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An awesome trip for the new year that doesn't cost a cent

Accept + Welcome + Embrace
= AWE

I heard this expression recently while zooming into WisdomHeart.com.

It clicked.

An accepting welcoming embrace is a mighty nice experience. But like so many good things in life, it takes time and patience to learn this fine art of giving and receiving.

Time and patience. I haven't had much of either lately, so I'm taking a trip. We all need a trip to refresh and renew every once in a while, right? The kind of trip where we don't fall on our faces but instead enter a special place where past failures don't define us, where new inspirations exist. A fresh start!

I'd like to invite you to come along. Only if you'd want to go, of course. We're all so very busy. No pressure. Just know the invitation's open to join in at anytime. I'll be taking many of



YO JOAN!

**Joan
Budilovsky**

these kinds of trips throughout the year.

Consider me your tour guide.

First step: The check.

We'll check our baggage at the door. Whether starting on the right foot or the left, be there, recognizing any imperfections as adding depth and character to who we are.

Second step: The cloak.

We'll each wrap ourselves in a cloak of newfound compassion, knowing deep inside we have the ability to live our greatest dreams guided by humility rather than arrogance.

Now we're ready. Let's go!

We're embarking on a journey to a place where the landscape is shaped not by societal pressures but by the

contours of evolving kindnesses.

Planes, trains and automobiles aren't needed on this first leg of the trip. All the movement takes place within the breath. Just an inhale and an exhale. In fact, if you're reading this, you're breathing, so you are already on board.

Simply watch the steady transitions of the dance between the inhale and the exhale – the tension and the release, in time noticing the delicate temperature changes. Cool air in. Warm air out. Embrace the choreography of the movement.

And just when this steady tempo of breath becomes familiar and cozy, it may be interrupted by a bustling array of thoughts, questions and musings. This part of the journey can get a bit bumpy. But no need to worry. We'll get through it all just fine.

With no judgment, only a gentle redirection of attention, return the focus to the rhythmic dance of the

inhale and exhale.

Within the silence that follows some quiet echo sounds.

Am I this thought? Am I that thought? – unfolding layers of self-awareness.

Once again, a gentle redirection of attention back to the breath.

The breath becoming a sanctuary to turn to, a quiet place where the turbulence of thoughts can settle into breezes of calmness. Our well-worn cloaks of compassion expanding in the gentle winds.

All this through a simple breath. An awe-inspiring breath.

And here we are now in Port 2024. Aloha!

• Joan Budilovsky can be reached at editorial@kcchronicle.com or through her website Yoyoga.com. She's the expert author of "The Complete Idiot's Guide to Meditation" available on Audible.com.

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Thursday, February 1, 2024

Love is just a four-legged word, especially when it's a family pet

"In order to keep a true perspective of one's importance, everyone should have a dog that will worship him and a cat that will ignore him." - Dereke Bruce

Dogs are the best! Could it be because they think we're the best? When the world beats us up, our dog is there to say in a wag of his tail, "Don't worry about a thing. You're FANTASTIC! We're together now - all's good!"

Cats are a bit different. I love cats, too, don't get me wrong. I've shared my home with both dogs and cats. But there are definite differences between them. Here's some I've noted. You'll probably have more.

You can't always count on a cat to be there when the chips are down. The cat may be hiding in a closet somewhere. When the world beats you up, the cat might not be in the mood for cuddling either. Cats enjoy being alone. In fact, they won't mind if you even go away for a few days. As long as they have some food and a litter box nearby, life is good.

But a dog - oh, a dog - will be waiting at the door drooling for your return.

And litter boxes? Ha! No, siree, Bob!



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Dogs need to get out of the house several times a day to do their glorious business and do it wherever they dog-gone please.

"Dogs are the leaders of the planet. If you see two life forms, one of them's making a poop, the other one's assuming it for him, who would you assume is in charge?" - Jerry Seinfeld

Cats are cuddlers. Nothing beats a purring cat cuddling with you, when, of course, the cat determines it to be the appropriate time to cuddle. For instance, when you're eating a pint of ice cream. A cat likes to watch you eat it and not ask for any ice cream in return. Cats enjoy watching you get fat.

Oh, but not a dog. He'll want to eat the whole pint and save you those calories. He cares. He'll beg you for that ice cream and want to go running with you afterward, too. Dogs aren't always cuddlers. Some are even lunatics. But usually it's because of mistreatment by



Photo provided by Ben Kuzmar

Joan's family dog Luke.

humans or some chemical imbalance. They're a lot like people in that way.

