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SYNERGISTIC EMERGENCE IN THE 21ST CENTURY

# Yoga Readings

Fall 2007

## *The Yoga of Waking Up*

A yoga teacher once said, "There are no bad people, just those with wrong understanding."

Wrong understanding is equal to being asleep. This is potentially a nasty setup. We all resist being wrong and certainly will never acknowledge that we didn't understand. For a lot of us, life has been a series of "fake it til you make it" moments. Then all of a sudden life blindsides us with a breakdown. If we had been paying attention, if we were awake, we would have seen it coming. Instead of using the breakdown as a wakeup call, most of us opt for being a victim, which is not very becoming.

Understanding, on the other hand, is quite attractive. But first we must be willing to realize we do not understand. And that's the beginning of waking up.



Lao Tzu, Chinese Philosopher, 600 BC

"To realize that you do not understand is a virtue; Not to realize that you do not understand is a defect."

--Lao Tzu