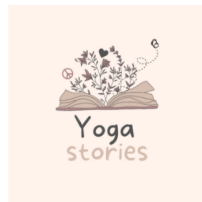


Scaredy Cat Meets the Moon

Yoga Stories
Episode 3.



Yoga Story 3: Scaredy Cat Meets the Moon

Introduction: Yoga means union. Union means to be one thing, to be whole. Because I do yoga I try to remember this. Say it out loud:

"I am whole. I am a whole person. I am here. I am in my body. My body is in me. I have a head, a heart, skin and bones and my beautiful breath that helps me to remember who I am. I am me. I am whole. I am here. I am in my body. My body is in me. I am safe here. I can trust my feelings and my breath reminds me of who I really am. I can trust my feelings. All feelings come and all feelings go."

Just breathe....

And Remember

If you are scared (find your breath)

If you are sad (find your breath)

If you are angry (find your breath)

If you are lonely (find your breath)

Once there was a small black cat named Scardey who lived in a pumpkin patch. Scaredy was scared of everything, frogs and dogs and cobwebs and even the moon. Scardey scuttled quickly through life and stayed alone all the time because the world just seemed like a scary place. When Jacky was at home tucked under the leaves and vines on a soft bed of hay only then would she purr. Curled up in a ball warm and safe. Jacky's breath would slow down and her body was soft and easy. Such a relief!

One especially calm night when the moon was shining and looking down from above and the stars were twinkling like diamonds, something magical happened! The moon noticed the little cat curled up in a ball. The moon notices everything you see but tonight the moon looked closely. And the moon decided to come to Scaredy in a dream saying "*I see you, all curled up in your ball of safety and I want you to know something... you don't have to be afraid. Feel your breath right now as you sleep, breathing itself slowly as you purr contentedly, that's a part of you that can help you when you feel afraid. You are not your fear or worries or any one thing, you are all things and your breath can help you to feel more at peace. When you wake up today you will try this, slowly and at your own pace. You can trust me. You can trust life. You can trust your breath.*"

When Scardey woke up the next morning, she didn't remember being visited by the moon in her sleep but he did feel something different. She sniffed the air as the sun came up and it didn't smell scary. She lapped some dew from a great pumpkin leaf and took her time to enjoy the fresh feeling in her mouth. Pumpkins looked more orange, the sky looked more blue he took a great deep wonderful breath in and a long relaxing breath out. This was a new feeling, a good feeling. A small field mouse made its way nearby and instead of running to hide, Scardey said "good morning" and it felt good. A butterfly landed on a late blooming cosmo flower and Jack said hello. The butterfly waved back with a smile and it felt good. It was strange and wonderful to move slowly and to breathe fully and to feel at home in her body. Scardey liked it.

Yoga poses to try:

Pranayama (deep breaths)

Cat

Crescent moon (Kneeling and standing)