

Tapas translates as 'fire' or 'heat'. *Tapas* refers to the focused or disciplined use of our energy. We can think of *tapas* as 'burning enthusiasm.' It is well conveyed in the Nike slogan, "Just do it."

When we generate an attitude of 'burning enthusiasm' - or when we "just do it" time and time again - the strength of our commitment begins to take on a momentum that carries us forward. A key element of *tapas* is consistency –putting in our time and attention day after day (regardless of the results.)

Tapas definitely requires loving kindness - the ability to not take ourselves so seriously when we make mistakes or don't perform up to our expectations. *Tapas* also includes the commitment to pick our-selves up, dust ourselves off and get back on that proverbial horse when we find ourselves thrown off.

Success is an outcome of utilizing the energy of *tapas*. Committing your time, attention and effort over and over is what enables you to meet your goals and manifest your potential into reality, no matter the roadblocks or obstacles that you may encounter along the way.

Homework: *Where, when and how do you already practice tapas in your life? Bring tapas to (at least) one more area of your life that could stand some "heat." Observe your process.*

Recommendation: *Continue building your second assignment*

Sources: Yoga Mind, Body & Spirit by Donna Farhi
"Cultivate Your Connections" by Judith Lasater (<http://www.yoga journal.com/wisdom/455.cfm>)
"Yamas & Niyamas" handout by Sarahjoy Marsh, director of amrita; a sanctuary for yoga