"My dogs are crazy. They're always getting into some kind of trouble ... but then again, they're my most loyal friends." - Zac Efron

My dog keeps me in shape. The longer the walks, the better for both of us. I rather like getting pulled out into all the elements - rain, snow, wind. My dog loves it all and he forces me to love it all, too.

The other day I went trudging a mile through the snow with my dog. His tail was wagging the whole time. I wouldn't have trudded outdoors that day if it weren't for him. He made me laugh as the wind pelted us and snow

piled up around us. What a glorious time we had together!

And that's what a pet does - warms the heart. They remind us the world is bigger and better than our humongous egos. Although we see the world through different lenses, pets demonstrate on a regular basis how truly interconnected we are. They validate how better we can be if we try just a little to take better notice of the simple things in life.

They hold a low bar, which is good. No pressure there. At least for dogs. Cats, of course, raise the bar much higher and cajole you with their cute little cat eyes into raising your game. At least into considering life from a higher perch point.

Even so, if you've lately contemplated the world as "going to the dogs," maybe that wouldn't be all that bad.

"If I could be half the person my dog is, I'd be twice the human I am." - Charles Yu.

• Joan Budilovsky can be reached at editorial@kcchronicle.com or through her website Yoyoga.com. Her new book, "Meditation's for the dogs," will be coming out later this year.

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Thursday, March 14, 2024

Let's take a moment each day and let freedom ring

"Freedom lies in being bold." – Robert Frost

OK, but deep down in my heart I know freedom's more than bold or just another word. Perhaps there's some guru out there to give a fresh perspective on letting freedom ring. Found one!

"We have to enter into life fully to become free." – Ram Dass

Got it. But how does this make sense in a landscape of consumerism, honking cars and people constantly yelling to get out of the way? As the honks mount, I just want to get out, not in.

So I reflect more on Dass' simple words and take it to mean that life has to be lived authentically to become free. However, voicing authenticity can be at times a fearful, even daunting personal experience. Like trying to navigate a steep,



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winding mountain road. If everyone expressed their inner mumblings authentically ... look out!

And I indeed do look out to see so many expressing their destructive mumblings on social media, YouTube and you name it. It can be difficult not to get caught up in these destructive mumblings, too. Authentic self – hmm. Maybe there's already enough selfies out there.

To gather some personal sanity, I'd like to shift from the craziness of what's going on out there to a place where the depth of authenticity lies – in here. That unique radio-like frequency of inner thoughts. Occasionally, these thoughts are clear and hit the station right on, but other times static takes over.

There's probably someone reading this now who thinks their thoughts are neatly arranged and properly fine-tuned, but for most of us they're rather messy and about as clear as mud. First, there's this thought, then that, then this and that at the same time. Where? When? What? Huh?

So here's a little meditative exercise in a Ram Dass-type of way to help clear the static – the where, when, what, huh of the mind. It's a simple brain-building way to break free of the constantly moving train of thoughts. It can be done sitting, standing or walking. You pick.

Observe your thoughts. Where do they take you? Are you going back in time to a troubling moment? Are you going forward to an anticipation or worry?

Release each thought, memory or anticipation with your exhale.

Bring your mind to the present moment.

Observe your body. Is there a

part that is stiff or hurting?

Exhale the stiffness or the pain with your breath.

Bring your attention simply to your breath.

Become the observer of where your thoughts go. As a train conductor with each changing station or each changing thought, get back on track with the simple movement of your breath.

Release each thought with your exhale. Bring a simple clear focus to your breath.

Become free by simply focusing on your breath.

Take a moment each day to clear the static of the mind by focusing on the breath.

Yes, Dass is good.

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April showers bring May flowers and much more

Thursday, April 4, 2024

Do you remember jumping into puddles and counting the raindrops in them?

I do, but somewhere along the way I grew out of my red rubber boots and puddles became less fun.

Now I enjoy those puddles from afar. So here I sit nestled in a soft blanket with a cup of hot tea watching the April clouds roll in. Magnificent, ominous, as they slowly move across the sky. Comforting in their currents, yet knowing at any moment they could burst into a torrential downpour.

