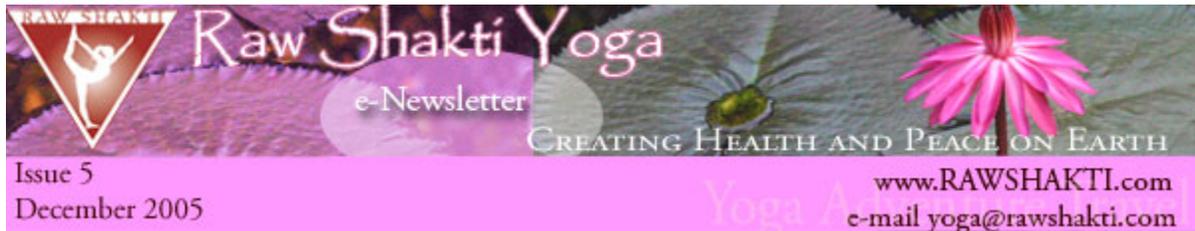


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## On The Path

This past year we lead numerous private yoga retreats, classes at the local women's center and local gym, day long retreats, and a healthy living retreat for the Australian High Commission office in Samoa. We feel honored to be the directors of Raw Shakti. Nourishing yourself through yoga is a great way to relax into peace. May you be surrounded by love and friendship this holiday and may the New Year be one of exciting new beginnings! We appreciate all the support in all the forms that it comes. We are taking small steps forward each day and our next step is buying land on which to build a small Raw Shakti yoga healthy living center for people to come and purify and enjoy meditative activities at.

Remember each inhale is a new beginning.

Peaceful awakenings,  
Tialofa



## Feature Articles

### One person at a time



Amidst a year of tragic events including natural disasters of epic proportions and human conflict around the globe, we, more so than ever, need to promote Peace and Health on Earth. Our goal is to "create Peace and Health on Earth one person at a time." Is Peace on Earth a realistic goal? We say yes!



So what can you do? There are many ways to promote peace. One can build relationships of integrity, purify the body, mind, spirit, read sacred scripture, help someone in need, etc... There are many ways. Relationships that are not built on integrity are beginning to fall away. We are starting to build relationships that are soulful and based on mutual respect. Even during this holiday season, people, more so than ever are attempting to respect others' ways of celebrating. This is a time when all that is not of integrity will begin to fall away.

This is a challenging time but it is also a hopeful and exciting time. All yoga practices, intentions and prayers for peace are certainly helping the world to shift towards a more awakened state that realizes we all need to go within to promote peace on earth. Jesus promoted peace, showing us that to love thy neighbor is the way; and many of the saints, including Amma in India, who are alive right now, are promoting peace in amazing and profound ways that are making an impact. I write all this with the message in mind that in order to achieve world peace we have to believe it WILL happen. I believe Peace on Earth will happen and I am not the only one. I have always believed this because I think it is so crucial that we do so and I realize now more than ever if more people take the leap to believe that world peace will happen then world peace WILL happen! As Emerson said, "the ancestor of every action is a thought." In this case, we might say "the ancestor of peace is you!" Our thoughts are more powerful than most of us realize. For this New Year I propose that our collective resolution be to walk and live and purify with the thought that world peace WILL happen. A mantra for the New Year: World peace will happen. I know this might seem simple or even unrealistic but I don't think it is...I think it is vast and totally realistic.

for the holiday flow, Taialofa

### One day at a time



Even for those of us who are blessed with safety, security, and health it is still the case that we often need to take life one day at a time. This year my biggest lesson has been in having patience and in living for the day and for the hour and not to get overwhelmed by long term visions. "Life is in the details and enjoy the process" are words I live by. For I sometimes get overwhelmed when I look ahead. When I see all the amazing work of some of the top yoga teachers, all the DVDs they have made and how they are established in their tours on the yoga circuit, I sometimes feel like I will never get there. I have to remember not to compare myself to others' successes.

We all have our own dharma, our own ultimate plan. I constantly have to remind myself that I have to take life one day at a time. For example today, I was researching other Yoga teacher's web sites and reading their newsletters, articles and reviews about their DVDs, etc... They seem so "there", where I hope to be one day. I just have to wonder if this will ever happen to me, if I will get to serve the world in the ways that I dream, but then I stop myself from any self doubt and I remind myself that I am doing good in the world one step at a time and I am on the path I am born to live and that is enough! A key element to ultimate success is Sadhana, or spiritual practice. Sadhana on a daily basis is the key to tapping into our life's path. It is there to ground and educate us about the life we were born to live. I realize I have a focused vision for my life here in Samoa and abroad.

