



August 1996 Contemplation Theme

## Cause & Effect

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

As the days draw closer to our upcoming Yoga Retreat, I feel a “sweetening” in the air. It seems that even the air in the yoga rooms is getting ready to welcome the yogis who will be diving deeply into yoga, which includes those who are coming for the Retreat as well as those who will simply continue with regular yoga classes. The power of the Retreat creates an effect that spreads to everyone who gets here for even one class. And that effect is already beginning to build.

Yoga describes this as the law of karma, which we experience as the law of cause and effect. When you take yoga classes, it has an effect on your life. Yoga’s reliable effects include feeling physically better (or even relief of pain), becoming more flexible (body and mind), having less accumulated stress, being less reactionary to life events (calmer), etc. Cause: taking yoga classes—Effect: improvement in your life. More than this, each person who takes yoga is the cause of improvement in the lives of those around them as well. Several years ago, a student brought a friend to class. The student shared, “I have only taken three classes, and I have changed so much!” Her friend piped up, “Yes, she is nicer now.” Fortunately, the student agreed with her friend’s assessment. Cause: Taking yoga classes—Effect: Improvement in your life and lives of those around you.

In addition, every time you come to yoga, you benefit from all the other people who have been coming. This group energy is real. It is the reason that you may go further into the poses and deeper into the relaxation when you are in class compared to doing poses at home. Yoga rooms have a different feel to them even when there is no one there. This is also karma, for the people who have done yoga in these rooms have created an effect in the room itself. Cause: More yoga being done by more people—Effect: People feel even better when they do yoga in the place devoted to yoga practices.

How far can this go? These retreats include a wide variety of yoga practices from 7 to 9 p.m. every day for 23 days. Participants have a yearning to deepen their experience of yoga. Many of them also want to share it with others by becoming yoga teachers. It is a pure pleasure to welcome such inspiring and enthusiastic yogis, and to stand with them on the threshold of an exciting adventure.

You are all invited to enjoy the effect of their karma (which literally means “action”). Cause: The Retreat Participants immerse themselves in yoga practices—Effect: Everyone gets more benefits in yoga classes. If you cannot join us in the Retreat, you can benefit from their deepening into yoga. You can ride on their coattails. Then you will automatically spread the effects of yoga into the world through the way it changes your life.

Namaste,

A handwritten signature in cursive script that reads 'Rama'. Above the signature is a small heart symbol containing a Swastika-like symbol.