

## **From the Heart**

We humans are very complex!  
We work and play, think and feel, and act out our desires.  
Unfortunately we can also be our own worst enemies.  
We can force ourselves to do something for years, though deep down we hate every moment of it.  
We can get so caught up in our goals, desires, work, life, that we simply forget to be.....  
to live in the moment.....  
We can worry too much, think too much, plan too much.....  
We can also fail to plan or think, when we really could.....  
We can eat too much, exercise too little, drink to excess....  
But we can also not eat enough, over do our exercise, or not allow ourselves to let go...  
Sometimes we can act with too much haste, and at other times we can act too slowly, or even fail to act when we need to....

Living is really a balance....a very complex balance.  
Sometimes life is going really well, and other times it all feels overwhelming.  
And of course there are always daily hassles – irritations with people and family, money issues, mortgage increases, medical problems, to name but a few....

Life really calls upon all our skills and it can be a real challenge just to live a ‘normal’ life, let alone lead a high profile life, such as sports person, politician, etc...

So how can we cope and lead a ‘better’ life?  
There are many people and organizations who will quickly give you ways and principles to lead your life. However, I don’t believe there is a single answer – it all depends....and it depends upon yourself.....

You need to listen to yourself....from deep within....listen to your own heart and lead your life from your own inner truth.....

For example, in practice, it means that when you stuff up – accept the reality, but don’t castigate yourself – do something to change the problem, then move on with life....  
When unclear what to do – speak to friends, seek advice, but then sit back, or go for a walk, or do whatever it is you need to do to get in touch with yourself....and listen to what feels right....

I myself find that running is a way I can best listen to myself.  
Radhika and I can best get in touch with ourselves in a togetherness way, when we walk along the beach. What is your preferred way?

In general, Yoga teaches us that the best way to get in touch with ourselves is when we quieten the mind and become more still within – even if we are active externally.

So see what happens if you lead your own life from your heart.....

