

The heart that breaks open
can contain the whole universe
~ Joanna Macy

What People Say About Samyama

Samyama has changed the way I move through life. I no longer have anxiety about living every day, or about being perfect, or doing the right thing. I find peace within and self-empowerment in difficult life situations. I no-longer live through fear, but, instead through a knowing that everything I experience leads to truth and freedom.

M T. ~ Therapeutic Massage Practitioner, Samyama Practitioner, Maryland

Samyama has not only dissolved my old core wounds, but has become my way of living in the world from the place of Silence and Love in my Heart. I now know who I am.

A. V., LCSW, Psychotherapist, Healer, Maryland

I find Samyama marvelous for quickly and discreetly addressing resistance and personal problems of my private ADD patients. It helps to quiet their minds.

JS., M.D. ~ Specialist in Adult Attention Deficit Disorder, Samyama Practitioner, Pennsylvania

Samyama has supported my grief process as no other work has ever done. It is the most efficient and cost effective method I offer my clients.

D.W-C, M.A., ADTR, C.P.C. ~Dance/Movement Therapist, Samyama Practitioner

Samyama has been my decision to stay present to myself, to simply live as Truth.

K. D'A, M.F.A.~ Independent Filmmaker, College Professor, Maryland

Thank you Sheila. I shared Eve's Fire with a friend this week and was reminded all over again how very much you helped me. The practise of samyama continues to deepen for me and the love that flows through this heart just gets deeper and sweeter. Sometimes I just can't believe how beautiful the love is.

Kate ~ Early Childhood Educator, Boulder, Colorado

For me, Samyama has changed the way I experience life. Instead of viewing life from behind the eyes, it is viewed through the camera lens

of my heart. What seems a simple shift in awareness is the difference that makes the difference. How can you improve on Truth, if Truth is what is?

K. K. ~ Samyama Practitioner, Massage Therapist, West Virginia

Samyama showed me the way to my heart....all I ever longed for or needed. I live from my heart in every moment I can, and see all with the eyes of love. Samyama showed me that every feeling when

brought to the heart and felt without any story dissolves into the Great Openness, into the Great Love. No words can describe how that has, and continues, to help me and all the people I help. It is still the main modality I use in working with clients. Old "wounds" have dissolved for us all. And we can open to any situation, directly experiencing it without story.

Adhikari

I have been in Temple for almost 6 years and it has been the best gift I have ever given myself. Sheila is a grounded leader and her guidance continues to evolve. She has guided us with some amazing of tools, Samyama healing meditation being the most powerful. It has been life-changing for my clients and me.

P.B. ~ Samyama Practitioner, Artist, Pennsylvania

I have been using the Samyama with much success. In fact, I find myself drawn to it in such a way that I have a sort of excited anticipation towards the time that can find to do it. It fits my busy life style, my pocketbook, and, more importantly, an outlet for the vicissitudes of my current life. The strange thing is that it is so simple.

P. S., ~ Book Designer, Artist, New Jersey

Samyama is the Jewel that allows me to enter into the mystery of the moment, the mystery of my heart, of the collective heart. Samyama transforms my life in an immense way. I believe samyama helped me, is helping me move through the initiation of my daughter Leah's death with Grace. Samyama is full of Grace. It continues to unfold, to get deeper the more I am present to my Self, to my heart. Searching, grasping for words, and if I sink into the mystery deeper understanding comes, rises up without asking. Samyama is not just for the big ticket items. It is for the everyday, the ordinary, the mundane. It is limitless and unbounded. I do believe that the daily discipline of heart living prepares us for the bigger initiations. When I am in my heart, in the moment, not thinking about solutions to my perceived problems, I am completely blissful, at peace. Samyama is simple, pure, elegant.

N. L. ~ Samyama Practitioner, Everyday Priestess, North Carolina

This year I have practiced Samyama more than ever before. The one thing that keeps amazing me over and over is the effect of finally feeling a feeling. No matter what kind of feeling it is, energy is always released after I allow it to come into the full light of my awareness and attention. And then a domino effect of shifts and changes often happen after that.

