

*Picture of the Week: November 3, 2014 – The Sails Within*

Friday was Halloween and for my yoga classes I wore a football helmet for my costume. Believe it or not, it wasn't the heat that made the helmet hard to wear at times, but the weight. I guess football players get used to it, but I don't think I could get used to wearing an extra few pounds on my head. I have enough weight on my brain already, some of which I'm letting go of. Anyways, my classes were fun and provided some lightheartedness to practitioners as you could probably imagine.

Now that we're entering the heart of fall, this is also the harvest season in which historically at least, people would gather the crops they've grown and store them for the winter. A bountiful harvest meant a sustainable winter because there'd be enough food and other resources to survive the harsh weather. Other animals also spend this time gathering (think of squirrels and acorns), so they have plenty to get them through the next season.

Symbolically we can also look at the harvest season as a way to gather what we need to prepare us for the winter and whatever situation comes next. How about a sane and peaceful mind amongst the crowds during holiday shopping? Or the strength and wit to handle in-laws and otherwise unwelcome dinner guests? ;) I hope these examples aren't the case for you, but stress can be common this time of year, and if we don't have the resources to manage effectively, it can be a detriment to our well-being.



What we harvest is also based on what we've done to bring the harvest to fruition. It's relative to the saying you reap what you sow. If we want to harvest an abundant life, then everything we think and do should be in the spirit of abundance. If we want to harvest love, then we should be in the spirit of love. If we want to harvest peace for the holidays, then now is the time to think and live in peace. No one is perfect in thinking and acting in positivity, including me. It's an ongoing practice, but we can make an intention to exhibit the traits we want to have in our daily lives. The more we practice being, the easier it is to harvest the spirit of whatever we want, whether it's love, happiness, abundance or fun. Then we have plenty of reserves beyond just food and shelter to get us through the winter. Have a wonderful week!