

Dharma Seeds Publishing

DHARMA SEEDS YOGA

Trauma-informed yoga



Daily Aphorisms



Daily Yoga Aphorisms

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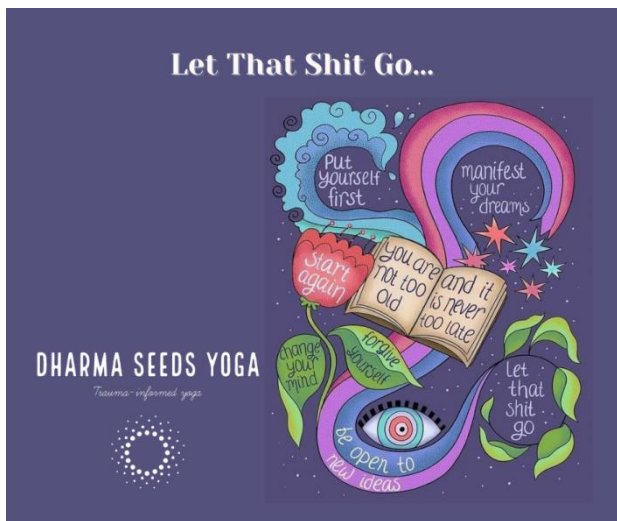
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Our goal in life should love ourselves unconditionally. Yoga, meditation all assist in keeping our bodies balanced

The things we can change, we do, the things we CAN'T change, we should just let that shit go.

Our peace of mind is to know the sacredness of our yoga mat and having all 10 toes on the mat.

Daily Yoga Aphorisms

RECOGNIZE the Yoga within YOU

DHARMA SEEDS YOGA

Trauma-informed yoga



The word yoga is derived from the Sanskrit root *yuj*, meaning “to yoke,” or “to unite”. The practice aims to create union between body, mind and spirit, as well as between the individual self and universal consciousness.

We “yoke” to the ancient divine that is permanent during all our lifetimes. Yoga is a ballet of sorts that connects us to our higher consciousness.

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Take it off the mat!

DHARMA SEEDS YOGA

Tasana-informed yoga



Yoga is a journey. It's not an immediate goal or destination, but a continued practice that wakes us up. We awake to the real purposes of life when we practice yoga.

Our way of life expressed by the experiences of yoga is how we should live our life off the mat. We must carry that energy over to our day to day life. This is the path of the real yogi.

Daily Yoga Aphorisms



I am standing in my
own altar, the poses
are my prayers.

We should strive, in time, to view our
yoga space and practice area as holy.
Clean with a full expression of your heart
and passion with decorations. Art is for
the purpose of engaging the mind and
soul.

Our asanas, our poses, are our prayers.
When we move past the rote knowledge,
and let our asanas become our prayer.
Then our yoga time is sacred, meaningful
and purposeful.

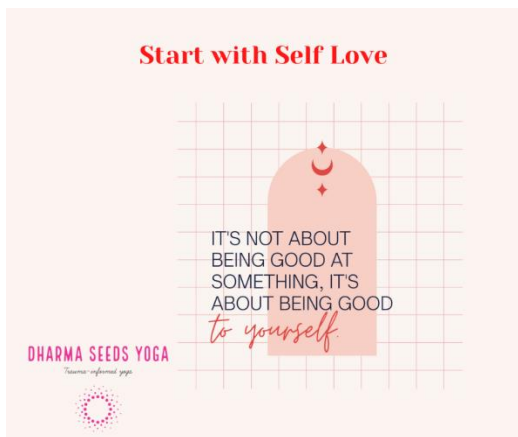
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Aparigraha (Ah-par-ee-grah-hah) gives us an opportunity to let go and open ourselves up for new experiences and opportunities. The 5th final Yama evaluates need over want and encourages us to receive only what is necessary. Letting go of anything beyond this is vital.

My Sikh traditions, we are trained to observe our thoughts and analyze if we should do this now, or put it on the back burner. Our still mind is the goal.

Daily Yoga Aphorisms



Remember the excitement when you first embraced yoga? You were acting upon self-love by engaging in yoga.

The shit of the world can weigh our souls and minds down. Remembering upon waking that our goal for the day is SELF LOVE, then we can be guided to embrace the philosophy of Raja Yoga.

Self-love is essential as we all are creations of the most divine. That in itself is realizing the truth we practice Self Love.

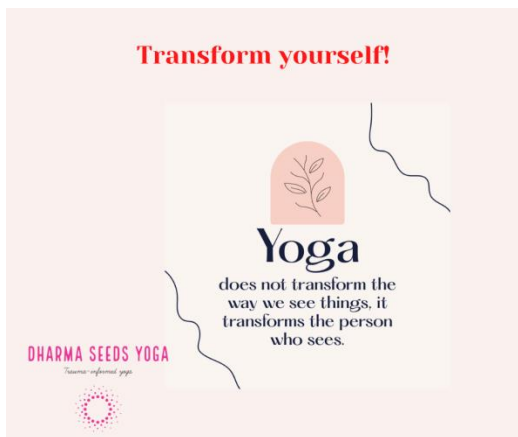
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So many spiritual paths place the mind as the source of all creation. Japanese scientist and author, Masaru Emoto, wrote on what he found to be water crystals. The crystals formed overnight had been placed by water in bottles on top of an index card with a word ranging from positive words to negative words.

The positive card crystals were radiant, magnificent, and amazing. The negative cards crystals were malformed and ugly. Our bodies range of water is 45-75% by volume. So imagine what our thinking mind is creating inside ourselves.

Daily Yoga Aphorisms



You are an amazing creation full of supernatural potential. The best part is all in your hands and feet so to speak.

By adopting a yoga routine that is right for you, you can transform yourself.

Isn't it about time for you to begin this transformation?

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Being human and following ego based decisions always make me laugh. I can be so forgetful of the truth.

Any spiritual practice is that, a practice, not a perfection. We experiment, play around with, adapt and transpose what our current body needs. This is all a practice, a SELF practice.

