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Gratitude

It has been a different summer for so many. Change, challenges, crisis. Through it however, a light emerged. Community, connections, creation. It has been transformational and inspiring and we need to stay connected to the light. One of the easiest ways of doing this is through gratitude.

Gratitude turns negativity into positivity. Gratitude reminds us of what is important and what is positive in our lives. Gratitude causes positivity to flow from us to others in our attitude, our actions and our energy. Gratitude flows from one person to the next the same way an act of kindness does.

We often connect to gratitude when we emerge from a challenge. We recover from a cough and are so grateful for our breath. We find success in a goal and are grateful for those who supported us. In the midst of a challenge, gratitude allows us to see the clarity of the situation and keeps the situation in perspective.

This month, practice gratitude in a multitude of ways and reflect on what happens.

- Take 1–2 minutes each morning before you get out of bed, to give thanks to whoever or whatever you are grateful for.
- At each stop light, be thankful for the moment of stillness.
- At each yoga class or practice, focus on the aspect of each pose that you are most grateful for: the expansion in the toes, the breath in the back, the strength in the hips.
- Thank your instructor for the opportunity for you to practice together.
- Thank yourself for prioritizing the time to practice.
- Thank your body for the ability to accomplish what you have during this practice.
- Say “Thank you” to someone and really mean it.
- Give thanks to the negative things in your life for the positive aspects of them...thankful for the pain, so you can learn to listen to the messages more clearly, thankful for the rain, for the life and freshness it brings, thankful for the interruption to remind you what is really important...
- Take 30 seconds at the end of the day to reflect on what you are most grateful in your day.

There are so many ways to practice gratitude. With each act and thought of gratitude we shift from change to creation, challenge to opportunity from crisis to community. Where will gratitude take you.

Namaste,

Suzette O'Byrne

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