



February 1999 Contemplation Theme

## The Changeless

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

In all the changes of life, one thing remains changeless. It is an inner continuity which yoga calls the Self. Even when everything changes on the outside, you are still “you.” Even when everything changes on the inside, the “you” that you are is the same “you” as when you were a child. Your body has changed in many ways, but you are still “you.” This is the Changeless Self.

This Changeless Self inside you is inside everyone. People are very different on the outside, but there is one Self in all. We recognize this essence in another when we look deeply into their eyes. We see something that makes us value each human life, regardless of who they are, or how or where they live.

Yoga is the Science of Consciousness. It offers teachings and practices that have a predictable effect — you find that Changeless Self. When you find the unchanging essence inside, you are peaceful, even in the midst of chaos. You feel full inside and completely supported, even in the face of crisis or loss. You are compassionate, even to those who have harmed others (or yourself). This happens because you do not depend on the externals to construct your sense of self. You have an independent source inside. You live in a constant stream of inner nourishment.

Without it, you feel lost. When you feel lost, everything you do in life is to (hopefully) stimulate the experience of your Changeless Self. Every activity, every relationship and all the changes you undergo are attempts to get that moment of supreme satisfaction, like hitting the home run that wins the game. If you are too distant from your Changeless Self, you may begin to think that life has no meaning. Yet, the meaning is inside you all the while. Look inside.

Namaste,

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