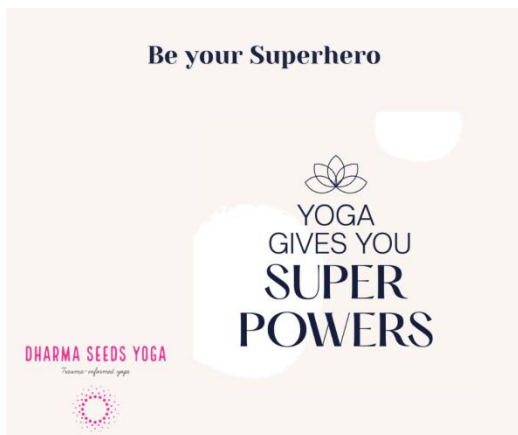
Daily Yoga Aphorisms

Merge with the breath



I learned initially in studying meditation, that the first concept is to focus on our breath. When I was taught, we were instructed to breathe in to the count of 4 and exhale to the count of 4. Four repetitions of this immediately flood our blood with oxygen relaxing and setting us down. Our core principle in practicing yoga is just breath when our outside world may be in chaos. Just breath!

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Who didn't ever as a child day dream about being a super power hero? Did you desire a super power as an ability of your character?

Simply put we must become child-like again in our approach to our yoga practice. Keep excited, engaged, and pushing forward in your ability/agility with your asana practices. You can become a super powered yogi!

Daily Yoga Aphorisms

Realize your ULTIMATE



Listening to podcasts, watching yoga philosophy videos, reading new and old books on our yoga path is all part of “hacking” our way through life.

Yoga becomes a tool belt in which we embrace life, transform, transmute, and overcome trauma that are deep seated in our cellular level.

Yoga does become the ultimate life hack.

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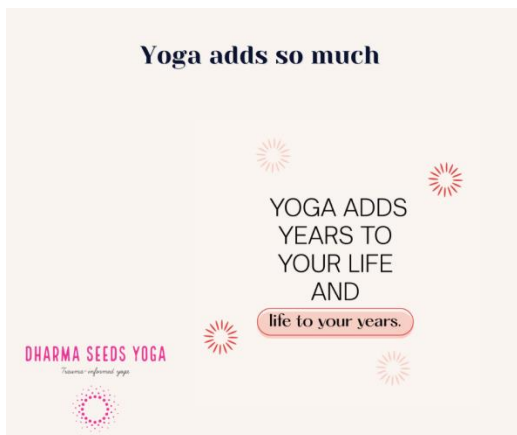
Raja Yoga can teach you to surf yourself



I personally struggled against ridding my life of the manipulation and obsessive control my father and mother raised us kids around. Dad taught us to always think and prepare to manipulate what you want to manifest.

Too much energy, when I learned to surf life, then it began to be an enjoyable journey. Waves are fun and unexpectedly can divert you to new wonderful experiences. So surf...surf...surf...surf.

Daily Yoga Aphorisms

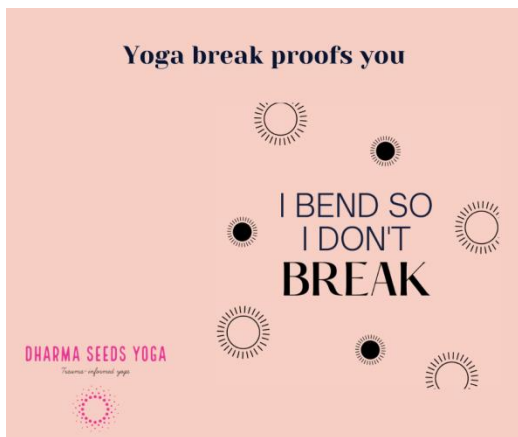


My meditation and yoga practices have added life but more importantly they have added life to my years.

I know I am different, with unique learning disabilities that never held me back. As my imagination to live and be in the moment is the best life one can have.

So here's to you adding much life to your years through your yoga practice.

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We seem to have grown up in a world where products, cars, appliances, craftsmanship, are all breaking. It use to be that products lasted 1 or 2 generations.

We have this preconceived idea that all things break. With our yoga, and building our core muscles. We find we can bend and not break.

This new paradigm is our focus in leaning into our bends in our asanas and within our life.

Daily Yoga Aphorisms

Using Prana to rid yourself of trauma



Prana is our life source. Just the divine creator breathed life into us, that breath is direct connection to God.

Pranayama is the yogic practice of focusing on breath. In Sanskrit, prana means "vital life force", and yama means to gain control. In yoga, breath is associated with the prana, thus, pranayama is a means to elevate the prana shakti, or life energies. Practicing our pranic breathing we most certainly rid ourselves of past/present trauma.



In my Sikh traditions, we are taught, Ek Ong Kar, One God, resides in mind. Yet it takes His (Sikh scriptures refer to God as masculine, but this is not misogynistic), has to grant His grace for God to move into our minds.

The process is to reach a state of equipoise. This requires a perfect balance of silencing the mind. Then the transformation can happen.

Yoga practice is an exercise in quieting our minds.

Daily Yoga Aphorisms



Reminding ourselves that our yoga practice is thus, a practice and not a perfection. Sometimes we do need to take a break from our routine, when the act of participating the routine becomes an obsession instead of a flowing organic expression.

Remember, always take care of YOU, yourself first. In time, through our practice and trusting in the Source of Life, we will receive all that is coming to us in this lifetime for good.

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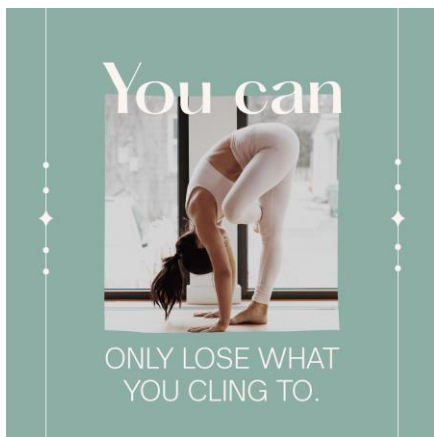


I've practiced many forms of yoga during the past 30 years. I begun with Hatha, moved to restorative, tried my hand at Kundalini, and found my passion is within Hatha yoga. What has not remained consistent with me is daily practice.

