

Attitude and Intention for the New Year

It occurred to me this morning as I was chopping red peppers in my kitchen - that how we begin something has a monumental effect on the outcome. That's right -- you heard that correctly. The beginning determines the end. How you start (meaning attitude and intention) determines the outcome.



WHAT BETTER TIME TO FOCUS ON THIS THAN AT THE START OF THE NEW YEAR?

Today is the official first day of 2008 - -

OK so technically the first day of the new year was yesterday New Years Day -- but let's face it -- that was a holiday. But today, Wednesday, many of us are back to our daily grind - same old same old. We are back into the routine of our working lives. But does it **have** to be same old same old?

Is it possible that we could begin to do things differently right here right now?
Is it possible that we could stay completely **conscious** as we are chopping red peppers in the kitchen, conscious of every chop of the knife, conscious of the unique shape of every small piece of chopped pepper and in complete awe of the radiant beauty of the pepper itself?



Perhaps we can begin to look at today - Wednesday Jan 2nd, 2008 as the sacred beginning of a new direction in our lives. Perhaps we can begin to experience each moment in our lives as sacred and precious, a gift from the Universe. Perhaps we can begin to live completely consciously in every moment, even while performing mundane tasks such as chopping peppers in the kitchen.

Perhaps we can begin to take a few steps back and as we walk through our lives we can begin to practice "witness consciousness" in each and every moment - - observing ourselves and our actions as if from afar. When our minds are "enlightened" we can do this while performing the actions themselves.

This IS the fruit of the yoga practice. That ability to see yourself clearly in the moment while you are taking action in the world. This clarity of vision gives you the FREEDOM TO CHOOSE YOUR ACTIONS. Without this clarity this "witness consciousness" you remain a victim of the "automatic mind" and the result will surely be "same old - same old." You will continue with the same habitual actions that have possibly been dragging you down and keeping you stuck in a rut for many many years.

Who says you can't begin to break out of that pattern today?

Try letting go of the fear of the unknown and try doing something today in a way that you would not ordinarily do it. This could be something very small like chopping vegetables in your kitchen instead of grabbing the "quick lunch" at the local fast food new age vegetarian hole in the wall restaurant simply because it's quicker and easier to eat on the run.

But look what it's doing to your digestion to eat this way, your esophagus, your intestinal tract -- YUCH!

QUICKER AND EASIER DOESN'T ALWAYS PAY OFF - -

As a matter of fact - - Quicker and easier - - always comes with a big karmic price tag. It might feel good in the moment but you will surely pay for it down the road . . .

Try doing things in a manner completely opposite to the way you would normally do them and see how it feels. Take some risks and notice the results.

AND REMEMBER - - CHANGE HAPPENS VERY SLOWLY, VERY VERY SLOWLY.

Real, lasting change is a process of slowly evolving into a new state.

New Years Resolutions are not black and white. This is a process
Be kind to yourself, be compassionate -- non-judgemental.

But above all -- Believe that change is possible. My teacher Shiva Rea often says:
"Be like a snake -- shedding the old skin."

What a beautiful analogy for staying totally optimistic in any moment.
Yes! We can turn on a dime if necessary - - Try something new.

BE LIKE THE SNAKE! What have you got to lose?

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