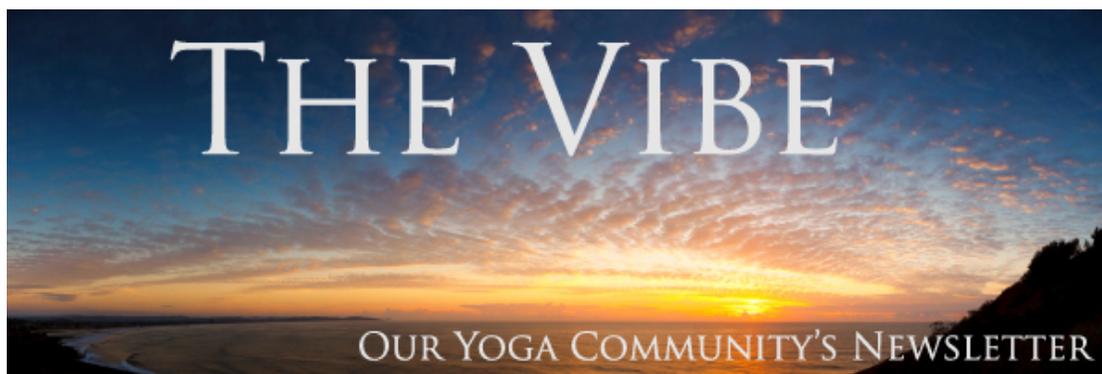


Issue Number 4 – December 2015



Greetings!

Precious Moments...

So many times each week we allow the small challenges of life to bring us down and influence the entire day in a negative way. This ends up being the fuel for creating a powerful habit of not letting go. We get heady and

the thoughts of the event get replayed over and over in our mind. We think of the things we should have said ... we try to formulate a way to win the argument and come out on top victorious. This consumes all of our mental energy and we are living in the past suffering. The minute we get home we tell our loved ones of the terrible story and look for sympathy. Now they are feeling the negative energy we created and are suffering too. All of this because a driver did not use a turn signal in front of you, you got stuck in traffic, the day you planned so carefully did not play out the way you expected, you forgot to pick up groceries for dinner ... the list never ends.

What if we pull a complete 180 and notice the small positive events that are happening everyday and celebrate them with as much mental energy as we normally use when a perceived negative event happens? Imagine driving downtown during lunch hour looking for a parking spot so you can buy coffee beans at Coffee Underground. This is a challenging task. The normal secret spots are full so I drive on and end up on Main Street. I feel the wave of a bad decision coming on but remain positive somehow. All of the sudden I see the closest spot in front of CU open up. I park and get out to look and see if this is for real. No handicapped signs, no special permit required .... I got rockstar parking ! I throw my arms up and yell a little and walk to my favorite coffee spot with a huge smile on my face and some extra mojo in my walk. How do you think the people working that day felt when I walked in? I saw a few smiles from the people on the street from my strange antics. That's right, make a huge deal out of this positive event. Put your heart and soul into it and watch the huge wave of positive energy spread out before your eyes. When you tell your loved ones about your parking story they will laugh and the positive energy comes home. You have just made this world more joyful.

*~Brian Delaney*

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## Student of the Month



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## Events at Vibrant Life Yoga

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## Clark Brooks

*Clark has been practicing yoga 4-5 times per week at Vibrant Life yoga for six weeks. His dedication for getting on the mat is an inspiration for all of us in class. He told me "I have never done yoga like this before". No one ever taught me how to breathe and stay focused on the present moment. Clark had two years of previous yoga experience before coming to Vibrant Life yoga. ~ Brian*

"The only thing I judge myself on is breathing. I can wobble and fall from a pose and laugh it off but I kick myself when I stop breathing. What I care about most is staying focused on conscious breathing during my practice. Of course I lapse, but once this morning coming out of a combination mind drift--posture shift, I was still breathing, and had been through the entire adjustment. That was the highlight for today."

