

song: *If You Could Only See* – Tonic

week #14

**if:** (conjunction)

- supposition; uncertain possibility
- condition, requirement, or stipulation

*albeit, even supposing, assuming that, in the case of*

**If** you focus on fear, you resign to stand in a doorway of possibility and potential; wondering what could have been.

**If** you take a step forward with faith... infinite possibilities begin manifesting.

**You are in the driver's seat of your life. Life is everything you allow it to be. REACH.**

*If you can keep your head when all about you  
Are losing theirs and blaming it on you;  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or, being lied about, don't deal in lies,  
Or, being hated, don't give way to hating,  
And yet don't look too good, nor talk too wise;*

*If you can dream – and not make dreams your master;  
If you can think – and not make thoughts your aim;  
If you can meet with triumph and disaster  
And treat those two imposters just the same;  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to broken,  
And stoop and build 'em up with worn-out tools;*

*If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lost, and start again at your beginnings  
And never breathe a word about your loss,  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the will which says to the: "Hold on";*

*If you can talk with crowds and keep your virtue,  
Or walk with kings – nor lose the common touch;  
If neither foes nor loving friends can hurt you;  
If all men count with you, but none too much;  
If you can fill the unforgiving minute  
With sixty seconds' worth of distance run –  
Yours is the Earth and everything that's in it,  
And – which is more – you'll be a Man my son!*  
**-Rudyard Kipling**

**ACTION:** Trusting your feet is a vital step to drawing Prana (grounding) energy from the earth into your body. This week, allow your bare feet to touch various unstable and non-predictable surfaces: grass, dirt, rocks, sand, pavement... Find your confidence and stability on each one.



In your Grand Plie with Heels, practice lifting your heels higher, reaching your arms longer, sinking your seat deeper, and opening your hips wider. Imagine dropping your tailbone closer to the ground. Demand a little more from your body...what if you had to?

#### April Color: Cayenne

The color for the month of April is Cayenne. Use this color to find your personal sense of security when initiating new beginnings.

#### April Chakra: Root

When balanced, your root (1<sup>st</sup> chakra) will help you access stability and confidence through any "what if" situations you encounter. If in doubt, focus on a red energy center at the base of your spine. Envision it spinning, and radiating power from you to draw from.