

*Picture of the Week: October 13, 2014 – The Sails Within*

"Your worst enemy cannot harm you as much as your own thoughts, unguarded." Buddha.

This week I was inspired to write about thoughts since it's an ongoing learning experience for me, and perhaps it may be for you. I found the quote in a journal I bought with sayings of the Buddha, and as I was reading through some notes from a past yoga teacher training, I found it to be useful. The quote had me thinking, are my thoughts and perceptions consistently (as in on a daily, moment to moment basis) those that embody peace, prosperity, wisdom and love? Or do I fall into the trap of invoking conflict, anger, fear and lack in my mind? I have to remind myself sometimes it's okay to



have negative thoughts. We have those feelings for a reason, and they may even be appropriate for certain situations. Yet we also may not realize thoughts such as fear, anger and destitution can be harbored in our souls for years. Just because we have such perceptions, doesn't mean they belong with us for an extended period of time. With wisdom we learn there is a time to let go of the negative mind holding us back. Sometimes figuratively and literally (especially if you like yoga inversions such as headstand :)), looking at our inner world upside down can help us see a different perspective that is healthier for our well-being.

For this week, may we embody thoughts such as love, abundance, peace, wisdom and joy to nurture our spirits. Then let's see how our world is different and what we receive in return. And if we find our thoughts shifting to a more destructive pattern, may we have the strength, courage and wisdom to let it go. Have a great week!