

Unprecedented Times ...what can I/we do?



Dear Friends,

I hope you are doing well. We are living in unprecedented times. Today and the days ahead will undoubtedly present many opportunities for us to utilize all that we've learned/gained from our meditation practice. We can draw (inner) strength and steadiness from the foundation that we've laid, and embrace the support it will most certainly provide us.

Going forward:

-- **Meditate.** Increase the frequency and duration of your meditations. We are homebound -- the world is quieter. This is a golden opportunity to add more days and minutes to your practice. Suggested: minimum, 4 days p/week, 25-30 minutes each day.

--**Everyday Tools & Practices:** We must keep all aspects of our self and life in health and balance.

1. **Maintain healthy habits.** Habits are our framework. Maintain (daily) regularity in the choices that keep you mentally, physically, emotionally and spiritually strong. This keeps your (our) boat steady amidst the cresting and ebbing turbulence.

--**Eat healthy food** (resist the unhealthy 'go-to' items). **Think positive thoughts.** We *will* get through this -- together. **Daily physical exercise** makes a huge difference! **Walk** at home or at a park. **Go outside** -- do some spring yard clean-up. **Stretch.** Do **yoga** (lots of online instruction).

2. **Fresh air.** Breathe-in fresh air every day. Mindfully inhale (thru your nose) deep, expansive, cleansing breaths....upon awakening, mid-day, before bedtime.

3. **Take the opportunity** to start a new project; **do something that makes you happy.** Be creative. Take an online class. Experiment with new recipes. Call a long-lost friend. Many of you have recently expressed a desire to **de-clutter** -- this is a great time to start!

4. **Simple things in life.** Bring the extraordinary beauty of nature into your home with **fresh flowers** (\$4 p/bunch at Trader Joe's, Kroger). **Watch the birds** -- outside my kitchen window the neighbor's apple tree is host to blue jays, woodpeckers, robins and cardinals. Their beauty, sitting quietly perched on a bare branch, now appears more dignified and miraculous than ever.

"Every strong resolution you make with great determination can become a habit at once. Maintain a balanced nature -- intellectually, materially, and spiritually, then you will be at peace. Learn to be calm and you will be happy, you will be at peace." Yogananda

Wishing you all the best, and peaceful meditations.

Kathy Bindu Henning