Good Enough

Recently I was able to spend time with my yoga teacher, John Friend, who came to Chicago to lead a workshop. John has studied yoga for more than 30 years and is so knowledgeable about yoga traditions and practice. I am always moved by his generosity in teaching – he really gives it his all. As a result, so do his students. When I am around people with such dedication and focus I feel such gratitude, and am moved by what appears to me to be perfection in action. I catch my ego as I hear myself making judgments and comparisons about my own actions. That is when my friend's "good enough" advice always helps. When I find myself scrutinizing, assessing, and comparing myself to perfection, I always see that I'm not "good enough". But I begin to realize that all I need to do is to choose a change in reference measures. Then I see how things like my yoga practice, and other activities that are equally important to me are definitely good enough.

Asanas.

Anjaneyasana
Lunge

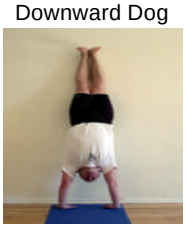
Adho Mukha
Svanasana
Downward Dog

Parsvakonasana
Side Angle
variation

Adho Mukha
Svanasana – mod.
Downward Dog

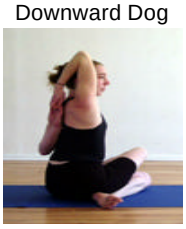
Chatturanga
Dandasana
Plank

Natarajasana
Dancer



Adho Mukha
Vrksasana
Handstand

Dhanurasana
Bow



Gomukhasana
Cow's Head pose

Ardha
Matsyendrasana
Seated Twist

Bekasana
Frog

Parsva Upavista
Konasana
Wide Angle Twist

Savasana
Corpse

Application. In my coaching practice I often hear people beat themselves up for the things that they think they "should" be doing something about. The "shoulds" often relate to self-generated fears of the future. The future that people create is usually some vision of a perfect world situation and based on limited understanding of their intentions. As I have learned how to bring the "good enough" attitude to my life and my yoga practice, I have learned that I am much more present to what is going on right now, which enables me to keep my focus and still my mind.

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