

# For the Parents Out There

By Syena Ishaya

Are you OVERWHELMED? BURNT OUT? *EXHAUSTED*?

Are you slaving away to support your family, only to find at the end of each day that you've got little to no energy leftover for those children you love so much?

Do you get into bed each night or perhaps wake up with what seems like a million thoughts in your head? No wonder you're tired! You call that *rest*?

What if I told you there was a simple way to cultivate an inner experience of peace without changing your seemingly chaotic and busy life? Good news... there IS.

The Ishayas Ascension is a type of meditation that uses a series of simple techniques that help train the mind to become more present and less focused on stress. The benefits, however, go far beyond that! Imagine more peace and less reactivity. Take a moment to think about how fulfilling life could be if you developed the ability to live in the moment, every moment, rather than worrying about the future or regretting the past.

The fact is, there is a whole other way to use our minds - going "inward" - that we were never taught because our society is so concerned with how our lives look from the outside. What most of us have discovered though, is that living this way can be a dead end because our objective reality - our "outer" experience - is constantly changing. Therefore, it can never make us completely happy.

Just when we get a little bit ahead and something goes the way we want it to (maybe we get a long awaited promotion...) it seems like something else is always going wrong (maybe our spouse loses their job or rent goes up). Though some material things and circumstances help, there is always this existing desire of wanting something *more*. That "more" is hiding in the one place we are not looking, which is inside of ourselves and completely available to anyone who wants it.

It is only when we go to the root of our experience of life (our consciousness), that true growth occurs. When we make a shift from there, that is when we begin to see the changes externally... not the other way around.

Ascension is not a religion or a belief system, but an *experiential* practice. This means that each of us will have our own experience and fit it into our lives in our own unique way. A lot of people correlate meditation with forcing the mind to be still or sitting in awkward positions for long periods of time. Ascension is unbelievably simple because there is no "wrong way" to do it!

The best part is that it's totally mechanical and we don't have to believe it for it to work. It's just like practicing a musical instrument or sports: simply by our practicing, it naturally evolves and there is nothing complicated about it.

We owe it to our children, our loved ones and our planet to hold this space of peace and love. But, mostly, we owe it to ourselves.

The only question is - Do *you* want more?



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