Through the teachers training course of Prison Yoga Project, there has initiated in me a NEW beginning.

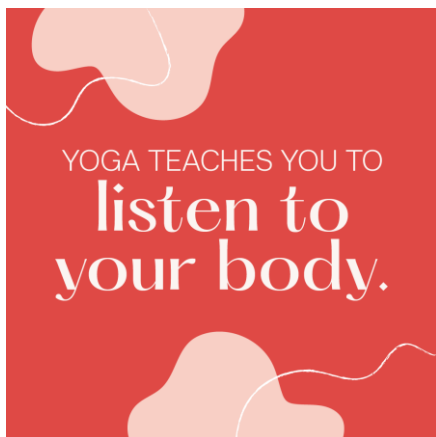
May your own personal journey on whatever yoga path you align with. May it become a NEW beginning for you.

Daily Yoga Aphorisms



An accessible trauma informed yoga practice you can assured of one thing. In time you will LOSE what is not important for your higher self. If you cling to your past without allowing the healing change to happen, you are clinging.

Learning to let go and be in the flow is the opportunity to grow. That is what our practice is about. Letting go and not clinging.



Harm happens to us when we seriously do not listen to what our bodies are telling us. Our intuitive self is always sending messages picked up by our Nadi system, our chakras.

Being still by use of pranayama practice coupled with our yoga practice, and meditation, our “receivers” improve internally for us.

So do NO HARM to yourself while practicing yoga. Listen to your body.

Daily Yoga Aphorisms



I first really embraced the Buddhist and Zen tradition of meditation, it was while I was incarcerated in the early 90's. I remember a lesson I received from the Siddha Yoga Prison Project. Baba Muktananda said, "You are where you are now from decisions you made in the past. The decisions you make today will determine your future."

Yoga helps us in learning to do the present in more loving, ethical, and compassionate manner. What you do today matters the most about your future.



In my Sikh traditions, we are reminded we are on this path of life alone, by ourselves. We stand before Ek Ong Kar alone as an individual with no one else. We are singular.

We must learn this principle in our present life. We must take care of SELF first. Life is a precious gift from God to journey back to union with Him.

It is when we practice self-care first, we simply are living in the right yogic energy field.

Daily Yoga Aphorisms



All faith traditions point towards a wondrous creator who made us in their image. So we are genetically and ethereally part of a divine system.

We are naturally created to feel good. When we are in right relationship with the divine our chakras and energy field is firing on all pistons.

So remember, you are fearfully and wonderfully made. Yoga practice is just an extension of that process to feel good and divine.

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Using Prana to rid yourself of trauma

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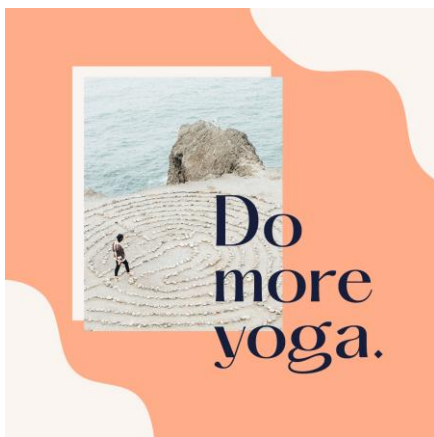
Trauma-informed yoga



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Daily Yoga Aphorisms



When all fails, which it happens, cause laugh with me, we are in human form. To help us shift to more dynamically fueled energy source, we can do so through yoga.

Accessible yoga that is trauma informed, as Prison Yoga Project teaches. Our cells, our minds, our souls improve. We learn to live within a more dynamic system that allows us to flow naturally with the divine.

Just do more yoga!

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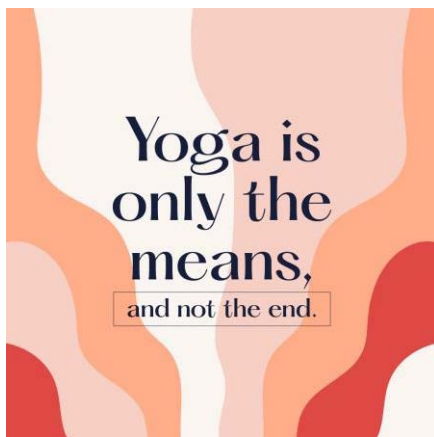
Our shared past traumas either in this life, or in our past elders, this trauma has affected us in a negative manner.

Yet the divine source knew what our struggles in human form would be, and thus gave us a system in yoga to correct this.

Our bodies naturally are a temple. We must purify it and stabilize it to remain in good working order.

Remind yourself of the 8 limbs of yoga. It will be your road map.

Daily Yoga Aphorisms



No matter when we start, restart, or adjust our yoga practice, we teach ourselves that yoga is the means but it is never the end.

It is a journey, winding twisting paths of glorious outside beauty of nature, we find that yoga is the means to true life, it is not the end of life.

Keep practicing. Listen to your body. Practice the art of yoga in all areas of your life. This is your journey.



Our bodies are more resilient than we may at times give consideration. It is again wonderfully and divinely created with purpose to fit into the world we live presently. That is God's divine insight.

It is our mind that needs convincing. It is not a struggle, but embracing the challenges in learning which style of yoga is right for us now. Embracing the pranayama practices and asanas we keep our bodies in a divine and a working order. Let your mind become equipoise.

Daily Yoga Aphorisms



It is quite amazing to me. The more I put into the consistencies of my spiritual practices which include yoga and meditation, my Third Eye really wakes up. I see things in a totally different realm of divine understanding.

Yes, I even have learned to laugh at my old understanding washing away to more perfect understanding. This is how I keep my soul happy, young, and healthy.

I encourage you to keep with your practices that assist you. That is all you need to do.

