

2018

THE YEAR OF THE

bull

BY DEBBIE ROSAS





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my gift

I love nothing more than sharing my knowledge about what I love and am most passionate about: the body! Every year at Nia Technique, the movement art, fitness, health and wellness company I started in 1983, I choose a guiding theme for my company, students and teachers. The theme I chose for 2018 is *The Year of the Pull*.

Enjoy this gift and use it to jump into 2018 with greater awareness and joy.

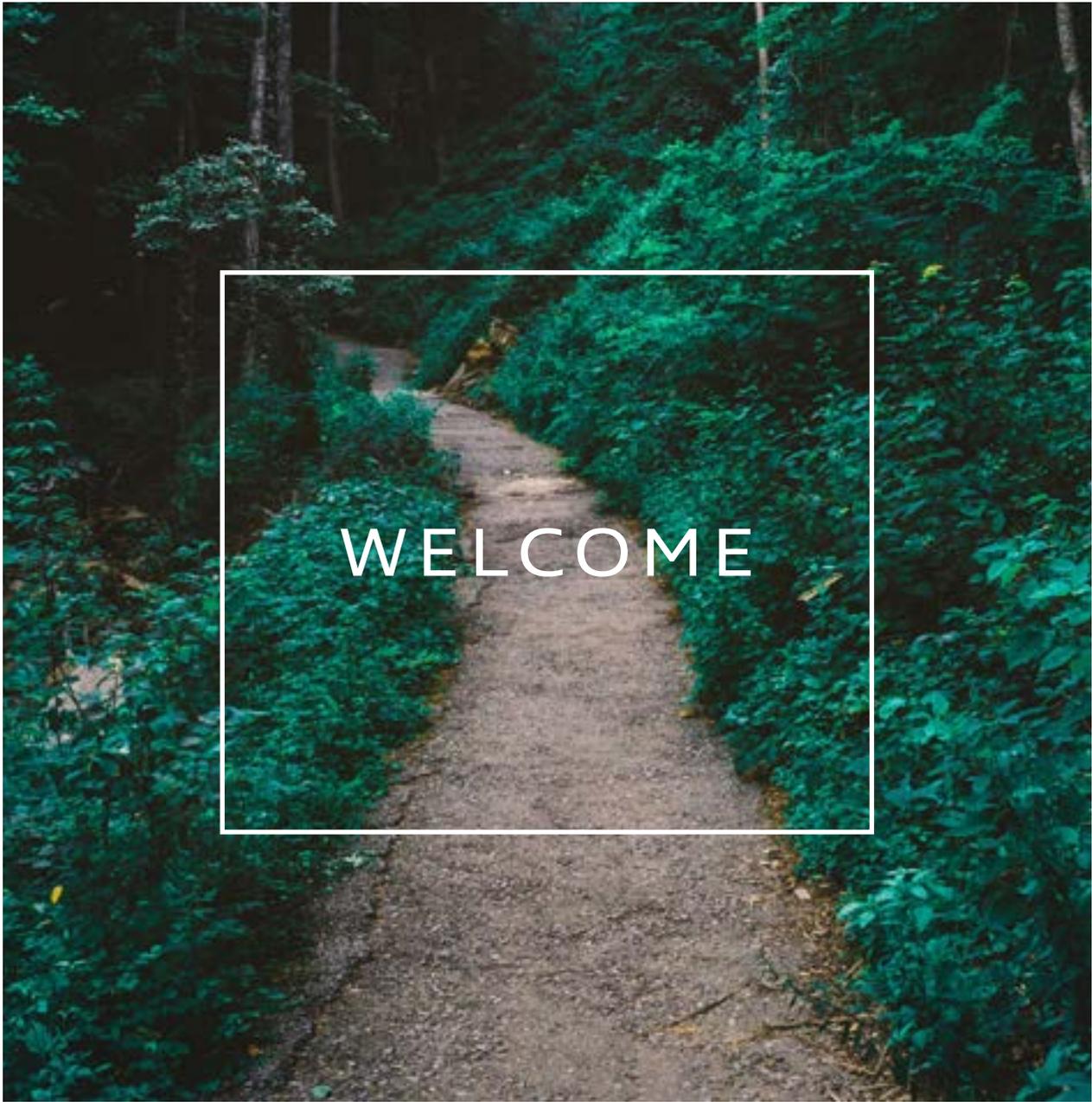
Please feel free to share this book and gift it to your friends, family and the people in your community.

