

Die Süsse des Lebens

Diese wunderbare und einfache Übung versüsst das Leben:

„Being truly alive to our sensations is to be truly alive to life. Sit in a quiet place and take a bite of your favorite chocolate. Hold it on your tongue; let it melt slightly. Taste it fully. Enjoy the smell. It is not the chocolate that is the practice; it is the ability to be fully alive to each moment. Cultivate this practice today.”

(Auszug aus “A Year of Living Your Yoga: Daily Practices to Shape Your Life”
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