



## 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 September Edition

#### **Loving Lightly**

This month we will be exploring how we love others. It is a powerful women who is aware of how she relates to the important people in her life. When we find ourselves in relationship with our friends, our husband, a lover, or a new project, we can feel love and gratitude, but we can also be constricted by expectations and attachments.

We hope you enjoy practicing and pondering this important topic.

**Much love,  
Rachael Kennedy & Kim Keller**

#### **Loving Lightly**

How does one love deeply and let go at the same time? Is it possible to love without clutching, desire without requirements or hope without attachment to outcome? Historically, in order to fully love someone I needed some sort of guarantee of the outcome. I needed to know there were promises and commitments in place. I wanted to control the outcome, manage the potential for pain and disappointment and somehow create a protective casing for my heart. I wanted to know from the beginning that this relationship, situation, choice or event would end up in a way that I wanted. I mean really, who wants to get on a ride that is inevitably going to end up in a crash?

But things don't always turn out as expected. I am now divorced, my kids have, over the course of the past few years, moved to far away places, and I now live alone. And while it certainly wasn't my plan, and there have been plenty of times I wish the situation were different, I couldn't be happier. Had you told me at the beginning of my family that this is where we would be 26 years later I would have not only thought you crazy, but at the time I wonder if I would have had the wisdom

### **Calendar of Events**

Sept 22  
*1-day workshop for women*  
Ashland, Oregon  
[Find out more](#)

Oct 20  
Rachael Kennedy and Datta Groover perform  
at the 15th Annual Northwest Women's Show  
Portland, Oregon  
[Find out more](#)

Oct 30  
*Integration Program Begins.*  
Do you want to delve deeply into this work?  
[Find out more](#)

#### **Messages from the Men**

This month we received many beautiful thoughts from "the men" about "loving lightly" and "remaining unattached". Here are a few to ponder:

\* "When I remain unattached I can access joy easier."

\* "By letting go I am able to be more present."

\* "One of the joys in life is to have been truly known. All I have to do

to marry anyway. Had I not married, that would have been a tragedy.

I often reflect on the years of love and laughter, changes and challenges, opportunities and experiences that have given me a full palette to continue to create a life rich in relationships, love and joy. I've come to realize that love is a gift to be cherished, appreciated and relished while it is here, and that the change and shifts in life are part of the beauty as well.

Over the course of my life, and as I have explored the many aspects of Yin, I have learned the joy of "loving lightly". I don't mean loving less, like a lite beer or Pepsi lite, I mean loving gently and softly. The more gentleness I allow into my heart, the more space there seems to be. The less protective and guarded I am, the more I can allow and receive the love that is offered from so many places. The tremendous amount of energy I have expended on holding on tightly is now released and available to be spent in creating and resting in love. I still have compassion for myself when I am guarded or protected. It is sometimes a necessity for my own security, but in reality when I let go of the fear that causes me to keep my guard up I am able to expand and receive in ways that greatly enhance my life.

I pay attention to the different ways people love. I have held the hands of many friends and clients as they fall in and out of love, raise their children, make huge life changes, survive deaths, disappointments and failures and celebrate births, joys and expansions. And what strikes me as most unique in each situation is the way in which people love.

There are those who love with a tight grip. Holding on to their expectations of how life is to look, asking for guarantees and promises, and living frustrated and disappointed when things don't go as they planned, or change course to become something different.

And there are those who love more lightly. They navigate change with grace and ease. Life carries a certain flow that allows for movement and shifting and unexpected pleasures. This doesn't mean they don't suffer pain and disappointment, it only means that the quality of their love does not suffer. They have more energy and freedom to explore and express all the love they can.

So what is the big difference between my being a "tight gripped lover" or a "light lover"? I believe it is my ability to let go of attachment to the outcome, to let go of the need to control, and to let go of an expectation of how things need to be.

As a mother, I've been on a lifelong journey of learning to let go. It started with letting my baby girl out of my womb. From that moment forward it has been a series of opportunities of

is allow it."

\* "The greatest key to honoring a goddess is to be truly present without attachment to outcome."

\* "I notice the lighter I hold on to feelings of love, the deeper they seem to go. And the reverse seems to be true as well. Whenever I've hung on tight, the relationship grew thin and fragile."

\* "Everyday day I wake up and get to decide who I want to be, knowing who I was yesterday no longer exists."

\* "When I remain unattached I get to play in the moment and I don't have to expend as much energy manipulating the outcome."

