

JULY 2020

SAUCHA

PURITY



02

MONTHLY INSPIRATION

This Month //

Purity (Saucha)
Live in the moment

PURITY

Saucha refers to purity of mind, speech + body and it's one of the Yoga ethics. And it reminds us of the art of living life in a lighter, easier and freer way by living in the moment.

How can you live life in a lighter, easier and freer way?

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LIVE IN THE MOMENT

How to work with the monthly themes?

Get a notebook, dedicate it to answering the questions I will ask you each month regarding the monthly theme and see where that will lead you. Simply allow yourself to explore the topics ♥

Body | Mind | Spirit

Look at the theme from the following levels:

- Body (physical body)
- Mind (feelings & thoughts)
- Spirit (mood, attitude and character)

Regarding the areas in your life, you can think about how you treat your psychical body and whether you allow yourself to notice the sensations in your body (emotions). Think about the thoughts and feelings (= labelled and judged emotions) that keep you busy (at night) and think about your overall mood, attitude and character (spirit) towards life.

Yourself | Others | The World

Also, interesting to keep in mind is what would you wish for:

- Yourself
- The people around you (the people you know)
- The world (people you don't know yet)

04

LIVE IN THE MOMENT

Purity

Purity (Saucha) in the Yoga philosophy is about being pure in our relationships. It is about:

- mindfully connecting with each other from a place of honesty, respect and integrity.
- truly being present so each of us and each moment is met with dignity.
- purifying our thoughts, words and body in order to do all of the above.

To sum up, use 'purity' to feel lighter, to discover the essence of what is important and to be truly present in each moment:

"Purity asks that we make full and honest contact with the moment so there is nothing lost and no regrets. There is no residue."

_Deborah Adele

Cleanliness

What does the word 'purity' remind you of?

Purity in the Yoga philosophy is more than being physically clean:

"Cleanliness is a process of scrubbing the outside of us: it changes the outer appearance. Purification works on our insides and changes our very essence.",
... as Deborah Adele states in her book 'The Yamas and Niyamas'.

05

LIVE IN THE MOMENT

Wake Up

The Yogis believe that by purifying the body, we can start purifying the mind. Purity thus has a high priority for them too. Why? They say we have so much more potential in us than we are currently using.

The energy that we currently aren't using is the energy of a higher consciousness that can lead to enlightenment. The Yogis strive to release this energy and use all kinds of tools and practices to reach it.

We don't have to go all the way and we also don't have to go and live in a cave for years, but what can you do? **What can you do to feel more energised, lighter and more connected to the present moment and be purer?**

*"Clean your body, clean your mind,
clean your living- and work space."*

_Deborah Adele

Live in the moment

You could say: *'Purify the body and the rest will come!'*. It sure is a wise first step. **What are the steps you can take to live in the moment and to be more present and purer?** Write down in what way you're planning on doing this and yes, as of now ;)!

06

LIVE IN THE MOMENT

Here are some most probably well-known tips to live in the moment and to live a lighter, easier and freer life:

- Move daily and for at least half an hour.
- Move every 2 to 3 hours anyway.
- Get up and do something.
- Work-out 2 to 3 times a week at least to keep your body strong, fit, vital and thus healthy.
- Consume healthy and pure food and drinks.
- Drink enough water.
- Keep your living space clean and clear of clutter.
- Empty out your house; only keep what you truly need.
- Reduce your (work-)load.
- Take frequent breaks.
- Do completely nothing sometimes.
- Make yourself do less; less “I have to...” and more “I’d love to ...”.
- Allow yourself more time on your own (Me-time).
- Focus on one task and stop multi-tasking.
- Be honest out of respect for both. Honest, not rude.
- Speak in a non-violent way.
- Let things just be.
- Just be present.
- **Just be ...**

07

LIVE IN THE MOMENT

Reduce the load

To be more present and to allow ourselves to just be, it is essential to reduce the (work-) load. If your agenda is overflowing with tasks, your mind is for sure going to be overflowing too. This is not going to help you at all with being present. It will only make you race through life, forgetting to actually be present in all of these moments.

"If we rush, we are basically throwing precious moments away, thus: 'Whatever form purifying takes, it always begins with an intention to 'lighten' the load that we are carrying."

_ Deborah Adele.

- What is this 'load' for you?
- And what can you do about it?
- What can you already do today?
- How much lighter will this make you feel?

Take a rest, purify yourself and find a life rhythm that works for you.

Those are the 3 ingredients for a balanced life and this is also the central thought behind all that I offer to you via [Superchangechampion.com](https://superchangechampion.com).

I'd love you to live a FREE & EASY life. Go for it please! :)

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LOOKING BACK AT WHAT YOU WROTE DOWN,

WHAT'S MOST EVIDENT? ...

“

*Purity or impurity depends
on oneself, no one can
purify another _Buddha*

”

The guideline on purity (saucha) gives direction on how to live a lighter, easier and freer life.

It's about reducing the load at all levels of your being. Physically, emotionally, mentally and spiritually (energetically).

And it's also about being fully present. It reminds me of how Byron Katie looks at 'truth'. I like summarizing it as: *"I feel my truth, I see my truth and I speak my truth, and I know that everybody has its own truth"*.

09

LAST, BUT NOT LEAST ...

SAUCHA | PURITY | LIVE IN THE MOMENT

Last, but not least, purity; it truly is about making us think about how we can live a lighter, easier, freer life. It is about making us realise how we can live from a place of honesty, respect and integrity for ourselves and our environment.

+ I'm here for you.

If there's anything you wish to share with me, contact me.

With love and care,
Marianne de Kuyper

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P.S. Feel free to share this with others and please guide them back to the source: Superchangechampion.com ♥

P.S. I will post additional + playful self-enquiry exercises in the the VIP Room from time to time. You get access to it when you're on my newsletter list. [Sign up.](#)

