



Yoga is Not A Pose...

Yoga is not a pose that you try to get your body into. It is not a form of exercise for the body. It's actually a form of exercise or a destination for the mind. It's a way of life. It is a total way of looking at all things just as they are which is just as they should be.

Yoga is a life-style. It is respecting your body and your mind as one, understanding the connections between your body and your mind. Not understanding anyone else's connection, but working daily to understand your own. It is a path- a lot like a spiritual path- where you continue to journey, no matter how far along you get, because each new discovery is thrilling and yet compelling.

Yoga poses are not even necessary to the life-style; meditation is. We cannot know what we are feeling or what we should be feeling without slowing down. The more you can slow down, the more you can discover and know not only about yourself, but about the universe. We cannot know others, but we can feel an oneness with the universe. This brings an ultimate peace. It's not an easy place to go, especially in our current times, but practice and discipline do pay off.

You have to want it, like anything else. It's sometimes referred to as the "light", but many Christians consider it the Holy Spirit and you can actually feel it entering your heart. Other religions consider it their God or their spirit. Keeping it there in the heart, is the trick. Life and selfish thoughts take over and we lose it. Once you've experienced it, or the more you experience it, the more you want it.

The word yoga means union. That has become to be understood as union between the body and the mind and/or the union between ourselves and our God. Yoga poses were originally developed to loosen-up the muscles and the mind to prepare for meditation. Meditation is a tried-and-true way to get closer to your God and to understand your pathway and your reason for being in this universe. These are not revelations that come to us in many other ways. Belief is necessary because without belief, you're not likely to exercise your body and mind to the discipline. Contentment is a universal desire of humans. With this union of body and mind comes a presence that breeds contentment, shuts down worrying and promotes acceptance of oneself and the world. It sounds like a religion and it has similarities, but it is more a "place to be".





Few of us get to this place on a regular basis. Few of us have the discipline to quiet the mind for long periods and use our bodies to its fullest extent. It's always a journey with a new turn or pathway, but if the rewards were not there, we wouldn't keep going! People who have reached a state of enlightenment superior to most others are called "Yogi's". A Guru is a great "Yogi" who is able to pass-on knowledge of the state to others. They are teachers. They are able to reveal to us our own hidden greatness. We can get to a certain point on our own, but would need a *guru* to achieve the highest level of self-actualization.

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