

## Union Through Synchronicity By Sunny Rai

Dear friends, welcome to the New Year and the romantic month of February. I would like to share my personal story of experiencing the Resilient Spirit in my own life. Once upon a time I found myself working in a management position of a manufacturing operation. At the time my role and representation was much of a pillar of strength for the people I served. The situation had me pinned against the wall as the amount of problems was far to many and I could not replenish myself. My body began to show signs of weakness and my mind became restless which directly placed me at a cross roads in life. I needed a change.

I knew that I couldn't do this to myself any longer so I decided to resign my position with total uncertainty of the future. It was at this time I discovered Kundalini yoga, which is the Yoga to realize your full potential. It was exactly the practice I needed to discover what was yet to be.

Realistically, I was a man that was working in a warehouse. What could possibly be my full potential? The events that happened this passed year have opened me to the realization of my direct connection with spirit, as I will share my story.

On morning I saw an advertisement for a talent agency in the newspaper. I got myself an agent. This was totally beyond anything I thought for myself. Next thing I knew I was actually getting work as talent. I never thought I was talent. The jobs were nothing major in societies eyes. Just small job to prepare myself for what was coming.

As my trust began to strengthen, believing started to transmute to knowing. I thought it was time to advance my yoga practice. I searched for all of the registered Kundalini yoga instructors and found Lisanne Huhn-Watchell's class. Her strength and instruction helped me reach new levels of awareness while having fun at the same time. Things began to be effortless. In addition to her classes I would slip into the bodhi tree yoga centre for some hot yoga. So I had a very good program going as I was building momentum for my personal journey.

One day out of the blue my agent gave me a call and she told me I had been submitted for an audition to be apart of a national commercial for Toyota. This was a big deal for me. How was I going to land this position with no prior acting experience? I decided to dedicate my yoga practice to the outcome of being selected for the role. I went over to the bodhi tree yoga center and attended a karma class where you make a donation for entry into the class. I decided to donate exactly \$11.11, I remember the instructor saying that was a powerful number and I very well knew it was as it was intentional.

It turned out that I actually did get the part and spent a three-day shoot in beautiful Bow Lake but that wasn't the full potential. After an exciting new experience on day one of the shoot we retired to our lodge. As I gave my name and information the receptionist quickly punched in the detail and handed me my keys as she said, " enjoy your stay in

room 1111.” 1111 what are the chances of that? The answer is that some things are not chance but pointers that the spirit is resilient in all of us. It is just up to us to take a chance on ourselves.



I was blown away then and right there as only I knew what had just happened. My walk to my hotel room was one of the most light and airy steps I had ever taken and quite frankly I felt so connected. The moment was priceless in a way you realize what is truly of value in life.

The reason why I am writing this article is because you too can experience the resilient spirit in your life. At this time I'd like to direct you to [www.2bu.ca](http://www.2bu.ca) the home of the wonderful Yoga Instructor, Aromatherapist, Wholistic Aesthetician and Cosmetologist, Lianne. Her classes were a big part of my accomplishment and I would encourage you explore her services. The bodhi tree yoga centre [www.bodhitreeyoga.ca](http://www.bodhitreeyoga.ca) a great place loaded with knowledgeable instructors and the ability to perform hot yoga. Finally if you wish to view the commercial you will have to go on the Internet as it is airing in the United States and United Kingdom. You may view it at [www.toyota.com/whynot](http://www.toyota.com/whynot). The key words there being "Why Not," take a chance on yourself. Come on already!