AND TUNE IN TO THE OTHERS. THIS IS THE FIRST STEP TO GOING INWARD, CLOSING OUT THE EVERYDAY WORLD AND GETTING IN TOUCH WITH YOUR CENTER.





YIN YOGA: EXCRUCIATING-LESSONS IN STILLNESS.

We learned that there are Several types of yoga! I LIKE VINYASA!!



. Salamba Bhujangasana

