

# NAMASTÉ NEWS

from Felicity Green

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## WORDS—what do they mean to you?

**W**e use words all the time to communicate and yet often don't pause to realize that words have a variety of meanings slightly different for each one of us. To become clear within ourselves, it is important to question and discover what important words mean to us.

I have chosen three that begin with G to stimulate your thinking. Which synonyms match these words.

*The first of these is* **GRATITUDE**.

**Questions to ask:** To whom or what are we grateful? What are we grateful for? Do we think of this every day to remind ourselves that we do not stand alone?

In yoga we pay particular homage to remembering our lineage—the line of teachers from our immediate teacher back through the thousands of years of Yogic teachings.

It is a practice of humility to realize that we have gained some awareness and a sense of direction due to all the information and wisdom, and to our own willingness to put effort and energy. Without one or other of these factors we would probably not make progress.

*"Gratitude and humility go hand in hand."*

—Swami Sivananda Radha

*The next word is* **GENEROSITY**.

**Questions to ask:** In what circumstances do I find it easy to be generous and in which, difficult? Do I find it easier to be generous materially, emotionally, or spiritually? Am I benevolent towards myself in my practice?

offering

desire

giving

thankfulness

benevolence

grasping

fancy

acknowledgement

want

tender thanks

craving

indebtedness

free gift

coveting

In Yoga, generosity of spirit is emphasized towards ourselves and in our daily practices. It brings an inner feeling of acceptance and contentment which then overflows into our other interactions. Yoga is to help us to develop this benevolence of spirit so that generosity becomes an inherent aspect of our lives and is freely expressed on every level.

*"Giving does not impoverish nor does withholding enrich us."* —B.K.S. Iyengar

It is also necessary to look at the darker side of our natures, *so the word is* **GREED**.

**Questions to ask:** Is greed opposed to generosity? Is it always a negative action, why? Is greed an aspect of my practice?

Our society tells us through many messages that we don't have enough.

We are a consumer society on the material plane. Unfortunately the desire for this excess infiltrates into other levels of our being, and we end up being "hungry ghosts," in Buddhist terminology. We feel we don't have enough of anything—even love and understanding.

Greed develops from ego-centeredness which, again unfortunately, is encouraged by the Western cult of individuality. As Yoga practitioners, we have to be willing to be alert and swim against this stream of greed.

*"Where does need end and greed begin?"*  
—B.K.S. Iyengar

Blessings,

Felicity