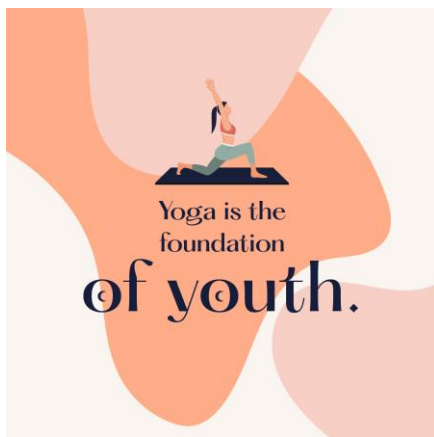


Old ways of thinking do not serve our true SELF. We have to learn new thinking. By practicing what we've learned in yoga teachers training we change our minds to become symbiotic with our yoga path.

It is the mind that has to change. We change by reading, practicing, and engaging life in all manners with alignment with our yogic understanding.

You got this! Just be gentle in reminding yourself of this truth.

Daily Yoga Aphorisms



I've always lived my life doing whatever my passions may be at that moment. I've had some wonderful artful, music laced, theatre life. It's been an amazing journey.

I always was a FREE SPIRIT. I honestly think this attitude has kept me young at heart and within my soul.

Free your inner child to embrace your yoga training and practice. It is within youthful expressions life is presented to us in a very divine brilliance.

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Our yoga expression should always be rooted and grounded in playful demeanor. We play with asanas, find new ways in their expression in our body. Our individual ways we approach our asanas is for us.

The workout of yoga is a playing exercise. It requires us to be inquisitive, inventive, and unique. Just like each of us are. So make your yoga practice in a way that you are “pretending” to work out. You truly are working out the bad.

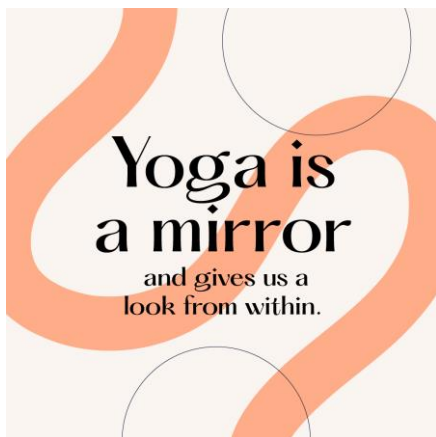
Daily Yoga Aphorisms



God gave us our life in this time frame. It works best as a faucet that allows water to free flow.

Yoga helps us to let life flow as the divine gift that it is. Our minds can make it difficult.

The easy way is to keep your 10 toes on the yoga mat!



My first 10 day Chan Zen silent retreat, I learned how our mind peers into the proverbial mirror of life. When we become angry at another way of living we can say, they are just a mirror of me. As all things that upset us, we tend to have a piece of that same quality inside ourselves that we may be blind to.

Yoga practice is one of the fastest methods to get rid of that mirror projection. In time our yoga helps us to reflect a more divine view than egocentric.

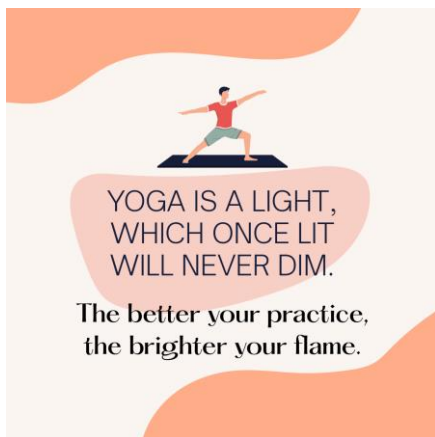
Daily Yoga Aphorisms



I want to gently remind you that our asanas are our gift from God. The pose itself is what we truly need. We might need to use props, we might need to vary it in a manner that is right for us. But the truth remains, yoga is what I need.

When you become frustrated over a pose, let it go, look for new options that right for you. That is keeping the poses purposeful and meaningful for you.

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I remember hearing as a child in a Baptist church, that as God's children, it is our goal to be the light shining that no bushel can cover.

Yoga is just that light. When we rid ourselves of barriers from the divine within us, we shine. Yoga is like the pearl wax applied to our outer glow.

May you now find that light that can't be dimmed by your yoga practice.

Daily Yoga Aphorisms



One must learn to be self, through the self, to the self. How does this happen?

Showing up with gratitude for our yoga practice is essential. Just like breathing is natural and much needed to live, so is our yoga practice.

It is a journey that will lead us to our true SELF.

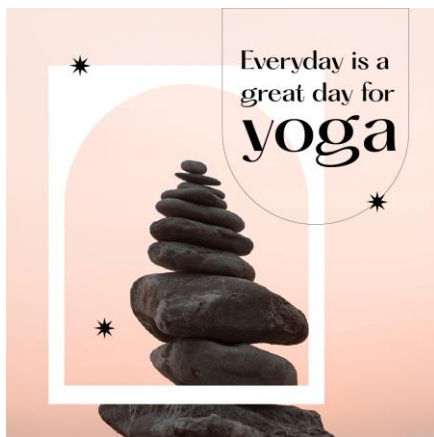


I've been an artist one way or the other in all aspects of my life. I love being creative and within my right brain hemisphere.

It is when we are in that right hemisphere that we lose all conscious constraints that time may have. We literally get lost and absorbed in our art.

The truth is, Yoga gives us time in a new dimension to play around with.

Daily Yoga Aphorisms



Our focus upon the present moment that takes us away from our meaning which can easily become a troubling moment.

We have the antidote for this.

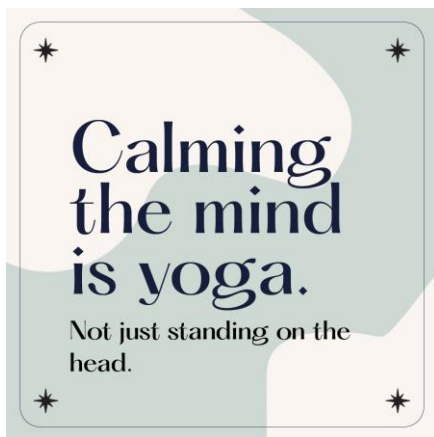
It is called yoga and meditation. So every day is a good day for yoga!



There is no perfection in our yoga practice other than the opportunity to be curious. I remember I loved spending time in my youth inside a library exploring whatever at that moment was making me curious.

We have to be like our youth in our inquisitive manner in which we approach our asanas.

