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The Spiritual Side of Social Media

SOcial networking is akin to the Tower of Babel – on steroids. The various ways and means can be confusing, inaccurate, and often feel like an incomplete experience as there often is no closure to the ‘conversations’ which are generated. Despite concerns, and there are many¹, Facebook, Twitter, LinkedIn, and the like are an amazing suite of tools which, if viewed in a certain way, are an excellent training ground for a life devoted to spirituality. Really!

9 Ways Social Networking Enhances Spiritual Practice

1. Just say No

Healthy energetic boundaries are a cornerstone of spiritual practice. Without them, we are simply afloat in a sea of other people’s whims and desires. While it’s great to be informed, sometimes, we just have to block the daily onslaught. Does it really enhance your life to receive updates as your favorite celeb slides into rehab readiness? Do certain news outlets inform or just put you into a state of fear? Practice saying ‘no thanks’ and take back control of what you allow into your head!

2. Practice Courage and Openness

Boundaries can work the other way too – what greater way to explore unfamiliar ideas and cultures than by making cyber-friends with people we might never get a chance to interact with in real life? If you allow it you can shift your entire map of perception from your living-room!

3. Get Triggered

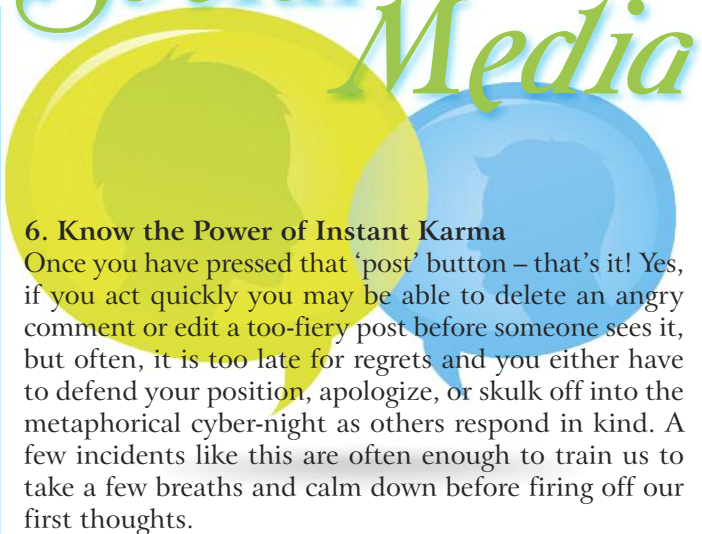
Instead of waiting for our partner or family to trigger our ‘stuff’ so we can work on it, simply go to a page where there are comments opposing your political, spiritual, or sexual viewpoint. Practice breathing in the midst of upset and sending love and acceptance to your ‘opponent.’ Of course, go back to #1 if you are feeling overwhelmed.

4. Practice Trust and Intuition

No matter how uplifting someone’s messages may be, they are still distractions in an already overloaded day. Trust that your higher guidance will allow you to see what is truly important for your growth without falling into the addictive behavior pattern of feeling that you have to keep up with every single post or tweet.

5. Practice Integrity

Once out in the ‘cloud’ world information is potentially there forever and may come back to haunt you. Instead of worrying, cultivate a life that will stand up to the casual internet inquiries of say, a future employer or new romantic interest. Of course, we all have ‘those moments’ when something we do or say makes us very vulnerable to criticism. Best advice – own it and move on!



6. Know the Power of Instant Karma

Once you have pressed that ‘post’ button – that’s it! Yes, if you act quickly you may be able to delete an angry comment or edit a too-fiery post before someone sees it, but often, it is too late for regrets and you either have to defend your position, apologize, or skulk off into the metaphorical cyber-night as others respond in kind. A few incidents like this are often enough to train us to take a few breaths and calm down before firing off our first thoughts.

