

YOGATM MAGAZINE

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FIND BALANCE, EMBRACE, PEACE

rasa
sashtra

ANVI
Rubber Girl of India

YOGA
IN PRISONS

DISCOVER
Shinrin-Yoku

POTENTIAL OF
Perinatal Yoga

THE SOUND OF **ॐ**



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The "Yoga for HOPE" campaign, marking International Day for Yoga and HOPE's 25th anniversary, raised £3,500 in the UK to support street-connected children in Kolkata through global yoga community contributions.

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THE JOY OF LETTING GO MANIFESTING A LIFE YOU LOVE

Words: Caroline Shola Arewa



What a caterpillar calls the end of the world, the rest of the world calls a Butterfly.

Have you ever felt afraid of letting go? Many years ago, I was at what would become a pivotal point in my life. I owned a successful fashion business. My days consisted of designing clothes, choosing fabrics, making samples, managing a retail outlet with my small team of makers. I also enjoyed lots of

media attention with my designs. It was a dream come true. I had turned my passion into a business. I proved to myself that I could do anything I put my mind to. Which I was told often as a child. And now I knew it to be true, I had done it, I had moved to London from York, followed my heart and set up my first business.

It was exciting, but it didn't take long before the stress started mounting. I

was tired and the passion, energy, and life force started draining out of me. I knew in my heart it was time to let it go. I wasn't afraid. Probably due to the ignorance of youth. But everyone around me saw my decision to walk away, as problematic. They thought I was cutting my lifeline, and it did feel like that at times, yet I knew inside I had to do it. One day I just walked away. I stepped out into the unknown. The universe did not let me down, in fact I was raised up Energy wise, in so many ways.

Over the years I have learnt to release what no longer serves me. It may be emotional baggage, or work that doesn't spark my passion and highest purpose anymore, relationships that are not nurturing, and things no longer needed. There is joy in letting go. In my experience, it feels good to release stagnant Energy, and create space for



stifle growth and prevent you from reaching your highest potential. The real challenge is finding faith in times of change; trusting a benevolent force, greater than you, and knowing that only good can come. This is where yoga practise offers support.

YOGA AND CONTEMPLATIVE PRACTICES

Yoga and contemplative practices are valuable tools for navigating the journey of change. Meditation, breathing practices and gentle yoga asanas, create time and space for deeper reflections. When practiced daily they reduce anxiety and the physiological stresses that fear induces. They have the power to

literally change your chemical make-up, reducing cortisol and stress hormones and enhancing dopamine and neuro transmitters that create calm and clarity. Yoga cultivates self-awareness, mindfulness, and a deep connection to the present moment, all of which are essential for releasing the past and embracing the future.

YOGA

Yoga goes beyond physical exercise. It is an integral practice that has the capacity to align your body, mind, and spirit. Through gentle postures, breathwork and meditation, yoga encourages you to quieten your mind and tune into your body. Yoga literally brings you out of the busyness of your thoughts, so you can listen to the still small voice residing in your heart. This heightened awareness, not only helps to release physical and emotional tension, it can also be a catalyst for letting go in other areas of your life. By practicing yoga regularly, we develop a stronger connection to our inner selves, making it easier to identify and release what no longer serves us.

MINDFULNESS AND MEDITATION

Mindfulness and Meditation are the foundations of contemplative practice, offering space for reflection and inner

stillness. Through mindfulness we learn to observe our thoughts, feelings and experiences, and through meditation, we can release old patterns and emotions without attachment or judgment. These practices help us understand that our thoughts and feelings are transient. The only constant is change. When we understand this reality, we move closer to embracing the joy of letting go.

VISIONING

Utilising a process of visualisation and meditation is a powerful way of manifesting a life you love. Clearly creating an image of what you want to achieve and visioning your desired future in your mind's eye, creates on a subtle energy level. Energy follows thought. When you also believe in your ability to manifest your vision, this practice can significantly impact your reality.

You are planting energetic seeds of intention and creation in your consciousness. You are literally starting to bring things into being. Regular visioning helps rewire and reprogram your mind so you focus on creative outcomes, rather than limitations.

The practice of visioning helps to ground your goals. It weaves energy and strengthens your belief in, and alignment with, your highest potential and Divine Purpose. You can achieve anything you put your mind to.

TRUSTING THE PROCESS

It may not be immediate. Life is a journey of becoming. It ebbs and flows. We seek comfort and clarity and long for balance in body, mind and spirit. Yet often experience, discomfort and doubts, leading to fear and fragmentation. Yet fear has within it the potential to lead you home to the very core of your being, where Love resides. And to your heart where trust lives.

something new and more powerful to unfold in your life.

There is an ongoing opportunity, to open to the infinite possibilities life offers. Yet often through fear, we hold on. The concept of letting go seems counterintuitive. Yet, releasing and making space for the new, is a powerful practice that can lead to a more meaningful and fulfilled life. Letting go is more than just relinquishing physical possessions. It includes shedding limiting beliefs that hold you back, and being willing to change old habits and release emotional baggage weighing you down. This process, although challenging, opens the door to new experiences that better align with your true self.

