



Newsletter

*"When we are centered in joy, we
attain our wisdom"*
- Marianne Williamson

**Our intent is to inspire and integrate aspects of Yin - the feminine -
into our lives through articles, inspirations, tips and tools.**

Welcome to our January Edition - Following your own Flow

This month we will be discussing the challenge of listening to our own inner guidance, trusting that guidance, and appreciating the diversity in approach. In learning to live with our own purpose and pace we find ourselves with an increased sense of integrity, energy and flow.

We invite you to flow along with us,

Much Love,
Rachael Kennedy and Kim Keller

***Dancing with your feet is one thing, dancing with your heart is
another***

-Author Unknown



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Featured Article: The Dance

The assignment was to blend my motions and movements with my partner's motions and movements without either one of us being the leader or the follower. We were to team up with the first person we saw. I partnered with Harry, a rather loud New Yorker who wasn't quite fitting in with the group, although we all enjoyed his occasional one-liners. There was no music for the activity; we were to create our own thorough our bodies.

I was feeling especially soft and breezy that day as I walked from yoga to class with the sun shining brightly. The walk had been a beautiful, slow and peaceful cruise through the redwoods with the sound of the waves crashing on the rocks. I started my dance with slow gentle movements. Harry was edgier and sharp with his movements. He picked up a beat that felt low and tribal. As we progressed his movements became harsher and pounding and sharp. I could feel the masculine beat moving in his being, and I felt him push the movements at me. At first, I felt compelled to "match" his movement and began to pick up the same beat and pound my feet on the floor. The movement felt wrong and stiff to me, I tried for a moment to feel what he was feeling and realized that wasn't authentic to my own state of being, so I allowed myself to shift back into my own softer flow and to blend my big soft motions with his sharper moves. The softer I became the harsher he became. I forced myself to stay close to him as he continued to beat out the tribal rhythm. Instead of allowing his movements to repel me, I allowed them to run through me, yet I kept my own softer shapes and stretches.

I was reminded of my old pattern of feeling the need to blend my movement with those of men around me instead of staying true to my own natural flow. I recalled the times I have compromised my own callings to answer those of the stronger, louder more forceful male influence. I realized as I continued to move that I could do both - hold the space for his directed, sharp, forceful movements and honor my own rounder, softer, more playful desires. I thought the two blended beautifully and in lovely contrast to one another.

After the dance was over I commented on what I had experienced. I explained that I have, for much of my life, followed the lead of the masculine force that encourages me to move more in that driven, directed rhythm than to listen to my own. I spoke of the compulsion that many times in the dance made me feel the need to change my own dance to match his. I shared how good it felt to stay true to my own flow while honoring and holding his. I was excited and charged about my little learning.

As I shared Harry laughed and told me the softer I flowed, the angrier he became. He was sure he was going to be able to get me to change my dance if he pushed harder and forced his movements at me. He thought I "just wasn't getting it", and was simply out of step. I was reminded of the times I had diminished or dismissed the attitudes, behaviors or thoughts of the men in my life, and simply chalked it off to "he doesn't get it". Or the times I have discounted their opinions or experiences because I see his thinking as somehow flawed. I also recalled the times that I had been made wrong, belittled, punished or reprimanded for not doing things "right". I wondered about the trickle down effect if we had instead seen our behaviors, choices and walk through life as simply a different rhythm than our own with and equal amounts of perfection, beauty and power.

I find as I continue my exploration into The Yin aspects of my life that there is no one way to dance, there is not a final formula for how we "should" be, how we "should" live or how we "should" interact with others. I have learned, however, that living from a place of my own authenticity and responding to the call of my own heart makes my world easier, gentler and more loving, even when I need to stand up and dance differently.

Written by Kim Keller

Yin and You: An opportunity for exploration

When in your life have you NOT followed your own flow?
What was the outcome of that experience?
How would you have liked to respond differently?

Next time you have a decision to make or a direction to chose, take a moment to really "drop in" and see where your most authentic self would go.

Upcoming Events: YIN Women's Retreat

Are you ready for 2008 to be the year for creating more passion and connection in your relationships?

...if so it's time now to consider attending the next YIN Project Women's Retreat which is being held in Ashland, Oregon, between April 3-6.

During this 3 1/2 day experience we will provide a safe and nurturing environment to:

- More fully understand how your feminine energy can increase the joy and ease in your life.
- **Uncover your blocks to intimacy and attracting supportive relationships**
- Discover new ways to add more pleasure to your everyday moments as well as your most intimate moments.
- **Acknowledge and create what YOU truly want, rather than what you are told - or what you think - you should want.**
- Reveal and examine the fears that arise when you move towards stepping into more of your authentic power.
- **Explore your own unique connection with your femininity, and discern what aspects of feminine power you want to express more of.**
- Have a delicious, fun and rejuvenating time in one of the most beautiful towns in America.

WHERE: Ashland, Oregon

TUITION: Register before March 1 - \$395. (Regular price: \$475)

* Includes all organic vegetarian meals.

For more information visit:

www.theyinproject.com/yin/events.asp#retreat

Call us at **1-541-488-7468** or email Rachael@theyinproject.com to discuss more details about this experience. It will alter how you feel and love as a woman.

Messages from the Men

Isn't it interesting that we equate "dance together" with "dance the same as one another?"

Phillip Daniel

Musician/Songwriter

www.phillipdaniel.com

Join our Feminine Leadership and Coaching Program

We are now looking for 15 compassionate and optimistic women who are dedicated to their own self growth and to creating peaceful and sustainable communities.

This entire program has been designed so it can be experienced from your own home. This provides both flexibility and convenience for the busiest of schedules.

Program starts **April 29th**.

Would you like to be of service to the world in a way that feeds the heart and soul of those you inspire?

During this 4-month program you will:

- *Become more of an authentic and compassionate communicator and leader.*
- *Examine why certain situations and types of relationships continue to occur for you.*
- *Learn how to be the master of your own emotions rather than have them run you and your behaviors.*
- *Gain tools to inspire and motivate others to feel better and contribute more.*
- *Consistently experience how to feel more joy and ease no matter what is going on around you.*
- *Build confidence in using your intuition and that inner voice that is always there helping you towards your goals.*
- *Experience your power and confidence in asking for what you want.*
- *Learn how to increase intimacy and passion in your relationships by relaxing into your feminine radiance.*

. . . and much more.

If you want to inspire others, and be a role model for a new way of being an empowered woman, and create sustainable, positive, life-long changes for yourself, [click here](#) find out more about;

[The YIN Project's Feminine Leadership and Coaching Program](#)

Yinspiration: My Own Rhythm Song lyrics by Rachael Kennedy

If you want to find a woman who will follow in line
You'd be wasting your time in here
because who I am today I get to define
I won't fall for the money that determines the images I see
I'm bringing out the woman in me

I'm finding my own rhythm
And forgiving me for the time it's taken
I'm finding my own rhythm

I'm turning the page and writing my song
I'm slowly changing what I believe
So I can feel right without making you wrong
In the end we discover, that nothing we deny is free
So I'm bringing out the woman in me

To listen to a live recording of this song visit: http://thevinproject.com/Yin/music_page.asp

Share the YIN Project with a friend

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