"Overall, a lot of exciting things are happening. I am getting into postures that I have not been able to do before and I swear I can feel my lung capacity expanding. It's like that whole life has



### **Holiday Schedule:**

Christmas Eve 9:15-10:45am with *Brian*, \$10

Christmas Day Closed

December 26th 9:15-10:45am with *Brian*, \$10

New Year's Eve 9:15-10:45am with *Brian*

New Year's Day Closed

### **Restorative Yoga with Reiki & Hot Stones**

*Peggy Ambler*

December 16th 7:15-8:45pm, \$20

### **Holiday Recovery: Restful Yoga with Essential Oils & Healing Sounds**

*Marty Tribble and John Arms (Lila)*

December 27th, 2-4pm, \$35

### **Beginner Yoga Series (6 week series)**

*Jessica Kessinger*

January 5th - February 11th, Tuesdays and Thursdays 7:15-8:30, \$100 early registration or \$10 per class

### **Mindful Awakening**

*David Kessinger*

Starts January 5th, every Tuesday and Thursday 6-7am, \$10

### **Kundalini Workshop**

*Leigh Mallis*

January 9, 2016, 2-4pm, \$30

### **Bhakti On The Mat**

*Sean Johnson and the Wild Lotus Band*

opened up. Thank you."  
~Clark

January 23, 2016 from 3-5:30pm  
Prepay before Jan. 7th - \$35, after \$45

**Happy  
Holidays &  
Make it a  
Joyful New  
Year!**



Here are some life changing quotes from the great Sufi poet, *Rumi*:

**Be Bold**

"Do not be satisfied with the stories that come before you. Unfold your own myth."

**Have Gratitude**

"Wear gratitude like a cloak and it will feed every corner of your life."

**Take Action**

"Why should I stay at the bottom of a well, when a strong rope is in my hand?"

**Have Faith**

"As you start to walk out on the way, the way appears."

**Embrace Setbacks**

**Recipe of The Month...**

**Best Holiday Treat Ever!**



**Ginger Snaps**

- 2 1/2 cups flour
- 2 tsp. baking soda
- 1/2 tsp. salt
- 12 tbs. unsalted butter
- 2 tbs. ground ginger
- 1 tsp. ground cinnamon
- 1/4 tsp. ground cloves
- 1/4 tsp. pepper
- Pinch cayenne
- 1 1/4 cups dark brown sugar
- 1/4 cup molasses
- 2 tbs. finely grated fresh ginger
- 1 large egg plus 1 yolk
- 1/2 cup

1. Whisk flour, baking soda and salt together in bowl. Heat butter in 10 inch skillet over medium heat until melted. Lower heat to medium-low and continue to cook, swirling pan frequently, until foaming subsides and butter is just beginning to brown, 2 to 4 minutes. Transfer butter to large bowl and whisk in ground ginger, cinnamon, cloves, pepper and cayenne. Cool slightly, about 2 minutes. Add brown sugar, molasses, and fresh ginger to butter mixture and whisk to

"If you are irritated by every rub, how will you be polished?"

### Look Inside

"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."

### Don't Be Concerned With What Others Think Of You

"I want to sing like the birds sing, not worrying about who hears or what they think."

### Do What You Love

"Let yourself be drawn by the stronger pull of that which you truly love."

combine. Add egg and yolk and whisk to combine. Add flour mixture and stir until just combined. Cover dough tightly with plastic wrap and refrigerate until firm, about 1 hour.

2. Adjust oven racks to up-per middle and lower-middle positions and heat oven to 300 degrees. Line 2 baking sheets with parchment paper. Place granulated sugar in shallow baking dish. Divide dough into heaping teaspoon portions; roll dough into 1-inch balls. Working in batches of 10, roll balls in sugar to coat. Evenly space dough balls on prepared baking sheets, 20 dough balls per sheet.

3. Place 1 sheet on upper rack and bake for 15 minutes. After 15 minutes, transfer partially baked top sheet to lower, rack, rotating 180 degrees and place second sheet of dough balls on upper rack. Continue to bake until cookies on lower tray just begin to darken around edges, 10 to 12 minutes longer. Remove lower sheet of cookies and shift upper sheet to lower rack and continue to bake until cookies begin to darken around edges, 15 to 17 minutes. Slide baked cookies, still on parchment, to wire rack and cool completely before serving. Cool baking sheets slightly and repeat step 3 with remaining dough balls.

4. Dough can be refrigerated for up to 2 days or frozen for up to 1 month. Let dough stand at room temperature for 30 minutes before shaping. Let frozen dough thaw overnight before proceeding with recipe. Cooled cookies can be stored at room temperature for up to 2 weeks in airtight container.



