November 27, 2013

Dear Dwight Community,

It’s hard to believe that it is already Thanksgiving time. When Thanksgiving comes each year, I try to focus on something very specific for which I am thankful. Of course, my family and health always jump to the top of my most thankful list; but this year, I have chosen something that most of us take for granted – breath. Yes, breath.

I am fortunate to have a yoga instructor who shares the principles of yoga, but also teaches humility and appreciation for simplicity. He teaches us to relish our breath. I’ve found that our ability to breathe deeply and fully can regulate our emotions, help us focus, and allow us to enjoy physical activity. This year, I have been keenly aware of friends and family who cannot take breath for granted because of medical conditions or emotionality that gets in the way of enjoying deep cleansing breaths. Focusing on something so simple, yet necessary helps me appreciate what is truly important.

Thanksgiving gives us a day to be thankful and to spend time with friends and family. At the same time, it is the launch into a highly commercialized and hectic holiday season. So this year, when your gravy is bubbling over, cookies are burning and family is engaged in lively, controversial discourse at the dining room table, take a deep breath and be thankful for everyone and everything in your life that brings you joy and peace.

Best,

Mimi Maniscalco