



August 1994 Contemplation Theme

## **Svaroopaa<sup>®</sup> Yoga #3**

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

Your body is made of the same “stuff” of which everything in the world is made. The basic component of all existence is energy, clearly described by modern physics. The small energy-bits move at incredibly fast speeds on a background of space, which physicists used to call “empty space.” Now they tell us that it is not empty. They have also discovered that the swirling energy is conscious. Every bit of energy is conscious, and is in constant communication with every other bit of energy. How wonderful!

Your body is made of this energy, tiny bits of contracted energy masquerading as subatomic particles. These combine into atoms, becoming molecules, cells, bones, skin, hair, eyes, etc. Even your mind and thoughts are a subtle manifestation of this energy. The ancient sages knew this. They used their own bodies and minds as a spectrophotometer through which to view energy at its primary level. They told us, “What is within is outside.” They exhorted us to explore ourselves in order to know everything and everyone. This is still true today.

Yoga is the rediscovery of this knowing of both inside and outside. Of the many types of yoga, hatha yoga is a way of working with your body to prepare for the ecstatic experience of this inner knowing. Svaroopaa Yoga is a way to work with your body to create immediate experiences of this vast knowing of your own being, to improve your ability to deepen this ecstatic experience, and to stay in it for longer and longer periods.

In teaching Svaroopaa Yoga, we recognize multiple levels of reality in your own body as we work with it. Your body is tangible: bones, muscles, internal organs, etc. Your body is also intangible — conscious energy swirling in a vast field of non-empty space. This is the wonder of being alive. Every human being has the incredible capacity to know both realities simultaneously. You can live in both realities. You do not have to choose between one or the other.

All pain and unhappiness comes from your not knowing. “Limited knowledge is bondage,” says the sutra:

*Jnanam bandhah – Shiva Sutras 1.2*

Our condition is one of bondage or limitation. We take the tangible world as reality and limit our knowing to what we see on the outside. Without the deeper level of knowing, we wither on the vine like a fruit that is not getting nourishment from the roots of the plant. We must tap into the root of our being to be nourished, “True Knowing is the only food that really nourishes”

*Jnaanam annam – Shiva Sutras 2.9*

We try so many different ways to tap into that source of nourishment. We go on vacation, read books, watch the sunset, indulge in chocolate (or try drugs or alcohol), have sex, go to the Comedy Club, buy our (current) heart’s desire, exercise, sing, pray, dance, laugh, cry, etc. All of these are actually forms of seeking. You are a “seeker.” Sometimes these things work; sometimes they do not. Some of them are good for us; some of them are not.

Yoga gives a way to connect to that foundational level of your own Being, and then stay there. All forms of outer seeking are actually the inner yearning to know this aspect of your own nature, the source of your own existence. If this is the “stuff” from which you are made, there must be a way to know it.

Svaroopaa Yoga uses your body as a gateway to the inner experience of consciousness. It works because your body is made of that consciousness. However, to explore that conscious energy of your own body requires a certain attitude, a specific type of approach. A superficial approach will give you superficial results — you can perfect your body. Yoga poses can be used to make you strong and healthy, and to keep you young, fit and beautiful. This attitude or approach will work. You will get what you seek, though becoming strong, young, and beautiful does not guarantee you happiness.

If you can do yoga poses with the intention of knowing the truth of your own consciousness, you will get that. You will also become strong and healthy. You will be young, fit and beautiful. And you will be deeply and profoundly happy, because the experience of pure consciousness makes you very happy. Your experience is beyond “happy,” for that word is too limiting. The sages say you will experience bliss or ecstasy. Your inner experience of Svaroopā, the Bliss of your own Being, will overflow into your life, and into the lives of all around you.

The yoga poses must be approached in a certain way to create this bridge between the outer and inner levels. Instead of posing or performing, you are exploring. Instead of fixing your body, you are finessing it. Instead of exercising, you are opening your body and Being. Instead of wrestling with your body as though it were a mechanical object, you are making it more alive and more conscious. Instead of relaxing into oblivion, you are becoming more aware—until you discover you are awareness yourself. Do more yoga.

Namaste,

A handwritten signature in black ink that reads "Rama". The signature is written in a cursive style with a heart shape above the letter 'a'.

Copyright © 1994, S.T.C., Inc, All Rights Reserved; Please do not copy in any way without written permission.  
SVAROOPA® & EMBODYMENT® are registered service marks of S.T.C., Inc and are used by permission.