I feel very blessed to share with the world our healthy living retreats to exotic locations around Samoa and the world. I do hope one day these top yoga teachers whom I admire will bring groups of their own on our guided Samoa tours that we set up for teachers with groups. I also can get carried away admiring the asanas of the top yoga teachers. The fact is they most likely took it one day at a time and over time it has all come together. To be that incredible at the asanas takes work and sadhana so no doubt they put in their dues. I do have faith that I am different and special in my own way not so much for my amazing asana but for my Luna yoga and for the gentle approach I take to the yoga practice. Today I share my challenges with you. I must be careful to stay strong in who I am and stay clear of comparing myself to those I admire. I have so much to learn from the great teachers there is no need to compare! After all, all our dharma in this world is perfect so I just ride the wave of mine each day with Raw Shakti and Luna yoga and our yoga adventure travel company that is mindfully helping people towards peace. I am learning all the time to be happy in all the process of the journey and to take things one step at a time. We all have our own gifts and I just need to stay true to mine and see how life unfolds accordingly.

I bow to the numerous gurus, the teachers, that are here now and those that have come before us to show us how to live in the moment with a fullness of joy and trust. It is so true that we need not compare ourselves to others rather we should keep to our sadhana and follow intuitions! May each of you release any doubts and move forward on your own ultimate path that you were born to live. All our lives are so important. Do not be hard on yourself. Give love and be free of fear.

"Love alone can bring peace to the world, therefore love all" -Sivananda

## What's New with Raw Shakti

**Yoga Studio Partnership program:** All yoga studios please connect and receive the benefits of expanding your offerings and open your students to the world of yoga adventure travel!

**April 2006 East Coast Yoga Tour:** Dates and studios to be announced! If you are interested in having us come to a studio near you let us know as we have a few openings left!

**2006 Yoga Adventure Retreats:**The healthy exciting relaxing life changing vacation alternative. The wave of the future is to get healthy while you vacation! Explore the world mindfully with our professionally guided tours.

**Web site:** This past year at Raw Shakti we have made strides forward on our mission to help support health and peace on earth. One of the strides is our new web site [www.rawshakti.com](http://www.rawshakti.com). It is now up for the world to see! In this new age of information we are now able to share our mindful yoga adventure travel and retreats through the world wide web. The list of professional Raw Shakti trip leaders is growing, each inspiring us in new ways. They will be leading mindful yoga journeys into the heart of Polynesia, Samoa, Peru, California and Canada. Please enjoy our Web site and maybe you will be inspired to treat yourself to one of our adventures for 2006. Every trip is mindfully designed to promote personal peace as we enjoy cultures and nature. Try our [yoga and canoeing in Canada](#) this year! It is easy on the wallet and a wonderful way to be gliding down a nature surrounded river. Very quiet and serene, with Bryan as your expert canoe

guide! He will teach you new canoe skills that you will use on the river! It is our sincere hope that more people will take healthy vacations like the ones we offer so that when you return home you feel inspired to live a healthier life and to be a more peaceful person. Join a trip and see how nourishing a mindful yoga adventure can be! This June 27th- July 11th Taialofa will be leading a retreat with her mother in Samoa! You can visit their Samoan village as part of the tour.

## 2006 Calendar

### Yoga and Hiking in California

June 2006



Join us for a journey inward as we venture out into the wilderness of the Sierra Mountains. Enjoy this fully guided wilderness backpacking and Yoga trip as we practice yoga in the mountains. We will awake each morning with a meditation and gentle yoga class. Energized by wonderful vegetarian food, we will hike along the trail during the day enjoying the company of others, reflecting on our thoughts and basking in the California sun. There will be plenty of personal time to reflect, read, and explore the surroundings.

### Explore Samoa and Yoga

with Josephine and her daughter, Taialofa

June 27- July 11, 2006



Come to Samoa in the heart of the South Pacific with Josephine our expert trip leader. This is her debut Yoga tour to Samoa and is sure to be special with a traditional 'ava ceremony to welcome her and the group! You will have many cultural experiences, Yoga classes, and see stunning tropical natural landscapes. If you are on this trip you will visit a 100 person village island set in an extinct volcanic cone. This island is rarely visited by tourists, but is accessible through Raw Shakti Yoga.

### Canoe Canada! and Yoga

August 5-17, 2006



There is no better way to access the wilderness than a canoe! During this 11-day wilderness canoe trip on the Noire River, participants will gain a deeper connection to the natural world through daily yoga instruction and wilderness immersion. We will canoe 100 miles on the river, carrying all our gear and food in our canoes. We will eat exquisite food prepared by the guides, practice yoga in nature and improve our canoeing skills.

### Women's Yoga Retreat in Samoa

September 12-25, 2006



Come to beautiful Samoa to nourish a deep, sacred connection with the center of your feminine being. Come explore this magical land surrounded by turquoise waters and abundant waterfalls, this land which translates into English as "Sacred Center." On this retreat we will join together as women, creating a space that is safe and respectful and nurturing.

