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The Magical Voice of the Scriptures - Yoga Sutras 1:14

John C. Kimbrough

Some years back, when this writer first came to live in Thailand, he was teaching English at a small school during the day while practicing Tae Kwon Do during the evening.

The manager of the school, who wanted him to work more hours during the evening once asked "when will the Tae Kwon Do end"?

The answer to him at the time was that it "never ends".

The same is true for the practice of Yoga.

When we have understood and embraced Yoga as being something that we think is worthwhile for us to learn and practice, it is an ongoing path and friend to us.

We are constantly mindful about it and attempt to practice it in our day to day actions and activities, using its teachings as an intention behind our various thoughts, words and actions.

We notice that our attitude to Yoga and our practice undergoes a constant evolution.

This evolution may be slow and subtle at times and at other times very noticeable in the changes that it brings about.

There may be excitement and happiness along the journey and others times, challenges and sadness.

Sometimes, if we are not experiencing constant joy and fulfillment from the path and practice of Yoga, we may unwisely and unmindfully question the validity of the path and its teachings.

At times like this, it is worthwhile to reflect on some things.

One is, are things better in how we live now then they were before we came to Yoga?

Another is to remember and understand the conditioning that our consciousness has experienced and how that conditioning has planted a number of diseased seeds in our being that will sprout forth at times, and it is those seeds that we are working to overcome and burn out.

We also should understand and remember that there are current experiences in life, as regards our work, our loved ones, our relationships, and our search for fulfillment in life that will bring up barriers or challenges to how we think and feel also.

And lastly, we must remember that the practice itself will have periods of assimilation and evolution, while at other times be offering us insights and energy that we can easily experience.

We just keep on going, understanding that Yoga is worth our time and effort, cultivating its understanding and practice more deeply into our life and consciousness each day, month and year.

It is not unusual for those who are new to Yoga to have problems cultivating a strong and stable practice.

Others approach it with an almost zealot like devotion which is good, though in some it may lead to a burn out.

The most important thing is to establish a practice that is steady and built on sincerity and then the practice will grow on that foundation.

“Practice becomes firmly grounded when it has been cultivated for a long time, uninterruptedly, with earnest devotion” – Yoga Sutras 1:14

John teaches Yoga, Buddhism and English and lives in Bangkok, Thailand. He can be reached at johnckimbrough@yahoo.com

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