\* "Learning to love while we let go is a must if love is to continue at all."

\* "Perhaps most importantly, this idea of "loving lightly" begins first and foremost with me."

\* "I replace my attachments with curiosity."

\* "When I don't use energy making up stories about what might be, I have more energy for what is real."

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A 60-day online workshop you can experience

letting go. I let her go from my breast as she began to crawl, walk and run. I let her go as she skipped off to her first day of kindergarten. I let her go to her first sleep over, her first dance, her first date. I let go again as she went to Europe all alone with a backpack and an open ended ticket at a young age, when she moved to another state and when she moved in with her first boyfriend.

And in loving her more lightly, I not only "let her go", I encouraged her to go. Clutching onto her, holding her back, creating fears and tensions and preventing forward movement would not have served her OR me. My letting go allowed her to expand on her own, and gave her the freedom to love me in return.

**by Kim Keller**

### **Yin and You: An Opportunity for Exploration**

The next time you feel yourself overly attached to an outcome, loving too tightly, or just plain scared, notice what thought in your mind is creating this condition. Then reflect on the question asked by author/teacher Byron Katie: "Who would you be without that thought?"

An excerpt from "Loving What Is" by Byron Katie:

"This is a powerful question.....for a minute or two close your eyes, take a deep breath, and imagine who you would be if you couldn't think this thought. How would your life be different in the same situation without this thought? Keep your eyes closed and watch (this situation) without your story. What do you see? How do you feel about (the situation) without the story? Which do you prefer - with or without your story? Which feels kinder? Which feels more peaceful?

People often answer by saying, "I'd be free," "I'd be peaceful", "I'd be a more loving person." You could also say, "I'd be clear enough to understand the situation and act efficiently." Without our stories, we are not only able to act clearly and fearlessly, we are also the friend, the listener. We are people living happy lives. We are appreciation and gratitude that have become as natural as breath itself. Happiness is the natural state for someone who knows that there's nothing to know and that we already have everything we need, right here now."

Take a few minutes to really dig into your answer and allow the full truth of who you are to shine. For example, if I am afraid of losing my partner I may be insecure,

from your own home.

- 1st Pathway - Feelings and Desires
- 2nd Pathway - Sensuality
- 3rd Pathway - Intuition
- 4th Pathway - The Power of Attraction
- 5th Pathway - The Shadow
- 6th Pathway - Relationship with the Masculine
- 7th Pathway - Relationship with the Feminine
- 8th Pathway - Expressing Emotions
- 9th Pathway - Opening to Receive
- 10th Pathway - Interdependence
- 11th Pathway - Living with Mother Earth
- 12th Pathway - Flexibility and Flow
- 13th Pathway - Surrender and Trust

**Receive your first two lessons free**

OR

**Register Now for all 13 Pathways (\$39.99)**

... and receive these 3 additional resources:

- 1) Access to the Conversations with Conscious Men Tele-class series. This month we interviewed 5 insightful, compassionate men, using questions that the women in The YIN Project submitted. Listen to the eye-opening, entertaining discussions about love, relationships, beauty, the masculine/feminine dynamic and wider global issues.
- 2) Access to a presentation by Rachael Kennedy on creating financial prosperity by doing the work you love.
- 3) A body image coaching session with Niki Svava. Director of LoveTheWayYouLook.com

worried, needy, and perhaps clingy. Without that thought of loss, however, I am powerful, secure, strong and stable. I am able to redirect the energy I had been using to worry and use it instead for strength and security.

What thoughts, worries or concerns do **you** carry that you would like to challenge, change, or give up? How do you feel when you are able to let go of these thoughts?

These questions, and many others, are found in the profound work of Byron Katie. To learn more, go to [www.thework.com](http://www.thework.com)

### YIN Inspiration

#### **My Story and Poem: The Tight Gripped Man, by Kim Keller**

I dance around the room, floating from person to person. A twirl here, a spin there, and an occasional man-led dance that moves me around with grace and ease. I love being led by a confident man. I enjoy the surrender, the trust, the peace. But there is another man on the floor. He is the man that holds my hands so tightly they hurt, he holds me so close I can't breath, he spins me so hard I'm confused. I see him coming and I cringe. He bounces in his step and inevitably I bang my chin on his shoulder. And I think.....

#### **Dancing is Like Life**

Loosen your grip  
I'll stay longer

Make space for my flow  
I'll want to move with you

Blend our rhythms  
I'll share mine

Move with me  
And we will dance

But please  
Loosen your grip

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