

# Clean Up Your Inner Act

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Published in Vision Magazine, San Diego CA, January 1994

The environment is an external manifestation of the inner environment. The pollution we experience in the world is coming from inside ourselves. Air pollution is a manifestation of our polluted thoughts, the unceasing stream of inner negativity and anxiety. Water pollution is a reflection of our polluted relationships, the flow of garbage we project outward onto those closest to us. Toxic waste in the earth is the outward expression of what we have stuffed into our unconscious, which then shows up in our physical pains and diseases. We are cutting down our forests because we have cut ourselves off from our source. We are strip mining the earth and over fishing the oceans because we are so hungry to find the answers. But we are looking in the wrong place.

*Ya drishti sa srishtihi.* What you see outside of you arises from within. Sanskrit offers answers to the timeless questions. The words of the ancient yogis are alive, as relevant today as when they were first written. Their prescription for outer improvement is to change your inner environment. The sages explain how to affect this inner and outer transformation. We are all aware of some ways to effect personal change, like doing yoga. But when you take your inner attitude into the poses with you (and how do you avoid that?), then all you have is a sophisticated form of exercise. You can try meditation, but can you really use the mind to go beyond the mind? You can use psychic or metaphysical techniques, but you're still looking outside yourself for the answers that are truly within. Even psychology seems to have forgotten "psyche," the soul.

The power of the Sanskrit language takes you to the inner experience, which is beyond the subtle and subversive mind chatter that taints everything you see and understand. You can affirm to yourself in any language that your inner being is eternal, pure and perfect. Yet, when you listen to or you chant in Sanskrit, you experience that eternal purity and perfection that you are. It goes beyond being a theory, and becomes a reality. Sanskrit was designed to create this inner experience. It arose out of the Inner Truth and it takes you back home into it again.

As described by Vyaas Houston, founder of the American Sanskrit Institute, this ". . . language of the human spirit seems to be in every way the perfect instrument for bringing about healing on many levels. Its great power lies in bringing body, mind and spirit into harmonic alignment. Physically, its resonating power promotes healing. Mentally, it awakens the natural brightness, agility and order of the mind. Spiritually, it facilitates an expansion of awareness, tranquility, and bliss." This inner experience completely changes the way you deal with the world, and the kind of world you co-create. Relationships, work, play and the environment all benefit from your inner inspiration, from your clarity and from the love you are now free to express. Such outer transformation will not occur without the inner transformation. Your efforts to serve the world will be a thousand times more effective with this inner clarity and peace.

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