



an excerpt from

Fierce Medicine: Breakthrough Practices to Heal the Body &

— Ignite the Spirit — *by Ana Forrest*

Even though I spent so much time working on my fears as a teenager and a young adult, and even though I could point to my fearful upbringing as a cause, I spent many years feeling fearful, wild, crazy, out-of-control – and I didn’t really understand why. I just had this sense that I hadn’t reached the black heart of things.

Then one day I was in Dolphin pose, butt up in the air, when I was jolted not just by a memory of hands grabbing my hip and thigh and being brutally raped, but the actual painful feelings. Suddenly all these horrific memory fragments rushed to the surface – all those times I’d woken with intense pain and bruising around my genitals and butt, feeling drugged out and woozy. This wasn’t the first time I suspected that I had been sexually abused as a little girl, but it was the moment that I made the decision to turn from prey to predator.

I started gasping for air, shaking uncontrollably and going numb, but I thought, “Hell no! I’m gonna chase this abuser out of my body!” I went rampaging through my pelvis and colon, looking for every little vestige of fear – hip joints, blood vessels. I could smell the fear, taste it, feel the acidic burn of it. When I came to each painful spot inside my body, I would breathe and fill it with my essence, will it back to life. As I’ll discuss in a later chapter it took me years of therapy to come to terms with the physical and sexual abuse to which I’d been subjected, and I won’t

minimize the hard emotional, physical, psychological, and spiritual work involved, but it was the decision that day on the mat to transform from prey to predator that gave me the courage to take that journey. When I finally stalked the origins of my abuse, I understood why I’d always felt so wild and crazy. Once you stalk the fear back to its source,

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you can begin to reconcile it. You’ll inevitably find your fear ramping up as you hunt – keep going; you’re on the right track! If you’ve suffered any kind of abuse or other trauma, please work with a therapist or other trusted professional as you take this journey.



Ana Forrest comes to Houston this fall to teach the Forrest Yoga Foundation Teacher Training (FYFTT), September 30 – October 26, 2011 at YogaOne Studios.

Go to www.yogaonehouston.com to register today.

To learn more about Forrest Yoga visit www.forrestyoga.com.