

March/April 2014

# Yoga Spirit Academy

Volume 7, Issue 2

## Yoga Wellness Weekend with Charles MacInerney

Certified Yoga Teacher Training begins April 12 and 13 and May 17 and 18

*We accept new students every month*

Advanced Yoga Teacher Training

*Therapeutic Yoga begins in August*

How will Yoga change your life?

We are delighted to welcome Charles MacInerney back



to Tulsa for a weekend of yoga workshops. Charles is a beloved and vibrant yoga teacher in Austin, Texas. He is one of the founders of Living Yoga Program yoga teacher training and the annual Texas Yoga Retreat. Everyone in the community is cordially invited to this event. At Tulsa Yoga Meditation Center.

**March 28-30, 2014**

Friday 6:00-8:00 **Yoga Nidra** \$50

Saturday 9:00-12:00 **Core Power in Yoga** \$75

Saturday 2:00-5:00 **Pranayama** \$75

Sunday 9:00-12:00 **Taking Your Practice to the Next Level** \$75

*Enroll for individual workshops or the entire weekend for \$220 (a savings of \$55)*

### Registration forms

TulsaYogaMeditationCenter.com

OR contact Victor Parachin

vmpnamaste@gmail.com

*Students enrolled in Yoga Spirit Academy yoga teacher training can turn his workshops into Directed Studies for credit in the program. Contact the Director for more information.*

### **For your consideration:**

The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly. . . Live each moment completely and the future will take care of itself. Fully enjoy the wonder and beauty of each moment.

-Paramahansa Yogananda

## The Man who Pulled Out His Own Tooth By Victor M Parachin

Ajahm Brahm, the abbot of a Buddhist Center near Perth, Australia tells about a monastery member who has very bad teeth. Many of them needed to be extracted but the monk didn't like the effects of a local anesthetic so, after considerable research, found a dentist who was willing to do a tooth extraction without an anesthetic. Understandably, this very thought can bring fear and pain to the mind.

One day however, the monk was seen outside the monastery workshop. He was holding a freshly pulled tooth in the claws of an ordinary pair of pliers. Quite shocked by this, he was asked how he managed to pull his own tooth. His answer amplifies this insight from author Franz Metcalf - "Real control lies in the mind."

The monk explained that



going to the dentist involved a huge amount of effort and time. He needed to find a ride to the dentist's office in Perth. The return trip itself took nearly 2 hours along with the hour or so in the *continued on page two*

**Ayurveda: Eating for Your Dosha** A workshop with Janet Parachin, Ayurvedic Health Consultant on Sunday, April 27, 3:00-5:00pm. \$40 in advance. Download a flyer from "Workshops" [www.yogaspiritulsa.com](http://www.yogaspiritulsa.com)

Food choices in Ayurveda are determined not by "food groups," but rather by the qualities of the food itself. The four main qualities are taste (*rasa*), ability to heat or cool (*virya*), post-digestive effect (*vipaka*), special action (*prabhav*). In this column, we'll explore just taste – *rasa*.

Ayurveda teaches that there are six tastes. Each one relates to a different stage of digestion, so all six are needed in the daily diet to keep digestion healthy.



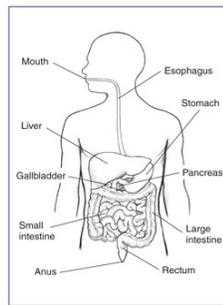
## Six Tastes in Ayurveda

### By Janet W Parachin

Sweet taste is the first one to be digested in the stomach. As hydrochloric acid mixes with food in the stomach, it begins to turn sour. Once it mixes with the bile of the liver and gallbladder, it becomes salty. Making its way into the small intestine, food becomes pungent as the "fire" of digestion heats up. Into the first part of the

large intestines (the cecum), food becomes bitter, allowing for the absorption of minerals. Finally, in the ascending colon, the food becomes astringent, thereby becoming solid waste. This whole process takes about 6-8 hours.

Eating a variety of foods from each taste supports the digestive process. Sweet taste is found



in sugars, most fruits, rice and wheat. It builds up the body systems, but can create lethargy and obesity if taken in excess. **Sour** is found in citrus fruits, vinegar and cheese. It helps to stimulate appetite and encourage healthy digestion, but can cause hyperacidity and indigestion in excess. **Salty** taste is found in all types of salt. It has a laxative effect, eases pain in the colon, maintains electrolyte balance, and makes everything taste great. In excess, salt increases water retention and contributes to hypertension. **Pungent** foods include onion, garlic and radish, and spices such as pepper, mustard and ginger. They improve digestion, loosen congestion, and eliminate toxins from the body. Too much pungent food causes heartburn, ulcers and colitis. **Bitter** is



**EATING EXERCISE:** For one month observe the taste of your food, noting the variety—or lack of variety—in the foods you eat each day. Noting what you tend to like and dislike, see if you can branch out and try some new tastes in the weeks ahead.

found in bitter melon, kale, rhubarb and coffee. Although it doesn't taste good by itself, bitter taste enhances other tastes. It also kills germs, eases burning, and relieves intestinal gas. Too much bitter taste results in weakness and emaciation. **Astringent** foods include unripe bananas, pomegranates, green apples, dried beans and cabbage. It can heal ulcers and stop bleeding. In excess, astringent results in dry mouth and constipation.



## The Man who Pulled Out His Own Tooth (continued)

dentist's office. An entire afternoon or morning was used up just to have one tooth extracted without a local anesthetic. It was all very inconvenient.

So on this occasion the monk decided to save himself time by doing it himself: "When I decided to pull out my own tooth, that

didn't hurt. When I walked to the workshop, that didn't hurt. When I picked up the pair of pliers that didn't hurt. When I held the tooth in the grip of pliers, that didn't hurt either. When I wiggled the pliers and pulled it,

*The antidote to fear is the mind. Use your mind to control your fears.*

it did hurt then, but only for a couple of seconds. Once the tooth was out, it didn't hurt much at all. There was only five seconds of pain, that's all."

The lesson to reflect on from this

monk's experience is this: Fear heightens pain. While some fears are healthy and necessary for survival, many fears are unhealthy and unnecessary. The result is that they control and consume us. The antidote to fear is the mind. Use your mind to control your fears.