7. Hone Empathic Listening Skills and Witness Consciousness

Social networking may not seem to encourage us to take our time to fully digest what has been said or to make careful replies, but it’s really up to us as to how, or if, we do respond. Yes, if we pause to reflect, someone else might get a well-formed idea out there before us. But by placing the emphasis on understanding instead of making sure we are heard, we contribute less to the cacophony and more to being a loving witness to the parade of ideas and emotions.

8. Know that We are All Connected

Quantum physics has proven that communication can be both instantaneous and non-local. While internet communication hasn’t gotten quite that fast yet, it’s a pretty good reflection of this reality and gives us a working model of the multi-faceted interfaces which tie us all together.

9. Feel the Power of Connection

We can use social networking to endlessly complain, or to create something powerfully beautiful. Entire political and social movements have been made possible through social networking, and I predict that this trend will continue. It is only a matter of time before leaps of consciousness through our united efforts will be made possible. There are tons of groups attempting to do this right now². Go forth and do with others that which can’t be done alone! ▲

Reading Recommendations

1. Van Dijck, *The Culture of Connectivity: A Critical History of Social Media*, 2013.
2. Carr, Nicholas, *The Shallows: What the Internet is Doing to our Brain*, 2011.



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"A New Approach to Better Living"

HIGH WORTH Maintenance

ARE YOU A HIGH WORTH ASSOCIATE, executive, partner or entrepreneur? Do you employ, manage or direct high worth individuals? If you occupy this status or aspire to it, this article is for you. In the corporate world, a high worth employee is one who brings substantial money into a company, and enjoys a substantial salary, generous bonuses and a strong benefits package in return. In a perfect world, this is based on providing an optimal dollar advantage, quality products and services and valued experiences and benefits to customers and clients.

This article will explore an essential way that high worth employees can maintain their standard of performance. Let's begin by defining the high worth employee's reality as one of deadlines and quotas within an environment of constant change, where competitors are vying for placement or dominance. Whereas others may ask "How do I do this?", "What do I need?", "How do I handle this competition?", these employees think 'analytics', 'project bandwidth' and 'co-opetition'. Whereas others may have relative downtime in their day, high worth individuals' days are consumed with strategic decision making and minute details.

Such constant focus requires a full mental energy and physical resilience that replenishes every day. All other factors constant, this full supply is the essential item supporting the qualities of a high worth individual – stamina, responsiveness, quick recovery time, willingness and ability to step out of one's comfort zone, etc.

It is easy to lose track of subtle changes in this neuro-physical capacity when we push the envelope (as most high worth individuals tend to do). So beyond all the variables, there is one fixed required skill – the ability to be aware of one's internal states so one can make adjustments as needed. And if such awareness were indeed a critical high worth characteristic, one would think that our most successful companies would encourage it and even support it with resources. And we find that they do, as in corporations like Apple, Google and Yahoo. Such support is found in firms like McKinsey and Co., Deutsche Bank and Nike, as well as companies like Prentice Hall Publishing, AOL Time Warner and HBO. These organizations have discovered that their employees can maintain their high worth when they engage in the time-honored practice of Meditation.



When we cultivate meditative awareness, we find that we can distinguish four states. We will refer to the first state as a state of ease, with terms and metaphors like peak performance, in the zone, the sweet spot. The next state is stress, from light stress that is distracting (but that we can handle) to significant stress that begins to eat into our productivity. The next state is strain, which is essentially excessive stress. To differentiate the two, a good night's sleep will typically handle much of the high worth individual's stress, but will not handle strain. At best, a night's rest will reduce strain to a degree of stress, which means we are carrying stress over from one day to the next, putting us in a vulnerable and precarious situation. Finally, excessive strain leads to exhaustion. Some use the term burnout, but exhaustion is more exact as it refers to the exhaustion of one's mental energy and physical resilience.

Since the high worth employee lives by numbers (quotas, sales, ratios, margins, etc.) we will employ a simple 1 to 10 tracking system, with a decimal subsystem if you find it useful. So Ease can score from 10 to 9. Stress, 8 to 7. Strain, 6 to 5. And Exhaustion, 4 to 3. This leaves 2 and 1, which we will reserve for health issues.

