

Remember . . .
relaxation is not
something that
you do.
It is a natural
response
that you
allow to happen.
Relaxation
is what is left
when you stop
creating tension.



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The Fine Arts of Relaxation, Concentration & Meditation

Would you agree that as a society we are extremely polarized to doing, efficiency, and fast, fast, fast? Aren't we individually, and as a whole nation, plagued on a daily basis by tension, stress, and pressure. We *talk* of time to relax, but it is a rare person who even knows what it truly means to experience rest and repose.

Our mystics are reminding us that tension and relaxation move together. All we need to do to balance our lives is *stop* for a moment and let relaxation arise. It is true that tension is a defining characteristic of life. It is also true that relaxation is its inseparable partner.

Tension cannot sustain itself without release. Even the muscles in the body appear to be smarter than us. They honor this built-in mechanism that demands certain fibers in the muscle contract while others take it easy. They listen and honor the rhythm between the need for contraction and the need for relaxation. This is what keeps the muscle strong, alert, and ready for action. Without contraction and tension, the muscle become flaccid. Without relaxation and release, the muscle will cramp and collapse.

Our mystics are reminding us that our daily lives work in the same rhythm. We are in fact more efficient, enjoy higher productivity, and have happier lives when we purposefully and regularly push the pause button and take a time out. I remember reading an article in the New York Times purporting man was the *only* mammal who did *not* spend 85% of his life resting, sleeping, and eating. Oh, to be a lion!!

I invite you to explore what happens when you truly rest and actually give up doing for awhile. Will the doing energy arise on its own? Does it really need your involvement to appear on the scene and pull you into action? Does it work better when you move with its

natural rhythm? Can you let doing arrive with fresh energy and renewed focus instead of your normal sense of exhaustion and compulsion to drive on regardless?

Please join me again next month for another Reflection. Meanwhile, may true rest and repose find your mind and body and free you to enjoy the wisdom and lightness of Being.

Ragini