



paradigmnouveauenterprises

SYNERGISTIC EMERGENCE IN THE 21ST CENTURY

Yoga Readings

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Yoga – A Form Aspect of Mastery

Mastery is not for a select few – it's every human being's birthright. Mastery of one's mind is the source of all happiness.

At PNE, our entire staff is engaged in self-mastery through yoga, powerful *listening*, discipline and meditation. We offer classes and partner with programs such as [Landmark Education](#) to make this available to others.

Yoga, very simply put, means *conscious union with Self*. Most people think of yoga as doing physical postures (these are called asanas). But in truth it's not about the postures; the postures are simply a vehicle for *mastering your mind*. Only **you** can iron out the wrinkles in your mind, and most of us have a hard time getting to the mind directly. That's why people find it hard to meditate. So the physical poses allow access to parts of ourselves we couldn't get to any other way. Yes, physical strength and flexibility are byproducts of the practice but not the purpose. When I teach yoga to my students, I always refer to square one. Literally, the yoga mat is a square. It's on this mat that the student gets present, that the understanding "that there's no place to get to" gets *realized*. The student comes **home** to themselves and stays rooted (tadasana-mountain pose) at square one ... BEING PRESENT!

No one is too old or disabled to practice hatha yoga – it is everyone's birthright. The human body is a profound gift and through yoga one finds that they naturally start caring for this body in a new and sacred way.

This is part one in a series dedicated to personal mastery ...

