

*Musings on Yoga: **Small Sparkles***

***Yin Space**, February 1, 2021*

Greetings 'yin drawn, or curious'...

Now is one more moment.... to **breathe** deeply and perhaps smile the littlest bit, letting the corners of your mouth lift. Whether you are alone or in some public space.... **Soften** your gaze, or even close your eyes if you feel comfortable. If you are sitting, feel the support beneath you. If standing, settle into an easy stance. Take another long deep breath, and release. **Focus** on the sensation of your breathing for the next few breaths. As you breathe out.... as you breathe in..... Picture a flower... blue or yellow or red or some other colour,... and possibly hold it in your cupped hands.... with the gentleness that allows you not to crush it. Whatever flower you picture, **Observe** its small details of shape..... its symmetry..... and richness of its colours....

This flower grew because of the sun and rain. **Notice** how holding this flower, how being with these words affect you... drawing you in OR stirring small resistance to move on. Not bad or good... simply becoming aware of what is moving you. As you are ready... either place your flower gently somewhere around you or... cast it of to float with the wind. **Small beauties.**

*The mind can go in a thousand directions, but on this beautiful path, I walk in peace.
With each step, the wind blows. With each step a flower blooms.*

- Thich Nhat Hanh

If you are drawn to continue this moment.... perhaps either create movement matching arm movement and breathing, or shift into a gentle twist, or perhaps even settle into butterfly or some other seat for 20 long breaths.

Or move on.... :)



Each Step Reveals

Last Thursday night as I cycled home after livestreaming **Yin Space**, I was able to glimpse through the clouds the full moon, mesmerizing at times, making me happy to be on protected bike lanes and quiet streets. It reminded me yet again how our busyness, our stress, our conditioned and learned responses to life can obscure, or cloud our inner

brightness and light. That in the darkness as well, lay paths to seeing and releasing that full light. I felt alive, after sharing this practice of quieting and slowing down, opening to spaciousness, stretching and strengthening, learning more fully how to be in life. Winter rains are certainly here. Cloudiness. Almost snow. Cold. A time associated with inward reflection, stilling, and resting, using the practices of sitting with tea, settling on to our mat, or walking bundled up along the oceans' edge. In some worldviews, it is the seasonal time of water - *time to flow* - cleanse, let go and release. And, while some places are buried beneath the water of snow, here our rivers and creeks flood and move quickly. In this land beside the Salish Sea, green is all about, life force bubbling beneath the surfaces held contained by winter, yet at times popping open in small ways as seen in the spontaneous arising of the snowdrop flowers in gardens and parks around us. It is also a time of endurance and crafting patience, in these months of winter layered with the continuing challenge of Covid in the world, hoping for change and also seeing change - in leadership and new discoveries, peoples' actions speaking out for a better world, be they poet or teen climate change activist, scientist or care worker, or simply a person in the grocery store offering smiling eyes and a kind presence. In this time we are constantly encountering moments of unsettling and discomfort, along with moments of beauty, kindness and creation. Reason to again return to my mat, a place to gently stretch and explore, strengthen and build resiliency, crafting new patterns to work with discomfort and invite joy as we move into this next month, next week, next day, next moment... beginning again.

In closing, as you move with the seasonal energies of water, I invite you to find your mat, your yoga, your teacher, perhaps joining us in ***Yin Space***, using it in the way *your practice serves you*. As you walk your path I encourage you to notice the sparkles of beauty of the day, or even craft time to remember them all at the end of yet another day - splashes of white snowdrops beside the sidewalk; the play of sunlight on the wetness; a glimpse of a star at night through the clouds; watching a crow fiddle with a stick; or observing some small act of kindness or compassion expressed.

in weaving,
Yin Space

brad

brad davis
E-RYT200, RYT500, M.Ed.

I am grateful to be able to live and share this ancient and evolving practice of yoga on the traditional territories of the ɫə́kʷəŋən (Songhees and Esquimalt Nations) Peoples.