



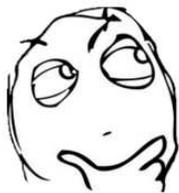
Finishing Well Yoga

Yoga at home and in the workplace

Dear Friend,

Are you ready to receive?

I know now that I wasn't.



Sometimes when we're seeking to personally grow and we're doing all the right things (or so we think), it just doesn't happen. It feels like life is lacking the right inspiration for true change even though we believe strongly that we're on the right path!

I didn't understand why I wasn't moving toward accepting the principles I am learning and beginning to believe in, such as nonjudgment, letting go, compassion for others, and being loving and forgiving towards all sentient beings. Well, I discovered recently that I wasn't ready to *hear* the inspiration that would help me break loose and I certainly didn't notice the clues that kept presenting themselves to me throughout my lifetime....

A few weeks ago, my wife Sandy and I were planning a trip to Washington DC to see our niece and I found out that one of my favorite speakers, Tara Brach, was scheduled to give a lecture while I was there. Tara is a Buddhist Monk and author, speaker, and clinical psychologist and her book, "Radical Acceptance" helped me through a difficult period in my life several years ago. Needless to say, I was excited to hear her, particularly because I have followed her pod casts for quite some time. I wrote her requesting a 20 minute meeting and my request was granted.

I arrived with great anticipation.... and then waited. After several minutes, I was told that she ran into terrible traffic and would be late. Finally, with 7 minutes left before she was to start her lecture, we were face to face! I quickly explained what I had been recently striving for and hoped she might offer advice. She did.



"Ron, I believe that you truly want to embrace the principles you've chosen. However, we cannot push ourselves with the rational mind but must wait for the emotional mind to arrive and carry through what we are striving to accomplish. It might even take another lifetime to accomplish our desires so in the meantime, lift them (your problems or difficulties) up unto the Lord and let them go."



Tara then gave me a wonderful example. When she was tied up in traffic on her way to our meeting and had no control over the situation, she had to let it go. She illustrated by putting her hands together as if holding water in the palms and, with a gentle lift up toward the heavens, said, "Give them up unto the Lord." In other words, let the outcome just be

without trying to control it.

In this short 7 minutes and brief example of her beliefs, I found myself feeling suddenly peaceful and relaxed. It finally sank in and I actually *heard* it! Guess what? I don't have to be in charge all the time. Whew!

But let me take you back. I've actually been shown this message at other times in my life but I wasn't ready:

- In 2007, my yoga teacher, Devarshi, offered, "Let it be your decision, oh Lord, not mine." I didn't embrace the message then because I thought it was a 'cop out' and I wanted to take responsibility for my own life.
- For most of my life, my wonderful mother, Marge Collins, would say, "Let it be in God's loving hands." It's even on her gravestone ("In God's Loving Hands") but I wasn't in a place in my life to recognize what it meant and how to apply this to my life.

Following my meeting with Tara, in one huge 'ah ha' moment, it all made sense. How interesting that the inspiration has been under my nose most of my life and offered to me several times, and only now can I *hear* it.

I know I still have more internal emotional work to do before the principles I am learning and beginning to believe in ARE in my life, but for now I feel free. I no longer feel the need to be right and that makes me vulnerable... but peace is worth it.

With the holiday seasons approaching, my wish for you is that you *hear* what you need when you need it to live your beliefs more fully, and when you can't, that you "Let it be in God's loving hands."

Namaste,

Ron Collins



Quote of the Day

(silent reflection)

The world is imperfect and will remain that way. I cannot change this, but will see it as an opportunity to awaken.

I cannot control events, but I can change my attitude towards them.

I will develop the wisdom not to assume that my initial responses are always true and correct.

Venerable Deok Wun Russell
Pitts, Zen Buddhist Monk



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**Pranayama (breath work)
and
Yoga Asanas (poses)**

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