

Thinking in Color & Texture

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When I think of Integral Fitness, my mind immediately goes to my happy place – snorkeling! This incredible activity exercises all parts of me - mind, body, heart and spirit.

I've never been one to keep quiet for more than a couple of moments at a time. This has been a problem for me when approaching meditation, so I have looked for more active meditations to quiet my mind. I found it challenging to keep quiet during hikes, so I tried rock climbing. Though it kept my mind relatively quiet and focused, it was too high-impact.

I've always loved snorkeling. I've traveled to many tropical places around the world and have had the chance to explore sea life in places like Fiji and Tulum, and most recently, Maui. I find that when I gear up and get into the water, I embody peace. Seeing amazing, beautiful ocean life is just a small part of the experience for me. What really appeals to me about the experience is the feeling inside of stillness. Presence. Being right there in that moment, in that place, in that time. Auditory senses are dulled, and the world above the surface melts away. It's just me, exploring this secret world of creatures that I wouldn't be able to dream up, colors and textures like nothing on land. Quiet.

Snorkeling engages so many parts of me, yet eases everything at the same time. What could be more integral than that? My heart is open, sending love to the creatures around me. My mind is taking in amazing, colorful images and textures that don't exist above the surface. My body is engaged, sometimes swimming against a current, and sometimes just floating and letting the sea life come to me. And my spirit? I feel so full and happy in this moment, in this place, so quiet. Giant Sea Turtles swim along my side. My spirit animals are with me! I emerge from a 2-hour snorkeling adventure feeling like only moments have passed, feeling so full of life and energized by the experience.