**March 27th, 2021 Issue #185** **The Iris The Bodhi Glyphix Studio**

**Greetings!**

 **Are you feeling a bit heavy~ Body, Mind & Soul? The long hard winter and lack of sunshine can cause lethargy and depression. Our Root Chakra misses being connected to the earth~ as for most of us have been house bound. Or perhaps you are a bit anxious from the covid isolation, mercury being retrograde and the energy of the spring equinox. With the transition of Spring and reconnecting to the revitalization of our energy through the flow of Shatki (from the composting of winter in the new cycle), that dormant energy that sits at the base of our spines rises. Practicing Yoga awakens this sleepiness in our body, mind & souls. Our Yoga Class schedule is at the bottom of the newsletter. Check it out and please ty a class, or two or three.**

**We hope you enjoy our newsletters! Should you wish not to receive these electronic newsletters- you always have an opt out option by clicking the link at the bottom of this newsletter…**

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Some Tips for Staying Healthy**

Most importantly~ Be proactive!! Keep your immune strong!
D3 5000 iu's daily
Zinc is a good supplements for all immunes (no more than 100 mg daily)
Liposomal C or Citrus Bioflavonoids
Cardio 911 (Nitric Oxide has been shown to be effective against covid viruses)
A good multi strain probiotic on an empty stomach NSP’s Probiotic 11
Avoid stress and do stress reduction activities (Yoga, Wu Chi & Chi Gong) etc)
Thump your thymus for 15 seconds every morning (strengthens your immune)
Use a neti pot
Wash hands often
Use Silver Biotics silver gel instead of hand sanitizers (sanitizers only work on bacteria's)
Use Silver Biotics (Colloidal Silver is not a stable silver, it will break down and is heavy and inaccurate at finding it's target) as a preventative and when sick. Nature’s Sunshine has the same patented silver biotics, same manufacturer, however using their own label~ It’s called Silver Defense and silver Defense Gel.
Echinacea, Elderberry and mushroom formulas can cause autoimmune flare ups for over 50% of the population. So be careful using them and avoid them if you know that you have an auto immune condition. They are not for everyone.

We carry all of the above at our studio!! Message us to purchase any of these products. Should you get sick. Please increase Siver Biotics to the dose on the bottle or more! We carry Olive Leaf, Nature’s Sunshine’s VSC (antiviral) and ALJ (lung support), many other remedies in capsule or tonics made by Mother Nature. We do not sell anything with chemical, heavy metals or products manufactured in China carrying mercury, lead or cadmium that are found on the internet and in your health food stores. We pride ourselves in selling the best products at a reasonable price
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Spiritual Baths

https://www.qhhtofficial.com/healing/spiritual-bath/?fbclid=IwAR1T6jWdHvzqI\_26uwYO2uCx-G1Y4YesjGNqJw854223JVNJf7UqCQ6kvqM

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 **We Carry a Top Line of CBD Oil & Products**Stressing about our social separation and the effects forth coming from many not being able to work or contracting the covid virus? After many years of researching and spending over thousands of dollars trying and testing different brands, Bodhi Glyphix carries a line of superb CBD Oils and products at our Studio. CBD derived from the whole hemp plant. It is but one ingredient, no fillers, non-gmo, USA Hemp Authority Stamp of Authenticity and it comes with a 60 day empty bottle guarantee satisfaction or your money back. **In just 2 weeks, all of my inflammation is gone, the neuropathy (from my parasite in 2008) in my feet is gone, anxiety is gone and I am sleeping better! I didn’t realize I had inflammation or sleep issues, until I began Hempworx CBD Oil. I have been dealing with stress, for a VERY long time, but I honestly say I feel at peace with it all. Something I could never say before! Many people are saying how it helps with stress management, high blood pressure, menopausal issues, auto immune regulation, arthritis, colitis, irritable bowels disease, acid reflux, tinnitus, skin issues and I could go on and on. Interested in taking a peek at these great products? Go to** [hempbodhi.com](http://www.hempworx.com/body) You may also purchase there as well, just go to shop.

