

Happy New Moon and welcome back to **Shine with Sara** where I believe everyone deserves the opportunity to unlock their potential and shine ✨.

Mudra for the Week:



This week's mudra is **Palli mudra**. Palli mudra is known as the gesture of shelter.

To form this mudra, begin by crossing the index finger and middle finger, which represents the Air element, and then touch the tip of the thumb and ring finger, representing the Earth element. The pinky finger remains straight, and your palms can face up as you rest your hands on your thighs.

We use Palli mudra to help us tap into our inner wisdom and truth as we connect with our deepest Self. Palli mudra fosters a feeling of shelter and has protective qualities to enhance a sense of trust, support, security, stability, and confidence as you find your path. This helps us release limiting beliefs that keep us from moving along in our journey.

Affirmation-

- “I trust in the guidance of my inner being and journey forward with confidence.”

Journal Prompt-

- Write a letter to a limiting belief thanking it for trying to help you up until this point, explaining why it no longer serves you, and saying goodbye as you release the old thought.
- Identify a positive, empowering statement that you will carry with you into your next chapter.

Yoga Nidra for the Week:



This week, we tap into the power of the new moon and reflect on the opportunity for a fresh beginning. By releasing fears, doubts, and limitations we may create space to attract abundance, foster transformation, and unlock the endless potential that lies within us.

As we hold a pen against the pristine, new page before us, what statements could we allow to dance across the parchment? Perhaps the next chapter of your story begins with...

- I confidently embrace new opportunities and attract excitement in my life.*
- I am open to change and welcome positive transformation.*
- I deserve abundance and have the power to accomplish my wildest desires.*
- I am aligned with my purpose and am fulfilled in all that I do.*
- I achieve whatever I set my mind to and live without fear.*
- I welcome possibilities and release resistance.*
- I forgive myself and others and free myself from the past.*
- I release the need to control.*
- I am courageous enough to be myself and shine.*
- My value is not determined by performance or perfection.*
- I surrender to my highest good and trust in the universe's plan for me.*
- I am worthy of love, happiness, and a life of ease.*
- I trust my intuition and the wisdom that guides me from within.*

Included below are details regarding this week's yoga nidra guided meditation available now in the class library, should you choose to activate a drop-in class pass.

This newest yoga nidra guided meditation is the perfect way to enter the new year fresh and full of inspired, limitless possibilities.

If you are new to Shine with Sara, classes vary from 30-60 minutes. Once you select your desired class, you will have unlimited access to the class link for 7 days.

Yoga nidra guides the listener through the 5 koshas, which are energetic layers or sheaths that surround our true inner Self. We travel from the outermost layer towards our center as we move through the Physical Body, Energy-Breath Body, Mental-Emotional Body, Wisdom Body, and Bliss Body.

The journey through the koshic layers allows us to notice, without judgment or the need to change, areas of imbalance or ease. We may release identification with certain levels of our being and perhaps achieve a sense of contentment and non-reactive acceptance of the present moment.

My favorite time to listen to a yoga nidra recording is in bed as I drift off to sleep or if I wake up during the night. You can also enjoy the recordings as part of a seated meditation practice with the intention of staying awake and aware or before completing a journaling exercise.

Please let me know if you have any questions regarding class passes or yoga nidra guided meditations. Sleep well 😊

Class Library:

- A02- Sunflower Field of Confidence- Join us for a journey through a sunflower field. This class focuses on the solar plexus (self-confidence, self-trust, releasing control). 45 minutes
- A03- Anchoring into the Earth- Experience a grounding journey connecting our roots to the center of the Earth. This class focuses on the root chakra (stability, grounding, security). 50 minutes
- A04- Sacred Temple of Transformation- Travel to a sacred temple. This class focuses on the sacral chakra (creativity, balance, transformation). 55 minutes
- A05- Meadow Bonfire of Compassion- Allow self-judgment to melt away near a bonfire in a meadow. This class focuses on the heart chakra (compassion, forgiveness, self-acceptance). 50 minutes
- A06- The Mirror of Connection- Release self-criticism and connect with your true, confident, authentic self in the mirror. This class focuses on the throat chakra (creativity, self-expression, communication). 50 minutes
- A08- Curiosity Adventure- Feel curiosity and transformation flow through you as you journey to a majestic museum, forest, and bookstore. 30 minutes
- A09- Winter Wonderland of Non-Attachment- Cultivate a greater sense of non-attachment and acceptance of the present moment as you travel through a winter wonderland. 40 minutes
- A10- Cultivating Seeds of Kindness- Relax in a vibrant flower field as you plant seeds of kindness, compassion, worthiness, and acceptance for yourself and others. Gentle raindrops nourish your seeds and wash away feelings of stress, doubt, and fear. 55 minutes
- ***NEW RELEASE- A11- New Moon, New Beginnings- Surrender the beliefs that no longer serve you as you tap into the transformative power of the new moon and uncover the endless potential that exists in you now. Release doubts, fears, and limitations into the fireplace of a winter cabin as you connect with your inner wisdom and begin the next chapter in The Book of You. 55 minutes***

Freebies available on YouTube (no need to use a class pass to enjoy these offerings)

<https://www.youtube.com/@shinewithsara23>:

- A01- Ocean of Restoration- Travel to a peaceful ocean as you sink into deep rest. 30 minutes
- A07- Topiary Garden of Gratitude- Cultivate gratitude as you journey through a stunning topiary garden. 30 minutes

With gratitude,
Sara



Please note, if there is a class that you would like permanent access to, similar to purchasing an audiobook, please select the Lifetime Access Add-On (Non-Members) option during checkout and your access will remain past the 7 days. (<https://www.shinewithsara.com/pricing-plans/list>)