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YOGA FOR MENTAL HEALTH + THE JOURNEY FROM CLARITY TO EMBODIED RESILIENCE + 7 KEYS TO A SUCCESS MINDSET + MOTHER AND SON'S CENTRE OF EXCELLENCE + PATANJALI'S YOGA SUTRAS + TRANSPOSITION TO TURN YOUR LIFE RIGHT-SIDE-UP AGAIN + ACTIVEWEAR BY EBRU EVRIM

TRANSPO

BEING UPSIDE-DOWN
CAN TURN YOUR LIFE
RIGHT-SIDE-UP AGAIN

Words: Tabitha A. Scott

A transformation occurred during those days of practicing yoga in the hot Central American heat. I realized that the definition of “success” I had before was very different than the one I have now.



communication in this part of Costa Rica, yoga became my closest companion and means of connection. It had become a daily, hour-long ritual using a blend of improvised yoga that was plucked randomly from the practices of Bikram, Vinyasa, and local-YMCA methods.

Back home, as a clean-energy executive in a country that seemed disinterested in preserving our environment and as a mom who had recently experienced an empty nest,

“shoulds” that I didn’t realize I’d spent decades allowing others to “should” on me—and had been “shoulding” all over myself, too. I should have been there more for the kids, should have fought harder for the environment, should have said something when harassed at work.

It all reached a tipping point and without much planning or forethought, I quit my well-paying job, gave away most of my things, and headed to a remote jungle area of Costa Rica. I didn’t know exactly what I was looking for, but I felt that being removed from the frenetic pace of the life I was leaving behind would at least be a good start. It was time to reconnect to my own intuition, that childlike joy and freedom I had as a kid, and to find “it,” whatever “it” was.

Yoga was central to my journey. It amplified my connection—or reconnection—to an emerging intuition. In the extreme heat of Guiones, often reaching 100 degrees, it was easy to work up the same sweat as if I was still alongside my friends in the hot-yoga studio back home, thousands of miles away. Each day, as the hour of practice passed, my body grew exhausted, but my intuition ignited. While I sometimes practiced at the beach, I routinely practiced under a thatch-covered area outside the little condo I rented. The area was a couple stories above ground level in front of a huge,

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SIT ION

Upside-down, I alternated between gazing at the waves edging up to my makeshift yoga mat and closing my eyes to imagine myself flying far above the oceanside and the rural jungle canopies. A long way from paved roads and without cell phone service, a radio, or any means of predictable

a long overdue divorce, and surgery to further remove the risk of cancer—my life itself was undeniably upside-down. Society said I should choose between being logical or emotional, scientific or spiritual, powerful or loving. I was so busy trying to please, to conform, and to meet all the

gorgeous tree with sprawling branches in every direction. I laid my tattered towel on the concrete and always did the poses facing that giant tree.

After the third day, local participants joined. Even though it was morning or midday when I exercised (to avoid the intense afternoon heat), cute little brown bats lit underneath the thatch and hung out with me while I sweated, inverted, and sorted out the meaning of life. Although I grew up on a farm, I hadn't been this close to bats before. Their little conversational chirps sounded like a bird with a sinus infection, stuffy little clicks and squeaks. At first, there were just a couple, but after over a week's time, there were seven. I named them after the dwarfs in the old Disney film *Snow White*: _Dopey, Doc, Bashful, Happy, Grumpy, Sleepy, and Sneezzy. Truth be told, I had trouble telling the quiet ones, Bashful, Sleepy, and Doc, apart during their daily visits.

The bat is a Celtic symbol of spiritual navigation. Because the bat hangs upside-down, Celts gave this night creature the symbolic value of transposition—akin to being reborn. Bats can't take off from the ground; that's why they hang upside down. They have to literally let go in order to soar. Otherwise, they'll never reach the heights where they were designed to fly, where their nourishment lives, and

I was learning to tune in to senses beyond what we usually deploy in order to finally confront the darkness.

where they could escape the pressures of predators. They are also very sensitive, as they constantly gather the signs around them. Contrary to a common myth, bats are not blind and can see just fine, in the daytime and at night. They use echolocation, or the high-frequency sonar sounds that bounce off objects, to obtain extra-sensory information that accentuates what they see with their eyes. It adds a layer of accuracy and speed as they navigate in the dark.

It was the same type of wayfinding I was learning through my daily yoga practice.

My world was transposed

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but I was learning to let go, like the bats, in order to feel the freedom of flight and to find the nourishment that could feed the rediscovery of my true power. Guiones had become my cave, the safe place to seek refuge from harmful pressures and regenerate. And like bat's incredible gift of echolocation, my routine yoga practice and regular runs through the jungle gave me a connection to extra-sensory information—I was learning to tune in to senses beyond what we usually deploy in order to finally confront the darkness.

As I shape-shifted from pose to pose, day after day, breathing in and reconnecting to the Spirit became not only

accessible, but effortless. People have been trying to tap into the Spirit for millennia, even erecting temples in geographical areas that possess certain energetic attributes. Temples have been built along the magnetic equator because its properties provide the least possible energetic interference between our human biofields and the earth's own biofields. Interestingly, the location I visited in Costa Rica lies very close to the North Magnetic Equator line. As a trained electrical energy professional, I wondered if that was one of the reasons why I seemed to experience less interference—and greater balance—while connecting through yoga from the unique energetic frequency of that jungle oasis.

Whether it was the energy of that location, the influence from local wild animals, the mash-up of yoga I was practicing, or the permission I gave myself to let go of my old life and embrace a new one—freedom emerged like I hadn't felt in decades. At first, it was like learning to move into and find balance in Shirshasana pose: Once I took the risk to transpose my point of view and experience the wobbles and wiggles and recalibration of balance, I'd find my center and like a bat finding flight after letting go, it was exhilarating. And it was becoming more frequent. It was as if my soul imprinted those visions of flying while in my inverted oceanside

meditation, and my world that once felt upside-down was now becoming right-side-up. The more I recognized and leaned into those feelings, releasing what people may think or how silly I surely looked, the more often my instincts returned. Energetically, I was learning how to recharge that inner spark that burned out long ago. The connectedness of the universe was coming into focus, but not through the use of my eyes—it was becoming clear through my heart.

A transformation occurred during those days of practicing yoga in the hot Central American heat. I realized that the definition of "success" I had before was very different than the one I have now. The most powerful gifts of insight came when I was allowing, observing, and listening instead of thinking, solving, and controlling.

My connection companion, yoga, and I returned home to Nashville, Tennessee, after nearly three months in the isolated wilderness. The busyness of life resumed, but with a very different focus. I documented how I learned to predictably reconnect to my own intuition and spirit in the book, *Trust Your Animal Instincts: Recharge Your Life and Ignite Your Power*. You see, being upside-down turned my life right-side up again, and it can do exactly the same for you.

About The Author

Tabitha A. Scott is an international advisor, keynote speaker, and thought leader in electrical and human energy. She led efforts in creating the world's largest solar-powered community and was recognized for her technology innovations by the White House. And for eight years, Tabitha was responsible for London-based Balfour Beatty Investments' renewable energy and sustainability. She founded Powering-Potential.com upon returning from Costa Rica. A Kentucky native, Tabitha lives in Nashville, Tennessee.