

# Find Your Balance & Hear That Voice Of Knowing Within

[BY REBECCA ESCHENROEDER](#)

What is it that we are running from?

What is it that we are running towards?

Why is it that we run?

To feel the air whipping through strands of hair.

To hear our hearts beating in our chest reminding us that we  
are alive.

What is it that we sit for?

Why do we come to Stillness?

Why is it that we sit?

To feel the support of the ever-present earth beneath.

To hear that voice of knowing within that only speaks in  
silence.

Ah yes...balance.

. . .

*Rebecca is the author of "Collecting Feathers," which will be available worldwide on February 11, 2019, and can be ordered*

directly from [her website](#).

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February 11, 2019!**



**Order directly from my website: <http://greatabidingyoga.com/shop/>**

*Photo by Rebecca Eschenroeder*

*Featured Photo by [Simon Rae](#) on [Unsplash](#)*

***Sip a little more***

***Feathers Are Not Meant To Be Held Down – An  
Excerpt From "Collecting Feathers"***



*Embraced In Alta, My Wings Emerge*

*Ajna & Alta: The Spiraling Energy Of Deep  
Knowing And Acceptance*

"Speak your bone truth. Discover  
the root of your endless  
compassion. Un-learn lessons that  
have kept your heart on lockdown.  
Embrace what you need. Discard  
what does not serve. Bless your  
tender kneecaps. Bless your holy  
longing. Bless your wild soul."

**J E A N E T T E L E B L A N C**

*Bless Your Holy Longing — A Love Letter To Women In Transition*

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**#BALANCE**

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