Of course, there's a big difference between torrents and showers. One's exciting, the other comforting. And it's those comforting April showers I'm hoping for now. The kind of shower that sprinkles our flowers, our plants, our lands like a needed watering can from above.

A suggestion:

Next time an April shower rolls in, boil a nice cup of hot tea.

Then sit under a canopy holding



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the warmth of the cup in your hands.

Sip and watch.

Watch the shift and change of the kaleidoscope of clouds. What an amazing, artistic process! One minute they may be in the shape of a horse, then a flower, then ... is that a Ferrari?

It's the ultimate psychology test.

Continually changing cloud formations until they eventually all come together into the expression of a shower.

These dauntingly beautiful aspects of nature hold the ability to remind us on a regular basis that there's a bigger moving picture involved out there. One that offers each one of us a glimpse into our own uniquely transformative nature within.



Photo provided by Joan Budilovsky

April Showers can be comforting. The kind of shower that sprinkles our flowers, our plants, our lands like a needed watering can from above.

May I kindly offer you a cup of tea?

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Spring is here and that means farmers markets are, too

What's the perfect vegetable to pick at a farmers market in May?

I'll give you a hint. It begins with an "A." That's right - Asparagus!

It's one of the first crops of the season. And it's got quite a history, too.

It takes three long years for the first bud to appear, but once it starts, asparagus comes back every year for 20 years. Most plants seed in spring and pucker out of life in fall. But not asparagus. These cute green stalks go on and on and on.

It's considered a perennial vegetable and there's not many of those out there. Let's see, there's rhubarb, chives, horseradish and artichokes, to name just a few of the few. These types of vegetables can be extremely valuable to farming landscapes by providing stability to soil erosion among many other healthy things.



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Heck, as far as I'm concerned, asparagus is valuable to any landscape including my own backyard.

Now some of you may be thinking, "I could buy asparagus anytime at the grocery store," and you sure can. But at different times of the year, these green goddesses come from states or countries far, far away. Local asparagus plays hard to get. It comes to us for only two months - May and June - and then it's "see you next year."

When you buy it at the farmers market, eat it that day if you can. Not that it can't last a few more days, but just like fresh bread, it's always best

right out of the oven. You'll see the difference in the first taste. Fresh is best!

And so in honor of "as-par-a-gus," I'm sharing with you a simple four-syllable breath meditation. It's a meditation good for the soul and a happy heart.

Here we go ...

Place your hands together in prayer position in front of your heart.

Keeping your hands gently pressed together, inhale deeply as you bring your arms straight up over your head.

Exhale as you bring your arms back down, saying slowly as you do: "as-par-a-gus." (Hands end in prayer position in front of your heart).

Again, inhale arms up and exhale slowly down: "as-par-a-gus."

Another, inhale up, exhale slowly, down: "as-par-a-gus."

You got this!

Now this may sound silly, so there are other options, too.

Like "cau-li-flow-er

or

"ru-ta-ba-ga"

or

"ra-dic-chi-o"

There's just so many!

All these "veg-e-ta-bles" and more you'll find at your local "far-mers mar-ke!"

Look here for one near you: <https://kanecountyconnects.com/article/FarmersMarkets-Bounty-ofKane-KaneCounty>

See you there, my friend.

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Paradise lost one moment and found the next

Do you sometimes get the dol-drumms? Would you like a bit more glitz or pizzazz in your life? Wouldn't it be lovely to feel a twinkle of magic again?

Or maybe you're on the opposite end of the spectrum and looking for some peace and quiet amid all the craziness. You're being pulled in so many directions you're getting pulled apart.

Well, I know of a place nearby where twinkles of magic happen on a daily basis. And also a place where a sanctuary of peace is readily available to soothe hectic souls.

All this and more are wrapped up into the delightful gift of your local public library.

I've always loved libraries and as I've gotten older, I love them even more. For many years I've enjoyed teaching yoga and meditation courses



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in colleges and now I'm continuing the good life teaching in libraries.

Recently as I was passing by my library's colorful children's book display, "BOYOGI" caught my attention. What a great title! The intriguing cover artwork of yoga poses surrounding a military man on his knees hugging a child brought me in closer to the subtitle "How a Wounded Family Learned to Heal." Now who wouldn't want to read such a book?

So right then and there I sought out an unusually handsome man and coaxed him into sitting next to me on a soft-cushioned library seat so we

could read this picture book together. By the way, if you're single, you'll find a lot of attractive people at the library. This man happened to be my husband, but if he weren't, I certainly would marry him.