Awareness and attention?? I am starting to be curious about: from where do I direct my attention? How does the quality of how I direct my attention, and from where I focus my awareness affect the experience of Samyama???? I do notice that if my attention is tainted with agendas the flow of what is available to me to experience in my heart is more rigid. This is still a real mystery to me.

Mystery! Samyama has allowed me to be able to BE in the "not knowing", a place I have ended up in frequently. Excruciating and peaceful feelings live in this space, and having a way to be with it has enriched my life. Not only enriched but also healed. I am convinced that I healed out of Lyme's disease

through Samyama and Temple work. There was a way in which Samyama made me able to pierce down into the darkness and see the non-duality of light and dark. That brief moment was all I needed to receive the grace of shifting and rearranging in my cells. A knowing appeared that my body was now healed.

I noticed some time last year that I use Samyama principles in my massage work. My ability to truly hold and listen really affects the outcome. Samyama is a part of my life. And yet with all this written I am still unable to fully grasp in my mind what Samyama is and is not. It's like knowing how to solve a math problems but not being able to understand it or explain it fully or clearly. I am patient with this "not knowing".

Jette G. ~ Physical Therapist, Massage Therapist, Massachusetts

Awhile back ago you had asked for examples of how we use samyama. It just keeps coming to me to share this with you. Several months ago I had told you about a two year old who came to my class. His mother had died and then he was sent to live with his great grandmother in a different part of the country and then six months later he was sent out here to live with his 18 year old father who brought him to us. Needless to say from the first day he was a challenge.

The hardest time was nap time he would scream and throw fits and refuse to be touched or comforted. Nap time is the only time in my nine and a half hour day when I get a little down time to center and relax so I was pretty attached to wanting him to sleep. I would sit beside his cot and watch, watch the part of me who really wanted him to be different, watch the part of me who really wanted myself to be more patient and accepting, watch the love that flowed through my heart automatically with no effort what so ever on my part, watch the energy in the room, listen to the sounds of the other children breathing and the soft music playing. He taught me to be so much more fully present with the moment exactly as it was. It became a very deep practice. I would pray not to feel sorry for him in any way not to believe one thing in his life should have been any different, just to allow the love that flowed through my heart to flow and to allow the moment to be as it was and to be fully with him, looking in his eyes without knowing what I was seeing just being with the experience of his eyes gazing into my eyes and my eyes gazing back. Things started to shift, one day he took my index finger and held it tightly the way an infant clasps his hand so fiercely to that human connection. He started to fall sleep that way with his hand holding my index finger. Over time he began to run up to me and hug me with the kind of full hearted embrace that only a toddler can give so freely. He had a lot of problems with lashing out at other children and hitting them. I started catching him just as he was about to smack and I would very lightly place my hand on his heart and caress it and say "gentle" and he would relax. It was such a joy to see him blossom and soften as he grew more comfortable with us. I never bonded so deeply so quickly with a child.

Last week his father moved to another state with him without telling us. It broke my heart and taught me the deepest experience of love is letting go completely. Thank you once again for samyama the gift that keeps on giving.

Kate ~ Early Childhood Educator, Boulder, Colorado

I was working with a 17-yr old African-American young girl...had only seen her a couple times. she started to share about sexual abuse that happened that she had never shared before...i could tell she was starting to feel some of the pain of it and also resisting feeling the pain. so i invited her to feel the pain and the resistance to feeling it at the same time...in her heart...hold both polarities...and i invited her to let go of the story around it.. then i asked if she felt the tension between them and she could and i invited her to put all her awareness on the tension and keep going into it more and more...for a good while she kept going into the tension...i kept inviting her to hang in there...it was like she was cutting thru the tension with a knife...and she very courageously hung in there...all of a sudden she broke into this joy and light...she said she felt so joyous she wanted to jump into my lap...and the pain was gone, dissolved...there was only this that she couldn't really describe...probably closest to say huge light and openness...samayama-ing the pain of the sexual abuse had brought her to her Essence.

