



## The importance of contentment for reducing anxiety

by Rev Dr. Sudha Allitt, founder of Kula Kamala Foundation & Yoga Ashram

Contentment is a skill that allows us to move gracefully through moments of ease and moments of chaos and distress. When we feel content we are empowered to recognize our own resiliency, our own strength and our own creativity. When we become content, we can see the world through softer, less anxious eyes. This allows us to more readily hold compassionate space for ourselves and for others. Some people think Yoga of being about lazy relaxation, or of being an exercise routine. Some people suggest Yoga is a religion, or that it uses too much “flowery” language. In reality, Yoga is a universal path of peace, balance, wellness, and connection. It is appropriate for everyone, no matter age, weight, culture, or religion. You just need to find the right class for you. Yoga challenges and empowers its practitioners to see the value in qualities such as contentment and compassion and to make them a mainstay in life. Through the practice of simple Yoga techniques, we are compelled to acknowledge goodness and presence as integral to the journey of rediscovering our calmer, cooler and more collected selves. That is “the self” that can enjoy this life without getting caught up in its less than favorable moments.

If you experience anxiety, a simple practice you can do anytime is to breathe mindfully. Try it. Sit tall in your chair with both feet on the floor. Place your hands on your belly or thighs. Close your eyes. Relax your shoulders. Breathe in gently and breathe out gently. Feel that the breath is going and coming from deep with the lungs. The belly bloats when you inhale and naturally contracts when you exhale. Let the exhale be longer than the inhale. Repeat the pattern three or five times. With each breath say silently “I am content. I live a content life and still make changes as needed. I am open to change. I am open to contentment.”

Wishing you great contentment!

This note on wellness is provided by Kula Kamala Foundation & Yoga Ashram, a 501c3 non-profit organization that teaches Yoga, mindful breathing, meditation, nutrition, and more to the public with the intention of supporting a healthier happier community and world. For more information about our commitment to wellness visit us at [www.kulakamalafoundation.org](http://www.kulakamalafoundation.org)