

What is Self Mastery? - Part 1

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Sample of Content:

Self Mastery, alone, sounds like a selfish term but if you cannot help yourself, you will have limited ability to help others. Self mastery is the ability to make the most out of your physical, mental, and spiritual health. In other words, to be the best you can be.

Content:

Self Mastery, alone, sounds like a selfish term but if you cannot help yourself, you will have limited ability to help others. Self mastery is the ability to make the most out of your physical, mental, and spiritual health. In other words, to be the best you can be.

As a result of your efforts, you will be able to help everyone around you. In order for you to change the world around you, for the better, you have to change yourself for the better, along the way.

You cannot sit on a mountain top waiting for perfection before you help your fellow man. The time to help is now, and we must look at ourselves as works in progress. Appreciate yourself for who you are, what you are, and what you have accomplished so far.

Appreciate your friends, family, and associates for who they are. Accept them, as they are, without expecting perfection. This is a common mistake for parents to make with their children, but it also happens in a variety of relationships. So, let go of demands on others - especially unrealistic demands.

Where do we start learning the secrets of self mastery? If you accept things around you, without demand, you already have taken the first step. There are two important factors here.

1. Once you accept people, and situations, for what they are, you won't waste time and energy with frustration. This causes inner frustration, emotional turmoil, worries, and depression.
2. Once you change yourself, through positive self mastery, the world around you will change for the better, without much effort on your part.

You will not be able to make all of the changes to mind, body, and spirit, at once, but they are connected.

The first large component is physical. Your body needs constant maintenance in a variety of methods: weight resistance, flexibility, and cardio-vascular strength, require you to cross train. So, if you have been on the couch too long, it is time to get off. This one physical change, of daily exercise, will help you in all aspects of life. You will feel better about yourself.

If you don't have enough time for three types of exercise - practice at least one that will give you maximum benefits. Hatha Yoga, swimming, and martial arts are good recommendations, as each of them cross trains the body with fair variety.

In many Yoga classes, Sun Salutations are a series of postures - and the ultimate cross training exercise. Once you are familiar with them, you can practice at home. They require very little space and no equipment, although many Yoga practitioners do use a Yoga mat, or sticky mat, at home.

Paul Jerard, is a co-owner/director of Yoga teacher training at Aura Wellness Center. He has been a certified Master Yoga teacher since 1995. He is a master instructor of martial arts. He teaches Yoga, martial arts, and fitness to children, adults, and seniors. Recently he wrote: Is Running a Yoga Business Right for You? For Yoga students, who may be considering a new career as a Yoga teacher. <http://www.yoga-teacher-training.org>

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