Might I suggest that many people are attracted to the peppermint and cinnamon flavored CBD Oils, but honestly, start out with the natural, the flavors are all organically derived but can be too fiery on the stomach. I would suggest most people have better results with the 750 mg also or 1500 MG. You may always message us for instructions when using them. Their CBD Bath Bombs are the BOMB!! I like to use one 3 times, just take it out of the water when it’s one third dissolved.

**Why CBD is Essential for Health**

Did you know we have an endocannabinoid system (ECS)? It’s life changing news and we can now understand why CBD Oil is so essential, effective and a necessary choice for improved health…
In school, we are taught that there are 11 major organ systems in the human body. They include the circulatory, respiratory, urinary, reproductive, integumentary, skeletal, muscular, nervous, endocrine, lymphatic, and digestive systems. All these systems make up the human body.

The cannabinoid system is named for the plant that led to its discovery. *It is one of the most important physiologic systems involved in establishing and maintaining human health.*

Humans, reptiles, birds, and fish all synthesize endocannabinoids naturally. The prefix “endo,” literally means “made in the body.” The most primitive animal found to express cannabinoid receptors evolved over 600 million years ago.

All mammals produce endocannabinoids that bind to endocannabinoid receptors.

The ECS and its receptors are of great importance during prenatal development, but they are also relevant after childbirth. Not everybody is aware that there are already natural cannabinoids in breast milk and the essential role they play in the development of a human.

ECS and their receptors are found throughout the body: in the brain, organs, connective tissues, glands, and immune cells. There are more cannabinoid receptors in the brain than there are for all of the neurotransmitters put together.

Researchers understand that the body maintains homeostasis, (a state of balance) meaning that it controls and regulates pain, appetite, sleep, inflammation, and cell metabolism (including the lifecycle of cells).
A lack of cannabinoids can cause disruption to multiple systems in the body.

This disruption, or lack of homeostasis, then leads to more significant and life-threatening problems.

Based on scientific studies migraine, fibromyalgia, IBS and *numerous* other related conditions display common clinical, biochemical and pathophysiological patterns that show an underlying clinical ECS deficiency that may be suitably treated with CBD oil.

Some experts go even further- Dr. Robert Melamede, former Chairman of the Biology Department at the University of Colorado, believes cannabinoids may even slow the aging process.

Dr. Ethan Russo, neurologist and medical scientist…

“CBD is an excellent anti-inflammatory without the liabilities that we get from non-steroidal anti-inflammatory drugs with their tendencies to produce serious side effects like ulcers, heart attacks, and strokes, these just aren’t a liability with cannabidiol, as it’s a homeostatic regulator. To explain that: homeostasis is a state of balance. Many diseases interfere with a balance in a given system and if we can bring that balance back to where it should be there’ll be improvement in the overall condition.”

Research demonstrates that endocannabinoids are produced upon activation of immune cells and may help regulate the immune response by acting as anti-inflammatory agents. This acts as a protection to limit the inflammatory response so it isn’t excessive and helps stop the immune system from attacking body systems, known as various auto-immune diseases.

Dr. Russo believes that cannabinoids may go beyond helping patients with MS or Cancer, because they play a significant role in preventing and regulating all age related illnesses.

Should you be interested in trying the best CBD Oil on the market, for a reasonable price, pure, organic, not cut with carrier oils or fillers, comes with a empty bottle $$ back guarantee~ find the link at the bottom of this paragraph. The CBD Oil we sell does not make you high, it is hemp derived, it is not marijuana.

[hempbodhi.com](http://www.hempworx.com/body)
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**EMOTIONAL PSOAS**

“One thing you can’t hide – is when you’re crippled inside.” ~ John Lennon

Pelvis is shaped like a bowl and the spine just like a straw that is dipped in the bowl connecting the brain to the entire network in the body. A complex unit of muscles, bones, tendons, fascia fibers and ligaments, pelvis houses integral muscles connecting the upper and lower extremities. Our mind often tucks away emotions, stress, pain in the confines of the hip bowl. That is why our hips are referred as the junk drawer or the storage room for dodged emotions.