May next year be the year you develop a deeply meaningful and sensory-guided relationship with the most important person in your life—your body!

Love,



Nia Founder



WELCOME

CELEBRATING THE YEAR OF THE

pull

It is human nature to be attracted, drawn, and pulled toward things. The pull we sense is physical, mental, emotional and spiritual messaging. How we respond to the pull depends upon education, choice and consciousness. In the end, how we respond to a pull and the choices and decisions we make, leave us with either a dysfunctional or functional outcome. Our job is to sense the pull and learn to listen and make the very best choice.

Riding the wave of the pull is something we must all learn to do. Most of us get no training at all in the art of the pull other than being told, "if you have sex, be sure he pulls out before he ejaculates so you don't get pregnant". Like many of life's motivations, the motivation to respond to a pull is too often driven by fear, not from a knowledge about how the body, psyche, heart and unique spirit are designed to interact with life's pull. We're all left to ride the wave of the pull on our own.



heart



master

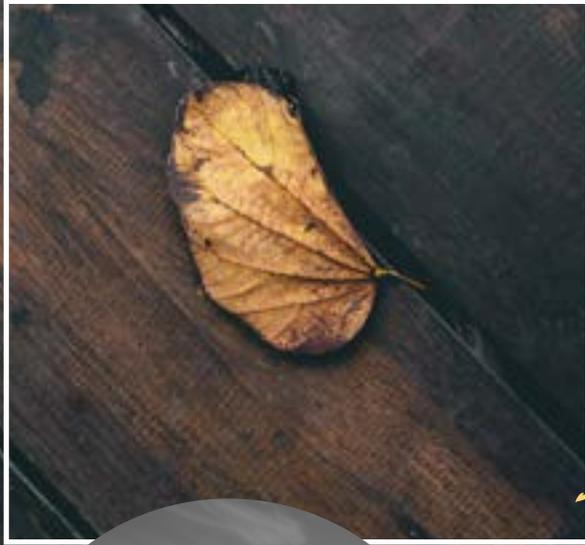
It's taken me over 35 years to learn how to effectively deal with the pull. While I may not have mastered the art of the pull, I have come up with a great way to work with life's pull.

I first learned about the pull when I was a child. I reached out for a donut and my hand got slapped. This kind of “Debbie control mechanism” taught me to not reach or go for what my body seemed to tell me it wanted. This learning left me believing I could not have what I desired and that I had to settle for less.

desire



I started settling because I did not understand the pull and the reaction of my body that comes before my mind jumps in and gives an opinion on what to do.



