



## Patricia Aguirre: Is Your Spiritual Practice Right For You?



Patricia Aguirre is a Family Constellations facilitator and holds workshops mainly crafted towards women. She integrates movement as a direct access to knowledge about self and as a pathway to steady transformation. Explore how connecting to your own experience allows you to live a spirituality that resonates with you.

**TOP EMBODIMENT TIP:** Stay curious, always keep your eyes open with an openness that allows you to enjoy.

### First Step: Connect To Your Own Experience

- Become aware of ourselves in the body.
- **Being connected to our own breath and the sensations of our body is a very individual and unique experience for everyone.**
- Even though we are all connected and part of the same thing, we come to this through our own individuality and through finding what makes us different.

### Grounding Spirituality: Finding The Layers Beneath Spiritual Truths

- Spiritual tools are true for all of us but the way that they come down to our body and to our lives is different for each of us.
- **We can learn to recognise that we are not perfect and at the same time be aware that we do not lose value because of this.**

### Not Being Perfect:

- **Some of us are not perfect and in our not perfection we cause harm to ourselves and others**, but that doesn't mean that we are in a state where we should punish ourselves and consider ourselves not valuable enough.

### Commonly Misused Spiritual Teachings: Letting Go

- We spend a lot of time, energy and emotional resources to control things that one cannot control, which can lead to harming ourselves.
- **However, control also allows us to decide what we want for our life, to take action and make a change.**

### Discernment: The Ability to Choose For Yourself

- **Listen with your mind language, body language, emotional language, intuitive language and let that speak to you.**

### Resources

- ❖ **Youtube Channel:** [Patricia Aguirre](#)



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[YogaAnatomy.net](https://YogaAnatomy.net) is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and [YogaAnatomy.net](https://YogaAnatomy.net) has become the go-to resource for Teacher Trainers planning a YTT, and advanced teachers who want to deepen their knowledge and transform their teaching.

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