

Back To Health and Living SDC News Letter



DATE: September 15, 2006 Letter 72

Clarksburg WV

WEEKLY MEETING BHLC:
FIRST BAPTIST CHURCH OF NUTTER
FORT. 5:00 pm each Thursday.
219 Maryland Avenue. Nutter Fort, WV.

under health, there is 5 excellent articles from Dr. Ornish. If you have access to either please check them out.

ARTICLES:

1. Clarksburg SDC meeting.
2. Dr. Ornish regular columns.
3. Annual Heat Walk at RCB.
4. Yoga class schedule.
5. Clarksburg SDC and Member of the month.
6. Editorial Stress Management.
7. Recipes.

ANNUAL HEART WALK.

American Heart Association's annual heart walk at RCB High School. Saturday September 30, 2006. Team pictures at 11:30 am and the walk begins at 12:00 noon. Come and join your Ornish friends for a good cause. Call the UHC Health Connection with questions. 304-634-2935.

CLARKSBURG SDC MEETING

LOCATION: The Clarksburg SDC has moved to a new location at the First Baptist Church of Nutter Fort. Directions are: From I-79 take exit 119 to Clarksburg. Go west on U. S. 50 till you come to Joyce Street exit, which is State Route 20 South. Turn left on Route 20 and count 4 stoplights. Just before the fifth stoplight, Maryland Avenue will be on the left after the BC Bank. The church is on the left two blocks down. We are moving to expand the SDC and have additional room and cooking space for additional members. For any additional information please contact myself or Dan Webster rcx2x2@aol.com .

STRESS MANAGEMENT.

From Elizabeth Connor.

Dear Ornish Friends, I hope you all had a lovely, peaceful summer! I feel recharged after spending the last part of the summer at a retreat center near Charlottesville, VA. I had the opportunity to deepen my own practice, as well as teach a wonderful group of new yoga instructors, as part of their certification training. Now, I'm really looking forward to sharing the practice of yoga with you all, my WV community. So are you ready to get "back-to-yoga" ? Take a moment to check out the fall yoga schedule. Please note a new two-hour Raja Yoga intensive class happening on Saturday mornings at Momentum Center for the Arts. Hope you can join me for some of these up-coming classes! Sincerely, Elizabeth Connor, RYT Certified Integral Yoga Teacher / Stress Management Therapist, UHC

DR. DEAN ORNISH.

Dr. Dean Ornish has regular columns in both Newsweek and Reader's Digest per an email from Terri Merritt Warden PMRI. Also an email from Carol Schweiker, SDC member gives the internet site address as xtra.newsweek.com on MSNBC; click on

Momentum Center for the Arts presents...
RAJA YOGA Saturdays 9 -11am. *Starting
September 23rd. This intensive two-hour

class offers in-depth practice of asana (poses), pranayama (breath awareness), yoga nidra (relaxation), meditation. Plus, each week we will explore a different aspect of yoga philosophy. Learn how yama and niyama, or the ethical foundations of ashtanga yoga as taught in the Yoga Sutras of Patanjali, relate to our practice and our lives off the mat. Tuition - 72\$/ 5weeks. Walk-in fee per class -16\$ Preregister by 9/ 21 - Discounted Tuition - 60\$ Class meets 9/23, 9/30, 10/7, 10/14, (skip 10/21), 10/28. Also at Momentum.... **Yoga at Noon!** Tuesdays 12:05-12:50 - Starting September 19th Enjoy this upbeat, refreshing lunchtime yoga session to release stress and inspire your day! Tuition- 49\$ / 7wks Preregister by 9/18 - Discounted tuition- 42\$ Class meets 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31.

Benedum Civic Center presents... **Integral Hatha Yoga** Wednesdays 6:30 - 7:30pm *Starting September 13th 6 wks - 42\$ Class meets 9/13, 9/20, 9/27, 10/4 10/11, 10/18. *Fall session starts November 1st! * Plus... please note a new class at the Benedum Civic Center, also starting September 13th! **Pregnancy Yoga and Relaxation** - Wednesdays at 5pm.

Doddridge Co. FRN presents... **Hatha Yoga** Mondays 5:15- 6:15pm...at the Old Smithburg School *Starting September 18th Tuition - 36\$ / 6 weeks Second family member discount - 1/2 price! Class meets - 9/18, 9/25, 10/2, (skip10/9) 10/16, 10/23, 10/30. Please call 873-2128 for details, or e-mail your inquires to yogacenterpoint@yahoo.com. See you soon! "Peace is your nature, don't disturb it" - Patanjali

CLARKSBURG SDC:

Potluck: On Thursday September 7, 2006 the BHLC Clarksburg SDC held their by monthly potluck dinner. I want to show the menu below. I know these are the best Ornish cooks in the state. I am always amazed.

