

Some Favourite Quotes:

When the mind goes back to the present moment, It also goes back to the body;
Body and mind are united. Breathing is the bridge between body and mind.

Thich Nhat Hanh

YOGA and ASANA

Mula Bandha is not something you do, it is a blockage to be removed.

T.K.V. Krishnamacharya

If you find Mula Bandha, let me know where is it is.

Richard Freeman

Yoga is being, Asana is doing.

Matthew Sweeney

Sthiram Sukham Asanam Heaviness and Lightness needs to be integrated in every
posture.

Patanjali's Yoga Sutras

There are as many Yoga methods on the planet as there are practitioners.

Anon.

Yoga is whatever you are experiencing right now.

Matthew Sweeney

CHANGE

Do not seek to change; allow it to occur.

Gestalt Therapy

Meaningful change is not possible when you are trying to be other than what you are.

Arnold Besser

CONSCIOUSNESS

Consciousness is all there is.

Ramesh Balsekar

The wider your polarities, the higher your neurosis. The more integrated your polarities, the more collapsed your neurosis.
Gestalt Therapy

You cannot have a relationship to anyone or anything else that is beyond the relationship you have to yourself.
Gestalt Therapy

BELIEF and DEVOTION

A method is to be used, not believed in. [As soon as you 'believe' in it, you are not being present.]
Martin Buber

Devotion is the surrender of the small self, to the universal Self in the here and now. Whether that is through religion, asceticism or devotional worship, it is vital that it remain a here and now practice rather than a futuristic 'belief.'
Matthew Sweeney

Esoterically movement is the most primal act of existence. Without this simple thing, there would be no universe, no us, no experience, nothing. Light is movement... God is movement. Also dance alone is the only creative act in which there is a perfect oneness of the creator and his creation. Unlike a painting, a poem, an invention or any other artistic impulse, when the dance is over there is no product, no thing to save and enjoy. As with life, we may perceive the dance, never possess it. One cannot separate the dancer from dancing, just as one cannot separate God from the world or from ourselves. Of special meaning is the place where Shiva dances: in the Chitsabha, the hall of consciousness. In other words it [the divine play of God] happens within each of us.
Dancing with Shiva, Introduction xix.

And let there be no purpose in friendship save the deepening of the spirit. For love that seeks aught but the disclosure of its own mystery is not love but a net cast forth: and only the unprofitable is caught.
Kalil Gibran