It took only about seven magical minutes for us to slowly read through this incredible book – a story about a father and veteran returning home to his young family a changed man. He's no longer happy and carefree. His children don't understand the changes in his personality. He looks the same but doesn't act the same.

His wife enrolls them both in a yoga class at the local YMCA and transformations start to happen for the entire family, particularly for the father and son. It's a book worth reading. I don't want to give away too much. Just get it. You'll see.

It might take you less than seven minutes to read it. I can be a slow reader. However, the incredible flowing illustrations by Noah Denmon and the sensitive meanings within the words by David Barclay Moore have a lingering effect. I sit here now days later still reflecting on its thoughtful gentle brilliance. Wow.

You could meet your match at the library, too. It's all there for the taking. Every type of incredible vision of fiction, nonfiction and beyond, surrounded by the most attractive and fascinating people.

Yep, at the library, it's just another day in paradise.

Joan Budilovsky can be reached at editorial@kcchronicle.com or through her website at Yoyoga.com or at a library near you.

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Thursday, July 4, 2024

Counting to 10 works well in Zen with this simple meditation

Why is it important to meditate?

There are so many great reasons why meditation can be helpful. Here's one for starters: It calms the busy mind so things can be seen more accurately. When this happens, wise decisions become easier to make.

And who couldn't use some help every once in a while with that? Some decisions are significant and life-changing such as "Should I enlist in the army?" Others are not so big but decisions nonetheless such as "What color shirt should I wear today? Of course, a color therapist might consider that last question quite significant. Chromotherapy involves the use of color to support life on multiple levels - physical, emotional and mental.

But that's my mind going into overdrive. It's not unusual to have a mind in overdrive, but it's also vital for the mind to have opportunities to rest. That busy ol' mind after all is even busy in sleep creating dreams.



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And speaking of dreams, that's something that meditation can help with, too.

Some of you may think you don't dream, but we all indeed do dream whether we remember our dreams or not. Meditation can help in remembering dreams. Some of you may be thinking at this point, dream on, Joan.

But you don't have to take my word for any of this. There's plenty of scientific literature and research supporting the incredible positive side effects a regular meditation practice can bring. Here are just some of the reported proven benefits:

- Lowers cholesterol levels
- Reverses arteriosclerosis (hardened arteries)

- Lowers blood pressure levels
- Reduces angina (chest pain)
- Lowers levels of stress hormones in the blood
- Lessens fatigue
- Alters brain wave patterns reflective of a calmer state
- Lessens anxiety and depression
- Reduces insomnia
- Improves muscle and joint pain
- Strengthens the immune system
- Lessens craving type behaviors, such as smoking

• Increases overall confidence, awareness and general health
Wow!
Considering all these many positive side effects, it's a wonder why we're not meditating right now. So let's!

Here's a simple meditation I call Zen Ten:

Sit in a comfortable seated position.

Bring your attention to your breath.

Each time you inhale count down

one number starting with 10.

For example, inhale 10, next inhale 9, next inhale 8, etc.

When you get to one, the next number will start over again with 10.

If you lose focus on your breath or get distracted, gently bring your attention back to 10 and start again.

Continue this meditative practice as long as comfortable.

In the morning, in the evening, anytime you have a few moments in the day, consider taking a Zen Ten. Your body and mind will thank you for it.

And as your calmness within develops and radiates outward, the people in your life will be thanking you, too.

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day, August 1, 2024

Buckle up! It's going to be a bumpy ride if you have negative thoughts

A swirl of political activity will be bombarding us over these next few months. It could become (if it's not already for you) confusing, emotionally charged and combative. Perhaps not the best topic for the dinner table.

I personally enjoy a good spar in conversation, but only when it's done with a twinkle in the eye. I don't think twinkles come along easily within the subjects of politics and religion.

Sometimes, discourse comes along easily and other times it can be as difficult as finding Nemo. However, studying the lives of great thinkers of yore can help. People such as Eleanor Roosevelt, Rumi, Gandhi, Martin Luther King Jr., Mother Teresa, Leo Tolstoy and so many more. Their personal practices of the inspired principles they espoused made the most perfect sense. And each of their practices required significant self-disci-



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pline.

Self-discipline doesn't come along easily. I'll be the first to raise my hand on that.