Simply put, high worth individuals move down the scale because they push themselves. So the next step is defining the amount of Meditation required to move up the scale. For example, 20 minutes might suffice for a mild 8.5 stress, whereas two hours might be needed for medium 6.0 strain. Perhaps a six-hour meditation marathon or a full day meditative retreat might be needed to prevent a 3.0 exhaustion from turning medical.

Statistics show that 20 to 30 minutes of Meditation can equal two hours of sleep. An hour to two hours can equal eight hours sleep. And a full day can replicate the benefits of a week vacation. (Note that a week vacation is not what it used to be, with smart phone in our pocket, tablet in our shoulder bag and laptop in our hotel room).

If you are a high worth individual, I'm guessing you may have already conducted searches in the course of reading this article. If so, keep searching. You will be impressed by the documented studies of the many other benefits of Meditation in one's professional life. ▲

Meditation for your *Life*



Creating a Plan
that Suits
Your Style



Robert Butera, PhD

CREATE A MEDITATION PLAN THAT SUITS YOUR PERSONAL STYLE

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Dr. Bob Butera

*Publisher of
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Meditation for Your Life offers an innovative new program of personal empowerment that can help anyone make meditation a lifelong practice. Key insights on how to prepare the mind for meditation are offered alongside tips on how to create a lifestyle that sustains a meditative practice.

Six basic forms of Meditation are described in detail and the reader is guided to identify which style suits their disposition the best. This unique approach allows the reader to create a practice that complements their personality and fits their unique needs. Questions, exercises, and illustrative stories engage and support the reader through the self-inquiry process.

Praise for **Meditation for Your Life**

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– Larry Payne, PhD, *Yoga for Dummies*, *Yoga Rx* & *The Business of Teaching Yoga*

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"You could have no better guide than master yogi and scholar Robert Butera... whether you teach meditation or are taking your first step into practice, this book belongs by your cushion!"

– Amy Weintraub, MFA, ERYT-500, author *Yoga for Depression & Yoga Skills for Therapists*

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www.MeditationForYourLife.com



Phytofoods: Wild Edibles



At this time of year, I'm a little obsessed with greens and weeds. The only thing I love more than the nutritious earthiness of garden greens in summertime is the satisfaction that comes from foraging (*free*) wild edible greens that are packed with even more phytonutrients!

PURSLANE (*Portulaca oleracea*)

Purslane, also called fatweed or duckweed, is one of my all-time favorite wild greens. It's free, filling, nutritious and delicious and most notably, Purslane is an outstanding plant-based source of the Omega-3 fatty acid called alpha-linolenic acid (ALA). This amazing wild green has more vitamin E and beta-carotene than any other vegetable, plus it's also high in vitamin C, magnesium, riboflavin, potassium and phosphorus. Purslane leaves are succulent and satisfying and the taste is fresh and lemony. The stalks have a sprightly somewhat tart flavor and are delicious if not too mature.

LILY BULBS (*Lillium*)

The unopened bulbs of the common lily plant are beyond delicious. These can be plucked off the plant and eaten raw or they can be harvested and cooked. Lily bulbs are a common staple of Chinese cooking. The raw bulbs taste both sweet and spicy. The texture is similar to squash. Be sure not to pick lily bulbs from landscaped areas where pesticides or fertilizers might be in use.

DANDELION (*Taraxacum officinale*)

Dandelion is a prolific and delicious weed that has abundant health properties, most notably dandelion is a diuretic and is indicated for liver, kidney and blood health. Because the sharply serrated blades of a mature dandelion are too bitter to be enjoyable try to pick dandelion early in the season, before the flower stalks shoot up and when the leaves are less than 6 inches. Eaten raw, dandelion leaves can be peppered in to a traditional salad, adding a hint of pepper and bite. They are also delicious steamed or sautéed with other common greens, served with a bit of olive oil, salt, pepper and a squeeze of lemon.

