



## New Year Resolutions or Express Your Uniqueness?

I used to enjoy making lots of resolutions every year. I loved the feeling of a clean slate and chance to start fresh. However, the resolutions soon began to feel like another list of things I "should" do. They got added to the "to do" list and lost their joy. I suspect that may be the case with you. When I asked one of my yoga classes if anyone had made resolutions, they laughed. One student said "Mine is to stay out of the hospital this year." Sounds like a worthy goal to me.

For the past 2 years I've decided to skip the list that focused on my flaws and things I needed to improve. I'm already very well aware of those! That doesn't mean that I don't want to be as healthy as possible, grow spiritually, strengthen my relationships, or have life dreams and goals.

I'm focusing on being Real. Authentically me. I'm giving myself credit for trying, for getting up every day and doing my best, without expecting perfection. How freeing.

The practices of yoga, Reiki, meditation, and prayer have been gradually bringing me back to myself.

There's been a lot of meditating, soul-searching, and contemplation as well as often reverting back to old comfortable ways of being and coping. When I mess up, say, checking out mentally and watching 3 hours of Netflix sitcoms instead of doing something creative or exercising, I realize I've gotten off-track, overdoing it again, which is why I feel the need to "check-out." It's not been a straight line of upward growth by any means! I continually gain new insights about myself as I am open to seeing them.

I've rediscovered my goofy, fun-loving side that I had lost in my attempt to be a "grown-up" dealing with some of life's tough challenges. (For example, I invented "disco-dishes" which is a very fun way to get some of my housework done). Yes, I am weird. I love the "weirdness" of others. I am drawn to authentic people who care deeply about others and live this life fully while they are here.

Evolution is about transformation. But really it's about rediscovering and uncovering who you truly are and expressing your own uniqueness. What if we gave ourselves and each other permission to do that? How beautiful would this world be?

**I'd love to assist you on your unique journey back to yourself and finding your joy. I offer group yoga classes at Ommani on Tuesdays at 9 am and 6 pm, individual therapeutic yoga sessions and Reiki healing sessions. Stop by the front desk or call The Ommani Center to set up a session, or feel free to drop-in for yoga class.**

Blessings, love and light,  
Shelley  
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