

Judi in Our Hearts and Minds

Knowing Judi, she probably wouldn't want articles about her in the yoga newsletter unless it provided a service or served a useful purpose. With that in mind, I thought I'd share a few of the things she shared with us over the years. Many of these were "assignments" she gave to us:

- This week, be aware when your throat becomes tense or your jaw becomes tense or when you forget to breathe. Another week it was be aware when your body restricts or contracts. For example when your mind is gripping an idea or judging others. Breathe when this happens – feel expansion in body, mind, and heart.
- This week, each day have joy for someone else's good fortune.
- She told us how when she went through a period of sadness in her life, she would go outside and plant a flower when she felt overcome with grief.
- Practice ahimsa through listening. When you really listen, it's like you're meeting someone for the first time. You'll come to love them.
- Practice satya through listening – really listen to what you are saying.
- Practice resting your mind and your other senses towards the light of your heart. This brings you closer to the Soul.
- This week, look at ahimsa and svadhyaya. Are you making yourself look big to make someone else look small or making yourself look small to make someone else look big?
- This week, do a chore with devotion and/or look at a person or people with devotion. See their beauty – don't view people or chores as obstacles.
- This week practice patience. When you have an urge to do something wait five minutes and see what happens. The mind should not rule the body.
- There are reservoirs of joy, tranquility and self-restraint within each of us.
- In Yoga, there is nothing to attain. There is nothing to accumulate in Yoga.
- Love is a gift from the Holy Spirit.
- Abhyasa is constant and determined practice with devotion. Vairagya is freedom from desire, detachment from the fruits of labor, selfless giving, giving without expectations. If you only have abhyasa, you won't have compassion for others or self. Your practice will become dry; you will search only for perfection.
- Pick out something you routinely do in your daily life and make a conscious decision to do it. For example, when you get in the car, make a decision before you turn on the radio automatically.
- After Savasana, sit and be aware of the space between your thoughts.
- We must have an ego to do service in the world but the gristle on the ego keeps the light from shining on the Soul.
- If you see a quality about yourself that you don't like, just say "lift the knee caps." If you study the truth in the pose, like, "am I sitting evenly on my buttock bones?" then you can

study your character. It's easier to look at your body, then you can look at your character.

- This week, ask yourself what is your broccoli? What are the things you want to avoid? What are the things you ruminate over or want to change or react to? If you can focus on your breath it puts some distance between you and whatever your broccoli is. Focus on the exhalation and the natural pause after the exhalation.
- When we establish boundaries in our yoga practice, it helps us establish boundaries with others.
- When you watch the space between thoughts, this space increases.
- Don't hang on to your practice.
- This week, ask yourself, am I treating everyone as sacred? This is Truth.
- Looking at your vrittis helps you be released from them.

Judi often drew a little flower or drew a dove holding an olive branch in her books. When we reflect on her qualities of goodness, humility, devoted practice, and selfless service, we are inspired. She really loved her students; and for those students who didn't love themselves, she loved them until they could. When we laughed in Judi's classes, we felt true joy in our hearts. All of Judi's students, friends, relatives – all her loved ones - are her beautiful continuation.