

# NAMASTÉ NEWS

from Felicity Green

Autumn 2005



## “Learn to cooperate with your own evolution then you won't get 2x4's”

—Swami Sivananda Radha

This is something I have kept in mind ever since I heard it. How do we discover our authentic self, direction and our purpose? During our life we go through periods where we climb the ladder and live in Heaven, a time of greater awareness, faith, and no denial. Then we go down, into the unknown darker aspects of ourselves. Each of these ascents and descents are opportunities for learning and growth if we can view ourselves in these situations.

*“The day you were born  
A ladder was set up to help you  
Escape from this world.”*

—Rumi

To develop character, acquire wisdom, and cultivate our spiritual nature we must create a balance and integration between the external and internal within ourselves.

We can use our intelligence to review and observe our external lives and the events that have and are taking place. Generally we don't pay as much attention to our internal lives. This is the subtle aspect and often here, the more important messages come in dreams, intuitive thoughts, and knowings that pop into our heads during quiet time.

This balance between inner and outer is that which we seek to develop through our practices in Yoga.

The *Yamas*, the basis of a Yogic life, are our relationship to society and others, and *Asanas*, the first discipline for most of us, helps us to recognize the messages from the manifest and external aspects.

The *Niyamas*, which are our relationship to ourselves, and *Pranayama*, contacting and disciplining the vital life force, do the same for us on the internal level.

Unfortunately the way Yoga is being interpreted and taught in the West is, on the whole, still slanted towards the external aspects.

We have to remember and realize that the Path of Yoga is said to have 3 aspects:

The external —Yama, Niyama and Asana

The internal —Pranayama and Pratyahara

The innermost—Dharana, Dhyana and Samadhi.

The first 5 are the practices and the last 3 are the results of your practice and discipline.

I encourage all of you to pay more attention and give more of your practice time to these inner aspects.

*“Lila, Lila Oh what fun it is when  
the Universe plays with me.  
Lila, Lila Oh what bliss it is when I play  
the Game skillfully.”*

(Lila is the Sanskrit word for “life”)  
Paul Foster, (C.D. Songs my Teacher Sings to Me.)

Blessings,

*Felicity*

