



# **I'm Doing the Best I Can in a Really Hard World**

**- a workbook to help you cope during COVID-19 -**

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yoga & wellness

# You're doing great!

Seriously, you are. You've been handed an unreasonable situation in an unreasonable world and I believe you are doing the best you can. My question to you is this. Do YOU believe you're doing your best?

Start by saying the words, "I'm doing the best I can." Say them outloud. Now ask yourself these questions and note your answers:

Were the words easy or difficult to say?

What tone of voice did I hear?

What emotions do I feel after saying the words?

What sensations do I feel in my body after saying the words?

# WHAT'S OUR "BEST", ANYWAY?

## Look in a mirror.

You see that face staring back at you? That's the face of you today and all of your yesterdays.

Yep. There it is. Really look at yourself. Look deeply into your eyes.

Can you see the wisdom and happiness? Not yet? You will.

Patanjali, an ancient sage who believed to have lived in the second century BCE, gave us a very important set of verses called the Yoga Sutras. Within the Sutras, Patanjali wrote of five causes of human suffering (the "kleshas") that all stem from our forgetting our connection to the Divine. Essentially, we forget that we are bright and brave and, at our core, happy. And that we can access that happiness when and if we're ready. It truly is always there.

Patanjali called this forgetting, "avidya." Avidya is a Sanskrit word meaning ignorance, misconceptions, misunderstandings, incorrect knowledge. When we doubt ourselves, and lose sight of our own strength and wisdom, we're sitting in avidya, the first klesha.

Yoga tells us that there's a Divine power. People call it by different names:

Universe, God, Nature, Spirit, Higher Power. Is there a word that resonates for you? Whatever it is, know that you carry its wisdom and strength within you. You're separate, but the same. Like a grain of sand on a beach.

Why do we forget our Divinity? Why do we lose touch with our happiness? I love the idea of myself as a Divine being.

Sometimes I can feel it and many other times I forget. Like, when I feel like I've made a mistake, when I don't look or act the way others think I should, when I am afraid. Those are the times I forget how utterly Divine I really am. Fear and doubt take over. I don't feel happy or brave. Sound familiar? Read on.

# What gets in your way?

The virus for sure, right?

This chapter's exploration invites you to look at ways you forget your own Divinity and lose touch with your happiness. Grab your notebook and jot down whatever comes to mind when you read these questions:

Is the virus making you doubt yourself or feel differently about yourself than you did before? How does that feel?

How do you respond when you can't do something "normal" from pre-virus life?

When have you judged your feelings?

No self editing, please. Let yourself get real without judgment. Just see what comes up.

# EXPERIMENT

## Practice seeing yourself.

How often do you look in a mirror and really see yourself? I mean, maybe you look when you brush your teeth, do your hair, makeup, whatever, but do you SEE yourself? Many of us want others to SEE/ACCEPT/RESPECT/HOLD us but we don't necessarily see ourselves. Seeing yourself means learning to recognize your Divinity in all of its forms - pre-virus and current day. Try it.

Practice this daily, if you can, until you receive a new experiment from me next week. Notice any differences in what you see or how you write about this exploration from day to day.

## What you need

Your face and a mirror.

## What to do

Look in the mirror as if you are looking at the face of your best friend. See the lines and blemishes on your face and neck. Know that each comes with an experience and each is part of the roadmap of your life. Look at the shape of your face. Know that each curve, each hollow, each angle is part of your unique tapestry. Look into your eyes. Notice their color and their shape. They are the windows to your soul. What do you see? There's no right or wrong. Just notice.

Take a few moments to journal about your experience.