

 **Daily Doga *Inspirations for you and your dog***

Balance Beam of Life, Maureen Ross, MA

While watching the Olympians on the balancing beam, the thought occurred to me that life is like balancing on a beam at times. At any moment, a slip or blip can change our life.

With any challenge that is worth pursuing, all we can do is our best. Cultivating loving kindness towards ourselves, we train like the Olympians, to do our best, and be honest, loving, and compassionate with ourselves whether we slip or not. We dust ourselves off and keep on going with courage.

Sometimes we feel good and strong, and accomplish great achievements. Other times we feel inadequate and frustrated that we made a mistake or think we could have done better. Maybe so, maybe not.

Through it all, our loving kindness is unconditional. No matter how we feel, we can aspire to be the best we can be and be happy. We can learn to act and think like the Olympians leaning ways to help us balance our challenges and emotions, good or bad, like being on that balance beam.

Gradually, we become more aware of what causes us happiness or distress. We know what we could have done differently, and try it next time.

Without loving kindness and balance in our lives, it is difficult, if not impossible to genuinely empathize or offer it to others. Think like an Olympian. It is okay to be competitive, challenge ourselves, and make mistakes. The journey is what matters.

Enjoy the Journey!