Daily Yoga Aphorisms

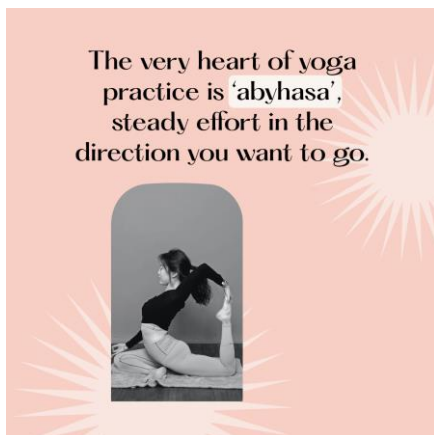


Oh I have to imprint this image onto my mental mind. At times I think it's the yoga mat and being upon it will calm me down.

Rather it is when I APPLY the training, do more research, and express yoga beyond and off the mat, that true calming of the mind happens.

Applying and living by the teachings we embrace off the mat, will certainly contribute to the calming of our mind.

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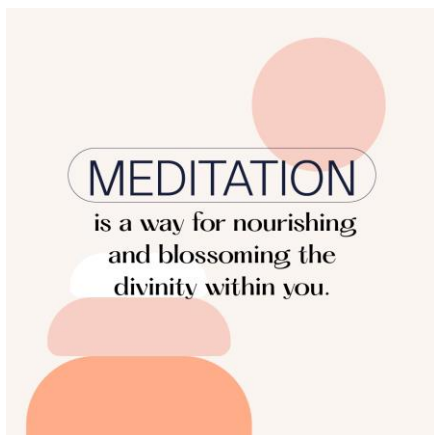


What's the old analogy saying? I think it is the slow and methodical goer reaches the destination first. Or it is something similar to this.

According to Swami Krishnananda sutra 1:13 means "Abhyasa or practice is **the effort to fix one's own self in a given attitude.**" Prolonged periods of practice within a given attitude to align ourselves with our soul's freedom, this is practice.

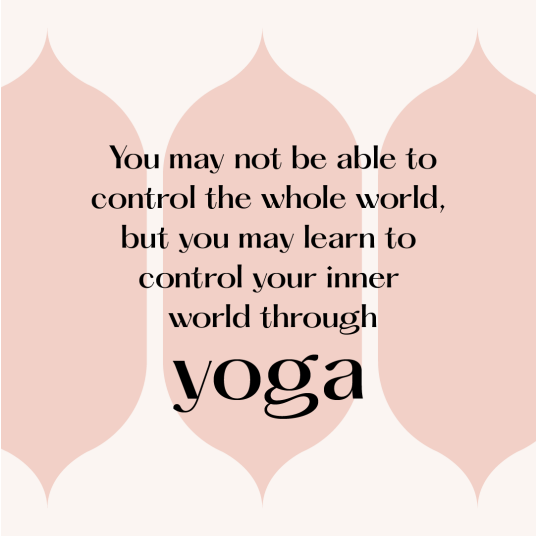
Whatever this may look like for you on your yoga journey, may you find it now.

Daily Yoga Aphorisms



Over thirty years ago I embraced mediation as extolled by Ashvaghosa in his Awakening of Faith treatise. In the book he explained the thought of nothing not even the thought of nothing as a meditation. He also said to view life as, “the past is hazy as a dream, the present is like lightening, the future is like clouds rising up suddenly.

Meditation truly nourishes our soul, our mind and our body. Don’t neglect this sacred art of awakening.



You may not be able to
control the whole world,
but you may learn to
control your inner
world through
yoga

I remember the day I first read in our
Sikh Sri Guru Granth Sahib scriptures that
ALL of “this” around, below, and above
us is all God’s play. He is the creator,
author, and director of this play. Boy my
ego was shot to hell that day!

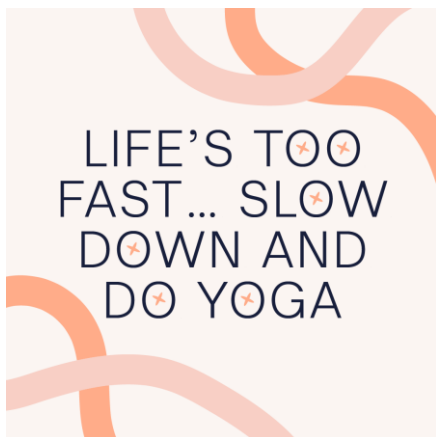
In time that approach in my way of life
helped me to let go. Yoga and meditation
controls our inner world.

Daily Yoga Aphorisms



As long as I remain in human form, there will always be a residual affect to how I perceive or misperceive life. Yoga and meditation allows me to see past my human magnetism to the concept of perfection.

In reality there is only practice. There is never perfection in the human form. At those times I like to remind myself I am a spirit being having an human experience.



The proverbial dog chasing its own tail is how we use to live life. It was a rat race.

Yoga and meditation helps us to slow down to see life as it truly is. An opportunity for the divine to flow from us naturally to assist ourselves and others heal. It's called slowing down.

May you find the slowness in your life for yoga to do the highest good for your true SELF!

Daily Yoga Aphorisms



What is light? It could be illumination, or less weighty of a situation, or even the mystical form of finding God in all things.

Whatever it may be for you realize that through yoga and meditation you do become light. As if all the definitions being expressed naturally or supernaturally in the present moment.

To keep that energy flowing like a babbling brook, one must keep consistencies in their spiritual disciplines. This allows the light to shine super charged.



Inside all of us is a piece of the divine mystically implanted inside ourselves, right? We have to wrestle the life puzzle in recapturing the true meaning of that divine spark.

When we tap into the piece of the Divine within ourselves, mystically placed by God, we find our true peace.

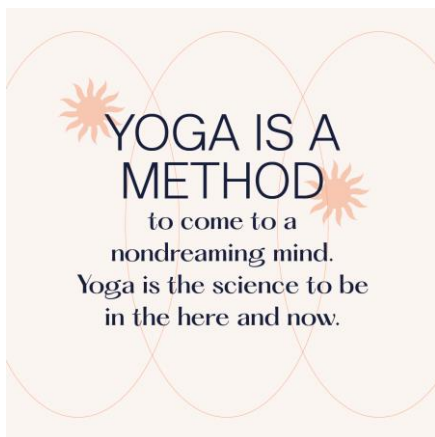
The mediation upon that piece of God within us shall always bring us peace.

