



December 1996 Contemplation Theme

## **The Bliss of Pure Being**

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What got me into yoga was the bliss. I dabbled in yoga for a time, watching yoga television, clipping magazine articles, even buying some books. I would do yoga once and then leave it alone for a while. I realize now that it was because I was a couch-potato in the making. My three young children kept me from lying around, but I was destined for the couch-potato hall of fame. I was not into exercise. Then I found out about bliss.

Actually, I already knew about bliss. We all do. But we seek our bliss indirectly. I had tried many avenues to bliss, especially in the '60's and '70's, but found they only worked part of the time. Some of them had damaging side effects. Some of them were even illegal. When I found the bliss that yoga offers, I was hooked. It has been a most beneficial addiction.

The first yoga class I took was not blissful. I found things in my body that I did not want to admit were there. I thought it was the teacher's fault that these things hurt so much. I did not go back. A different teacher put me in touch with the bliss of yoga. I realized it was what I had been looking for in all the other things I tried in my life. This is why I teach Bliss Yoga. Now, I consider myself a specialist in bliss.

December is a time of year when we all become more open to the inner dimension. We complain when commercialization distracts us from that potential. We know that something gets lost. That something is something we really want. It is a human need. If there is too little bliss in your life, you begin to feel there is no reason to live. Yoga will help you with that. Do more yoga.

Namaste,

A handwritten signature in cursive script that reads 'Rama'. Above the signature, there is a small heart symbol containing the Sanskrit characters 'Om' and 'Namah'.