

## We Have An Opportunity and Options Each Day

It is sometimes frustrating but not surprising to each day learn about some great tragedy that was the result of negligence or a lack of mindfulness and that could have been easily prevented.

Whether it is a plane crashing, a terrorist incident or a deadly attack on others in a home, office, factory or school, in retrospect and with investigation we usually find that it could have been prevented.

Perhaps life and how we have been conditioned to think and live has made us not compassionate or too preoccupied with our own feelings and desires.

Perhaps we are too busy or trying to do too many things in our lives or to be a perfectionist in all things.

Perhaps we think that it is not our responsibility or duty to be such a way or that someone else will take care of something that needs to be done.

Things that might really assist us getting to a better place in our lives, to give us greater mindfulness and energy and make us more compassionate and understanding of others are not part of mainstream conversation or investigation.

Instead we talk about politics and the economy or gossip about others.

Television also has a power and influence over us that many people recognize as being unwholesome at times.

It is not only about what is shown and depicted on television and how that can influence and confuse us, but also that we spend too much time watching it.

Yoga and Buddhism teach us that each day is an opportunity for making changes in our life and provide us with options for how we will use our time and energy for the day.

Yoga and Buddhism also suggest that we use their teachings as a way to both study and develop ourselves.

They also instruct us about the benefits of spending some time each day stretching and working the body in ways that it was meant to and can be worked and also practicing meditation, and that if we do such a thing we will bring greater energy and joy into our being, day and life.

If we are mindful about this opportunity and option that Yoga and Buddhism provide us, our day can be one of growth and enlightenment instead of one of habitual thinking, feelings, speaking and behaving in ways that may create suffering for both ourselves and others.

The opportunity and option to learn and do these things is there for all us all to do each day.

Now that we know about them, how will we proceed?

©2007 John C. Kimbrough