

Sometimes We Need To Break

..... source unknown (adapted and written by Amy Fox)

There was once a woman standing in a long check-out line at a dollar store. As she waited in line, she watched a mom and her two kids in the aisle next to her. The oldest child, a daughter, seemed to be around six years old, and the son was a toddler. The daughter was holding a pack of glow sticks while the toddler was screaming for them. The mom opened the package and gave him one of the sticks, which stopped his tears immediately. He sat in the shopping cart with his glow stick smiling. As they approached the cashier, the daughter took the glow stick out of the toddler's hands and the toddler started screaming again.

Just as the mom was about to fuss, the older child bent the glow stick a few times and then handed it back to the toddler.

As the mom finished checking out, the toddler noticed that the stick was now glowing, and his sister said to him, *"I had to break it so that it would glow."*

DISCUSSION QUESTIONS & PROMPTS

OPENING CLASS

Offer yourself permission to arrive as you are, wherever that is today.

Whatever is present for you– whether it feels light or heavy– allow yourself to embrace it as if you chose it.

We can't always change what is going on around us or even what we shown up with on any given day; but we can shift our breath and start to shift how we feel...

Start to deepen your breath here...

DURING CLASS

After Telling the Story

"A glow stick is just a glow stick until it's broken, and then it glows to its full potential."

And the same is true for us. It's not the hardships and challenges we face that break us down. It's the challenges and hardships we face that break us open so we can access our full potential.

Perhaps strength doesn't reside in never having been broken, but in the courage required to grow strong in the broken places.

Life's most testing moments are really asking us a question: how will you choose to see this thing in front of you?

CLOSING CLASS

We often don't realize our full potential until we go through tough times and we allow ourselves to be in that vulnerable place.

We heal when we feel and lean in. We heal when we realize we grow stronger in our broken places.

EXTRAS

This story pairs really well with a glow in the dark yoga class. Make the room really dark and pass out a bunch of glow sticks for your class to wear during class.