

7-May-09

Dear Yoga Community:

Imagine as if each of us was floating aimlessly around without any physical obstruction preventing our movement. As we were once, suspended by only a single point, for nine months we balanced like astronauts in space. For those few weeks, we didn't experience any resistance.

Thump! Kick! Twist! Drop! Suddenly our seamlessly carefree world appeared much more limiting than our ego would want. We met opposition, from our Mother (and for many of us, this would not be the last). From this moment forward, how we managed to work through this resistance determined how we would relate in the world.

For those who practice asanas, we know well the effects of work and resistance.

We learned to use these opposing movements to move beyond the limitations of both the mind and body. We find that although we may not be able to bend, fold, flip or balance the way we want, it really doesn't matter. Our practice influences the way we see the world.

What was resistance becomes opportunity.

What was dislike becomes appreciation.

What was mine becomes ours.

Namaste,

Michael Ruccolo III  
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