Daily Yoga Aphorisms



I'm beyond grateful what my yoga teachers training with Prison Yoga Project have transformed myself. I am living proof that this works, as you well know yourself.

Let us each day be grateful for our connections to each other. Let us know our practice keeps us in Union with the divine. There is so much to be grateful for. If only we took the time to be more grateful in life.

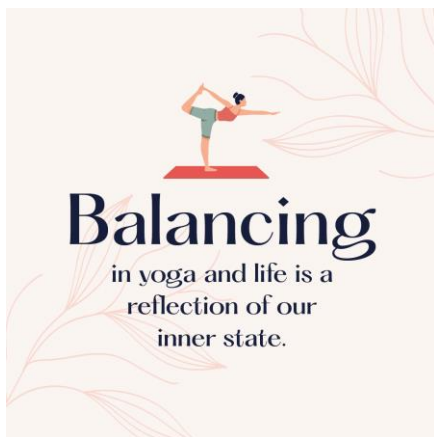


Methodology is a fun word. It is likened to social science as we are all in our lab coats experimenting with our practices.

Experimentation is the progenitor of coming into our own understanding of how this yoga practice can work for us.

The divine system of yoga allows us to see the methodology in transforming our minds, bodies, and soul.

Daily Yoga Aphorisms

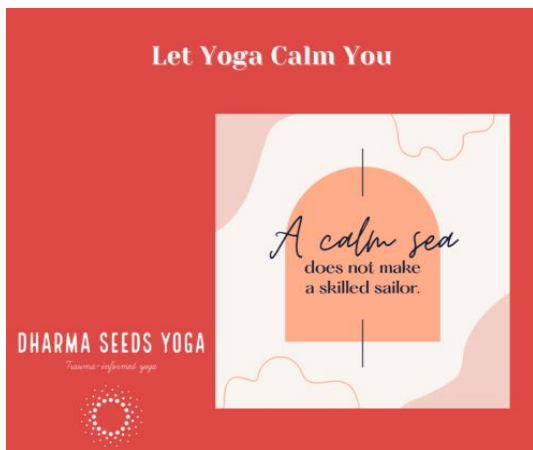


Daily changes due to the ebb and flow of life can be challenging. It shows up with our own personal medical issues, family, work, or passions. The way it all plays out daily changes as often as the direction of the wind.

It is when we can find the balance, the equipoise of our practices that our inner state also becomes balanced.

Follow this balance it will lead your soul home to the divine.

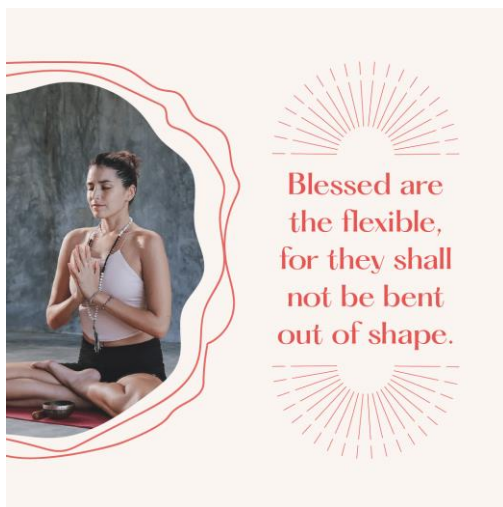
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How true this statement is that a calm sea does not make for a skilled sailor. Yet through our individual yoga teachers training we've become skillful. The more we practice, learn, and read, the more skilled we become.

The art of yoga is calming in all of our earthly bodies. Our etheric bodies, our astral bodies, and charges properly the energy discs we call chakras. So let yoga calm you divinely.

Daily Yoga Aphorisms



Laughing at the pun of not being bent out of shape. How often my own monkey mind can get me bent out of shape so easily.

Blessed we are at how the system of yoga can keep ourselves from being bent of shape mentally. By being limber and flexible in our yoga asanas, we bend our SELF in ways that keep us from being bent out of shape.

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One of my nieces is a trained dancer. Her grace of expressing art through her body is amazing to watch.

Yoga is definitely a divine ballet. We can move past the academic approach of yoga asanas, and tap into them as an expression of prayer. Then truly our yoga practice is on the right path.

May you find the beauty within yourself to be free in your prayers through the asanas.

Daily Yoga Aphorisms

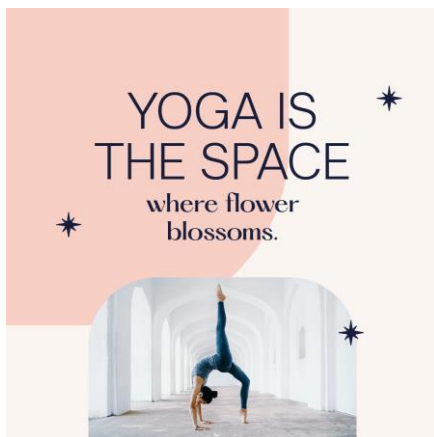


When breath control
is correct, mind

**control is
possible.**

Control, brute force control of things, is not the correct method of living. Yoga teaches us through grace that with our right understanding of prana, breath, we can achieve control of our minds.

Letting our expressions through our yoga practice, control takes on a completely different meaning. To me it's not control, but it's the mechanism that oils our self properly with divine intervention. That is the ancient art of yoga.



Flowers are full of varieties and smells and colors. We all are merely flowers in the Garden of God. So then we need to look at our yoga space as the soil for our own flowering.

God hasn't created us to not bloom. We blossom rightly so when we practice our meditation and yoga. Combined it is the divine nutrient to being in harmony with the divine. That is our utmost goal in this life.

Daily Yoga Aphorisms



Oh my own caustic sense of humor that sometimes I think I am the only one that gets it. Wine and yoga. Nude yoga, Hawaii beaches yoga, Nepal mountain top yoga. Whatever our go to vices of relaxation may be, together with yoga it is a perfect match.

