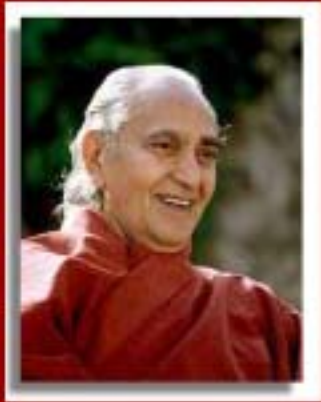


By Swami Rama



According to the teaching of yoga, man's nature is divine, perfect, and infinite, but he is unaware of this because he falsely identifies himself with the body, the mind, and objects of the external world. This false identification, in turn, makes him think he is imperfect and limited, subject to sorrow, decay, and death. The techniques of yoga are tools to enable man to cast off this ignorance and become aware of his own true self, which is pure and free from all imperfections.

The whole process of yoga is to unite the individual self with the universal self. It is an ascent into the purity of that absolute perfection which is the original state of man; it entails removing the enveloping impurities in both body and mind. Thus it is necessary to purify the mind to make it crystal clear, for as long as the mind is covered with impurities, the light of the true self cannot shine through. Yoga is the process of removing thoughts from the mind-field, making it one pointed and turning it inward toward the centre of consciousness. But the mind cannot be totally separated from the body - at least not at first. One influences the other - a sound mind can live only in a healthy body; physical impurities lead to mental dullness.

You can see this when you look at the obstacles you face in daily life: sickness, procrastination, sloth, lack of motivation, fear, and mental and physical instability. If you trace these obstacles to their source, you will find that the toxins in your system and your disorganized thoughts and emotions are their breeding ground. That is why to free yourself of the obstacles that prevent you from experiencing the joy of transformation you must purify both body and mind. Without purification it is not possible to control the mind and turn it inward to cultivate an awareness of who you really are.

Please note that my articles are simply my opinion. I am sharing with you what I am studying and exploring. I encourage you to be curious yourself. Be your own teacher and enjoy what you discover through your own journey. Happy learning!

Namaste. Nicole Lohse