



# Mary McCarthy

## resilience & grace

*My logo has a variety of messages in it that are very important to me:*

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My business name is Mary McCarthy.  
Can you see the two M's?

The M's create a lotus flower — a symbol of beauty and spirituality.

A dot above the flower creates a head of someone sitting in meditation and the M's cross at the heart center.

The color indigo represents the Ajna Chakra — the third eye of wisdom.

The circle around the mark represents the infinite nature of energy and the inclusivity of the universe. It is sacred and divine.

The watermark outside of the lines reminds all of us that we are unique and yoga is for everyone. You don't have to fit inside of the lines to practice.

## *Resilience & Grace*

This tagline includes the energy of the masculine & feminine, yin & yang, strength and softness.

**Resilience** is defined as how well a person can adapt to the events in their life. A person with good resilience has the ability to bounce back more quickly and with less stress than someone whose resilience is less developed. This takes action. It is masculine energy. We all want this. Unfortunately, I know what it is like to not feel resilient and I'm sure you have too. You feel stuck, worn down, and exhausted. When I practice yoga, it grounds me and creates an opportunity to try again. To believe in myself and move forward. Connecting mind, body and spirit in a holistic yoga practice allows us to find our center and try again.

**Grace** can be defined as, 1) the quality or state of being considerate or thoughtful, 2) unmerited mercy and 3) the ultimate key required for spiritual self-realization. Grace is compassionate, forgiving, generous, and is a feminine energy. Grace is within all of us. We can refine this quality and draw on its strength through a practice that is honest, authentic and holds integrity for our highest good. We all deserve to live a life that is true to ourselves.

These two words hold power for each of us. We are invited to live in this world with resilience and grace. To survive, we must be resilient so we do not break. We get up and try again. We adapt and modify. We must also live with grace - not only for others but for ourselves. Grace helps us love and forgive. We hold sacred universal energy with grace.

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