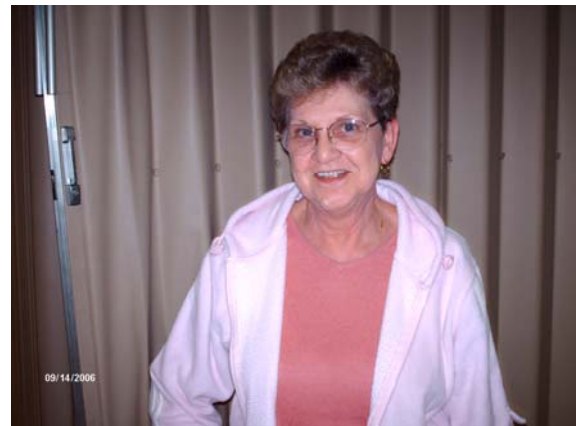
1. Double B- better than Boca burgers on wheat buns with all the trimmings.
2. Fresh corn out of the garden.
3. Fresh green beans from the garden.
4. Vegetable Beef soup.
5. Pea soup.
6. Potluck casserole.
7. Zucchini brownies.
8. Cake with ice cream and chocolate sauce.

It was all Ornish and we really had to watch our portion sizes. (We know our dietitian Jennie is watching) It is amazing that at each Potluck dinner the SDC can have a three course dinner.

Plus you get the opportunity to have exercise, stress management, group support, and excellent conversation and connectivity during dinner, which is very important after graduation from the Ornish class and beginning an Ornish lifestyle on you own.

SDC Member of the Month:

Martha Griffith – Graduate of Cohort 14 and a member of the Clarksburg SDC (Back to Health and Living Community). Martha is an inspiration to us she works full time and always plans to be involved with the SDC.



A few words from Martha. "The program has worked wonders for me and I love coming to the Self Directed Community meetings each Thursday. I especially love Potluck night we have special food, and the people are wonderful and inspire me to keep on track with the program."

Quote Of The Month: A word to think about. From Charlotte Swiger – UBUNTU (African origin): I can only know myself as I see through your eyes, so the closer you stand to me, the better I can know myself.

EDITORIAL: By Larry Massey: I just completed my 16 weeks of the program second time around. I want to update everyone on my progress and feelings after 16 weeks. I am feeling great this has really been a great experience and blessing for me to go through the program again. I have some additional technical information below about stress management. I hope I do not bore anyone but the deeper I get into stress management the better I enjoy and understand its purpose.

Five Stages of Relaxation: form www.yogagainesville.com/

Have you ever wondered what is actually happening when you are lying in Savasana (relaxation pose) at the end of your yoga practice? See if you can identify with the following five stages of relaxation as given in this information taken from The Healing path of Yoga by Nischala Joy Devi. When you do your yoga at home, remember to include a devotional centering and breathing exercise at the beginning of your practice. At the end, lie down to enjoy the deep benefits and effects of your practice. Focus on your breathing as well as body sensations. By taking a few extra minutes to prepare yourself for your asanas (postures) at the beginning and receiving the full integration at the end, you may find that the "yoga" that you do directly transfers into increasing the quality of your day to day living.

Stages of Relaxation: We are beings of multidimensional layers and it is necessary to relax all layers for complete healing to take place. Our minds are mirrored in our physical bodies and show our emotional state and mental focus/alertness. When we begin to

relax, we gradually shed each sheath of our five bodies as we go deeper toward our essence, which is light and a sensation of deep peace. Like a labyrinth or spiral, we weave in and out, being occasionally drawn outward by a sensation or outward sound and then inward more and more as we let go of our coverings, one by one. As we retreat back inside, we wind our way to our center. As we return to the outside, we are somehow changed, more relaxed and aware in the everyday world.

Stage I - The Physical Body (anna maya kosha): This is the body as we know it, made up of bones, muscles, organs, nerves, blood - wrapped up in connective tissue with skin as a covering and hair and nails for decoration. This body is stressed by temperature changes, movements and posture against gravity, unequal amounts of rest and activity and the food and liquids we consume. As stress accumulates, the body shows the effects and we accommodate to these changes as a normal part of life; aching, stiffness and fatigue. By learning to relax and release tension from the physical body, our suppleness returns and with it, a feeling of youthfulness. In stage I, we become aware of each body part from the toes to the head and ask the mind to release the body through the breath and focused attention. The tension of the body gets squeezed out. The body becomes free from the tightness of the muscles, lets go, and becomes heavy.

Stage II - The Energy Body (prana maya kosha): This is the force field or aura that feeds the physical body and mind. It surrounds and moves through the physical body and is experienced through the breath. This body is subtle and its anatomy is experienced through the prana distributed to the space between and within the cells, organs and bones. With gentle guidance from the mind, we use the deliberate breath to invite the tension and discomfort to melt away. By taking deep full inhalations, we have the power to release stress through the

exhalations. Each section of the body is relaxed separately and natural breathing is resumed between each part. The effects of stage I and II are a heaviness in the limbs and throughout the entire body, a letting go of tension of both the physical and energy bodies. You may want to practice only these two parts until you are able to experience the feeling of heaviness. Without letting go of the physical holding of the body, it is sometimes difficult to let go of the more subtle aspect in stage III.

