

FINDING BALANCE

By Collette Rotter

I have come to realize that the amount to which I successfully balance in class relates to how balanced I am in life. When I am calm, centered and connected to spirit I can balance.

I have chosen a demanding profession. Being a physician can be all consuming. There are endless amounts of patients in need as well as endless amounts to study. It is impossible to help all and to know all. Finding balance with perfectionism and the desire to do my best and realizing I am only human and therefore limited has always been a struggle for me.

Balancing this career with family adds to the challenge. My son Isaac and husband Steven are most important to me. Any time and energy I have left has been going to them. I know intellectually that I must care for myself in order to care for others. Somehow this does not translate into life without conscious effort.

Martial arts have always been a way for me to find balance. I first started to train at the age of 15. I am eternally grateful to my instructors and know I would have not succeeded in life if it had not been for them. Once I moved away for college and again for medical school and beyond, martial arts went to the back burner. When lucky I found schools to train in, this always helped me to balance. When I had Isaac 8 years ago I stopped. I ignored myself, did not exercise much and grew weak. His desire to train is the reason I am back. So I feel I am coming full circle, once again in the dojo finding my balance. Balancing my bodies memory of how it used to move, being older, stiffer and weaker as well as learning a new way. Balancing time with family, time for myself to stop thinking about patients, while strengthening my body and spirit. No surprise I keep losing my balance.