It was probably one of the most profound samyama experiences i had working with someone and words can't really describe.

Adhikari Vlasits, LCSW ~ Psychotherapist, Samyama Practitioner

My experience has been rich. I get to notice how often I fight and resist what is within me...from feelings, to physical symptoms. It is often an automatic response. No wonder I feel areas of constriction, dis-ease. Doing Samyama, even for just a moment in the midst of my life, gives me an awareness of my automatic 'shut-off' response and gives me a space to remember and experience allowing whatever it is I am experiencing. Not to make it better...just to allow the flow of it. Really nice. Just one example...last night I got to see how pissed off I am at waking up throughout the night with hot flashes. So, right now I am turning to Samyama to just allow my hot flashes and my feelings around them without trying to 'do' anything about any of it. Good practice ground. Sheila Foster has taught me to open to the present moment and experience life directly through the heart. She has guided me deeper and deeper into the sacred mystery and shown me how everything in life is an opportunity to meet one's self on a deeper richer level.

Jodine Turner, Ph.D, author, Eagle Point, Oregon

How has Samyama changed my life? As I began my apprenticeship and knew I would be explaining it to others, and there are no words that adequately describe it, and yet it is by words that we create the portal for others to choose to enter, only the experience of Samyama can communicate its power, its pure energy of transformation.

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initiations. When I am in my heart, in the moment, not thinking about solutions to my perceived problems, I am completely blissful, at peace. Samyama is simple, pure, elegant.
Nancy Loeffler ~Everyday Priestess & Samyama Practitioner; Raleigh, N.C.

Samyama has changed my life. I live in the present moment with awareness, taking time for my SELF, being in silence, creating art, being in nature, and usually, in whatever I am doing: cleaning, working, still feeling love and connection, doing what I am called to do, hearing the calling and allowing myself to feel my feelings, whatever they are.

Willow Dale Salzer, Certified Samyama Practitioner, Reiki Master, Artist, Columbia, MD

Samyama meditation and healing practice has given me me. I can feel feelings, stand up for myself, be present with myself and be happy with myself.

Peggy B., PA

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Sheila is a grounded leader and her guidance continues to evolve. She has guided us with some amazing of tools, Samyama healing meditation being the most powerful. It has been life changing to me and my clients.

Patti Brinjac, Samyama Practitioner, Artist, PA

My entire way of being in the world has radically changed. Through Samyama, I am able to recognize my stories and feel the feelings underneath. I no longer try to change or manipulate things in my life for a particular outcome. I am comfortable with my feelings as they arise, no matter what they are. I am as comfortable feeling pain, fear, guilt, resistance and anger as I am joy, peace and love. I am able to live from my heart and be present.

Nancy Loeffler, Everyday Priestess, Samyama Practitioner, Raleigh, NC

My first memory is of an exhilarating feeling at one of the first portals I attended. Sheila was doing a guided inner journey and said something like “just keep going in without engaging the “editor”” It was like squeezing through a tight place and coming into a wide expansive open area, almost a sense of relief from having found this place.

This year I have practiced Samyama more than ever before. The one thing that keeps amazing me over and over is the effect of finally feeling a feeling. No matter what kind of feeling it is, energy is always released after I allow it to come into the full light of my awareness and attention. And then a domino effect of shifts and changes often happen after that.