PATIENCE DOCK (*Rumex Patientia*)

Also called English Spinach, this leafy green is similar to Sorrel but with wider, heartier leaves. It's often used in Romania, Bulgaria and Serbia as a stuffed leaf dish. It can be eaten raw, like spinach, parboiled for the eastern European rolled leaf dish, or it can be sautéed. Patience Dock is rich in vitamins and mineral salts, particularly potassium, magnesium, calcium and iron and is medicinally used in tincture form to treat anemia and blood disorders.

STINGING NETTLES (*Urtica dioica*)

Stinging nettles are called such because they have hollow stinging hairs called trichomes on their leaves and stems that inject histamine when contacted. Nettle harvesting is best done wearing long pants, a long shirt and gloves. Along with the usual variety of vitamins and minerals, the stand out benefit for nettles is that they are quite high in protein. Nettles are an über-popular medicinal herb and when made into a tea or tincture, they support your liver function and balance your blood. Nettles can also be used for arthritis, anemia, hay fever and kidney problems. When cooked, nettles taste like earthy spinach with more floral after taste. You can steam them for 1-2 minutes and then lightly sauté them with spring asparagus and serve over pasta.

Here's an easy recipe that can handle any of the varieties of wild greens that you might encounter during the summer months.

STEAMED WILD GREENS

4 cups Wild Greens

1 cup water

1 tablespoon butter or olive oil

Sea Salt & Pepper

Directions: Snap young green leaves from base, and set in a clean sink with enough cool water to cover. Soak your wild greens two or three times to remove as much dirt and sand as possible. Place your greens in a saucepan with 1 cup of boiling water. Simmer for 3-5 minutes. Dress with butter or olive oil, salt and pepper to taste. If your greens are bitter, feel free to mix them in with more traditional garden greens.

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Strong Children, Strong Families

SHARING YOGA AS A FAMILY is not only fun but also has the power to strengthen the family unit. A strong family breeds well-adjusted children who are

positively connected to those who love them and are empowered to reflect that love out into the world.

Understandably, it can be difficult to find downtime in a hectic family schedule. Fortunately, the practice of yoga is adaptable. You don't have a full half hour to dedicate to "yoga time". Try taking a few deep breaths together in the car on the way to the play audition, practicing a couple of simple stretching poses paired with a calming breath before heading out onto the soccer field, letting off steam together with a Lion's Breath, or sharing a visual imagery exercise before bed. Adapting yoga sessions for your family—even 1 to 5 minutes here and there throughout the day—can be beneficial. These yoga breaks provide wonderful opportunities to connect as a family while providing your children an opportunity to experience how yoga can be used as a helpful tool any time!

Your family can benefit from "connecting moments" in yoga, moments found in partner poses, games, family activities and projects, family performances, or a quiet discussion of a yoga principle or following a visualization exercise. In these moments, you'll learn more about one another, build trust, engage in teamwork, and deepen bonds. Family communication and interaction becomes fun yet meaningful, enhancing connectedness between yourself and your children, and the family as a whole.

The weeks after a new school year begins, the holidays, the days leading up to an important test or a sports competition, or a traumatic family event are all examples of times when you and your child may experience



increased anxiety, stress, and pressure. Taking a few minutes to practice yoga together will give you a safe "respite from the storm," remind you of what is most important, and

teach skills to manage uncomfortable feelings. Practicing these skills will support your family members throughout their lives.

Promote Positive Communication

The kind of positive, playful communication and interactions found in yoga, when practiced together as a family, set the stage for improving intimacy, leading to more rewarding family relationships. Through partner poses, you will experience positive touch. Breathing together will connect you energetically. Encouraging one another when attempting new yoga postures provides a sense of appreciation and community. Through the discussion of the yoga principles, you'll be finding common ground and new language by which to communicate. With this newfound set of verbal and nonverbal communication skills, you'll find a new level of connection that ultimately supports the overall family system.

