



Time Out!

Whether you're a sports fan or not, you have to appreciate the concept of a 'time out' – Forget the kid in the corner of a classroom wearing a dunce hat. Instead, imagine a basketball player advancing a ball to mid-court. It's crunch time. The score is tied with 30 seconds left and here comes the full court press. Suddenly the player has three defenders on his back. He stops, clutches the ball to his chest, looks to the ref with desperation and signals "Time Out!" The ref blows the whistle and the opposing players back off. Amazing! The player drops the ball and steps off the court.

Everyone can surely recall at time when Life has imposed a full court press. The practitioner of Yoga uses asana, breath, and meditation to slow the passing of time, or rather, to alter our perception. On occasion, we pause long enough to reconnect – to take a 'time out'. This is when attend to every breath, thought, and feeling.

It's easy to become overwhelmed by the apparent lack of time. It seems there's simply never enough. We'd do well to remember we have the same 24 hours a day as the great ones – The authors, theologians, explorers, and philosophers. The same 24 hours a day as Mother Theresa, Jacque Cousteau, Red Skelton, Galileo, and so many others who've inspired us. Perhaps a key is less time spent indulging our fears, self-doubt, and worry. We do have choices. This is OUR time.

~namaste