



January & February 1998 Contemplation Theme

Creating Conscious Community & Offering Service

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We have been guided by our Statement of Purpose since our founding almost six years ago. It has been a constant inspiration to me and its meaning deepens with each reading. We open and close all Master Yoga meetings with a contemplation on it. I have featured it as the theme for the last few articles. Yet, it has long seemed incomplete because we were always doing more than what the original three lines named.

It is a delight to unveil the addition of two new lines. This is truly an unveiling, because it is a new understanding of what has always existed. In this way it is truly yoga, which the sages describe as the unveiling of the Inner Truth that was always there but was unrecognized! Our Statement of Purpose has been:

*Cultivating our innate yearning for transcendence,
Creating personal experiences of the Inner Truth,
Discovering this as a continuing experience in our lives,*

Now, we add these two lines:

*Applying this in the development of conscious community,
Offering our service to support and uplift humanity.*

Once we discover that we have a yearning for an inner experience and act upon it, then we want to find others who have the same priorities in their lives. Spending time in the company of other yogis is an important and powerful part of the process. It can be hard to develop friendships when everyone in your yoga class is silent and then floats out afterward in a state of deep quietude. Sometimes you don't even know whether or not to say, "Hi!" But you have the opportunity to meet the nicest people in a yoga class.

In addition, our teachers ask questions during class designed to do two things: foster greater self-understanding and create an opening for conversations that students can follow up on later. This gives you an opportunity to consciously create community with other conscious people.

Just as the inner experience naturally overflows into your relationships, it then becomes an upwelling of a desire to serve. This is the most fulfilling of all activities and is a yoga unto itself, karma yoga. It is our pleasure to serve you by offering yoga programs. When your activities come from the place in you that has been filled by yoga, it makes you more able to serve others in your life. We look forward to seeing you and serving you..

Namaste,

A handwritten signature in black ink that reads 'Rama'. Above the signature is a small heart symbol containing the Sanskrit character 'Om'.