



May 1997 Contemplation Theme

## Greatness

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

I was awakened at 5 a.m. by the phone ringing. It was a friend who was on retreat at a yoga ashram residential yoga center in a time zone three hours ahead of my own. She said, "My Guru told me to call you and tell you, 'You Are Great!'" My heart stopped. I was thrust into a different Reality. My mind struggled for footing as if on a slippery path. I stammered, "Wh-wh-what?!" She said again, "I'm supposed to tell you, 'You Are Great!'" Then I got it. My life changed in that moment and it never went back. I later found out that over 2,000 people attended that early morning program and made those phone calls. My friend tells me today, three years later, that she knew it was a personal command to her — to make a personal call to me.

I wish for you that you know that this is a personal message for you: YOU ARE GREAT!

Pause.

Take a deep breath.

Repeat to yourself, "I Am Great!"

You are great — not because of what you do, not because of whom you know, and not because of where you go. You are great because you are. The problem underlying the stress and unhappiness you experience in life is that you think yourself to be small. In yoga, this is called "ego." You think and feel yourself to be small and that you must do something to become great. Actually, you cannot become great. You are already great — as you are.

The ego is a function of your mind, which attempts to pare you down to size, as though it were cutting you away from Consciousness-Absolute. Thus you feel that you are individual, separate and alone.

Actually, you are both part of consciousness and you have the whole of consciousness within you. It is like your body and your cells: each cell is part of your body, yet each cell has the whole of your DNA in it and could theoretically be cloned into another body identical to yours. In a similar way you are part of God's creation, while you are also "made in God's image," with the whole blueprint of consciousness complete within you. To know it, you only need to remember — or to be reminded of it by an early morning phone call or an article or book — YOU ARE GREAT!

Your job in life is to find and know this essence of greatness, then to pour it into your life. Do not ask your life to make you great. Instead, pour your greatness into every task, every conversation, and every relationship with every person — because every other person is also that same Greatness that you are.

Whether they look at the Greatness that is their own essence or not, you can. This is the secret of life. This is the goal of yoga. This is the meaning of yoga's greeting, "Namaste," I honor the Greatness that is your true identity, from the Greatness that is my Self.

Namaste,

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