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Finding Inner Peace

It is the time of year for “peace on earth, peace between us, peace be with you...” but what is inner peace?

What does it look like and can we find it outside of savasana?

Inner peace is simply contentment.

As I walked through the mall with my 8 year old daughter and she constantly points out the things she wants Santa to bring, it hits me how hard contentment is this time of year and thus how difficult it is to find and keep inner peace during this month.

By endeavoring to practice contentment during December we will find inner peace shines through and overcomes the chaos and stress of the season. Contentment is multi faceted. Contentment towards what is, what isn't, what we have, what we don't have, what will be and what was. This can be a huge daunting task but a little bit goes a long way.

When you bring your focus through your body, can you be content with the discomfort in your body?

Can you sit with it and be with it and be completely ok with what is at that moment in time?

Can you approach every arising/dissolving sensation with interest and curiosity instead of a desire for more or less of it?

Can you fill your heart with gratitude for being able to practice yoga, for what you have today, for all you have achieved up to now?

These steps of contentment and gratitude will carry with you throughout the day and into the next. By practicing little steps of contentment we find we achieve what we really would like, maintain a positive attitude, find more with what we have, and realize we are filled with inner peace.

Namaste,

Suzette O'Byrne

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