

# NAMASTÉ NEWS

from Felicity Green

Autumn 2002



## Becoming or Finding Your Teacher Within

For those of us who wish our lives to become integrated (which is the goal of Yoga) it is necessary to return to the Sutras to check and recheck ourselves in relation to this road map.

At the beginning of the Sutras we are told that the aim of Yoga is to be able to direct the mind and sustain its focus. We are told that practice and detachment are necessary ways for us to learn to do this.

Our practices must be disciplined and regular, and have the quality of joy and devotion within them. To be able to do this we also have to be in control of our desires, detach ourselves from them sufficiently to make good choices to take us in the direction we have chosen.

However, if our practice becomes rigid and harsh in its discipline we lose sight of our soul. Our journey in Yoga is to reconnect with our inner self on all different levels, physically, mentally, and emotionally. This is an individual journey and to proceed along the way we have to be alert and give ourselves freedom to respond to delicate inner messages, "the still, small voice," not to just follow a method, or teacher, unthinkingly.

It is a lifelong process as change is always happening. New things and attitudes coming in, and old attitudes and habits going out. This is life.

The journey will not always be easy or smooth, and this is where we need faith and courage and the ability to persevere. However, as the quote overpage says, "never let it out of your sight. It will take you."

The secret is awareness and therefore the ability to choose our direction, remembering that whatever we do is our choice.



Blessings, Felicity