



Learning to *See the Beauty*

ORIGIN COLUMNIST | Stacey Rosenberg

Years ago, a friend gave me a book about wabi-sabi, which is both a style of Japanese art and a philosophical outlook on life. It is to see the beauty in the imperfect, the incomplete, and the asymmetrical. This book first introduced me to the idea that we can see perfection in the imperfect, and the extraordinary in the mundane.

Studying Rajanaka Tantra with Dr. Douglas Brooks, I've come to see that Tantra embraces the ideals of wabi-sabi. Tantra illuminates that it is our flaws that make us uniquely, perfectly ourselves. Life is both beautiful and messy. We don't come in tidy packages. Our path is never straight. We are inherently imperfect.

It takes skill and insight though, to appreciate the perfect in the imperfect or see beauty through the flaws. In many ways, it runs counter to the way we are reared. Can you see how a failed relationship helped you become who you are now? Or how a career path that didn't succeed was a steppingstone to something better? These experiences are not failures, but rather your own personal adventures that ask you to turn inward to find strength, courage, and other virtues that you need to cultivate in order to live your dharma. I believe we are more successful in life by not labeling these experiences as good or bad, but rather simply seeing them as part of the journey to our true self.

When we stop seeking machine-made perfection and that which society deems as success, we can begin to see our quirks, mistakes, and wounds as markers of our beauty in the same way that we might value the subtle variations of handmade items, see the splendor in nature or the magnificence in an antique that has aged with the seasons. As Douglas Brooks says, "Where perfection ends, beauty begins."

Stacey Rosenberg is a certified Anusara® yoga instructor in the San Francisco Bay Area and around the globe. Her classes are dynamic and playful and provide a fun, safe, and nurturing environment that invites students to move deeply into their own hearts and live in an exalted way.

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Allowing Yourself TO BE HUMAN

ORIGIN COLUMNIST | Adri Kyser

I'm sure somewhere along the road, sometime during our lives, we've all met someone or a group of people that inspired us. In the way we perceive them, they seem to have all the great qualities a person could ever have. If they have any negative qualities, they sure don't show them. We admire their courage and inner strength to go after their dreams and goals. We find ourselves inspired by their stories, their lives, triumphs and successes.

In the past, I questioned whether I could ever have that kind of courage and strength, if I would ever feel successful and full of the positive qualities these people seem to embody. Several times I've been afraid to grow, to dream big, and to create something new because of how I would be perceived, and the possibility that I would fail or be rejected.

Now I realize everyone has problems, flaws, and may even feel at some point or another the same way I do. After all, we are all human beings, and the nature of being human is to be imperfect.

I truly believe that in order to grow, evolve, and transform, we must allow ourselves the time to be human and be open to new experiences. Let's erase the word "failing" from our vocabulary and realize that the way we perceive experiences is what makes them successful or not so successful. It takes courage and strength to step out of the comfort zone and go after your dreams and goals. If you make a bad decision or things don't work out like you hoped, it won't be the end of the world. Besides, what does not kill you will make you stronger, right? The more you try and go after what you want, the closer you'll get to your achievements. If you never try, how can you expect for things to happen?

Give yourself permission to be human. We all learn from our mistakes, we all have fallen once or twice (or more). The key is to get up, dust yourself off and continue to move forward. Trust yourself and see the good qualities you possess. When you find yourself concentrating on your flaws, take a moment to state all the good qualities you have. Everyone has great qualities, and that includes you.

When you allow yourself to be human, you are also allowing others to be human as well. This creates a more understanding, considerate and kind environment. The process starts with you. It may not be easy, it may be scary, but it is worth a try. You may be surprised with how your perception begins to change and new possibilities begin to flourish.



ADRI KYSER is a leading Vinyasa, Prana Flow® yoga & Power Pilates teacher with over 6 years + 1600 hrs of training combined. Adri's main style of yoga is based and inspired by her teacher Shiva Rea. You can find Adri leading classes, workshops, teacher trainings and retreats in the Dallas area & abroad. INNERBEAUTYYOGA.COM