Promote Respect

Yoga is a practice in self-regulation. Through a regular yoga practice, your family will benefit from learning to pause, reflect, and think before acting or speaking. During times when tempers are hot and the potential for hurtful comments is high, having the language of yoga at your fingertips will offer your family an opportunity to pause together, choose and practice an appropriate calming yoga breath or activity, and then reconvene from a more peaceful, positive place. Armed with the knowledge of the yoga principles, your family can learn to act respectfully both in and out of the home.

continued on page 44

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Reduce Family Stress

It's important to remember that for the most part, stress is a state of mind, and we can choose to be stressed or not. Families who learn and practice this concept together find their stress level decreases. Now, many times we can't remove stressors from our family life. What we can do is learn to be less reactive to them, and we can teach that important skill to our children as well. Ultimately, being okay with the way things are is the goal of yoga. Modeling non-reactivity is a powerful way to share this concept with your children. Alert your kids when you are feeling overwhelmed. "I'm looking around at a messy house, you would like my help with homework, and I still haven't made dinner. I'm feeling overwhelmed . . . will you sit and breathe with me?" This approach not only provides you with a moment to calm and regroup, but it also models positive coping skills for your child while giving you an opportunity to connect. Your children may enjoy reminding you when you need to "Count Down to Calm" and you should let them! It can be fun to feign not remembering how to do it and to ask for their assistance in leading in the breath. They will feel valued and helpful, and everyone benefits.

During especially stressful moments, try calling your family to a "yoga rescue." Create a quiet corner of one room dedicated to yoga and other peaceful activities. Gather your family there, and have all members share their current feelings and thoughts. Based on what those are, choose a relevant, simple breath and yoga sequence to practice together. When finished, again share your current feelings and thoughts, noting any changes experienced in your minds and bodies. Have a family hug and move on with the day with a greater sense of peace and connectedness.

Promote Better Family Bonds

A family that spends time together is a well-bonded family. Having said that, practicing yoga with your child will give you an opportunity to bond in a way that is very different than making dinner together or playing ball. Yoga time is playful yet focused. It's a time to give your children your undivided attention, something hard to come by today. It opens the door to deep discussions about feelings—about fears, concerns, current challenges, and what brings us joy. It provides families with a unique language of wellness and a toolbox for living, improving bonds, and communication.



Provide a source of Joy and Peace

Let's face it—families can get so busy; it's often all work and no play. Family yoga provides an opportunity to have fun as a family. You'll have plenty of opportunities for laughs moving your bodies into poses. Yoga is about finding joy in the body, and sharing this understanding with your child will add to the experience.

Though you are focusing on bringing yoga to your child, family yoga will bring you many gifts as well. The sense of play that naturally arises when you do yoga with your loved ones will inevitably have you reconnecting with your own "inner child," perhaps bringing a new awareness and discovery of your true, authentic self!

Doing yoga at home as a family also encourages a greater sense of peace. As you create a quiet space together during mindful, focusing activities and at the end of your practice during relaxation, you'll generate a sense of calm and peace in your hearts and home. Bedtimes will go much more smoothly after a yoga session!

Inspire Play!

Do you play as much as you work? Is play a part of your self-care regimen? According to the National Institute for Play, play is the gateway to vitality. Playfulness is a big contributor to overall wellness and happiness, for adults and children alike. Family yoga is an opportunity to bring beneficial play into your family life at home.

If you're a serious yoga practitioner, you can let that go at home. Doing yoga as a family automatically gives you permission to take it less seriously and have more fun. In a studio, you might focus on perfect alignment, being quiet, and listening to the instructor's every word. At home, while practicing with your family, you'll rediscover the joy in the experience as you laugh together trying a pose, falling, and getting back up again. You'll "ribbit" in Frog Pose, listen like a rabbit, wag your tail like a dog, and breathe into your balloon belly along with your child. How can that be anything but joyful? The joy experienced in your yoga sessions together will soon begin to permeate your home. ▲

Excerpted from Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children written by Lisa Flynn, E-RYT, RCYT, Copyright © 2013 by F+W Media, Inc. Used by permission of F+W Media, Inc. All rights reserved.

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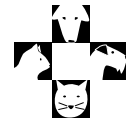
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