If you’re not part of the solution, you’re part of the problem

Find your yoga practice best reflected in your relationships

With your body

With your friends

With your family

With your community

Is there stability and strength in these connections?

When you are feeling dislocated in yourself and prehistoric brainstem overrides,

When you’re feeling uneasy, focus on your breath, or any area of your body.

To relieve anxiety, find the undercurrents of trust swelling up

Let the debris wash away.

Carry what you need.

Simplify.

See the larger ocean and sunshine and let them melt into your being.

If you’re not part of the solution, you’re part of the problem.

What are you doing here? What is your purpose? What are you waiting for?

Part of being the solution starts with listening

To yourself

To great teachers

To nature

To children

and trusting in the process.

Find the undercurrents of trust

again and again. Come back to that.

Let all the swirling debris work its way out

Find your center, your stability, the focal point of your heart in love with the world above all else.

Ecologically, we are stronger together.

If you’re not part of the solution, you’re part of the problem

Come back to love

Live with love

Lead with love.

Respond with love.

Let it inform all decisions great and small.

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