



Finishing Well Yoga

Yoga at home and in the workplace

Dear Friend,

I have been feeling uneasy with the direction of our country for many years, and maybe even longer. It's difficult to articulate this uneasiness but I know it's there. Many of you may feel the same way. Before I begin, I must say that I believe we are not powerless in the face of these issues.

The ebb and flow of our country does not feel healthy to me. We, the wonderful melting pot that has brought diverse populations together and given such strength to our nation, seem to be diminishing into separateness. It seems to have been made more obvious with a looming Presidential election and the divisiveness that this election brings. We have been experiencing our government in gridlock and unable to move forward, corporations being selfish and corrupt, and even the police at odds as to how to handle the divisiveness. What can we, as individuals, do about it?

I believe we can make a difference. As Mahatma Gandhi said, "You must be the change you want to see in the world." Reaching out to others with love and compassion can be the unifying force that helps draw people together... and the place to start is first in your own heart, by giving yourself love and compassion, and then with your fellow citizens; at home, in businesses, in schools, and in our communities. I invite us all to share ourselves with others, particularly those of a different race, generation, background, or economic level.

Some suggestions include volunteering at a senior care facility or library youth department, inviting someone of a different ethnic background to a social function, helping out at a local school where children are in need, and working at a soup kitchen or with a 'meals on wheels' organization. Even taking care of discarded pets at an animal shelter makes a difference! Find one place where there are others in need.....where you have never ventured before.... and offer your talents, your energy, your love for fellow humans, and your smile.

We each, individually, have the power to unify this nation by connecting with each other one person at a time. I believe this and will continue to choose engagement through love and compassion above all else. Will you join me by reaching out and touching someone? Each one of us can add a loving stitch and mend the fabric of America!

I hope the article below, which can also be found on my website, offers an approach you'll find helpful.



Namaste,

Ron Collins

My 2016 Fall Classes

Yoga for Students

Monday, Thursday, Friday
Saugatuck High School

December - February 2017
and
March - May 2017



Yoga for Teachers

3:30pm - 4:30pm
Saugatuck High School

Beginning in November

Definitions Corner



Meditation

Meditation is a precise technique for resting the mind and attaining a heightened state of consciousness.



Private Sessions

Call 616-340-7338
for private sessions.
Click [here](#) to visit my
website for more
information.

Self Care Article

Nonjudgmental Awareness Opening Up To Others

Nonjudgmental awareness allows the mind to observe without criticizing, condemning, or judging. This makes reaching out to others easier because with no expectations, we are surprised by nothing. We are then able to share ourselves and make a more holistic connection.

To help explain it better: Whatever experience we may be having, nonjudgment helps us accept it. It is simply another of life's occurrences, just another thing to be aware of. There's no pride, shame, or anything personal at stake - what is there, is there. There is no clinging to the pleasant, no fleeing from the unpleasant. Nonjudgment sees all experiences, all thoughts, and all actions as equal. Nothing is suppressed. Nothing is repressed. Nonjudgment does not play favorites.

How can we get to nonjudgmental awareness when relating to others? Three steps towards mindfulness, or nonjudgmental observation, are suggested here:

1. Where ever you are, stop and observe. What is going on?
 2. Watch without making judgements, such as good/bad, happy/sad, approval/no approval. This lack of defining anything about the situation allows us to let the activity happen on its own without our interference.
 3. Allow it all to continue. If action is needed, it will be from the heart.
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The beauty of a nonjudgmental stance is that all the negative or positive garbage we're accustomed to telling ourselves about a person or event suddenly stops and a gentle feeling-tone takes us over. Our humanity is strengthened and we can open up to others more freely.

I would also suggest that the "Spreading Compassion" Self-Care Article on my [website](#) would be a wonderful enhancement to this topic.

When we are nonjudgmental, we recognize that while we may have felt we were different from the people we are observing, we all are very much the same...we simply want to be happy and avoid suffering. This is our connection and unifying place. Compassion is the result.

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