

Radikal Freedom - Yoga as realisation



Yoga as Transformation

One of the principles of yoga is transformation. Many people merely seek a lifestyle change when they come to yoga, yoga demands so much more, it demands a transformation, a turning around in the very depths of one's life. Yoga is the method of transformation and the outcome is Radikal Freedom. Radikal Freedom is continual psycho-emotional openness, continual recognition of our deepest nature whilst also celebrating the play of space-time.

All the practices of yoga from its ethical base through asana practice and the various other awareness practices take one inexorably deeper into awareness. Awareness that is both expanded and deeper is the royal route of transformation.

One of the key methods that has been empirically shown to enhance moral development, that is the capacity to put oneself in another's shoes and act towards others as if they were no different to yourself, deeply connected to you and therefore act with kindness and awareness, is meditation.

Yoga practices of asana and meditation have been shown in prisons around the world to help totally alter the prisoners views of the world, so that they begin to seek to contribute to the well-being of the planet instead of merely acting from personal gain.

Our planet is largely governed by governments who are in cahoots with big corporations, the big corporations appear to be interested mostly in power over others and profit despite their occasional ethical, friendly and green masks. This planet is also ruled by medieval religious autocratic systems that dominate billions, all in the name of god. The response of any of these power elites to any perceived challenge to their dominance is to utilize military power or subversive means to destroy that which they perceive as threatening to their dominance and progression.

Dominance and control as manifested by such primitive structures is ultimately anti-life, whilst their profit motives and fear-based perspectives are slowly choking our beautiful planet in a swathe of consumption, waste and destruction.

Yoga at its best is life loving, freedom loving and is about finding inside that freedom which you seek. Consumption is about trying to find outside that which will satisfy, it never works.

Yoga is about finding inner authority and being in mutual relationship with others who also have that inner authority.

Yoga is about finding your own connection to the absolute ground of being, connection to all that is, without the need for religious authority.

Engaged yoga is transformation of your body, your mind, your heart, your relationships, your work, your personal power, your community and ultimately your planet.

Yoga simply seeks the most auspicious, beneficial and creative solutions and possibilities for all beings everywhere.