

What's the story of Marilee's life?

Thankfully, it's still being written.

So far, the most significant influence has been what happened before and after she was diagnosed with a neurological auto-immune disease. Facing the physician, unable to walk without assistance after enjoying a daily routine of running 5 miles to alleviate stress and anxiety, the physician's words, "be grateful it's not a terminal disease" did not fill her heart with gratitude. Instead, she felt anger and resentment; she began to blame herself that she caused this onset of disease. The physician believed there was nothing anyone could do to help her healthfully address her stress and anxiety or return to a state of human flourishing. The physician simply wanted her to accept her new state and learn to live within it.

With the support and encouragement of priceless friends and family members, Marilee poured herself into studying, training, and researching how one can flourish in the midst of physical and emotional pain. Determined to live a full life, Marilee sought the experts in mind-body medicine and trained in clinically proven practices; practices not designed to cure disease, but rather to heighten one's wellbeing in the midst of the disease and thus curb the hold that disease has on the mind and body.

Over a decade since the onset of the first neurological disease, Marilee still experiences physical pain in the body. Some days it's difficult for her to walk well, see well, and manage normal daily routines. Furthermore, she never knows when those days may be coming until they arrive to greet her in the morning.

However, human flourishing is present in her life, as is immense gratitude for every day she places her feet onto the floor. "*I love my life!*" are words you can often hear Marilee proclaim. The work that allows her to experience this moment-to-moment joy-filled flourishing is what is shared through the Rushing to Yoga Foundation and the Integrative Inquiry curriculum.

Join us in the journey to cultivate human flourishing, won't you?