

# transform

song: *American Girl* – Tom Petty and the Heartbreakers

week #44

**transform:** (v: do it)

- to change in form, appearance
- to change condition; convert
- to change into another substance; transmute

*alter, convert, metamorphose, mutate, remodel, renew, transfer, transpose*

You have worked with patience and precision...and now you may find yourself on a path to metamorphosis. With patience and intention, take graceful steps towards the person you will become.

***"Our arms start from the back because they were once wings"***  
–Martha Graham

Perhaps you want the world to see you in a new light...and now you pledge to yourself to manage every encounter with a deep exhale; getting rid of what no longer serves you – lest you make any unnecessary assumptions.

***"The most powerful agent of growth and transformation is something much more basic than any technique: a change of heart."***  
–John Welwood

Be innovative, be creative! You are not destined to become anyone who has lived before you. You are a product of your own design. Each step you take is uniquely yours...and each action is manifested with integrity.

***"There are painters who transform the sun into a yellow spot, but there are others who with the help of their art and their intelligence transform a yellow spot into the sun."***  
– Pablo Picasso

**Action:** For those who have donned costumes...enjoy the transformation as you step into a bold new character. For those competing in enormous athletic endeavors (good luck marathoners!)...allow your tremendous efforts to change you; as if you are the subject of a chemical reaction.

For you, the powerful person who you are today...embody state of renewal which takes you one step closer to the person whom you will soon become.



*You are a product of your own design. As you practice your Push-Pull, open up your chest with each repetition, and transform your posture. Reveal your heart and emotions, your throat and your truth - and transform your reality.*

### October Color: Cerulean

Cerulean, a light blue shade, can help us find peace, especially at times of transformation.

### October Chakra: Throat Chakra

Prana, or breath of life, is essential to cleansing Vishudda, or the throat chakra. Pranayama, or the control of our breath, can lead us to blissful moments in transformation.