

Coach Danica

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Take a Break...

Meditate!

To think you can give yourself a break by simply taking one. Turning off for a moment to clear your mind. How often we are so busy checking other people's "status updates" that we forget to check into ourselves. We remember to check-in on Facebook but ignore the signals our body and mind provide so intuitively. We have the answers we seek, if only we take the time to listen.

"Sitting still is an opportunity to break the habitual cycle that has us continually running away from the slightest discomfort and seeking pleasure outside of ourselves. To sit still, no matter what, is not how we usually react to an uncomfortable situation. Yet if we try it, we venture deeper into ourselves, exploring our potential. We will come closer to the source of happiness."

-Jivamukti Yoga, Book

There are certainly specific methods to follow? There are many books on "how to," How do I sit? Where do I sit? What do I sit on? Why bother at all? STOP! Stop everything you are doing and thinking for just a moment of concentrated focus on your breath, on your mind, controlling it rather than reacting to it; you are the one in control and can simply take a break.

Twenty years ago I was given a book on meditation called "Meditation for Dummies" chapter one reads, "What meditation is and isn't" and had I read the whole book back then maybe I would have had a daily practice sooner? Although the journey of the pasty twenty years has lead to my current practice of 6 days a week. Combining asana and meditation I now direct my health rather than being dictated by it. I promise you it took me more than reading, I found that receiving instruction first in private and in a group setting to be the key which unlocked my ability to "take a break" when I need to, controlling the urge to react or judge a circumstance as "good" or bad" instead remaining equanimous and calm.

"Where motion ceases," the Master said, "God begins."

-Paramhansa Yogananda on Meditation

To sustain balance, I allow myself time to attune to mind, body and spirit through meditation which gives me the break I need, when I need it, where I need it, no matter what I am sitting on, and because I get to stop everything, I get clear, it's really like hitting the refresh button on your browser, just clear your history and start fresh.

"Balanced sailing, weathers all storms."

-Coach Danica

Namaste

"TAKE A BREAK, MEDITATE!"