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Namaste Yoga Community,

“Before enlightenment: chop wood; carry water. After enlightenment: chop wood; carry water.” What occurs between the two ends of this cycle reveals everything about our process.

Carrying a bag mixed with the societal, religious, and scientific beliefs, our life may become challenging, awkward and rushed. Told at an early age, we accomplish one expectation and onto the next, never truthfully arriving at a feeling of resolution. Our early beliefs are left unchallenged. The world appears smaller.

Before we know it, another year, and another year and another year will pass.

But when we stop and give ourselves a moment to reflect and recognize how uncomplicated our life could be, we experience growth.

We drop the bag. We take a breath. We become aware of our relationship to our environment. We look around and realize the world didn't get smaller. We did.

Happy New Year. See you in class.

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