Give yourself freedoms to enjoy the fruits of God's divine creation in herbs, plants, fruits and vegetables. But always pair them with yoga!



My birth doctor said I was vaccinated with phonographic needle at birth. Even though I had pronounced speaking impediment, I loved to talk. It was no wonder I was in radio by age 16.

Talking has been a passion since my early days, due probably to my deficiencies in speech. Yet with this Prison Yoga Project teaching, our intuitive teachers who helped ease us into really examining the yoga philosophy into our own lives.

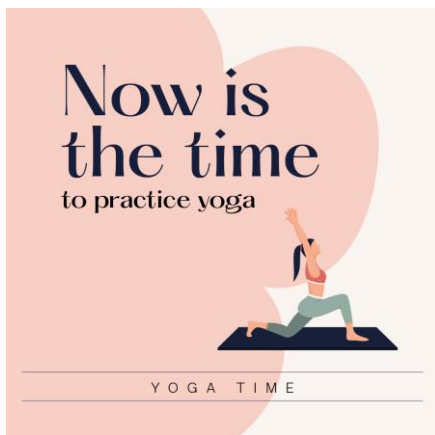
Listening is now one of my favorite exercises.

Daily Yoga Aphorisms



Growing up in a rural farm setting, within a short distance from my paternal grandparents 80 acres, I witnessed the need for the right tool at any given moment. My grandfather was a pack rat when it came to tools. A hodge podge of tin cans of Folgers coffee held numerous nails, screws, washers, with wide variety of sizes. Simply as I.P said, "By God you don't know when you will need this!"

Yoga asanas, meditation ideas, yoga philosophy aphorisms have become our tool belt. Cause by God you don't know when you will need them!



What is time? I love centuries old rural cemeteries. What a perfect example of time. So many names to be seen but no idea who or what they were. Our time in time is forgotten.

This gift of human birth on this planet by a loving Creator, I will always remain so grateful. And it furthers the concept that my TIME on this planet is about reconnecting to the Divine.

Yoga...this is my time to connect once again with the Divine, which is inside me.

Daily Yoga Aphorisms



All kidding aside. Let's look at this from many angles. Kids, teaching them yoga helps bring about world peace. Kids, child goats, I love goat yoga! Kidding around, as in, yoga is a yoyo for the body.

We all desire world peace for all the kids in the world. Realize just how precious a gift you are by becoming a yoga teacher.

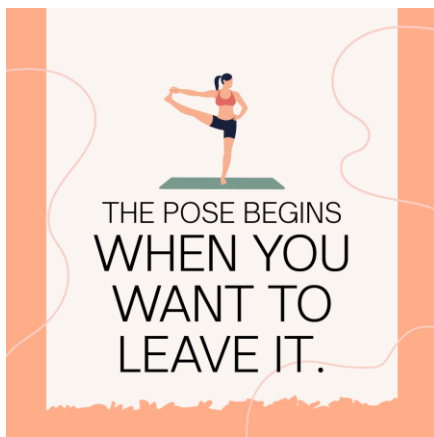
Dharma Seeds Publishing



When I first was introduced to Kundalini yoga it was from a suggestion of my sister. Her teacher at the time during the fringe beginning of Covid-19, was Snamat Kaur. She is a singer who obviously and divinely gifted with mouth yoga. She is a fabulous singer, communicator, and helpful in forming the mouth for delicacies of chants.

No matter how you use your mouth for yoga. May it always be so with the graces from God. May the angles flutter give smiles to those around.

Daily Yoga Aphorisms

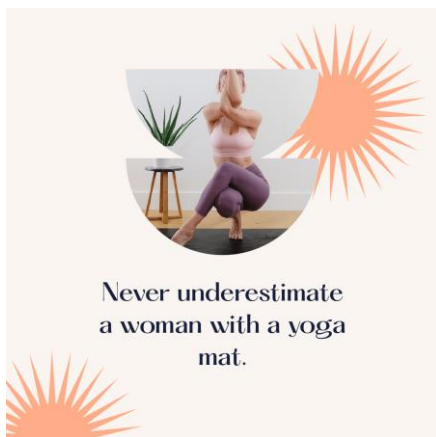


Football conditioning was in my mind an exercise of torture from our coaches. They loved to push us beyond our pain levels and aspirations.

Yet with yoga our first rule is to do no harm to self. Yet we know if we gently press a few seconds longer, that twist, fold, or stretch can be helpful.

Always listen to your body first and foremost. Just realize sometimes that the pose begins when you want to leave it.

Dharma Seeds Publishing



Thankfully I grew up around some strong matriarchal examples of freedoms to be all they could become. My mother was hard industrious worker in the airline industry. She also was an entrepreneur in the oil and gas industry. My Indigenous sides of the family were rooted in matriarchal freedoms.

My grandmother who raised me was poised in grace and unconditional love. I always knew the power of women and that they were coequals. Thankful the yoga industry is held together by strong women.

Daily Yoga Aphorisms



The Beatles, All You Need is Love. What a great song. We've seen in our dark historical past of a nation what happens when we embrace others, diversity, color of skin, out of fear instead of love.

Yoga, our training, our resolve to always be open to learning, we learn to live in love. We teach out of love. We listen out of love. We live our life based upon the divine love that created us all!

Dharma Seeds Publishing



I was thankfully raised during the time period of card catalogs, Dewey decimal system, and free libraries. Yet the ease of Google is now so in disposable in our society. Its so fast and easy than driving to a library. The waiting for the weekend trips to the library helped pass the week.

Being still, letting our mind become equipoise in the silence around us. No thought, just divine communion with no words or thoughts. Truly I found that this opens us to divine insights.

Daily Yoga Aphorisms

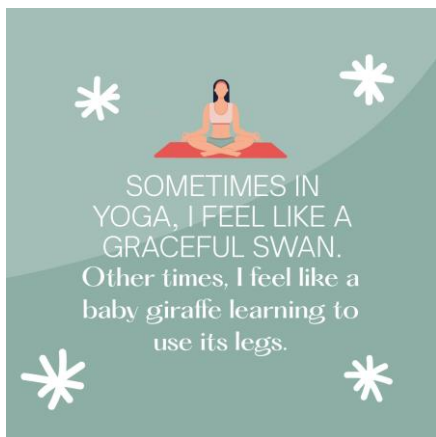


Yes, this is so true. Though at times a good slap is good to fuel the water cooler talk. Just ask Chris Rock.

