

## Yoga



### The Warrior 2:

1. Turn your left foot and leg inward.
2. Exhaling, lower your hips and bend your right knee to the right.
3. Stretch your right thigh toward the right knee.
4. Stretch forward and upward.
5. Stretch arms to the right and left. Do not squeeze shoulders.
6. Stay in the posture for 15–20 seconds.
7. Repeat to the other side.

### Day 15: On Fire

In the 1970s and 1980s, every bride received a set of Corning Ware because Corning Ware dishes last a lifetime. I have a set from the late 1970s—no chips, no discoloration, and they still look brand-new.

Corning Ware is made by setting it on fire several times, each time building its resistance to the fire. Corning Ware can go from refrigerator to the oven without breaking.

Imagine your spirit under attack every day, fire upon fire, and each fire hotter than the one before it. Life stressors are the same as the fire, pounding and pounding until you think you cannot take any more, but you are still standing.

Are you that Corning Ware set—strong and resilient, year after year after year, and still getting stronger?

### A Short Story

One day, while visiting my father in the nursing home, I happened to look out the window and see two men in their wheelchairs riding down the road. The man in the back had a motorized wheelchair and was pushing the guy in front.

They looked as though they were on a mission and determined to get to their destination. They had made a choice not to let their limitations define themselves. The mere fact that one had a motorized wheelchair and the other didn't, did not stop them from thinking they could not succeed.

Not one soul nor the traffic was going to stop them.

They were on a mission. They were on fire.