

# control

song: **You Can't Always Get What You Want – The Rolling Stones**

week #18

**control:** (noun: own it)

- power or authority to guide or manage
- restraint, reserve

*authority, check, clout, determination, discipline, guidance, limitation, management, manipulation, qualification, regulation, supervision*

Control is a balance between drive, awareness and release.  
With drive we need direction,  
through awareness we stay guided,  
as we release, our spirit soars, and we control our destiny.

### Be Like Water.

*Water: easily adaptable, can freeze and thaw, it can expand and contract.  
The strength of water is remarkable;  
Icebergs form land masses; cracking the core of the earth.  
Crashing waves tear buildings from their foundations; devastating.  
Water can boil – and burn: Stagnant water fosters disease.  
Water flows around the most stubborn obstacles,  
rarely stopping, although its direction and speed may change.*

### Water is Divine.

When YOU release rigidity and instead become like water, your journey becomes a reward. You control your destiny. Mother Nature herself is constantly changing, flowing, adjusting. The weather in the springtime is a constant variable – one that creates a hopeful, easy-going and patient attitude...the promise that good things await, Mother Nature—one woman whom we will *never* control. When we enjoy what she offers at each moment, we are in synch with the energy of the earth and the universe... we arrive exactly where we should be.

**ACTION:** Last week, you may have taken a detox challenge. This week practice balance and moderation. Know that when tested, you have the strength and control to make smart choices for yourself. In the end, balance does a body good.



When practicing your Functional Lunge, develop your grace with each step. Use strength and self-control to land without a sound.

### April Color: Cayenne

This passionate shade can invigorate and strengthen your sense of solid ground while being tested. Cayenne is an excellent color to wear during physical activity.

- Enterprising
- Vitalizing
- Testing

### April Chakra: Root

As you learned in previous weeks, our root chakra aids in self-preservation. When balanced, the 1st chakra will help you find control when it comes to behaviors that may become obsessive like eating, drinking and spending.