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Tis The Season...

Tis the season. Tis the season of identifying what we want, what we need, what we wish for, what we don't have at the present moment. Tis the season of identifying and searching for something someone else needs, wants, wishes for and what they don't have at the present moment. We are looking for happiness, fulfillment, completion but most importantly contentment. We look for contentment for ourselves and also for those that are close to us. Something to add to make life perfect or at least better, easier, prettier.

This adding however doesn't always work. The present is a disappointment, doesn't add what we thought it would, doesn't make us or others happier. What then? If it is the thought that counts then how do we show we are thinking of someone and we appreciate them in our lives, that we want their lives to be better, easier, prettier.

It starts with finding contentment within. To stop searching and be completely happy with what we have at this moment in time. To enjoy the journey, the surprise turns, the challenges, the easy rides, the experience and the moment. To not identify what would make our life better but what is perfect right now and accept what isn't perfect with the same amount of love. When we can let contentment flow throughout our bodies to every cell, thought and breath we will live contentment inside and out.

When we can find contentment within, we can be content with others. We stop striving to better other people's lives, lead their journey and challenge them to improve or search for more. This doesn't mean standing in the sidelines and doing nothing. It means supporting them, encouraging them, listening and accepting. This doesn't mean to not give anything to anyone over the holidays, it just means you may give differently and you may find you do not need any acknowledgement, response, gift in return.

So practice contentment. Practice it on the mat in your poses, the sounds in the room, the sensations in Savasana, the speed and size of your breath, the abilities and challenges. From yoga class, take contentment into your life and practice contentment with the weather, the way your clothes fit, the taste of your food. Everything changes. There is "good" and "bad" aspects of every thing in our lives. We are not in control of our world but we are in control of our reaction to what arises and dissolves. When we practice contentment our world automatically becomes perfect, easier and prettier.

Tis the season for practicing contentment.

Namaste,

Suzette O'Byrne

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