



October 1997 Contemplation Theme

## **Creating Personal Experiences of the Inner Truth**

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The second line in Master Yoga's Statement of Purpose is, "creating personal experiences of the Inner Truth." Yoga has 100,000 ways to create an experience of Inner

Truth and even a larger variety of names for it. One of my favorite names is ananda (bliss), but I hear many other names from you. Recent comments I have heard from students include:

"The most immediate effect of yoga is the inner calm, the state of acceptance of what-is, and deeper levels of letting go. The most obvious effect is peacefulness."

"Yoga makes me feel equanimity and realize oneness."

"All the clouds in my head clear away and I know who I am when I do yoga."

The ancient texts validate these descriptions, but yoga is not found in a stack of old dusty books. It is ancient but not antiquated. It is old but not stale. The Shiva Sutras describe the experience of yoga as *iccha shaktir uma-kumari* — the inner experience feels ancient and ever new.

It is your own experience of the ancient source of all existence, yet it feels ever new. The experience places you in an inner realm where time does not exist. It is full of joy, like the enthusiasm of a child on Christmas morning. It never wears out. Bliss never gets boring.

This experience is alive in everyone and can be found with an easy yoga pose, a long breath, or a moment of remembrance. But if your yearning is weak, anything can distract you. You will forget to use the tools of yoga to create a deeper satisfaction. It is too easy to get lost in the events around you. You end up pursuing things which (at first) seem to be wonderful, but then you discover that they provide you with only temporary bliss or that they come with a lot of drawbacks.

The practice of yoga creates reliable inner experiences that get deeper, richer and more delicious, that last longer each time. Then, your life is filled with bliss even when outside conditions are not exactly perfect. You can create that experience for yourself when you are not in yoga class. You must remember this Inner Truth, and do something to get back to it. Be kind to your own Inner Truth. Remember to remember!

Namaste,

A handwritten signature in black ink that reads 'Rama'. The signature is fluid and cursive, with a heart shape drawn above the letter 'a'.