

I took some time over the holidays to re-do my website. It took time not because it was hard to do technically, rather because I did not know how to share what I wanted to offer in terms of programs and events. A lot of what I'm offering are practices that come authentically & effortlessly to me. I want to spend a lot of time in 2022 meditating and

Coming up I have a night of pranayama, mantra japa and meditation for Shiva - the rockstar adiyogi on **March 1, 2022 - Tuesday at 6:30 pm IST - open & free to all.**

On an ongoing basis I have Sunday Shavasanas - two Sundays a month : Feb 20 & Feb 27 at 8:00 am IST. Additionally there are Monthly New and Full moon flows. Details for both of these can be found on my [website](#).

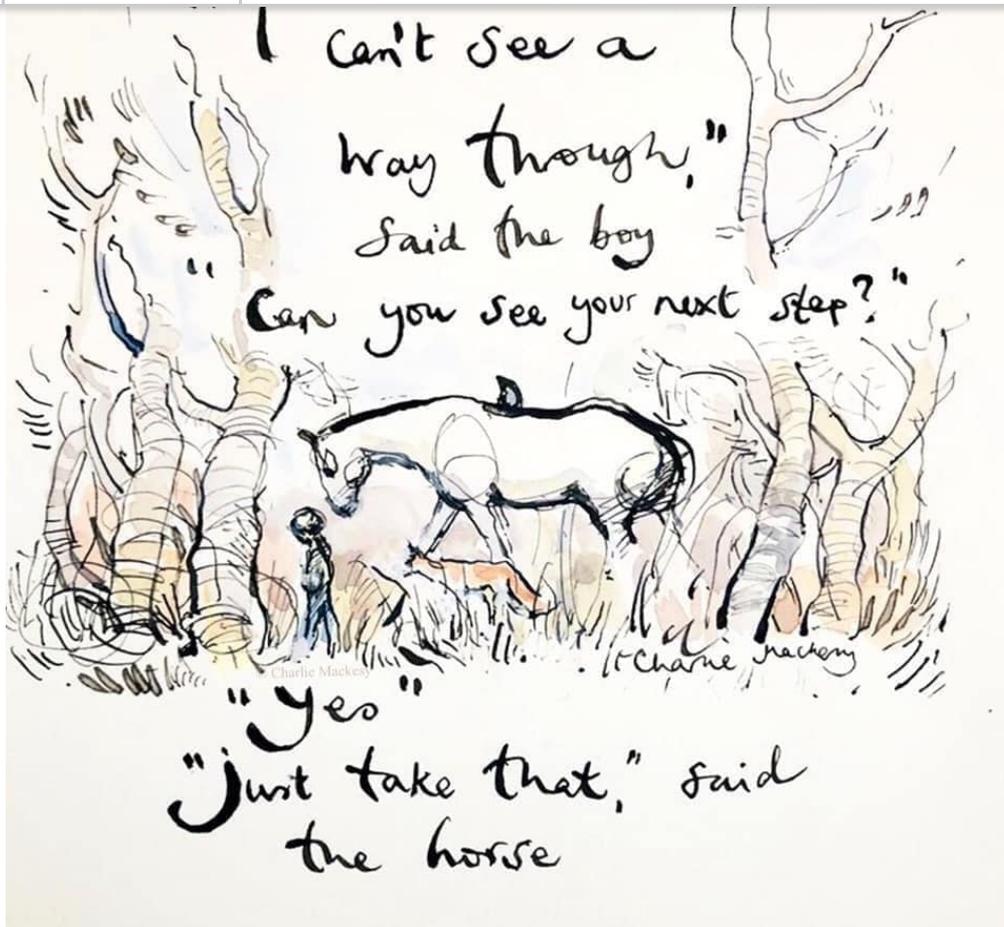
I would love to see more of you on the mat :)

This time's writing is a reminder to me and you all to slow down. Yes it's the beginning of the year, yes most of us have been sitting at home because of omicron, but when you do get out, do so mindfully and with a pace that serves you for the of the year. That, and a short piece on challenge those feelings of not being good enough and doing creative things because they make you happy.

Thank you, for allowing me to express my creative self,

Nayana

Begin Again.



This last month has been hard for many of my students. We all started 2022 with all of these resolutions and plans & intentions, and Omicron put all of those on hold, albeit temporarily. It is of course natural to feel dispirited during these moments in life. Being mindful and being in the NOW is never about not recognising hard times. It is about not making that your whole story - it is about *pausing, recognising, acknowledging & then responding* & taking the next step you can see and continuing from there.

