

# A journey into love

By Liz Terry



Heart beats. Energy breathes. You. Pay attention. Life is a journey into love. Are you on it? Are you awake?

I sit. My body relaxes. My muscles soften. I close my eyes. The sweet whispers of breath call me back to it. Back to love. Deep within. Within my heart there's a place where I'm whole. A place where I'm happy and joyful and playful always. The breath guides me there when I'm ready. It waits patiently. It waits for me to be ready for the journey. It reminds me that the journey is not for the faint of heart. The journey is for those who have the courage to face the barriers we've built throughout time. My barriers are my greatest teacher.

They've been built to teach me, to guide me, to help me grow. But only when I'm ready. Breathe. The whispers guide me deeper towards my heart. Breathe. A barrier is met. I'm not good enough. A conversation begins between my ego and my heart. Ego continues to persuade my heart to believe I'm not good enough. Something inside of me doesn't know what to believe. Is it true? So I wait. I listen. As I connect deeper within my heart I hear another whisper. You are love. You are more beautiful than you could ever imagine. You are light. When your light shines bright, you are connected to love. The ego begins to quiet. My heart takes over. One barrier defeated. At least for today.

I sit. My body relaxes. My muscles soften. I close my eyes. I listen. The whispers of my breath guide me. They guide me to my heart. Breathe. Are you awake? Are you paying attention? I encounter another barrier. It's there. Waiting. Waiting for me to face it. The ego roars, you are not worthy of love from another. I cry. Tears run down my face. My mind tugs at the ego's persistence and wavers between what's true. I wait. Breathe. I allow my breath to guide me to my heart. My heart whispers. You are love. You are worthy of love. Love is what and who we all are. You are worthy of love from another. The ego begins to quiet. My heart takes over. My mind begins to believe. Another barrier defeated.

At least for today. Yoga is about observation of the journey. This journey of the Self within. The self is who we really are. Our soul. Our light. Our truth. Who we really are. Not whom we think we should be. Not what the ego tells us. The more we understand the ego, the more we understand its role in keeping us on track with our true being. The more we understand the ego, the more we understand the journey into love. ✨

LIZ TERRY is an eRYT500 Yoga teacher in Dubai, teaching Vinyasa Flow, Foundations and Yin Yoga. She likes to push the boundaries and transcend limitations in order to live a magnificent life. She explores teaching in various ways weaving philosophy of life's most challenging moments and life's best moments into her classes. Outside of yoga you can find Liz travelling the world, spending time with family when possible, hiking mountains, hanging out with friends and day dreaming of the future possibilities of her company Satya Flow Yoga. Writing is not her specialty, but she does love to write down her thoughts every once in a while. You can always find Liz teaching at Zen Yoga.

