



Gracefully Navigating Change

By Shelley Carpenter, PT, RYT, Reiki Master/Teacher

There are two ways to live: you can live as if nothing is a miracle; you can live as if everything is a miracle. ---Albert Einstein

The yoga practices of linking movement and breath are very powerful elements that can open us up to the miracle of life. There is also a set of philosophical guidelines in yoga that guides the practice and can be integrated into one's life. *Santosha* is one of these guiding principles. It has been described as a “peaceful state of happiness in which one rests without desires”.

That sounds lovely until we try to understand how that applies personally to our lives. Does this mean that we are meant to drift through life in a state of bliss? Not exactly. Resting without desires doesn't mean that we stay the same, avoiding growth or change. It does mean that we learn to become content in the present moment. As we take small or large steps toward our goals, we are fully present in the process, finding contentment in the here and now.

We can only truly experience happiness in the present moment. The past is over, and the future is not yet here to enjoy (or fear). Just as one breath flows into another, one moment flows into another. As we consciously navigate this life, it becomes very obvious that nothing is constant. Nothing stays the same. That can give us peace when we are struggling. It can help us enjoy positive experiences without grasping. *Santosha* is about finding happiness and gratitude now with life just as it is. This type of happiness and contentment is not dependent upon our external circumstances.

If you'd like tools to calm your mind and find joy and contentment as you journey, now is a wonderful time to recommit to your yoga practice (or begin for the first time) or schedule a Reiki healing session. Embrace the miracle of your life!

Namaste,
Shelley

Shelley offers group yoga classes and is available for Reiki healing sessions and individual therapeutic yoga sessions at The Ommani Center. Please call 262-695-5311 to schedule an appointment, or see PureEnergyYoga.com for class schedule.

Through the practice of yoga, I have learned to cultivate Santosha (contentment) both on and off the yoga mat. Santosha is one of the guiding principles of yoga philosophy. It has been described as a "peaceful state of happiness in which one rests without desires".

Santosha doesn't mean that we stay the same, avoiding growth or change. It does mean that we learn to become content in the present moment. As we take small or large steps toward our goals, we are fully present in the process, finding contentment in the here and now.

The practice of gratitude is very helpful in this process. Taking time throughout the day to give thanks for all the beauty and goodness we witness and experience takes us out of our striving and grasping for more. We often think: "When I lose ___ pounds, I'll feel good and then I'll be happy". Or "if I have ___ experience, I'll be happy". We can only truly experience happiness in the present moment. Santosha is about finding happiness and gratitude now with life just as it is. This type of happiness and contentment is not dependent upon our external circumstances.

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*Namaste (the Spirit within me honors and respects the Spirit within you),
Shelley*