

Diversity

By Sierra Bender

In the dictionary the definition of diversity is distinct, assorted, different.

The first thing that comes to my mind is colorful, alive, eclectic, conflict, forever-changing but always a surprise. Sounds like the journey of life.

Boy, my journey to find my spiritual path has been all of them! I have followed an assortment of paths, like trying to choose one chocolate in a box of many. As Forrest Gump said, "My ma-ma always told me life is like a box of chocolates, you never know what you're gonna get." They look good on the outside but how do I know what is on the inside? I won't know until I taste and experience every one.

Trying to choose one can be fun. Chaotic but difficult because I do not know what I am searching for. This is exactly how I felt searching for one path, my path. I have traveled to different countries searching for the light, the source, the answers, the way. And it all brought me back to the conclusion that there is a plethora of information and not one way or the other is right or wrong. But what was most important was what worked for me....

what felt right and tasted right in the depths of my belly. There were many paths for me but I had to choose what sorted me from the rest.

I love to hear different points of view, which is where I can see how conflict arises. What became obvious for me was that I could not just choose one, that I can embrace all of them and use them in ways that make my teachings and me distinct.

I put myself through many years of inner conflict that were filled with painful and unnecessary suffering because I listened to only outside influences. I had an inability to listen to my own inner voice. I am a yoga teacher, healer and fitness professional. I could not choose one or title myself or my business as one. Although they say it is not great marketing tactics, it has worked in my favor to help myself understand that the universe has so much to offer me and if I cannot keep my mind and heart open to receive all that God has given me, how can I ever make a clear intellectual and emotional decision to use the gifts that the Universe has given me? Even in this sentence, using the word God can, for some, create a different point of view and perception which in turn can create judgment, prejudice, rigid and linear thinking. I have learned it is all how we perceive it. That being open to the assortment, the spice, the variety of life is what makes life on this planet so distinct.

Studying and traveling with many cultures, medicine men and women has led me to open my eyes and heart to see, feel and experience life, yoga, medicine and health in an expansive way. We are all creatures of God.

All assorted, diverse, difficult and distinct in our own ways.

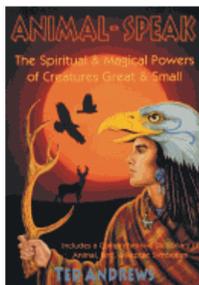


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