

DAY 6

WOOP
it UP

In my twenties, I took very little on faith. I always had to know the reason why. Show me the data, the science, the system or methodology. In my thirties, I began to experience things that would soften my lens, things both good and bad. Still, if there were data, I yearned to find the why behind the what. I spent a chunk of my late 30s and early 40s studying and teaching yoga and meditation and going deep into a science of another kind. Not just gross anatomy, but what the more energetically inclined would call the subtle body.

Words like *prana*, *ki*, *life-force*, *chakras*, *nadis*, *meridians*, *doshas*, and *akashic field* entered my realm. Though, truth be told, so much of my willingness to embrace them still hung on my ability to simultaneously overlay them with my knowledge of Western science, anatomy, and physiology. Talk to me about prana and I'd secretly think electromagnetic field. Talk about chakras and my practical brain would overlay the neural plexus. Talk about meridians and I'd see highly conductive fascial tissue. Still, I was becoming less demanding and more accepting when the easy analogy didn't come.