

# Self-Transcendence

Hello!  
Friends and Athletes,

May 31, 2014

Phew! Spring projects piling up—summer projects coming up! I'm sure your life is /as busy/busier than/mine. Do you ever feel a bit overwhelmed by things and stuff coming at you?

Happily, when I had reached that point recently, a good friend told me he had been sitting on his front steps, early morning coffee in hand, calculating all the tasks he had to accomplish for the day -- and then as he lifted his head towards the warmth of the morning sun his focus quickly changed like a flick of a switch. He became aware of the spring birds chirping to each other, a warm breeze bringing the scent of growing things, splashes of colour from the rhodos --and everything bringing a feeling of peace and timelessness. The tensions dissolved. The peace expanded into joy.

Yes! That is what I sometimes 'busy' out of my life--joy in what I am doing.

I had thought to start this letter with some cheerleader 'rah-rahs' about beefing up your training for the Tri. "After all", I would say, "August 3 is rushing at us." Now, I just want to tell you how I was reminded to slow down and enjoy the flow of life. And you know what? All the plans are happily completing themselves in that flow.

I just want to suggest that between now and race day, we all take the time to flick that switch and breath in the joy, joy of movement, of preparation and training.

As Sri Chinmoy once said,

True inner joy is self-created.

It does not depend on outer circumstances.

A river is flowing in and through you carrying the message of joy.

This divine joy is the sole purpose of life.



--Wings of Joy, p.13

Hope to share in the joy that you will all bring with you to Elk Lake on August 3.

You always do, you know!

(And if you are not ready to race—Volunteer!—and be part of the fun.)

**AND for a boost  
Of JOY**

**AN HISTORIC EVENT FRIDAY, JUNE 27**

**Welcome the Canada/US Peace Run team**

**At 12 noon on the lawn at the Legislative Buildings**

**Bring the kids ! Hold the Torch! Yoga /Tai Chi on the lawn**

**Info: 250 592 6211**

**<http://www.peacerun.org/ca>**