

yog★Attitude Cards



Sample Workbook

by Nadine Fawell



The Attitudes



accepting



accepting

Good old Ghandi.

Where would we yogis be if we couldn't keep quoting him:

'Be the change you wish to see in the world.'

What, you ask, does this have to do with an **accepting yogAttitude?**

Well, Ghandi incited massive social change in such a smart way: he accepted that things were the way they were, but kept moving towards something better.

He very obviously didn't **resign** himself to the status quo. He just acknowledged that it was what it was. Then, instead of railing futilely against it, he looked for ways around and into and through.

That, to me, represents the true power of acceptance. Only once you are fully present with what IS can you change it.

You really do have to walk into the darkness: accept it as part of the cycle of life.

Only then can you open your eyes to the dawn.

Full acceptance.

Simple, right? Just not easy. Much like yoga.

accepting

Ask:

- ★ Can I accept myself exactly as I am, the good parts and the shadow parts?
- ★ Can I accept others?
- ★ Can I acknowledge the essential humanity of every person, even rapists and murderers?
- ★ Do I understand that acceptance doesn't require inaction?

calm



calm

Calm is the more famous sister of serene. You never get told to serene down, for example.

But then, calm is definitely the opposite of anxious or tense.

Is calm your default yogAttitude?

If not, what is your usual state of being?

Ask:

- ★ What would need to change for calm to become my norm? (It's OK if you don't know, it's just useful to ask the question.)
- ★ How good am I at just doing nothing, just being?
- ★ Do I feel guilty unless I am constantly in action?

A friend and I were discussing our pathological neatness: it's worse for her because she has two small kids and she, like me, can't calmly sit in the mess. As a result, she is constantly in motion. Vacuuming, tidying, folding, ironing.

And stressed out because the work is never done. Never.

The trick, we have decided, is to

**learn to just be with what is: not
always trying to change or improve
it.**

Long holds of yoga poses: great practice for this!

Child's Pose, although not terribly challenging (unless you have iffy knees or ankles, and that's the wrong kind of challenge) is a big challenge in other ways.

You just have to hang out there and do...nothing. Er.

It's when we do nothing in a conscious way that our nervous system gets the signal to relax. Because if we aren't running, clearly there's nothing to run from, right?

How long can you stay in Child before your mind gets twitchy?

What other poses challenge you to be still? Do you practice them?

thanks!

Thank you for reading these pages!

If you liked them, and you want more, you can find the full yogAttitude card/workbook kit over at

<http://yogawithnadine.bigcartel.com/product/yogattitude-cards-workbook>

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Namaste, peeps

Nadine Fawell
yogawithnadine.com