But seriously, yoga helps transmute our inner anger, from our past trauma, and turns it into a divine chance of inner peace. Yoga assists us in healing on so many different levels.

Yoga is a divine gift to us all.

Dharma Seeds Publishing



Before neuropathy hit me, I was so limber and agile. I was also quite the daredevil. Transitioning from that agility to having issues of stability, well, I was not as graceful as a swan.

We all have something that quite makes us each less agile than we use to be. Finding the grace to hold both those opposites as one, there is self-love in there as well. We can be both swans and giraffes at the same time. Acceptance is at the heart of our yoga practice.

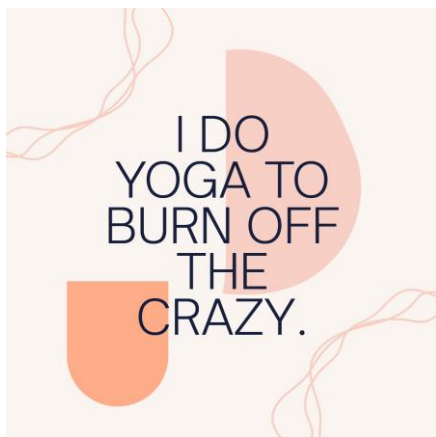
Daily Yoga Aphorisms



Just like the old saying, I don't do drugs, drugs do me. At times I honestly think I don't do yoga, yoga does me.

Humor is a nicety that we should welcome into our lives on a daily basis. Finding joy in our humor as we embrace our challenges with yoga, is actually a yoga exercise in and of itself. A mystic conundrum.

May you find the essential humor in embracing the conundrums of life.



Chögyam Trungpa, a Tibetan Buddhist meditation master, wrote a book called Crazy Wisdom. His lineage is experiencing turmoil due to some crazy actions of leaders. There is always crazy around us. It just part of the human condition.

How we respond to that craziness either shifts us away from crazy, or it drives us crazy.

Yoga is the mechanism to burn off the crazy. It's the divine comedy for sure.

Daily Yoga Aphorisms

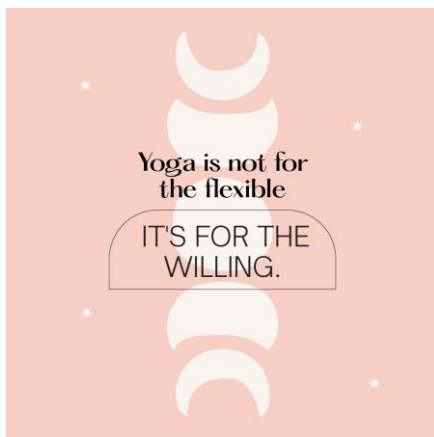


When I first embraced Zen it was a total mystery. Through years of study, it showed me that Zen is everyday life. Or it can be.

Drop and place your ten toes on the yoga mat! That is how we do floor Zen. Zen can be the present moment, or how we respond to the present moment.

What I do know is that yoga in present moment is my zen. So what do you drop?

Dharma Seeds Publishing



One of the greatest sayings I thin Swami Vivekananda wrote in his book Raja Yoga, is, “Truth does not need any props.” Truth does stand on its own accord with no props. We must first be willing to embrace that truth.

Religion is just an adjective. It describes the filter you choose to use view life.

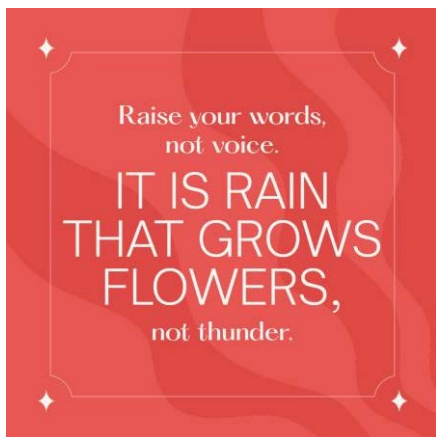
That is not a judgement, just acknowledging the truth. But the real TRUTH is beyond description or adjectives. We must be willing to venture to embrace this idea.

Daily Yoga Aphorisms



Band practice is and can be a very loud encounter. Yet at times the melody of the richness of instruments can lull us asleep. That delicate balance of practice and quietness. That is what our goal is in our yoga practice.

Yoga leads us gently into the quietness of the divine that inside all of us. It is that thread that weaves into each and every soul. Yoga allows that thread to grow stronger. Teaching yoga helps string in new hearts.

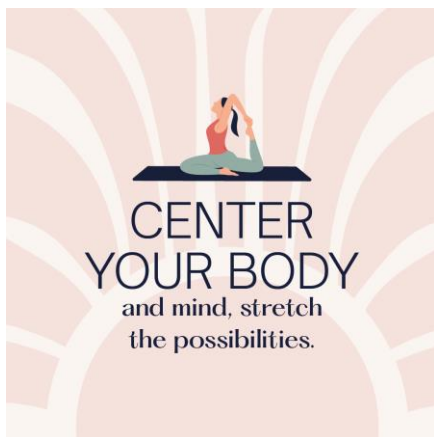


What is our real voice? When do we finally embrace the totality of our validity of our own voice?

Teaching yoga is grace and gift from the Divine. As through teaching we unlock the true voices of our students. You see them glow when they realize the beauty within themselves unlocked by yoga asanas.

That is the rain we want to fall continually.

Daily Yoga Aphorisms



My body is not my home, yet is where my soul resides in this human form.

Centering my body through yoga and meditation really stretches the possibility we can see with our life potential.

Practicing yoga brings us to the awareness we each have to touch others' lives in a healing formable manner.

Centering ourselves brings us in to touching the divine inside us, and all of us together as brothers and sisters. May you find you have extreme possibilities with your yoga practice.