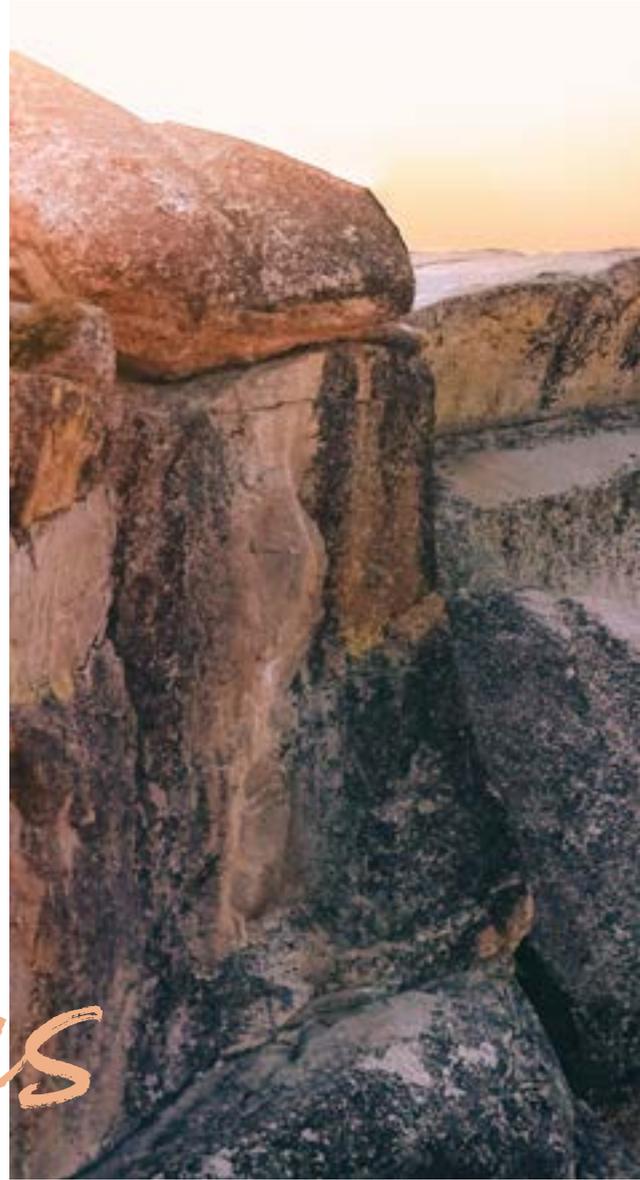
truth

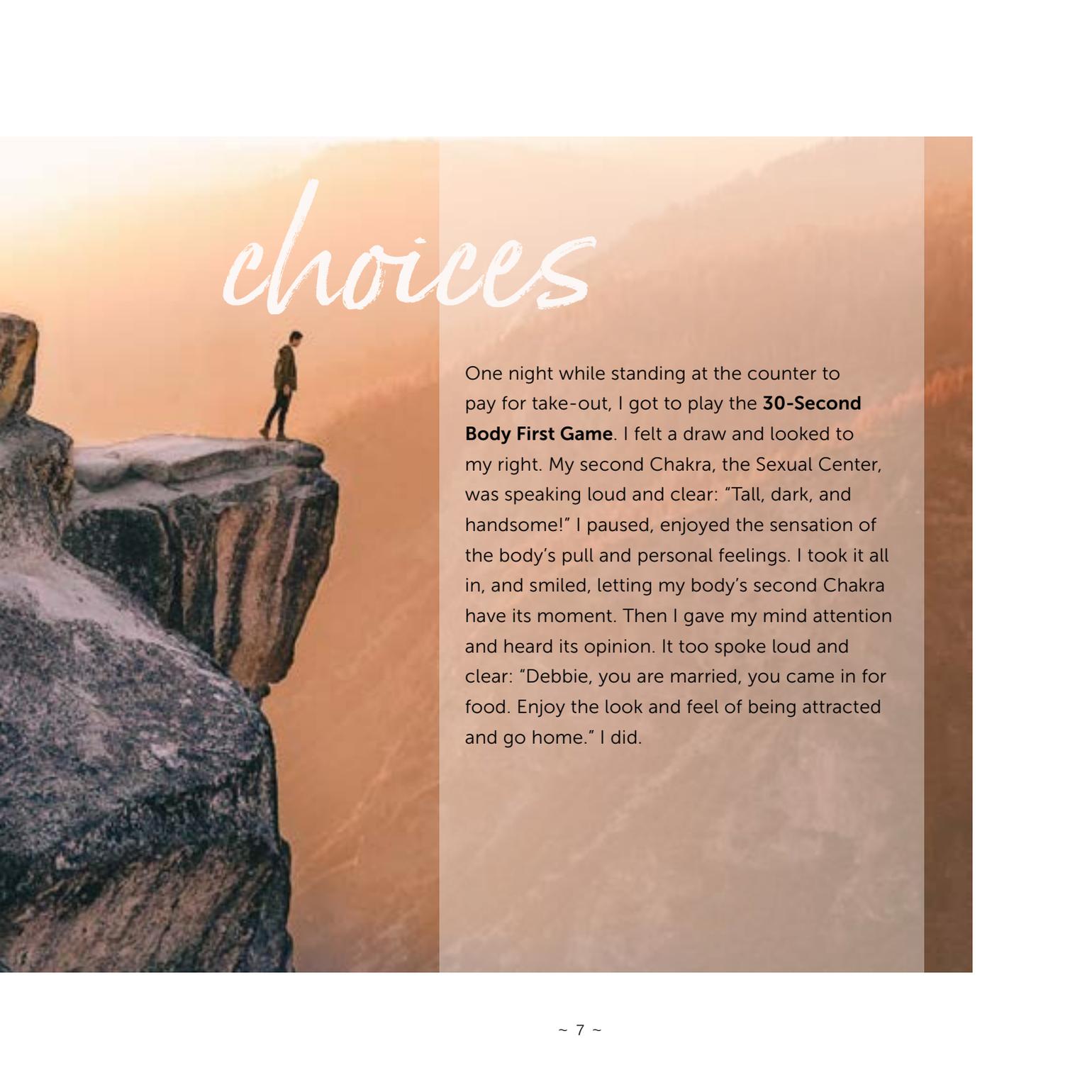


As a way to reconnect with first my body and then my mind, heart and spirit, I created a game called **30-Second Body First Game**. No matter what my life situation, before I make a decision, I give myself 30-seconds to sense my body's desire before I let my mind jump in with an opinion on how to respond to a pull.

These 30-seconds give me time to read my body and receive desire truth. Once I have body truth and mind opinion, I find I am better able to make conscious choices that keep me safe, fit with my beliefs, morals and with society.

conscious



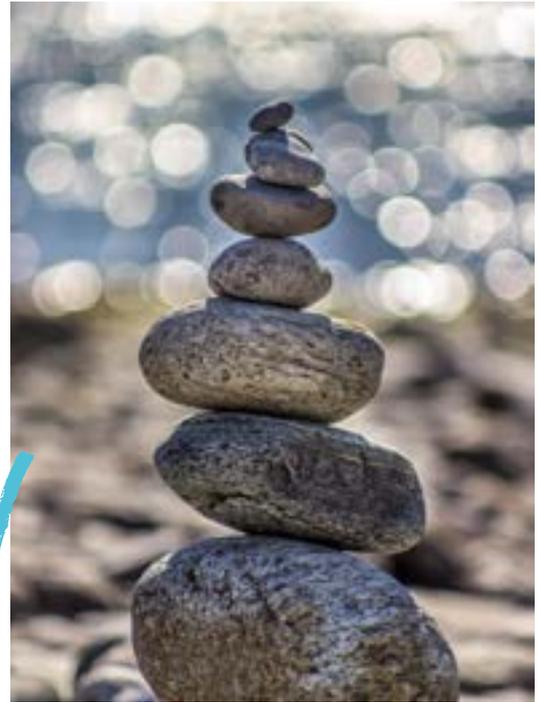


choices

One night while standing at the counter to pay for take-out, I got to play the **30-Second Body First Game**. I felt a draw and looked to my right. My second Chakra, the Sexual Center, was speaking loud and clear: "Tall, dark, and handsome!" I paused, enjoyed the sensation of the body's pull and personal feelings. I took it all in, and smiled, letting my body's second Chakra have its moment. Then I gave my mind attention and heard its opinion. It too spoke loud and clear: "Debbie, you are married, you came in for food. Enjoy the look and feel of being attracted and go home." I did.

I have found that if I let my body have its way for a moment and pay attention to the pull and language of my body, I feel more centered. The awareness I gain by following a practice of body first and mind second helps me take full responsibility for my choices and actions. This keeps me socially in check, safe, spiritually aligned and honest.

aligned



I'm naming 2018 *The Year of the Pull*. I'm dedicating my attention to listening to the pull of my life and using my **30-Second Body First Game** to continue to master the art of the pull.

