

MYSTIC HEART

New this Year: India In 2023 | Wellness Coaching | Nada Yoga Training

India Jan—Feb 2023

We are super excited to be travelling again with our pilgrims to India in Jan 2023 and have planned a special experience for it.

transforminindia.com

Wellness Coaching

For those seeking a lighter alternative to health coaching, we've created a brand new option from Asha that comes with all sorts of benefits.

ashapaul.com

Nada Yoga Training

After a good many years, Russill is revisiting his love for music through the full scope of the Yoga of Sound and it introducing new group training intensives.

russillpaul.us

Message From Russill



Dear friends,

So much has happened since our last newsletter in 2019. After our 2020 pilgrimage, covid broke out in fullness on returning to the US. We knew how serious it was when the city of Austin announced canceling South by Southwest, a premier festival that brings together media giants from around the world. We spent the first half of 2020 sharing uplifting videos, offering blogs on healthful food and drink, and encouraging members on our list to have faith and to trust that we would see ourselves on the other side together. In many ways, we ¹ are there now.

During covid, we refrained from our travel to India, not wanting to endanger the group. However, Asha brought out two books with critical acclaim and reviews from chefs, luminaries, and readers during this time. These are her recipes that she uses to keep us healthy, and now others can benefit from them, too. Additionally, she and I have started to collaborate more closely with the curriculum for our online programs. And although we had to cancel our Austin live retreats, our Yogic Mystery School's online curriculum developed leaps and bounds with our committed student body.

Despite missing India terribly during covid, we could tap into the energy of India's spiritual power through the rituals and mantra chanting we keep alive in our home. These practices sustained us this past couple of years, even though it is something else to experience them in India.



In the past, priests would conduct these rituals for us in India. However, because many of our students have learned these rituals through Yogic Mystery School, we can now look forward to doing these rituals with them in 2023 with our upcoming pilgrimage.

In the past couple of years and this year, we canceled my travel here in the US and Europe. The upside to this has been the healing I have been able to undergo while being grounded, quite literally, at home in Austin. It has also brought Asha and me closer together.

In our last Mystic Heart Newsletter, I shared how childhood memories broke through in hypnotherapy and threw me for a loop. It took a lot of therapy to uncover its detail. Asha, too, discovered some trauma from her childhood and teenage years. And so, together, we've been healing and helping each other heal.

Imagine our excitement when the US State Department and the CDC recently indicated that it is relatively safe to travel to India. India is not a purely physical space. It is an internal space of sacred consciousness. Here, in the west, where reminders of the holy are few and far between, especially in public places, India offers us a continuity of spiritual consciousness that extends day after day.

We have some new temples, a world famous handloom and textile town, and a spice estate in mind. We also want to invite a few professional musicians to assist our chanting and music making to add to the celebratory quality of this upcoming trip. And we are encouraging our pilgrims to bring musical instruments with them, if they wish, as the Nada Yoga (Yoga of Sound) component will be pretty prominent this upcoming pilgrimage. If some of the locations are conducive, we might conduct concerts and rituals in a few of these spiritual hot spots.

We hope you will be as eager to join us to drink from India's wellspring of sacredness and ancientness. We always return renewed, refreshed, and recharged, ready to take on all the responsibilities of life in the west for another year.

In One Spirit,

Russill



Message From Asha

Namaste Friend,

Asha here:) The last two years have been challenging for us personally and globally. Our collective reality has been cooped up for all of 2020 and intermittently in 2021.

On the personal front, here are a couple of my reflections on the past two years:

The happy part: For the 1st time in 30 years, Russill was not on the road teaching, and I am glad to say that our relationship has become closer as a result. Don't get me wrong; we are far from perfect; from time to time, we continue to irk each other, but having this long period together has deepened and helped us better understand and support each other in new ways. Every day, we do our best to care and love for each other and move beyond "small potatoes," as our beloved late friend Wayne Teasdale would say :)

The sad part: Due to travel restrictions, I could not go to India last October to be there in person for my dear sister during her worst health scare. But thanks to technology, I have regularly been in touch with her, and she has been a real trooper. Not only do I miss family, but my connection and love for mother India herself is strong. One of the ways I compensate for missing India is watching content related to India, but that is only living vicariously through the experiences of others :)



Fortunately, we now have the joy of anticipating traveling to India on pilgrimage with our group in January 2023. As Russill has written, we are super excited about this trip, especially since it would be three full years between this one and our last pilgrimage. Until then, we made our annual pilgrimage to India with our group for twenty-two consecutive years!

Every year, our experience in India has a distinctive atmosphere. We used to write a report after each pilgrimage that captured that particular trip's uniqueness. Our maiden voyage (1999) was the hardest! What kept us going was the enthusiasm of people who signed up to return with us the very next year and the word of mouth that got around.



This trip is more than a pilgrimage for Russill and me. We love taking care of those who travel with us. It is like being with family. And, in recent years, we've been a bit more adventurous, changing our itinerary around a bit and exploring new spaces and places. For instance, in 2020, we took our group to an ancient city full of temples. There are roughly 200 temples in this relatively small area! So imagine the vibration of this region. My ancestral land is also in this overall region, so it holds particular significance for me to connect to my family ancestry that goes back 500 years in our written annals.

Our last few pilgrimages were informed and focused on healing painful childhood traumas; it was powerful to be doing spiritual practices and rituals that we shared with our group since everybody was there to heal. However, we plan to lighten the whole healing piece this coming January :) We want to break free and have more fun, so we plan to include new gratifying spots to relieve the heaviness of the years of covid that prevented travel and to be able to let go of things that inhibit our best selves from shining.

As Rumi would say, *"it is the time of union, the treasure of gifts have arrived."* For us, and many of the pilgrims returning to India with us (people have started registering even before we announced the trip), it is a time of joyful reunion!

We would love for you to be part of it as well :)

Love,

Asha



WELLNESS COACHING

Many of our YMS students have done health coaching with Asha, successfully addressing chronic conditions, weight challenges, sleep issues, etc. If you would like to learn more about it, please check out her website.

This year, she is also an alternative to health coaching. The program comes with a monthly wellness private session tailored to the individual in addition to 24/7 access to our *Wholeness Immersion* that archives cooking classes, discussion groups, and a brand new *21-Cleanse Made Simple*.

There is also bonus content that features the spirituality of the *Tantric Path* that we practice and teach. We are developing this bonus content for beginners on the path, adding it to the library each month.

Her website is ashapaul.com

NADA YOGA TRAINING

Although The Yoga of Sound is foundational to everything we offer in our Yogic Mystery School, we are offering formal vocal training in Nada Yoga as of this new school year. Furthermore, our Yoga of Sound Immersion is significantly updated to include music and vocal chanting in addition to classic Nada Yoga.

Students can now undertake a Nada Yoga training tapping into self-study or a combination of self-study, private coaching, and group training intensives. For those interested in the full scope of Nada Yoga, which is its intersection with Tantra, this year offers

Learn more at russillpaul.us

Please do not keep us a secret if you like what we do. Instead, we request that you share us with your friends and family.

With our love and gratitude for you being in our life.