**A Magical Yoga Journey to Machu Picchu, Peru**

October 5-15, 2006



We invite you on a yoga journey to the ancient and mysterious land of Peru. Each day we will practice yoga and be learning the cultural history of Peru- exploring ancient ruins and other sites. We will spend two days at the famous and astonishing site of Machu Picchu.

**Expanding the Practice**



**Highlighted Asana**

Meditation Asana. Anywhere you go in nature is a good place to take a moment to connect with the natural world with a moment of silent meditation. Enjoy the sounds of birds, streams or the wind. Explore inviting your busily thinking mind calm down and take time in the silence. We all need to sit and be with nature and ourselves. Feel rejuvenated after even just a few moments in this asana!

**Hana's cooking Corner: Apple Quinoa Stuffing**

I like to use this in baked confetti or acorn squash but you could use it in anything. If you have access to a local apple orchard that grows heirloom apples, go apple picking and try a new variety of apple in this recipe. It's a fun way to get outside in the fall and heirloom apples offer a unique flavoring to the stuffing. Enjoy!

Sauté 1 small diced yellow onion and 2 medium sized peeled and diced apples in 1 tbsp canola oil until tender. Add 1 cup quinoa, 2 cups vegetable broth and 1 cup water and simmer until all water is absorbed and quinoa is translucent. More water may need to be added to fully cook the quinoa.

Roast 2 confetti squash in 375 degree oven for 45 minutes to one hour until tender when pierced with a knife. Cut in half, remove seeds, place a slice of extra sharp cheddar cheese (cheddar goes great with apples but feel free to leave it out if you would like this recipe to be vegan) in the bottom of each half before adding equal parts filling to each half. Serve immediately.

**People of Raw Shakti**

**Josephine Russell, MA/DMT, RYT and certified Kripalu Yoga Teacher**



Josephine took her first yoga class on a slow boat to India back in the late 60s. Since India she has traveled the world studying yoga and meditation with teachers including Sarvani, Shiva Rae, Rodney Yee, Rama Birch, Rajashree, Shanti Desai, Bhagavan Das and Gurmukh. True to the origins, she allows our experience of the natural world to nourish



our movements and meditations. Josephine has been a pioneer for bringing yoga out into nature; she was one of the first to lead "yoga and hiking" and "yoga and canoeing." She is full of wisdom and is brilliant at leading groups on mindful trips. She believes that like the ancient sages arrived at the knowledge of the asanas while meditating in nature, we can also learn a great deal from practicing out of doors.

Josephine lives in a passive solar home in the small town of Surry, New Hampshire with her husband, JC; they have raised 4 children, 2 of which teach yoga and lead retreats with her. She is unique in that she lives a retreat-style life in her home. She has a great love of music, especially the piano. During the winter months, she often has a knitting project in her lap. During the summer she is likely to be off on an exotic adventure, such as canoeing a wilderness river in Canada or climbing the highest peak in northern Africa.

On a retreat with Josephine expect to be doing yoga out in nature, enjoying the smells, sights, and sounds that nature lends for an intoxicating natural yoga experience. She enjoys her quiet retreat home life but also puts her whole heart into her full-time yoga teaching career, including leading Yoga Adventure Travel tours to Samoa, Peru and Canada.

### **Amy Biesemeyer**



Amy is co leading the Samoa woman's retreat in September 2006 with Taialofa. She recently visited Samoa and took part in a retreat led by Taialofa and realized a samoa retreat is something to be shared! Amy is a gifted and dynamic group leader, weaving together her passions for ritual, singing/chanting and personal transformation. Skilled in the use of mind-body practices, she enriches her work with meditation, expressive arts and movement. She brings over a decade of exploring her own womanhood through experiential psychotherapy, women's Vision Quests and therapy groups as well as majoring in women's studies. For two years she has been co-leading women's support groups in the San Francisco Bay Area, creating a nurturing space for women to cultivate a deep, authentic connection to themselves and each other. She is also a Vision Quest guide, trained by the School of Lost Borders, in the therapeutic use of the wilderness. The natural world is her teacher and sanctuary, and she is honored to guide others in the magical unfolding of their inner wilderness. She holds a BA from the University of California, Santa Cruz, in psychology and women's studies, and a MA from the California Institute of Integral Studies in somatic psychotherapy. She is completing her licensing as a Marriage Family Therapist.

Please feel welcome and invited to FORWARD this newsletter to all whom you think might enjoy this journey toward health and peace! We kindly appreciate your sending this newsletter to others! Thank you so much for reading!

**Raw Shakti is a Yoga Enterprise Dedicated to Promoting Health and Peace on Earth.**



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