You can learn to sense the pull, listen and interpret a power language your body speaks: the language of the Chakras. These are seven personalities and voices you can use to guide you in making good choices and decisions.



sense

To fully experience the pull, you'll first need to access the powerful language of the Chakras. Each unique Chakra Energy Center is designed to receive, transform and distribute energy information. With practice, you can tap into this Chakra energy, breaking it up and sending it along special rivers in your body called Nadis to communicate information with your body's nervous system, endocrine glands and blood.

All this energy information affects you on many levels, from your emotions, to seeing, hearing, feeling, sensing, intuiting and knowing. The stronger your connection is to this wisdom, the more powerful, peaceful and harmonious your life will be.



voice

OF THE CHAKRAS

Use the following pages to begin an ongoing, interactive felt-sense conversation with the language and voices of your body's seven Chakras.

This is a perfect time to start a journal. Use the question in each section to make a deeper connection with your Inner Chakra Wisdom.



Q

WHEN YOU LISTEN TO YOUR 1ST
CHAKRA WHAT MESSAGES DO YOU HEAR?

to gain balance:

Wear Red

~

Dance

~

Take a Shower

~

Walk Barefoot

ESSENTIAL OILS: St. John's Wort,
Angelica, Patchouli, and Frankincense



CHAKRA 1

root

LOCATION

Feet, Legs, Hip Joints, Base of Spine, Coccyx

SOUND

"Uh" as in huh

TRIGGER WORDS

Home, Foundation, Root, Mother Earth, Safety,
Security

ELEMENT

Earth

I am the Voice of Chakra 1 – your Base Root Foundation Center. I speak to you from the base of your spine and through the soles of your feet connecting you to the Earth. My voice lets you know when you feel safe or unsafe. Listen to me by observing your toes relaxed or pulled back. Relaxed speaks of your body feeling safe. Pulled back speaks of your body feeling unsafe.



CHAKRA 2

sacral

LOCATION

Pelvis, Hara, Belly, Ovaries in Women, Testes in Men, Sacrum

SOUND

"Ooo" as in too

TRIGGER WORDS

Change, Desire, Pleasure, Nourishment, Creative Life Force, Producer

ELEMENT

Water

I am the Voice of Chakra 2 – your Sacral Sensual Center. I speak to you from your Hara and Balance Center. My voice lets you know when you feel the pull of attraction, desire and want. Listen to me by observing your tail wag and the titillation of being turned on to anyone and anything.



WHEN YOU LISTEN TO YOUR 2ND CHAKRA WHAT MESSAGES DO YOU HEAR?

to gain balance:

Wear Orange

~

Take a Bath

~

Belly Dance

~

Practice Self-Love

ESSENTIAL OILS: Orange, Neroli, Clove, Juniper, and Rosemary



Q

WHEN YOU LISTEN TO YOUR 3RD
CHAKRA WHAT MESSAGES DO YOU HEAR?

to gain balance:

Wear Yellow

~

Smile / Laugh

~

Breathe

~

Cut Ties with Negativity

ESSENTIAL OILS: Lemon, Rosemary,
Peppermint, Yarrow, and Marjoram



CHAKRA 3 *solar plexus*

LOCATION

Ribcage, Diaphragm, Lumbar Spine

SOUND

"Oh" as in grow

TRIGGER WORDS

Self-Worth, Will Center, Power, Relationship
with Self Desire and Wanting

ELEMENT

Fire

I am the Voice of Chakra 3 – your Solar
Plexus Will Center. I speak to you from your
gut. My voice lets you immediately know
the sacred truth. Listen to me by observing
your gut instinct, sensed as a fire in the belly
calling.



