Last week a woman donned in a floral hijab slipped into the back row of my YOGATHEA® class just before the door closed to start. She brought her own yoga mat. She did not look familiar. Immediately I mentally ran through my playlist wondering how offensive my Christian music would be to her. Did she not see the little cross in the logo? I gave her 3 songs before she would leave. She stayed. She stayed for the entire class AND the meditation when we pray or say Christian affirmations. She stayed!

Unfortunately the dark skinned woman left before I could meet her after class. I could only hope she was somehow inspired by YOGATHEA®. And later that afternoon I received this Facebook message:

Awesome! I was elated to know YOGATHEA® was a positive experience for a person of a different faith. I was also curious about how the hijab stays on in down dog? So yes, I will post the prayer on forgiveness I found online and read in class. The author didn’t leave his or her name in the chat room I found this in...if this happens to be your prayer, send me a message!

"God, help me forgive. Help me to eliminate all thoughts of malice and revenge. Help me to accept responsibility for my wrongs, acknowledge the rightness -- and blessing -- of correction, and help me to move on and help others. Help me to accept the past, learn, and improve from the experience. God help me to forgive all things, big and small. Please save me from being consumed by thoughts of hurt and anger. God, help me forget and forgive. Help me forgive as Jesus Christ forgave. I pray for the strength to help, assist, and bless those who hurt, exploit, and condemn me. This is a difficult and scary prayer, but I need it and I need You. I need your grace, strength, and healing power. Please help me forgive. Please let me forgive, God. I ask you for the courage to forgive completely. Please let me bless and help everyone, even those who hurt..."
me. Please let me remember that forgiveness is strength, not weakness. Forgiveness is power, not frailty. Forgiveness is freedom, not submission. Help me God. Please."