



June 1998 Contemplation Theme

## Vairagya

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

This Sanskrit word is often translated as “non-attachment,” but I prefer to think about it as “non-dependency.” We have come to understand the trap of dependency quite well. Valuable techniques have been developed to help free us from our dependencies, including many twelve-step programs. A student told me (partly in jest) that she was considering joining the latest twelve-step program entitled, “Thinkers Anonymous.” Yoga has been conducting Thinkers Anonymous programs for centuries!

One way to become free from your dependencies is through abstinence. However, you cannot totally abstain from some things like food, relationships, or thought. Instead, you must find how to nourish yourself well, enjoying the healthy pleasure provided by food, without falling into self-destructive food traps. You must learn how to use your mind without becoming trapped in your thoughts.

Yoga teaches you how to use your mind to think, and avoid using your thoughts to construct your sense of self. You discover how to eat well, without using food to fill you up, by finding the fullness of your own essence on the inside. You become active and effective in the world without using your activities to construct your identity. You enjoy relationships of all kinds without waiting for the others to make you feel loveable, because you are Love itself!

Yoga says you must know your True Self. Then you will be able to live your life fully, with a sense of freedom and joy. Any other way of living is like being in a portable prison of your own making. Do more yoga!

Namaste,

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