CHAKRA 4 *heart*

LOCATION

Chest, Shoulder Girdle, Arms, Hands, and Fingers, Thoracic Spine

SOUND

"Ah" as in far

TRIGGER WORDS

My Center, Pleasure, Love, Loving and Being Loved, Care, Compassion

ELEMENT

Air

I am the Voice of Chakra 4 – your Heart Center. I speak to you from the center of your chest. My voice lets you know what you love and also hate. Listen to me by observing an opening and/or closing of your Heart Center.



WHEN YOU LISTEN TO YOUR 4TH
CHAKRA WHAT MESSAGES DO YOU HEAR?

to gain balance:

Wear Green

~

Listen to Music

~

Volunteer

~

Practice Acceptance & Forgiveness

ESSENTIAL OILS: Melissa, Rosewood,
Basil, and Rose



Q

WHEN YOU LISTEN TO YOUR 5TH
CHAKRA WHAT MESSAGES DO YOU HEAR?

to gain balance:

Wear Blue

~

Sing

~

Speak the Truth with Love

~

Get a Massage

ESSENTIAL OILS: Lemongrass, Sage,
and Blue Chamomile



CHAKRA 5 *throat*

LOCATION

Throat, Neck, Shoulders, Arms, Hands,
Fingers, Head, Cervical Spine

SOUND

"Eye" as in kind

TRIGGER WORDS

Creating, Voice, Transmitting,
Communicating, Opinion, Speech

ELEMENT

Ether / Space

I am the Voice of Chakra 5 – your Throat and Voice Center. I speak to you through your tongue, lips, mouth, jaw and neck. My voice lets you know when you have something you want to say. Listen to me by observing when your breath and words flow freely and/or when they feel restricted and held back.



CHAKRA 6 *third eye*

LOCATION

Head, Neck, Top of Spine, Eyes

SOUND

"Aye" as in day

TRIGGER WORDS

Perception, Inner-Knowing, Psychic, Intuition, ESP, Self-Knowing

ELEMENT

Dimensional / Mind

I am the Voice of Chakra 6 – the Brow and Third Eye Center. I speak to you through a point between your two eyes, from another dimension - one beyond physical. My voice lets you perceive beyond your thinking mind. Listen to me by observing surprise, mystical, magical, unexpected and innocent guidance.



WHEN YOU LISTEN TO YOUR 6TH
CHAKRA WHAT MESSAGES DO YOU HEAR?

to gain balance:

Wear Indigo

~

Meditate

~

Take a Walk in Nature

~

Trust Your Instincts

ESSENTIAL OILS: Clary Sage, Elemi,
Spruce and Lavender



Q

WHEN YOU LISTEN TO YOUR 7TH
CHAKRA WHAT MESSAGES DO YOU HEAR?

to gain balance:

Wear Purple

~

Help Others

~

Meditate or Pray

~

Avoid Being Egotistic

ESSENTIAL OILS: Geranium, Myrrh,
Gotu Kola, and Sandalwood



CHAKRA 7

crown

LOCATION

Above head, No Connection to the Physical Body

SOUND

"Eee" as in free

TRIGGER WORDS

Whole, Pure Light and Love, Universal,
Higher Self, God, Goddess, Transformational
Enlightenment, Spiritual

ELEMENT

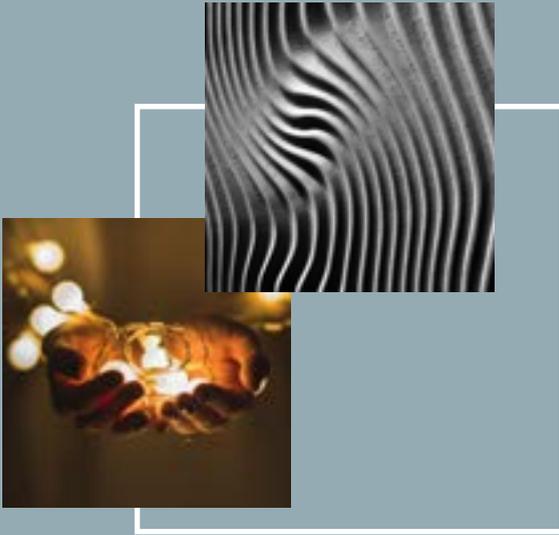
Higher Consciousness

I am the Voice of Chakra 7 – your Crown
and Divine Center. I speak to you from
outside your body. My voice lets you
know you are not alone. Listen to me by
observing a sacred and spiritual, God,
Goddess and All That Is Universal.