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Mystery! Samyama has allowed me to be able to BE in the “not knowing”, a place I have ended up in frequently. Excruciating and peaceful feelings live in this space, and having a way to be with it has enriched my life. Not only enriched but also healed. I am convinced that I healed out of Lyme’s disease through Samyama and Temple work. There was a way in which Samyama made me able to pierce down into the darkness and see the non-duality of light and dark. That brief moment was all I needed to receive the grace of shifting and rearranging in my cells. A knowing appeared that my body was now healed. I noticed some time last year that I use Samyama principles in my massage work. Some times as my hands come upon a tightness as I work, I just maintain contact, I tune into the energy of the area and match it. I am not trying to “work it” or make it move I just hold and listen to what is there. Very frequently this will eventually dissolve the tension. My ability to truly hold and listen really affects the outcome. Samyama is a part of my life. And yet with all this written I am still unable to fully grasp in my mind what Samyama is and is not. It’s like knowing how to solve a math problems but not being able to understand it or explain it fully or clearly. I am patient with this “not knowing” and willing to make the leap into also gaining more insight on the mental plane.

Jette Goldman, Florence, MA

More and more I feel that the practice of Samyama is the very essence of my life, my being. It truly is a way of life and I'm loving it. I am given so many opportunities daily to practice Samyama, as more and more everything else seems pale and shallow coming from the head and I find I have very little patience for it. Only by bringing awareness to the heart initiates compassion for what is otherwise intolerable and senseless. The depth of my gratitude for this beautiful practice goes beyond mere words and is lost in language. To have a time frame of group phone practice and feedback is a blessing. Thank you so much for providing this space to share with each other. So much love,
Krishna Kamini

Who and where would I be had I not met you ten years ago ? I was a physician, close to retirement, thinking my life as a healer was over. How could I have known it was just beginning?
Attending The Temple of the Sacred Feminine has changed my life dramatically. The ritual of calling up the four feminine archetypes centers me, grounds me and reminds me that I operate from within. I do not have to react to stimuli from the outside.

Doing Samyama, whether on myself or with another, is like performing a miracle. Anything can be addressed. Anything can be healed or, at least, alleviated. I feel so blessed and privileged to have been taught to use this wonderful tool. Undergoing regular sessions with you or others using Samyama has resulted in a new "Me". I feel calm, content as never before and have learned to spend most of my time in the present. The latter has made all the difference.

My relationships with my husband, daughter and son, as well as other family members, have all become more intimate. My relationship with the world is open and positive. How good can it get?

Sheila, thank you, so much, for sharing all of this wisdom you have been given with me and others. We are all changing the course of herstory, thanks to your teachings.

Jane Shumway, M.D., Dillsburg, PA

The samyama training changed my life completely. It has taught me to be so much more aware and present in every aspect of my life. It also has given me the greatest gift which is experiencing the true essence of my heart . I had never truly experienced my heart before I started practising samyama and now I am able to feel the infinite love that flows through the heart all the time. Experiencing my heart is a practise that continually deepens and enriches , I plan to do it until the day I die. I use it for everything from being present to toddlers throwing tantrums, to opening to intense menopausal mood swings, to handling impatience in long lines at the grocery store. The only thing I would ad is that my gratitude toward you continually deepens, thank you for awakening my heart.

Kate, Early Childhood Educator, Boulder, CO

Learning to "be" in my heart, as in Samyama, was new and vital, as was learning to "go" into silence and spaciousness. Learning tools for self-healing was invaluable. They included Samyama, deconstructing fixations and others. The biggest change that has occurred in my life as a result of participating, is in my ability to handle stress. Using the tools mentioned above, I am free of stress most of the time. This has had an enormously beneficial effect on my health and has enabled me to relate to family and friends with much more love and intimacy than I had before. I am particularly pleased with the renewed affection and closeness my daughter and I are experiencing.

Jane Shumway, M.D., Dillsburg, PA

I want to take this opportunity to thank you again for huge difference your work has made in my life-- saved my life, really. And when I moved to So. California 5 years ago, my depression totally lifted- "sunshine on my shoulders". So now I function as a "normal" person, except for physically. After having been physically disabled by back pain (or fibromyalgia) for most of the past 15 years, have discovered Svaroop Yoga. In 3 months, my functioning and pain is 75% better and still improving. I can sit and walk again! And hope to be able to paint again, too. This has been a terribly long process, but Samyama kept me sane thru it. Thanks,

J.B., Artist, San Diego, CA