THE CHALLENGE OF LETTING GO

Letting go is often accompanied by uncertainty, fear and procrastination. Trusting that the universe has your back, and that something amazing awaits you, can feel like stepping off a cliff, into an abyss with no safety net. Fear however, is a natural response to change and facing the unknown. Holding on can be detrimental, it can



as you listen to your heart, and find the Joy in letting go. Know that as you journey and manifest a life you love; you are always supported and held in the embrace of our universe.



Caroline Shola Arewa

Empowers individuals to reclaim Energy and align their lives with purpose, passion, and peace.

Shola's the Author of influential book '*Opening to Spirit*' and creator of Energy 4 Life Spiritual Coach Training, she's trained hundreds of coaches worldwide. Her work spans international speaking, retreats, 5 published books and 100s of published articles, all aimed at raising Energy and inspiring others to find and live their purpose.

Shola Mentors Yoga Teachers, Therapists, and Coaches, helping you elevate your work, publish books, develop speaking skills, and create signature programs aligned with your highest potential and contribution.

Shekem Maat Healing System is Shola's newest program based on Kemetic/Egyptian Healing Arts, to reclaim balance, harmony and collective healing.

Shola.co.uk/shekem-maat
Reach out for your Complimentary Discovery call.
Shola@shola.co.uk

Trust is an essential aspect of letting go. Trusting ourselves, the process, and the universe alleviates doubts and fear of the unknown. Yoga and meditation develop trust in Divine order and the constant flow of life. By surrendering to the present moment and accepting things as they are, we allow new possibilities to emerge.

RETURNING TO YOUR HEART

There is a Divine spark that burns in the heart of each one of us. A light that shines within. In Yoga we call it the *Akhanda-Jyoti*. I speak about this in my first book '*Opening to Spirit*'. Through the practice of self-love, we nurture this inner flame, cultivating a sanctuary of love and light.

Ancient wisdom is a great companion on the journey of life. Deepening spiritual practice, listening to your hearts whisper and learning to honour your body, while quietening your mind, leads to the comfort and clarity you seek.

Letting go may seem daunting, yet, it is in these moments of fear that we discover our greatest strength. The

journey of life asks us to listen and to yield to the Higher Self, the power which is greater than us, that resides within.

EMBRACING A NEW FUTURE

The journey of letting go is deeply personal and often challenging, but the rewards are profound. Deepening your spiritual practice, allows you to navigate the journey of life with greater ease and confidence. These practices help us cultivate the mindfulness, trust, and belief necessary to release the old and welcome the new, ultimately manifesting a life we truly love.

The joy of letting go lies in the freedom it brings. By releasing what no longer serves us, we open ourselves to a world of new opportunities and experiences that align with our highest purpose. Through yoga and contemplative practices, we can find the strength and clarity to let go, trust and believe in a brighter, more fulfilling future.

Awaken your potential, shine your light, know the brighter you shine, the easier it is for others to find their way. Be guided by love and bathed in grace



TRANSFORM YOUR LIFE AND BUSINESS

Ready to take your life and business to the next level?

Building a Wellness Business can be hard work and overwhelming, but you don't have to go it alone!

Mentoring with Shola helps you unlock your fullest potential and achieve your purpose driven dreams.

Shola has designed an integral program combining energy psychology for mindset, which is the foundation of success, and coaching, with visioning and strategic planning, so you can be **Energised**, and **Empowered** to create your **Highest Contribution**.

It maybe a book or signature program or training that will increase your impact, income and support you to live your best life, while helping others do the same.

**Let me help you identify your next level.
Elevate your Life and Business Today!
Contact Shola.co.uk - book your free Discovery Call**

Your Transformative Journey of Health, Happiness
Success and Fulfilment starts now!
The world needs you to be on Purpose!

Shola.co.uk/mentoring

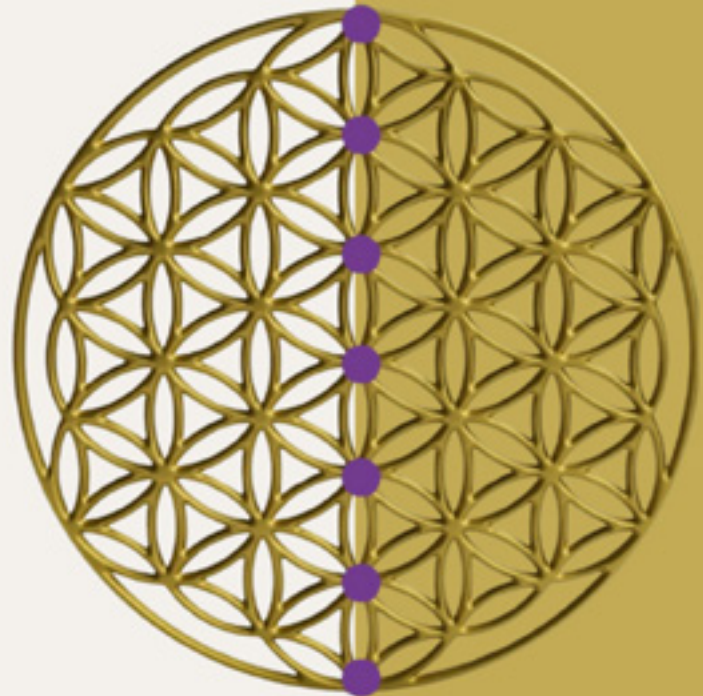
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