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SYNERGISTIC EMERGENCE IN THE 21ST CENTURY

# Yoga Readings

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## *The YOGA of PLAY*

It all started with an innocent late-night sweet dreams sentiment to my 16-year-old son, Abe, followed up by a quick shot with my house plant spray bottle. I don't know why I did it. The action didn't come from logic or reason or even anything pre-meditated for a particular outcome. BAM! The spray shot out from my outstretched arm hiding from behind his doorframe and landed directly on his exposed hand outside his bedcover. Screams filled the second floor of our home. Next thing I know, I'm running for my life, spray bottle in hand, heading for my bedroom, only for the back of my head to feel the sudden shock of cold water. Another scream fills both floors of our home, this time coming from me! Now, there's a door closed between us. Minutes go by ... no sound ... heightened excitement permeates the atmosphere. Courageously, I slowly open my bedroom door ... no one's there. My mind totally still, I start walking into the dark hallway and I still don't know why I'm doing this. Slowly, moving like a ninja master, I ease my way back down the hallway. Then, BAM! I get a direct streamline shot to the right side of my head ... a glance to my right reveals that it's my 12-year-old daughter, Alyssa, in on the game. At this point, all pandemonium breaks loose ... jumping out at me from the dark bathroom doorway is my son spraying me with a wide full nozzle shot to my entire body. Like a wild animal, I spray both of them in separate directions, laughing uncontrollably as I rapidly move through the emotions of surprise, upset, hysteria and humor. How could they hit me so disrespectfully? I'm their mother! But in this game of play, the separation of roles drops away. The house is full of the *Power of Play*. I get the joke and shriek with delight. Feeling safe in my own room, I turn and see my husband, Rick, ready, aiming ...