Whether it's the development of self-discipline or the quest for inner peace, neither can be found in an online search. Sure there's lots of information out there, but the ultimate step is into the real-life world to experience things firsthand.

The internet is a muddy place. Lots of mud and guck to sift through. Yes, that's right. For those of us who liked to play in the mud as children, we still can.

In fact, just try sitting in stillness

for a while to experience a real mud party. So many thoughts in so little time to sling around in that big little ol' brain. (I use "big" and "little" together to cover all bases - different times of day, caffeinated or not, etc.).

And if mud isn't your thing but excitement is, sitting in stillness can be like riding a roller coaster of thoughts roaring this way and that with never a dull moment.

Thoughts like these can leap up:

"He's a jerk."

"She laughs too much."

"He's an idiot. She's an idiot. I'm an idiot." (Not everyone gets to the "I'm" part, but maybe they should).

"Wheeeee."

And here's where the lightbulb comes in:

Those negative thoughts don't have to be there!

Flip the book. Turn the page. You have the power to steer your thoughts

into more positive, healing, enlightening ways. You are the captain of your ship!

Aye, I Captain!

So try simply watching your thoughts more often. When your mouth isn't moving, your thoughts probably are sprinting. Where do they sprint off to? Berating others or yourself?

Next time you have a negative thought, let it go. Change the subject, noun, adjective, adverb, whatever. You are in control of your thoughts.

You, and only you, are the one in charge of your mind's destiny.

It can be tough growing up, but don't fret. It's still possible at any time to jump on a roller coaster or play in the mud.

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Whether with George or Julie, it's time for a Sunday in the park

School may have started, but summer's still here. In fact, it's hanging around until Sept. 20. So let's get outside and enjoy the summer sun while we can. We're so lucky after all to live in the Midwest where we can experience all the fab four seasons. How about we experience summer today with a walk in the park.

For many of us, a stroll into nature gives us some time to sort out problems and put pressing life concerns into perspective. This type of stroll certainly can have its benefits. However, the type of stroll I'll be referring to today is a meditative one. Let's go! As you walk, bring your attention to your breath. Simple movements.



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The air smelling and feeling fresh amid the beauty of nature. Slow your breath down.

Start to notice more of the details around you. Every once in a while stop and focus on a specific part of nature. For example, a leaf, fresh grass, the bark of a tree. Breathe in the various scents.

Are there any leaves moving with the wind? Feel these breezes against

your skin.

Might there be a butterfly fluttering through the breezes searching for a special flower to land on?

Are there birds singing? Try and focus in on one bird before it flies away.

Or a squirrel running through the grass and up a tree.

Smell the grass again, the trees, the fresh air.

Observe the unturned stones you cross over.

Walk onward with heightened awareness into the glory of it all.

When thoughts of yesterday or tomorrow creep into your consciousness, bring your attention again into the present moment – the magnifi-

cence of the here and now.

"Be Here Now."

A fellow named Ram Dass wrote a book with this title. It's quite fun to read. Check it out on a rainy day. But when the rain is over and the summer sun starts peeking through, I recommend putting the book down and instead taking a meditative stroll through the park. Consider it is just what this doctor ordered.

And it doesn't have to happen only on Sundays. Any day will do fine.

Have a wonderful one!

• *Joan Budilovsky can be reached at editorial@kcchronicle.com or through her website at Yoyoga.com.*

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Try playing the Five Senses Game for a fun time with family, friends

The Five Senses Game is an especially fun game to play with family and friends. Perhaps as an after-dinner treat. It's actually a meditative exercise because it calms the mind by getting one more acutely tuned into one's senses. And that sure makes a lot of sense to me.

Start by ringing your meditation bell. This is nothing like the sound of a school bell even though school has started and bells are ringing there. A meditation bell is a gentle soothing sound that reverberates for a long period of time. The more you hear its sound, the more the feeling of ... ahhhh. The bell's resonance creates a deep focus of stillness and relaxation. Wouldn't it be cool if schools replaced the unsettling buzzers with meditation bells? Imagine the possibilities with this type of focusing sound resonating through classrooms and hallways. What a wonderful world it could be!

If you don't have a meditation bell for this exercise, no problem. Just search one out someday to imagine the potential.

And now for the five senses exercise. Everyone playing this game will need a small piece of paper and pencil to write things down. Once everyone gets that together, let's go.

