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SYNERGISTIC EMERGENCE IN THE 21ST CENTURY

Yoga Readings

Spring/Summer 2007

The YOGA of Honesty

This is a secret that yogis know: great power and happiness live at the center of personal honesty ... the ability to **get real** and tell the truth to oneself.

It is a simple yet difficult practice. This yoga *requires that the person practicing points their right index finger directly back at themselves all the time, 24/7, no matter how much it really seems like it's the other guy.* The bad news about the finger is that it goes counter to the way we all like to talk about our circumstances and why our lives don't work. The good news about the finger is that the practitioner gets to have a "say" in the way they experience their life. Happiness and power do not live outside of them. When a yogi is not happy or feeling powerful they know that the finger is simply pointing the wrong direction and they are not being honest with themselves. They change the direction and tell the truth, simple but not easy to do.