SENSORY

awareness



THE PULL IS

sensation



A shift in body weight, either heavy or light. Heavy can be a signal of feeling grounded and/or the signal of being stuck. Light can be a signal of readiness to move and/or of being ungrounded.

A change in vibration and sound of your voice. A high-pitch sound may be a sign you are not grounded and are in a state of stress. A lower tone may be the sign you are centered and relaxed.

Comfort and safety and/or discomfort and insecurity. The sign of comfort is sensed as your bones, joints and tissues being relaxed, meaning: you feel good and safe. Discomfort and insecurity are sensed as tension, tight, and rigid, meaning you do not feel safe.

Begin by developing a sensory awareness of the flow of Chakra energy. By standing upright and in your mind's eye, imagine a vertical white cord of light flowing vertically, running directly through the center of your body from above the top of your head, down to the soles of your feet.

Along this cord flows Chakra 1, the Root Base Chakra, a vertical energy connection with the Earth that faces down and is aligned with the up of Chakra 7 above your head facing toward the sky.



Next, imagine standing inside of a wagon wheel with spokes of energy running horizontally. Along these spokes flow horizontal connections that extend to the front and back of your body from Chakra 2 through Chakra 6.

Flowing



feelings

Now imagine the openings in the front of your body as doorways where you sense the pull of emotions and feelings and the openings in the back of your body where you sense the pull of will and power.

Last, place your hands on one chakra at a time and request each one send you information that answers a specific question you have.

Do this by placing your hands:

-  At the base of your spine for Chakra 1
-  Over your sexual organs for Chakra 2
-  Over your solar plexus for Chakra 3
-  Over your heart for Chakra 4
-  Over your throat for Chakra 5
-  On your Third Eye between your real eyes for Chakra 6
-  Above your head with hands off the body and facing up to the sky for Chakra 7.



ask

As you touch in your mind's eye
imagine each Chakra as swirling
whirlpools spinning clockwise and
counterclockwise. As you sense
the swirl, consciously listen to each
Chakra's personality and voice speak
and open up to receiving guidance.



be patient





”

There is a deep wisdom within our very flesh, if we could only come to our senses and feel it.

– Elizabeth A Behnke

play

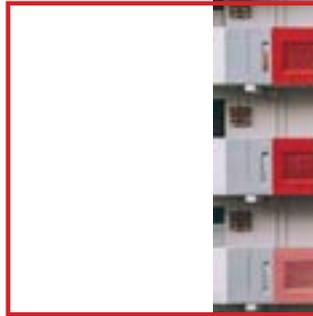
30-SECOND BODY FIRST GAME

listen



Follow these three simple steps and play my **30-Second Body First Game**:

1. First, sense the signal of electricity, heat and magnetism of a body pull.
2. Second, notice in what Chakra area of your body the pull is coming from and give you body attention by listening to the message it is sending.
3. Third, let your mind have your attention and listen to the message it is sending and mindfully respond in a way that leaves you feeling good, empowered, happy and in harmony.



The **30-Second Body First Game** can be a great tool when faced with a sudden decision. By understanding where the pull is coming from you are able to make the best choice for you.

For example if you are out shopping and come across a potential impulse buy...

- 🔴 Stop, sense the pull to purchase.
- 🟡 Notice which Chakra of your body is sending you a message.
- 🟢 Now listen to the message. Could it be your Heart Chakra is telling you that it is feeling lonely and the purchase is a way of filling up the emptiness?

With that knowledge you can then find balance by doing something that builds your Heart Chakra.



go deeper



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