

Perhaps it is time to change the word yoga if it becomes patented and controlled.

The truth cannot be restrained or owned. It is like a free-flowing river, the way of life. And of course, it is much more than the analogy of a river, or even life itself.

The true practice of yoga itself is likely much more ancient and known by other names in long-forgotten cultures in our past. It is always current, in every culture and in all beings, as it is in the present moment.

The way of the universe moves very fast in the present, and one cannot be living in the past to be in union. Time stands still at the eye of the present, while events are happening instantly everywhere.

One very good thing is this: The path of yoga or whatever you wish to call the natural way of the universe is a narrow one, while encompassing all. It is self-regulating, by its own nature.

One mistake on the trail, especially at the higher reaches of this narrow path, and you will fall off. The path becomes more difficult to follow as it climbs. You must be true in your heart to know the path.

Following another person's lead on the path is fraught with risk.

You must find your own way.

Namaste,
Steve