

March 2009

Dear Yoga Community:

Friedrich Nietzsche , wrote “He who has a why to live can bear almost any how.”

Over 150 years later, we can reflect upon his meaning as we are passing through a crossroads of changing values.

On one side, the why entraps the world in materialism. We witness selfishness, that has left utter disregard for others - whether individuals, societal groups or nations. As an effect, anxiety and fear grip our inner Self from living.

On the other side, we see what really matters. What is important to us? How do we want to spend our time, money, and energy? What matters most?

More than ever, we have a choice.

Now is the time to let-go; detach from the entrapments. Cut through the chaotic circumstances prevailing all over the world today. Stop seeking the elusive peace between others; but, instead, turn the light within and find the peace, the Self that resides within each of us.

From that position, we have the ability create a balance between materialism and spiritualism and Yoga can help us find the balance to “bear almost any how.”

Namaste,  
Michael Ruccolo