

## Triumph

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don't want to deal with them. The beautiful thing about a yogi, and other people as well, the yogi wants to deal with problems.

In a sense the yogi is a problem solver. Unless the person comes to the stage when they want to deal with their problems directly as possible, in as loving and as conscious a way as possible—until they come to that point—they're not really wanting to realize what it is to be a human being or a divine expression, a divine creature. We're all told we're created in God's image. What does that mean? Certainly, it means that our roots are spiritual. And this is a great problem solver in itself.

Everybody on this planet has problems and obstacles. The ones who lead the happy life are the ones who become conscious enough to deal with problems. And those who suffer sorrow are those who will not deal with their problems. It's about as simple as that. You meet happy people, they have not rejected the problem part of their life, they face it. They deal with it directly and indirectly, and they deal with it with a certain viewpoint that becomes more and more pleasurable to see the world from. They look at problems as challenges to growth.

## Yoga Center Theme of the Month The Eternal Pranam

As a yoga student, you are familiar with the concept of *pranam* (pronounced as *pronam*). We focus inward, place the palms of our hands together, face one another and bow our heads slightly. This is done with the feeling of *my soul bows to your soul*.

This concept is integral to the practice of yoga and leads to very powerful techniques. As you practice meditation and focus inward more easily, you become more and more able to recognize and delight in the Atman, the Higher Self, both in yourself and in others. You more naturally see yourself and others as spiritual beings.

In our February classes you will learn about:

- » Yoga as being able to Direct the Waves of Consciousness
- » The Four Great Ways of Meditation
- » "Chi" Force—and the Breathing Principle
- » The Real Self vs. the Phony Self—and the Majesty of Good Will
- » And for Sustainer Students: Intrinsic Values and the Inner Power of Yoga



Photo by Bill Royland