

Challenge and Acceptance

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“Facing our fears and the challenges of life can push us to limits we had not previously thought possible.”



What does it take in one individual's life to stop or slow down for long enough to accept that it is time to take stock, accept personal responsibility and make changes? It's a big question; one that only you, yourself, can honestly answer. What will it take? I know what it was for me and it will be different for each and every one of us.

Facing our fears and the challenges of life can push us to limits we had not previously thought possible. It is here, at this edge, I have found the greatest growth, personally and spiritually.

Moving beyond who you thought yourself to be requires courage, determination and a sense that there is a purpose in facing our challenges. One, in fact, that is greater than our own personal gains. When I allowed myself the time to reflect on what was really important to me, it was about others and their lives. Things needed to change. Intuitively, I knew that the place to start was here, within myself.

Courage and exploring possibilities beyond our own limiting ideas and the definitions we have come to label ourselves with, can feel like an impossibility at times. 'I am like this..... This is me. I am not like It's not me.' These pieces of cement fix us and others into immovable definitions and nothing is allowed to change from these ideas in consciousness. This mindset traps us within our own minds and what we have told ourselves about ourselves. Then we repeat the story endlessly.

In my experience, this was how it was, until I learnt to change the beliefs I had been operating through. By changing the foundational perspectives, our beliefs and our thoughts, so we can reinvent ourselves. From a brand new self-determined place, accepting what we discover along the way, we can create a better life—beyond the mindtrap of our own beliefs. It's not who we really are. So how do you discover your own answers, your own truths?

Realisations result in beneficial changes in your health, your relationships and your perspectives of life. Realisations give rise to qualities like responsibility, maturity, compassion, tolerance, patience, discernment and confidence.

Your progress toward higher awareness can be measured by the number of honest realisations you have. Things begin (or cease) to make sense, horizons expand and there is a pattern to events. The possibility of steering your own life and living deliberately becomes real. Hidden influences are dissolved into light.

- The Avatar Path by Harry Palmer

The insights and changes I have made are a direct result of using the exercises and tools of the Avatar course. They are simple, profound and enlightening. Life is rewarding, exciting and more than I had ever dreamed was possible.

To find out more or experience Avatar, contact Lin. www.theavatarcoursepacific.com

Want to achieve peak performance? Try floating!

BY LENA YAMMINE



“You can float in your bathing suit or choose to go naked (in your own private tank) to enhance the feeling and sensation of freedom, thus improving your ability to 'let go' of the material world and its physical and mental constraints.”

Yes, you read the headline correctly. If you want to improve your results and achieve peak performance in any sport, hobby, playing of a musical instrument or even better grades in school (whatever your heart is set on) just float...in a floatation tank.

A floatation tank is a zero-gravity experience facilitated by the levitation properties of epsom salt-saturated water, which gives you a buoyancy that simulates floating weightlessly in outer space.

But what does that have to do with peak performance? Floating in a (sensory deprivation) tank or 'pod' as some people call it, quietens the mind, body and spirit to achieve the ultimate level of introspective meditation—effortlessly.

You can float in your bathing suit or choose to go naked (in your own private tank) to enhance the feeling and sensation of freedom, thus improving your ability to 'let go' of the material world and its physical and mental constraints. In so doing, you'll explore boundless possibilities within the world of your unlimited imagination, hence the link to peak performance.

Elite athletes, musicians, performers and other 'super achievers' can only practice a limited number of hours per day or week. The human body is limited by its capacity to repeat tasks and routines without repetitive strain injury, whereas the human mind has no such physical limitations nor does it experience adverse side effects.

For high-performance athletes, physical injury often occurs due to overuse of the body in high-intensity

training sessions and repetitive wear and tear, as well as stresses and strains during competitions and tournaments. A wide range of athletes have used floatation as both a preparatory strategy for improved performance ahead of competition, as well as for faster recovery and rehabilitation following hard-fought tournaments.

Musicians and artists have tapped into floatation therapy to increase their creativity and make innovative variations outside their current proficiency level. For example, a musician may visualise playing a particularly challenging song on a new instrument they have not yet mastered, whereas an artist may seek inspiration or motivation for a new work of art they are creating. Releasing oneself from the expectation of an outcome to unleash one's creative genius has been shown to be more easily achieved once the force of gravity has been overcome!

Floatation therapy is not limited to high achievers. Normal people are quietly and privately slipping into floatation tanks every day to explore the breadth and depth of their mental abilities in order to overcome the limitations of the physical world or deal with day-to-day stress and frustration. At a minimum, they experience an interruption-free time, void of distractions and negative impulses.

Therein lies the hidden secret of floatation therapy—its true beauty and elegance is the absence of everything except the self—yourself, on your own, separate from others. Imagine what you could think of and consider as possibilities? You might even forget you're floating naked in a tank full of salty water!