



April 1996 Contemplation Theme

Awakening

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

The great sages of yoga tell us again and again, “Awake! Oh, my dear one, awaken from the dreams of your delusion.” The ancient texts describe the ordinary events of life as temporary occurrences, like dreams. You get completely caught up in these events, forgetting the deeper essence inside. This inner essence is your true Self, which is the permanent aspect of your own existence. Yoga is a path of finding your true Self and then taking it into every event and relationship in your life. The yoga poses and yoga breathing are designed to give you an experience of your true Self, by clearing away what is blocking the way inside.

It is easy to mistake yoga poses for being a form of exercise. All the yoga practices, including the poses and the breathing, are very good for your body. But you are more than your body. Everyone who has ever fallen in love knows this. Everyone who wants to fall in love knows this as well, because we all want to be loved for something more than our bodies. We even want to be loved for something more than our minds. Everyone is actually running around looking for a way to experience that deeper essence by going to movies, concerts, taking vacations, through meaningful work and meaningful relationships. But the sages say, “Awake! Oh, my dear one. What you seek already lies inside.”

Through yoga your body will improve. Your stress level will go down. You experience that inner essence even if it is just a momentary taste. The tools of yoga show you how to find that inner essence again and again.

When you slip inside, something happens. Something deep inside is awakened. You discover you are more than you previously thought yourself to be. And the way you live your life begins to change. If you do not want this awakening, go to the movies. If you want this awakening, practice yoga. You get to make that choice every day for the rest of your life.

Namaste,

A handwritten signature in black ink that reads 'Rama'. The signature is written in a cursive style with a heart shape above the 'a'.