



January 1995 Contemplation Theme

## How Good Can it Get?

By Rama Berch, C.S.Y.T., E-RYT 500

I knew a man who drove a big truck. On the long stretches of road, he could not speed because of a device installed to hold him within the legal limit. That device was called a “governor.” It held him back, for safety reasons. Most people have an internal governor that holds them back from their full experience of joy. Often a student will return after an absence of months, saying, “I never felt better than when I was coming to classes. I do not know why I stopped, but now I am back!” I know why they stopped. They ran into that governor.

Their life improved with yoga classes. They became healthier, stronger, more flexible, less stressed, and happier. Then, they stopped coming. Why? They could allow themselves to feel only so good. After that, they ran the risk of feeling too good, so they had to stop. Only after they lost it all did they realize what they had, and came back to find it again.

Yoga calls this “identification.” It seems to be human nature to identify with your problems, your aches and pains, or your limitations. At the end of a recent class, a student said, “I do not know whose body this is. It does not feel like my own.” “What is the difference?” I asked. She replied, “There is no pain.” This means that her body is only her “own” if there is pain. If that pain was gone, whose body would she be living in?

Fortunately, yoga frees you. The problems, pains and seeming limitations dissolve steadily and reliably. But you must do it. It’s just like a truck driver driving across the United States. You make headway toward the other coast as long as you drive for a certain number of hours each day. But if you stop driving, you go nowhere. Yoga will take you all the way, further than you can now imagine... But maybe it is okay with you to go only to the Midwest. It is your decision. Putting off the decision is a de facto decision.

How long do you want to wait to feel good?

How good do you want to feel?

How good can you let it get?

Only you can answer these questions. Your answer is not given in words, but in action. Do more yoga.

Namaste,

A handwritten signature in cursive script that reads 'Rama', with a small heart symbol above the 'a'.

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