

March 2009 Health Matters Newsletter

ASK THE TEACHERS

What does balance mean to you and how do you find it in your life?

Balance is key, and often sooooo difficult to achieve in one's day to day life. I maintain a balanced body first, and then try like hell on the rest! **Tracie Kedezski**

Balance to me means not too much, or not too little. Ahh, the center, the middle way! That could show up anywhere in life, physical, mental, emotional, bliss too....speaking, listening, eating, being active, being quiet.....(eek, how about our culture, and financial balance!) I got a degree in science to learn about nutrition/health/wellness and looking at all the science, came to moderation in everything is the way. And, we often forget that in the nature of life, things are always changing, and we are continually responding to that, from within and around us. Wow, just think about that! Could it be a moving target? No surprise, we get overwhelmed...And, thank goodness for yoga, it is a beautiful practice for awareness of what you are experiencing, and then you can adjust for finding balance in whatever you might want or be experiencing, again, physically, mentally, emotionally and in your heart. How cool too, that we literally practice it in our bodies to know what it feels like?

How do I find it in my life? Everywhere....I do think it takes some awareness, (and will, reflection, and surrender...yogis know this as tapas, svadhaya, ishvara pranidhana...). It's all a big wonderful, balancing act. – Kendall Sheldon

Getting out of balance is easy; staying in balance requires work--these are facts. For me, balance means being aware of the state of my 10 bodies: soul body, negative, positive, neutral, physical, arcline, aura, pranic, subtle and radiant bodies--the challenge being to direct the play of all 10 bodies, and remembering that all the answers are within. Identifying and witnessing the "monkey mind" -- now there's a never ending call for balance! I bring peace to my mind and balance to my 10 bodies by keeping up with my yoga practice. I get amazed at how 5 minutes of yoga can change my attitude and calm anxieties. Chanting and singing spiritual mantras can balance my mind in 3 minutes. The most difficult challenge is finding the discipline to take the time to do "it".

If my monkey mind is talking me out of the discipline (and it sometimes wins!), I make a deal with it - I say--"Just give me 10 minutes" -- and that 10 minutes turns into a half hour or an hour of blissful Sadhana, or daily practice. I have been practicing Kundalini Yoga and meditation for 20 years and to this day I find that it isn't easy to apply the daily discipline. I look at it this way -- if it were easy, there wouldn't be the joy of achieving and conquering, and that would be boring!

There is no excuse for not taking care of me. If I don't exercise, eat properly, and get enough sleep, I get crabby and I feel yucky. Oh yes, I've come to love cat naps--plugging my Ipod into my ears and listening to Yoga Nidra sends me off into a deep, delightful rest! Making time for me is my priority because I hate feeling "out of balance"! Being in balance gives me fresh energy to give my attention to the people around me, and uplift their spirits. I really feel balanced if I have

helped make someone's day--how rewarding is that! Oh yes one more thing -- I watch a funny movie -laughing feels sooooo **good!** - **Margaret Trezza, Kundalini Yoga Instructor**

*Coming from a macrobiotic background.. I love the concept of balance and yin and yang. Those minutes or days we feel aligned or balanced ... are like flying on the wings of grace.. How do we find balance? The real question might be how did we loose it?
I believe balance and vitality are our birthright... yet we have forgotten how to care for ourselves and honor ourselves and our bodies and that tips the scales of balance.
Dave my husband like to say that yoga, meditation and eating well are all just basic hygiene for good health. If we take care of our basic health... the wings of grace swoop down for a ride!!! I hop on when ever I can!* -**Joan Dwyer**

Balance to me means being able to juggle a lot of things at once while still moving forward with ease. I find balance when I spend time outside connecting with nature. I love spending as much time as possible outside. I usually go out every day for at least for a few minutes even on the coldest days. - **Heidi Gabrilowitz**

Making the commitment to consistently make time for my yoga practice is how I connect to balance. **Coral Brown**

*"I consciously cultivate a life that is evenly balanced between responsibilities and other things that are necessary to nourish me.
This takes some effort and letting-go of the things that become too heavy, but the stability that is created makes it much easier for me to weather the storms."* **Erin Sharaf**