Hips acquire a central role in our lives. The main muscle groups of the hip flexors, iliopsoas muscles, sartorius and Rectus Femoris, are responsible for the flight, fight and freeze response in the body.

 “Our ancient (reptilian) brain recognizes danger by smell, look, feel and sound.” Since childhood, our sympathetic nervous system prepares your body for any form of dangerous, stressful situation or sudden shock by contracting the hip flexors and the muscles in the middle body.

Parasympathetic nervous system, responsible for ‘rest and digest’ or ‘feed and breed’ syndrome neutralizes the impact of the sympathetic nervous system and creates a sense of harmony in the body.

But due to highly strenuous atmosphere and surroundings, our body resets the benchmark of usual state of being, when it comes to stress and shock. Simply put, the body is chronically stressed and the hip flexors are on alert throughout.

But by now, the body recognizes tightness of hip flexors and suppressed emotions, to be a natural state of being. This leads to hampering the functions of the autonomic nervous system.

**Psoas Muscle – Trauma to Recovery**

A significant part of instinctual reflexes, psoas is the only flexor muscle connecting the spine to the legs and fasciae connecting to the diaphragmatic breathing system. Tight psoas muscle therefore, leads to shortness of breath or chest breathing, adding on to stress further. The cyclical motion of stress, which indirectly affects psoas and tight psoas attributing to stress levels cannot be broken until an external stimulus is injected.

Liz Koch further adds that the fear of falling, getting into a dangerous situation is yet another instinctual reflex. As the body recognizes such a situation, it slips into a safety zone. “. the psoas pulls the extremities together into a fetal pose, creating an enclosure, a sense of safety and protection for the soft, vulnerable parts of the body: Genitals, belly organs, lungs, heart and face. Curled, the spine gives the necessary resilience and strength against the imminent blow.”

The emotional traumas imbalance the deep core along with the psoas and creates restrictions in the root and sacral chakra.

After a trauma, it is the ardent need of the body to come back in safety restoration mode. But just by telling someone that they are safe, the restoration does not fall back. The body has its own system to break free from the setback.

Sometimes this breakthrough comes through re-enactment of an incident in the mind and a feeling of overcoming it. We release the deeper levels of emotions gradually, as the feeling of safety starts to set in. But the frozen residual traumatic energy is still left in the psoas and hip area, as some of the strongest muscles are situated in this region.

So, what should one do to release the psoas muscles? Just by massaging the psoas muscles or activating them, we might trigger the memories of the past.

A conscious awareness, resolved psoas (of the facilitator like the chiropractor or yoga teacher) and supportive positioning can lead to a gradual recovery.
 **Releasing the Trauma in the Hips**

With alternate sciences gaining a warm acceptance, art forms like Yoga, Trauma Release Exercise (TRE), Fascia Unwinding, Hands on Healing, Meditation, Visualization techniques, all are being taken up. Many war survivors, soldiers, people survived in car accidents are being subjected to such therapies.

May I add that we work this muscle often in our yoga classes. We also recognize the “Inner Child” seeks protection in the bottom of our pelvic bowl. When we are under constant stress and do not find time to sit and meditate, or just rest with out distractions. The media, news and friends and family sharing gloom and doom also contract our psoas and causes our Inner Child to seek cover. Joining me for Yoga or Yoga Nidra Meditation is the prefect solution. Check below for our current schedule and upcoming events.

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 **Yoga Nidra Meditation ~ SOLD OUT**(this meditation sells out a week after posting to our website early in the month)

# Please join me for a very special yoga meditation class called Yoga Nidra. This is not your typical mediation~ YN opens up doorways, releases blockages, it heals every organ, bone, muscle etc, it goes DEEP in to ALL levels of consciousness, releasing scars from traumas & abuses we have suffered from in this lifetime and more.  Your YN takes you through the veils of life, afterlife, and previous lifetimes.  We experience time travel, astro projection and it's also trippy! YN has an emphasis on health and healing where habitual thinking and thought patterns are reduced or eliminated. It also helps with insomnia and stress reduction and brings an incredible calmness, quietness, clarity and is one of the deepest of all meditations.Yoga Nidra means Yogic Sleep and is a state of conscious Deep Sleep. In this Meditation, you remain in the Waking state of consciousness, and gently focus the mind, while allowing thought patterns, emotions, sensations, and images to arise and go on. However, in this meditation, you leave the Waking state, go past the Dreaming state, and go to Deep Sleep, yet remain awake. While Yoga Nidra is a state that is very relaxing, it is also used by Yogis to purify the Samskaras (negative energy & thought patterns).  It’s also great for insomniacs and those who suffer with PTSD, as well as a powerful tool for manifesting. You will have the best sleep Wednesday night!!

