

## Rebooting Your Inner Computer *By Carolyn Reynolds*

Sometimes when you are busily working on your computer, sourcing information, compiling data, checking for messages, looking for the latest plane fares, and adding to the time log you are supposed to keep for your boss, the computer freezes. It is overloaded. You can't even move the cursor to close a program. You are supposed to give it time to rest, but has that ever worked for anybody? There is only one thing to do. Shut down and reboot.

The computer overload is a great metaphor for life. Your feet hit the ground running in the morning when you are a young adult, perhaps slowly and painfully if you are an older adult, but nonetheless, the race is on. The number of programs in the game of life is infinite. Some are games of responsibility; some are just too seductive to pass up. We keep adding the programs to our lives until one day our body-mind machine freezes. Perhaps the heart stops, or less drastically, the body succumbs to microbes and it is two weeks in bed with the flu. But, of course, there are many signs along the way such as irritability, colds, depression, accidents, strained relationships, shoulder/neck/back pain, and substance abuse.

Unfortunately, these bodily signs and shut-downs add to the overload. The prescription for a healthy, vibrant, creative human existence is having a relationship with the world that includes awareness of the senses, proper care of the physical body, breathing skills, discipline of the mind and experience in silence.

Yoga is a spiritual program that can reboot your mind/body computer. Yoga takes you from the world to the senses, to the body, to the breath, to the mind and to the silence. It is in this silence where the "reboot" happens. The following simple schedule can be modified as to the amount of time you would like to spend in each area.

Sit comfortably and be aware of the world around you by observing your surroundings. Then feel how you connect with the floor or chair. Next listen for sounds. Then notice any smells.

If you are a Hatha Yoga practitioner, chose postures that feel right for you today. If you are not, simply stand and raise your arms above your head to form a steeple. Breathe in fully. Arch to the left. Breathe out fully as you arch. Back to center with the breath. Arch to the right while breathing out. Back to center for your breath in. Now look over the right shoulder to the wall behind you. Back to center. Look over the left shoulder to the wall behind you. Back to center. Slowly drop the head forward and round down with softly bent knees as far as comfortable. Back to center. Place you hands on your lower back and look up to the ceiling. Back to center. Keep the same pattern of breathing that you did with the arching into Half Moon.

Sit comfortably. Choose a breathing practice you learned in yoga class. Or if you have not been trained simply breathe in fully. Exhale fully. Repeat three times. Be aware of the flow of the breath in the nostrils. As you are aware of the flow of the breath through the nostrils, notice the quality of the mind. If thoughts arise, simply notice them and allow them to recede into the place from which they arose.

Allow your attention to move to either the space between the breasts or the space between the eyebrows. Maintain attention in the silence.

Reboot complete. It is in that deep stillness and silence that the magic happens. You will be able to see more clearly what, in your agenda book, is useful in your life and what is not. Keep what is useful. Delete what is not.