

From time to time in our practice, we appreciate moments of stillness. This place of harmony and freedom can be illusive. Ever have those days when everything falls into place, for no particular reason? You're simply having a "Good Day". And other days, when you feel totally disconnected, kind of in a funky fog. We often look externally and try to discover the heart of the matter.

How do we reconnect with the place of contentment? It's not as if we can will ourselves to be happy. The Great ones teach us that this place lies within and is always present – our natural state.

With our inward gaze, we often uncover other things that require our attention. We might not be able to resolve the matter this instant or this day. Our acknowledgement and acceptance is always the first step.