1. Let's start with the eyes. Notice five things you can see. Try to find things that don't usually catch your attention. Write them down.



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2. Notice four things you can feel. For example, the paper you may be holding, the texture of your clothes. Count four different textures. Write them down.

3. Listen for three separate sounds around you. Find background sounds that may not be as immediately noticeable. Write them down.

4. Notice two things you can smell. The food cooking. The dog that needs a bath. Whether pleasant or unpleasant smells, write two down.

5. Finally, a taste. A sip, a chew, a swallow. Bring your full attention to one taste and write it down.

Compare your sensory notes with others. How many items are the same? How many are different? It's fascinating on two levels - to learn how similar we are and also how different we are. No judgments. Only simple observations.

And that's what meditation involves. No judgments + simple observations = increasing awareness.

Time for the sound of another gentle meditation bell ... ahhhh.

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It's that time of year for some great meal planning. Let's make it even greater

With Thanksgiving drawing near, many of us have food on our minds as we make plans for the holiday feast. Of course, many of us have food on our minds no matter the day, but Thanksgiving gives us a little something extra to drool over. How can we make this Thanksgiving extra special and create lasting memories as we choose what's going on the table for this special day?

One thing's for certain and a vast majority of us have this "thing" in common. Our choices are leading us on a path to heart disease, the No. 1 killer in our society.

When Dr. Dean Ornish's bestselling book "Reversing Heart Disease"



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came out in 1995, I made it required reading in the college yoga classes I taught. I now lead book discussions on his latest book "Undo It" with co-author and wife, Anne Ornish. As Dean and Anne direct readers to "eat well, move more, stress less, love more," I am reminded of a similar yogic path I embarked on years ago and have since dedicated my long life to teaching. However, you don't have to be a yogi to follow Dean and Anne.

You just need to be someone who wants better health, a better life and a better world.

They convince us that all of these high ideals are indeed possible to achieve. Their reversing heart disease program has been scientifically proven to work and now is financed and covered by Medicare. The only glitch is you have to reach the age to receive Medicare and then be diagnosed with some form of heart disease upon entering this Oz-like land of elderhood. I vote we get this book into the hands of the majority of us who have not yet been diagnosed with heart disease regardless of age. In fact, the sooner, the better!

It's possible to change course. It really is. Consider making your life even more than a five-course meal plan. Especially if enjoying a long healthy life tops this year's menu.

Please have fun planning the menu. Let's make a toast together - "Long live life!"

Our Thanksgiving blessings abound.

• Joan Budilovsky can be reached at editorial@kcchronicle.com or through her website Yoyoga.com. To read Joan's reviews of her three favorite books of 2024 (you just read one of them), check out the new online bookstore Shepherd's Books at Shepherd.com.

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Give yourself the gift of a meditative moment this holiday season

Too much YouTube watching lately? Sometimes it's important to tune out before tuning in to give your senses a break. The following meditation exercise can be particularly helpful for exactly those times - the times when you're experiencing sensory overload. It's easy to do, too.

You will use all the fingers of your hands to help quiet your senses. It may seem odd at first, but you will quickly find it comforting in those times of feeling overwhelmed.

Start with all 10 fingers spread out and raised in front of your face.

The left hand will be used for the left side of the face and the right hand for the right side.

Begin by placing your thumbs in



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your ears.

Close your eyes and place your first fingers lightly over your lower eyelids/eyelashes.

The next fingers rest on the tip of your nose.

The next over the top of your lips. Place your little fingers over the bottom of your lips.

Gently hold every point closed, except for the nose so that you can easily breathe.

Continue this quieting of the

senses as long as needed. Hear the deep resonant movement of your breath. No need to press hard. Be gentle. As you become comfortable with this, try closing off the nose for a moment, too.

As the senses begin to quiet, so does the busy mind. This is a simple and effective meditation technique that's been around only a few thousand years. Give yourself the gift of calmness this holiday season through this simple breathing technique. It may feel so good you'll want to continue on.

So find another moment to be in stillness with just you and your breath. Set a timer, if need be, to relax into this meditation for a set period of time without distraction. Sit comfort-

ably. Relax the muscles of your face by simply ...

Breathing in contentment. Breathing out joy.

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Breathing in contentment. Breathing out joy.

As you move along through this blessed holiday season, let this simple meditation continue to resonate within your breath, your stride, your life.

Yours in peace,
Joan

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