It was pretty easy to write those lines, but it is super hard work. Work that is never *fully done*. Because invariably we will fail sometimes, we will react & be overwhelmed by our circumstances, by the massiveness of our tasks or the length of the journey. We can't see how it's all going to come together or how one step in connection with the other will lead us to where we want to be ~ but it does.

I am, by nature, impatient. I want immediate results to all the hard work I am putting in. It is very easy for me to slip into "but I did this so why is the result so obscure?" Sadly, in that dance of putting in the work and eagerly waiting for the results - I start to panic and i do not appreciate the pause. That pause that might bring me to other creative work that I can put my energies into, instead of fretting.

"Gaps offer opportunities for you to process learning, and confusion. They provide space for insight, and breakthroughs that can save more time than clumsily multitasking or rushing through various to-dos throughout the course of the day.

Even a moment looking out a window, or going for a walk without a phone, or fifteen minutes in line without falling into your phone—even one good breath—can save your day. You'll find your mind relaxes, and your heart remembers clarity, inspiration, and joy. You'll be better at work and relationships."

~ *It's Never too Late to Fall in Love with your Life.*, Waylon H Lewis.

Invariably, when you've had a rough January or you are lagging behind with your resolutions for 2022 already, you will rush & hustle to do more. I am not asking you to abandon your plans, I am asking you to find a pace that is sustainable and allow yourself time to enjoy the transitory phases.

Every time I have stopped & paused after finishing one task, I have found I tackle the next thing on my to-do list with more rigour, but also sometimes with more curiosity & therefore more creativity. It does not seem like chasing a task list anymore then. Which is what we all need life to be. You'll always have tasks and failed resolutions and bad starts to things, but how do we reignite? - by refuelling :)

The magic of the moment is lost by hustling - it is never worth any achievement it gets you. It has never been worth any of mine. The choice is yours, you can either just DO more work or do more *meaningful* work and build a more *meaningful* life. A friend of mine once advised me to develop a keen listening ear to what life is saying to me, she said "when it's time to slow down, life will whisper. Then it will yell."

So get back to those resolutions and those plans and pick yourself up - move with grace and integrity and do not hustle and always listen to life's whispers.

Worthy Now. Not If. Not When.

Some of you may know of my love for Brené Brown. She has written a new book titled Atlas of The Heart and I can not wait to read it! A couple of months back she posted this quote on [her instagram](#) and I felt my heart do a fist-pump.

in life. It stops us from pursuing our dreams and trying our hand at art or at any creative endeavour. It silences expressions of ourselves that we think are not worth sharing with the world, because they do not meet some standard we're holding ourselves to.

IF YOU HEAR A VOICE
WITHIN YOU SAY 'YOU
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THAT VOICE WILL BE
SILENCED.

VINCENT VAN GOGH

Battling feelings of unworthiness is hard. Every time I open this page to write a newsletter my first response is "who is going to read it anyway, how can I have anything of interest to say to anybody else" But writing is a way I express myself creatively & I each time I tell myself *Im good enough to write this newsletter* and get on with it.

A couple of years back, I did this course called 'The Artist's way' by Julia Cameron, about reigniting your creative self and dealing with these inner dialogues of not being good enough. It's 12 weeks long with a lot of homework and self work but it was totally worth it. I restarted that course last week. One of the tasks in the book is to pick up a creative hobby or project that I have been meaning to work on but never find the time for.

I pass on the challenge to you today - ***what is the one thing you've wanted to creatively work on but just never find the right time to do it.*** Go do it. There is no need for it to be big and flamboyant - just dip your toes into it and see how that feel and take it from there. Here's one more from Brené's instagram:

Sports Psychologist,
Dr. Pippa Grange on

SHALLOW WINS

versus

DEEP WINS

Winning shallow is winning to avoid feeling "not good enough" or to beat the other person. We feel urgency and self-doubt, and no matter what we achieve we still doubt we're good enough. We're still not fulfilled because the shallow win is comparative and drives more scarcity: Why do I still feel bad? When will I win again?

Winning deep is not about the ego, it's driven by the soul. We can feel the richness of the win – even the small ones – because we are connected to the joy, the struggle, and even the mess. There's wild desire in the deep win – it's less domesticated. You feel the deep win achievements because they're often connected to something outside of you.



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