



LOVE • SERVE • MEDITATE • REALIZE

This week's 'Food for Thought' August 29, 2011

Goethe said...

I have come to the frightening conclusion  
that I am the decisive element.  
It is my personal approach that creates the climate.  
It is my daily mood that makes the weather.  
I possess tremendous power to make  
life miserable or joyous.  
I can be a tool of torture or an instrument of inspiration,  
I can humiliate or humor, hurt or heal.  
In all situations, it is my response that decides  
whether a crisis is escalated or de-escalated,  
and a person is humanized or de-humanized.  
If we treat people as they are, we make them worse.  
If we treat people as they ought to be,  
we help them become  
what they are capable of becoming.

*Whatever you can do, or dream you can, begin it.  
Boldness has genius, power, and magic in it.*

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Just for this week take five minutes each day to sit and be quiet. Find a place where you can be undisturbed. You may be surprised to discover that somehow you begin to feel a little less tense and a little more willing to be pro active in staying calm throughout your day. This is the fringe of what meditation can offer you. Stillness, calm, slowing down, being available to the sweetness of your here and now life. If it feels good to you...sit a bit longer each day next week. Keep going. No judgment, no ridicule. Just be still and know that you are a beautiful part of the whole. Perhaps you will discover tiny shifts in your thoughts and behaviors that may assist the world in becoming a better place, just because you are who you are! —Marydale

**NOTE: The Studio will be closed  
September 3rd - 6th in observance of Labor Day**

*For further information about every day services and special events please visit our website at [www.Param-Yoga.com](http://www.Param-Yoga.com) or inquire at the Front Desk.*

**PARAM YOGA Healing Arts Center**  
21750 Devonshire Street Chatsworth, CA 91311 747 224•0402