



Look to the Helpers

By Sadhvi Parananda

There is a I find that my need to be informed is in direct conflict with my need for a sense of well-being. My goodness, it is chaotic out there in the world. Every day the media reports are more distressing than the day before. The good news is that we can choose either to contract and brace against the unsettledness in the world, or choose to live above the fray. Yes, we actually get to choose.

"No one can take our inner state from us.

We can give it away, but it can't be forcibly taken."



Life presents us challenges. That is what life *does*! Most recently, I am dealing with some long ago injuries that, over time, have created compensations in my body. The challenges are getting sorted out, but there is chaos in my system in the short term, as everything learns a new way of being. It isn't comfortable and it surely isn't pleasant. But, if we can be disciplined and ride out our storms, then new and healthier patterns, with appropriate flow, get established and manifest as total well-being.

Physical maladies are a small part of what goes in inside of us. This body, this mind and this spirit all can learn to be in harmony as a creative flow. And, what better time to start than now, in this moment, without regard to external circumstances.

We were blessed with this precious human body - this precious human *life* -- that we get to live. We have it to live today. Tomorrow is not given. It is a gift. If we start reframing our lives to think like this, then how would we live differently? Would we live differently?

Tomorrow is a gift, not a given.

If today were your last day, and you knew it, what would be your focus. Think about it? What would you try to accomplish today? If you aren't working toward that state here and now, for what are you waiting?

When we are in a position where we feel too much stress or conflict, or we feel too overwhelmed and don't know how to proceed, follow the words of Mr. Fred Rogers:

"In situations of chaos, look to the helpers."

This is a good strategy in any situation of confusion, disaster or misfortune. Look to the Helpers. Emergency workers are a good example of Helpers. They train and practice for such eventualities and have experience about what to do and how to do it.

The Movement Center is a Helper. TMC *not* a building. It is not a set of staff members. TMC is a teacher, a teaching, and a community. It is people; it is a connection. TMC is a sustaining Helper, whether one is in Portland, Los Angeles, Boston, Kathmandu, India, or anywhere else in the world.

TMC exists as a support and in these very crazy times, it is here to sustain the flow. TMC

is an energetic field that has a teacher, a practice, and a community. These three jewels exist not in one physical place, but as a whole dynamic energetic system. TMC exists to support those interested in discovering their highest Self, whether they live in the ashram, next door, or across the world. It is a Helper in the truest sense of the word. All we need to do is to reach out and ask...and connect to the flow of that amazing Presence that fills us and gives us the energy, the courage, confidence and encouragement to rise above the chaos and to pursue our highest and best Self.



TRY THIS:

The next time you feel a little bit anxious, upset, angry or frustrated, STOP. This is an acronym used to remind helpers what to do in emergency situations. It stands for:

Stop

Think

Observe

Plan

Here's how you can apply it:

Stand or sit still. Focus on taking long slow exhales. Close your eyes and put a smile on your face. (A smile signals your parasympathetic nervous system that all is well.)

On every exhale, feel your energy rising up to the top of your head and above it.

Now, *think* about how, right now, you can make someone else's life a little better. Look around you. Observe. The action you take might be as simple as smiling at someone, making them a cup of tea, helping them carry something, or buying them lunch. Take the focus off of your situation for a few moments and become a Helper yourself.

Do the activity. When you have finished, stop and get very quiet. Breathe. Ask deeply in your heart to feel a sense of gratitude for having been able to serve.

Observe your state. Hopefully you will feel a deeper sense of Self and a clearer plan for how you can turn tension into love and flow.

Namaste,
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