The class is being held Monday, April 5th at 7:30 PM~ we hold our Yoga Nidra Meditation the first Monday of the month. The fee is $13, pre-registration is a must. To pre-pay & register safely <http://www.bodyglyphix.com/upcomingclassesevents.html~> paying on line is $14 to cover our processing costs.
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**Protecting Yourself Against 5G**

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Qi Gong Workshop
Saturday April 3rd 11AM -12:30 PM
Let’s Spring our Chi “Qi”**

Please join Senpai Gary Marchuk for another Qi Gong practice to harness our inner powers and expand our health and energies.

Get ready to learn some fascinating forms of Luohan Style Qi Gong developed by the Shaolin Monks for a strong foundation and to become powerfully calm and aware. We will also review Ba Duan Jin and the Bone Marrow Cleanse.  Buteyko Breath work will be introduced~ it’s a breath method that releases nitric oxide from the nasal passages into the bloodstream. This will improve your energy levels, strengthen your immune, clear sinus congestion and reduce anxiety.

“Qi Gong” is a practice of awakening and manifesting higher levels of energy already latent in your body and mind. Chi “Qi” is a vital force that sustains life, health and happiness.  Qi Gong which has its roots in Chinese tradition which literally means “Internal energy exercise.” It is a way to remove negative energy, restore & ground ourselves and to tap into your energy field.

Please wear loose fitted clothing, bring a water bottle for hydration and a yoga mat.  Masks must be worn inside studio, can be removed when on your yoga mat. We have been approved by the Erie County Health Department to hold classes safely.

           Class fee is $20 at our studio or $22 on our website.

To sign up please go to:
<http://www.bodyglyphix.com/upcomingclassesevents.html>
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**SPRING YOGA SCHEDULE**

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| --- | --- | --- | --- | --- | --- | --- |
| **Times** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| **9:30 am** | **Mystical VinyasaFlow** |  | **Gentle HealingYoga** |  | **Mystical VinyasaFlow** |  |
| **10:00 am** |  |  |  |  |  |  |
| **6:10 pm** | **Gentle HealingYoga**  | **Mystical Vinyasa Flow** |  | **Mystical Vinyasa Flow** |  |  |

**Mystical Vinyasa Flow**  A nice blend of Hatha & Integrative Yoga, Pilates, Somatics, fused with Reiki, blended with the wisdom of the cosmos & mysticism of Gaia ~ geared to participants needs

**Gentle Healing Yoga** Gentle, healing Yoga- Yoga Therapy, Somatics and Energy Medicine Yoga fused with Reiki, blended with blended with the wisdom of the cosmos & mysticism of Gaia ~ geared to participants needs

**Yoga Nidra** The deepest- most healing meditation on the planet- the 1st Monday of the month at 7:30 PM

**Life Goes Om** Free Yoga Classes to anyone with Cancer or a life threatening disease **Class Prices** $13 drop in fee or punch card fees- 8 classes $88 **or** 16 classes for $155
**Yoga for Sports** Yoga for Golfers, Runners or Snow- Sports $85 per hour
**Yoga Therapy, Chakra Toning or Private Yoga** by appointment$85 per hour (click [*here*](http://www.bodyglyphix.com/directions.html) for directions)

**"Wishing you Heaven in your heart, starlight in your soul and miracles in your life in these changing times" The vibrational rate of our planet is quickening- the vibrations have a dominant masculine force.**

 **Yoga and meditation are very helpful with this transition….**

The Bodhi Glyphix Studio

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