

November 14, 2017

Dear Grace Church Family and Friends,

Over the last few months, my wife, Susan, and I have been getting more involved in the practice of yoga. We usually attend one to two classes a week and find it helps reenergize us, allowing us to put aside everything else in our lives as we focus on our poses and breathing.

The word yoga comes from an old Sanskrit root, *yuj*, meaning "to join," or "to unite," and the practice of yoga originated in ancient India as a way to focus the mind, body and spirit on attaining "liberation," freeing oneself from the physical world and uniting with the Supreme Being.

Last Saturday, as our yoga class began, the instructor urged us to set an intention for the upcoming hour, and in doing so, she offered us this reminder, encouraging us to repeat it over and over:

I am strong.
I am focused.

I am strong.
I am grounded.

I am strong.
I am complete.

As I did what the instructor said, repeating the lines again and again in my head, I instinctively realized that I was praying, letting the outside world drift away, and for a few brief moments, connecting to myself and my God.

Maybe you'd like to try it this week...

I am strong.
I am focused.

I am strong.
I am grounded.

I am strong.
I am complete.

See you in church,
Andrew