Stage III - Body of the mind and senses (mano maya kosha): These are the thoughts and worries that arise in our minds that are located throughout the physical body. To access this body we call on the gentle and natural breath. The mind directs the easy breathing and we ask the mind to direct the natural breath to different parts of the mind-body where we store our thoughts, memories, pains and hurts. Scars of various physical and emotional traumas are in this mind-sense body in every cell at the sight of the past mental/emotional/physical injuries. When relaxation has a chance to penetrate, the scars are soothed and the injuries are encouraged to heal. In this stage you may experience different feelings and thoughts surfacing. Know that they are coming up to be released. All you have to do is to acknowledge them and let them go. In stage III we experience a feeling of lightness, possibly a floating sensation. Observe the breath as it comes into and go out of the body. In a deep relaxation the time of the exhalation is increased without any effort. This enhances a feeling of "taking your time" and completely letting go.

Stage IV - The Body of Higher Wisdom (vijnana maya kosha): is our intuition sometimes called Witness Consciousness. At this stage we pull back from the intellect and senses. We become aware of lightness of our being and detach from our physical body, even the thoughts and feelings of the mind. We experience a knowingness as well as a serenity of presence to the Higher Self. Body

and Breath are still and deep. The mind is content. Little energy is needed and little energy is used. From this sense of weightlessness, we just observe the breath as it moves in and out of a still body. We are observing the energy of being. This energy of lightness and calmness takes over here and the mind becomes clear without our usual prejudices, hopes and dreams. We can then open to our higher knowledge.

Stage V - The Body of Joy (ananda maya kosha): is an internal place of stillness, peace and bliss. This place can be experienced while in nature or within a deep connection to self or other (gazing at a newborn baby, into the eyes of our love or into the being of our true self). Here we find a wellspring of healing energy. We are comforted and content. We are centered and surrendered to our own inner stillness. A natural drawing inward occurs and our deepest healing takes place. We completely rest in the experience of our own true nature. Sometimes, in this stage we have a fear come up that we might lose our identity or that we will travel out of our physical bodies and not get back in. We only need to take a few deep inhalations to stop this feeling of losing control. We will come right back into our physical bodies and again experience life as we usually do; from our thoughts, feelings and physical senses.

We usually work through the first, second and third stages to get to the fourth and fifth; yoga practice combines these three stages. You can feed your prana (body of energy) by eating healthy food and drinking adequate amounts of clean water, paying attention to the breath through breathing exercises, being in natural sunlight, exercising your physical body and showing love toward self and others.

Ways to align all of the Bodies in harmony include: Being in nature, Giving love and doing selfless service with Right attitude, experiencing the senses and spending time in relaxation and meditation.

Brief relaxation (10 minutes at beginning of your yoga practice)

Focus on the various parts of the physical body; how each can let go and grow heavy. This helps you become more aware of the physical body. Then, focus on your breath, sending it to the various body parts and spaces inbetween. Notice how the breath can relax the mind and body. Next put these two awarenesses together and experience the integration of body, mind and breath.

Longer relaxation at the end of your yoga practice (20 to 30 minutes)

Briefly review the first three stages (as given above). Then, allow a deepening of attention with a visualization/ imagery exercise including a focus on wisdom from the Higher Self. Allow quiet time for self-observation of the natural breath while promoting stillness of the physical body.

Next, just focus with stillness of the breath itself, the rhythmic nature of the heartbeat. Without thoughts and feelings or judgements/comments about anything you experience, just relax deeply into your own true nature.

This was a lot of information, but think about it in your every day practice.

RECIPES:

Double B Burger.

BY: Mary Mutschelknaus -

1 pkg. Smart Ground (By- LIGHTLIFE)
4 egg whites
1/3 c. oats
1 med. Onion
onion powder (to taste)
garlic powder (to taste)
1/3 c. catsup

Mix Smart Ground until crumbly
Sauté onion - add to mixture
Add all other ingredients and mix well

Shape into burgers- brown on both sides in stick-free skillet that has been sprayed with Fat Free Pam.

Cover and let simmer (very low heat) around 5-7 minutes.

Zucchini Brownies.

BY: Larry Snyder.

2 cups shredded zucchini
1 medium banana
1 tsp. vanilla
1 cup flour
½ cup sugar
½ cup Wonder cocoa or carob powder
1 ½ tsp. Baking soda
(Optional) ½ - ¾ cup raisins

Lightly spray 9 x 13 pan, and then add mixture.

Bake 350 degrees for 35 minutes.

JOKES: The next time you are last in line be happy. A bus carrying only ugly people crashes into an oncoming truck, and everyone inside dies. As they stand at the Pearly Gates waiting to enter Paradise and meet their maker, God decides to grant each person one wish because of the grief they have experienced. They're all lined up, and God asks the first one what the wish is. "I want to be gorgeous," and so God snaps His fingers, and it is done. The second one in line hears this and says "I want to be gorgeous too." Another snap of His fingers and the wish is granted.

This goes on for a while with each one asking to be gorgeous, but when God is halfway down the line, the last guy in the line starts laughing.

When there are only ten people left, this guy is rolling on the floor, laughing his head off. Finally, God reaches this last guy and asks him what his wish will be. The guy eventually calms down and says:

"Make 'em all ugly again".

NEXT TIME YOU'RE LAST IN LINE, BE HAPPY!